

City of La Crosse **PARKS & REC CONNECT**

September-December

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City of La Crosse
Parks, Recreation & Forestry

www.CityofLaCrosse.org/Parks

LA CROSSE PARKS & REC APP

Download the La Crosse Parks & Rec App

- ✓ Register for programs
- ✓ View our activity guide
- ✓ Get push notifications for upcoming events and Parks & Recreation news
- ✓ Stay up-to-date on program cancellations
- ✓ and so much more!

Scan to
Download:



City of LaCrosse
Parks, Recreation & Forestry

LA CROSSE, WISCONSIN

POLAR PLUNGE

SAVE THE DATE

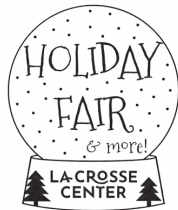
SATURDAY, MARCH 6, 2027

Select photos are courtesy of Dylan Overhouse



HOLIDAY FAIR & MORE

NOVEMBER 19-22, 2026
AT THE LA CROSSE CENTER



Hands On ✨ Outdoor

the nature place

YOUTH PROGRAMS SERIES

homeschool
SCIENCE
ages 5-12

EARLY EXPLORERS
ages 2- 5 & their grown-ups

series begin in October

learn more & register
natureplacelacrosse.org
608.860.6864



PETTIBONE HAUNTED MILE

A SPOOKY NIGHT OF
TRICKS & TREATS

FRIDAY, OCTOBER 16TH
5:00PM - 8:00PM
PETTIBONE PARK

City of LaCrosse
Parks, Recreation, & Forestry

BURNS PARK FALL FESTIVAL

Tuesday, October 13, 2026

4 p.m.-7 p.m.

Burns Park

FREE



Pumpkin carving, food, activities,
live music and more!

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RECREATION HOTLINES

Youth Sports: (608) 791-0706

Adult Sports: (608) 791-0724

Special Recreation: (608) 791-0745

NEW Senior Programs: (608) 791-8956



DEPARTMENT HOLIDAY CLOSURES

City of La Crosse Parks, Recreation & Forestry
Department locations will be closed on the
following dates:

City Hall

September 7, 2026

November 26-27, 2026

December 24-25, 2026

December 31, 2026-January 1, 2027



Black River Beach Neighborhood Center

September 5-7, 2026

September 24, 2026 at 4 p.m.

November 26-29, 2026

December 19, 2026-January 3, 2027

South Side Neighborhood Center

September 5-7, 2026

November 26-29, 2026

December 19, 2026-January 3, 2027

**Except ADRC Meal Site*

CONTACT INFORMATION

Jay Odegaard

Director of Parks, Recreation, Forestry, Building & Grounds, and La Crosse Center
odegaardj@cityoflacrosse.org | (608) 789-7593

Dan Trussoni, CPRP, AFO

Deputy Director-Parks, Forestry, & Facilities
trussonid@cityoflacrosse.org | (608) 789-4915

Jared Flick, CPRP, AFO

Deputy Director-Recreation & La Crosse Center
flickj@cityoflacrosse.org | (608) 789-7597

Jim Flottmeyer

Facilities and Marine Operations Manager
flottmeyerj@cityoflacrosse.org | (608) 789-7559

Kat Craugh, CPRP

Recreation & Community Enrichment Manager
craughk@cityoflacrosse.org | (608) 789-8639

Nikki Olson, CTRS

Recreation Program Coordinator
olsonni@cityoflacrosse.org | (608) 789-4914

Hunter Elsen

Recreation Program Coordinator
elsenh@cityoflacrosse.org | (608) 789-7304

Aimee Schmidt

Inclusive Recreation Coordinator
schmidta@cityoflacrosse.org | (608) 789-4916

Sami Meyer

Parks, Forestry & Natural Resources Manager
meyers@cityoflacrosse.org | (608) 789-7560

Kate Kroll

Office Manager
krollk@cityoflacrosse.org | (608) 789-7558

Tina Golding

Administrative Coordinator
goldingt@cityoflacrosse.org | (608) 789-7557

Ian Olson

Parks & Forestry Supervisor
olsoni@cityoflacrosse.org

OFFICE LOCATIONS

Main Office - City Hall

400 La Crosse St, La Crosse, WI 54601

Phone: (608) 789-7533

Mon-Thurs: 8 a.m.-4 p.m.

Fri: 8 a.m.-Noon

Black River Beach Neighborhood Center & Special Recreation Office

1433 Rose St, La Crosse, WI 54603

Phone: (608) 789-8640

[Scan QR Code for hours](#)



South Side Neighborhood Center

1300 6th St S, La Crosse, WI 54601

Phone: (608) 789-8298

[Scan QR Code for hours](#)



BOARD OF PARK COMMISSIONERS

Commissioners

Tim Alberts	Eileen Kirsch	Jennifer Trost
Sandra Cleary	Tracy Littlejohn	Pat Wilson
Lisa Weston	Todd Olson	Robert Young

PARK BOARD MEETINGS

The Park Board meets the third Thursday of each month, January-November, at 5:30pm in City Hall Council Chambers.

*To present a topic at a meeting, please call Kate Kroll at (608) 789-7558 at least two weeks prior to the meeting date to be added to the agenda.

DEPARTMENT INFORMATION

The City of La Crosse Parks, Recreation, & Forestry Department's mission is to enrich our community through stewardship of the environment and through provision of quality recreation, facilities, and fun.

Registration Options



Online

Visit our website and click the Online Program Registration button on the home page. Use your login information to access the online system. **Accounts may take up to 3 days to be approved.**



App

New!

Easily register on our app! The "La Crosse Parks & Rec" app is available on the Apple App Store and the Google Play Store.



Phone-In

Call the main office or a neighborhood center to register for programs.

*See page 5 for contact information.



Walk-In

Visit the department window in the lobby of City Hall or a neighborhood center to speak with staff who will be happy to assist you.



Mail-In

Fill out the registration form in this guide and mail with payment to:

400 La Crosse St.
La Crosse, WI 54601



Drop Box

Drop off the completed registration form, with payment, in the drop box located at City Hall, North parking lot.

Please address your envelope to Parks & Recreation.

Job Opportunities

The department is looking for outstanding staff members to join our team! The office is accepting applications for all programs. Please visit www.cityoflacrosse.org/parks/employment, or call the main office at (608) 789-7533 for more information.

Internship Opportunities

Contact Kat Craugh at (608) 789-8639 or at craughk@cityoflacrosse.org.



LEARN MORE

Volunteer Opportunities

Contact Aimee Schmidt at (608) 789-4916 or at schmidta@cityoflacrosse.org.

How to Apply:

In Person: Please drop off your application at the Parks and Rec Department in City Hall.

Online: Please visit www.CityofLacrosse.org/Parks, then select "Employment Opportunities" and follow the instructions posted.

Youth Enrichment Association (Y.E.A.)- Youth Scholarship Program

This program is for low-income families residing in the city of La Crosse with children 17 years of age and under. Applicants must meet certain income limits. The application can now be completed online.

APPLICATION



Families of Deployed Troops Enjoy Free Recreation

Since 2010, the City of La Crosse Parks & Recreation Department and Operation Homefront have opted to offer families of deployed troops in the region free admission to programs. This partnership will include such programs as youth sports, fitness, and swim lessons.

Excludes: Forest Hills Golf Course, facility reservations, and pool memberships/passes.

REGISTRATION INFORMATION

Payment Policy

All fees must be paid in full at the time of registration or reservation. All registrations and reservations are processed on a first-come, first-served basis. Registration forms without proper payment will not be processed.

Accepted payments include:



Cash, *Checks, Visa, Mastercard, Discover, and American Express

*Please make checks payable to **City of La Crosse Treasurer.**

A \$25 service charge is assessed on all checks returned due to insufficient funds. Once an NSF check occurs, all future payments must be cash or credit card only.

Refund/Credit Policy

Prior to registration, ask for more information if you are unsure about your participation in a program. Please note that by registering, you are committing to a spot in the program or activity and no refunds or credits will be allowed for cancellations. A full refund or credit may be offered for any programs cancelled by the La Crosse Parks, Recreation, & Forestry Department or if there are changes to the original schedule and the participant can no longer attend. No refunds or credits will be issued for special events, day trips, pool passes/memberships, or shelter/facility reservations. No refunds or credits will be issued for natural occurrences.

Lost and Stolen Items

The department is not responsible for personal equipment, clothes, decorations, etc. that are lost or stolen during any program or reservation; however, please contact the main office with any concerns over lost items. Clothing and other items will be donated after one month.

Program Cancellations

All programs and classes are subject to cancellations and schedule changes. A minimum number of participants in a program may be required. Participants will be notified of any cancellations.

Pets in Parks Policy

Pets are allowed in all city parks as long as city ordinance 10.03 (K) is followed. Pets must display current rabies tags and current registration tags. All pets must be on a leash (8ft max) and remain on sidewalks or designated walkways.

PETS ARE NOT ALLOWED ON SPLASH PADS, BEACHES, ATHLETIC COURTS OR FIELDS.

REMEMBER TO PICK UP AFTER YOUR PET!



You Snooze, You Lose!

Nothing kills a program quicker than waiting until the last minute to sign up! Please pay special attention to the activity and program registration deadlines.

For activities where pre-registration is encouraged, please note this may be for instructor planning, snack/meal orders, or ticket purchases.

Fees for Programs, Activities & Reservations

Many of the La Crosse Parks, Recreation, & Forestry Department's programs, activities, and facilities are supported by property taxes from City of La Crosse residents. Therefore, City of La Crosse residents may receive a discount on activity registrations, facility reservations, and other various program fees. Customers may be required to show proof of residency in order to receive a discount, when applicable. Sales tax may be included in some fees.



Photos are taken at our events and used to promote programs on social media.

Please inform staff if you do not want your photo taken.

Alcohol in City Parks & Facilities

City ordinance section 34-66 (a) states:

No person shall have in their possession, custody, or control any alcohol beverages of any kind whatsoever, in any City designated playground, public swimming areas, or on park property within 1,000 feet of any school building or structures.

Exceptions being

(b) Alcohol beverages are allowed at City of La Crosse Parks and Recreation Department sponsored events at City parks. Alcohol beverages will be allowed when reserving park facilities, pavilions, and picnic shelters and indicating on the registration form that alcoholic beverages will be at the event. Alcoholic beverages are allowed by Special Event Licenses or Agreements between the Board of Park Commissioners and the entity sponsoring the event.



PARKS, SHELTERS, & FACILITIES RESERVATIONS



3 Ways to Make a Park/Shelter Reservation:



Phone

(608) 789-7533



Online

www.CityofLaCrosse.org/Parks



App

New!

Download the
La Crosse Parks
& Rec app here:



Reservations Dates & Times

Regular Season Reservations Dates: April 15-October 15

Off Season Reservation Dates: October 16-April 14

All reservations can begin as early as 8 a.m. and must end by 10:30 p.m.
All parks in the City of La Crosse are open daily from 6 a.m.-11 p.m.



Extra Picnic Tables & Garbage Can Rentals

Picnic Tables: \$15 each

Garbage Cans: \$5 each

*must be reserved 1 week in advance

Food Trucks/Outdoor Food Stands in City Parks

If you are a food truck or outdoor food stand looking to sell in the city, you must get a permit from the City of La Crosse Clerk's office.



In compliance with ordinance section 10-423,

No person shall operate an outdoor food stand or mobile food unit without first obtaining a license in compliance with the provisions of this division. A separate license is required for each stand/unit. An additional permit from the Parks, Recreation, & Forestry Department is required if you are selling food in any city park; daily, weekly, or annual permits available.

Fundraising in City Parks and Facilities

All events and programs raising money, charging a participant fee, and/or having alcohol* are required to get Park Board approval to use a city park, park shelter, or park facility. It is mandatory to submit a letter of request to Kate Kroll (krollk@cityoflacrosse.org) at least two weeks prior to the Park Board meeting in order to be considered for that month's meeting agenda.

The letter should include:

- Contact name, phone, and email
- Organization name and mailing address
- Event name
- First & second choice of event dates & times
- Requested park, shelter, facility, and/or trail
- Brief description and map of the event

Please note that in some cases, the organization or company may need to provide a Certificate of Insurance if the program or event is approved by the Park Board. We recommend attending a Park Board meeting at least three months prior to your event!

**If the Park Board approves an event where alcohol will be sold, an alcohol permit must also be applied for and purchased from the City Clerk's office. The City Clerk's office will determine if groups are eligible for an alcohol permit. If you are not eligible for a permit or do not purchase one, alcohol cannot be served at the approved event.*

PARKS, SHELTERS, & FACILITIES RESERVATIONS

Park Shelters & Facilities	Capacity	Regular Season Rates Reservation Date Range: April 15-October 15	
		Reservation Fee	Fee w/ Resident Discount
All Abilities Trane Park Activity Room	36	\$113/hr *2hr minimum*	\$75/hr *2hr minimum*
All Abilities Trane Park Pavilion	24	\$128/day	\$85/day
Badger/Hickey Park Pavilion	24	\$128/day	\$85/day
Black River Beach Pavilion North or South	40	\$128/day	\$85/day
Bluffview Park Pavilion	30	\$128/day	\$85/day
Cameron Park Green Space	300	\$128/day	\$85/day
Cameron Park Market Canopy	33 stalls	\$173/day	\$115/day
Chad Erickson Memorial Park Pavilion	25	\$128/day	\$85/day
Civic Center Park Walk Way	n/a	\$128/day	\$85/day
Copeland Park Concession & Pavilion		CLOSED FOR CONSTRUCTION	
Copeland Oktoberfest Pavilion		CLOSED FOR CONSTRUCTION	
Gateway Trail System	n/a	\$150/day	\$100/day
Grandad Bluff Pavilion	100	\$128/hr *2hr minimum*	\$85/hr *2hr minimum*
Green Island Park Gazebo	50	\$128/day	\$85/day
Hixon Forest Trail System	n/a	\$150/day	\$100/day
Houska Park Pavilion	50	\$128/day	\$85/day
Jay Street Pier	50	\$128/hr *2hr minimum*	\$85/hr *2hr minimum*
La Crosse River Marsh Trail System	n/a	\$150/day	\$100/day
Lueth Park Shelter	25	\$173/day	\$115/day
Merry Meadows Pavilion	25	\$128/day	\$85/day
Myrick Park Gun Club Shelter	40	\$173/day	\$115/day
Myrick Park Main Shelter	300	\$345/day	\$230/day
Pettibone Park Gazebo	100	\$128/day	\$85/day
Pettibone Park Lagoon Pavilion	25	\$128/day	\$85/day
Powell Park Shelter	25	\$173/day	\$115/day
Red Cloud Park Shelter	50	\$173/day	\$115/day
Riverside Park Bandstand	300	\$150/hr *2hr minimum*	\$100/hr *2hr minimum*
Riverside Park Fountain	300	\$128/hr *2hr minimum*	\$85/hr *2hr minimum*
Riverside Park Levee Area	300	\$128/hr *2hr minimum*	\$85/hr *2hr minimum*
Riverside Park North Green Space	300	\$128/hr *2hr minimum*	\$85/hr *2hr minimum*
Riverside Park South Green Space	300	\$128/hr *2hr minimum*	\$85/hr *2hr minimum*
Riverside Park International Cameroon Gardens	50	\$128/hr *2hr minimum*	\$85/hr *2hr minimum*
Riverside Park International Garden Gazebo	25	\$128/hr *2hr minimum*	\$85/hr *2hr minimum*
Riverside Park International Russian Gardens	15	\$128/hr *2hr minimum*	\$85/hr *2hr minimum*
Riverside Park International German Gardens	50	\$128/hr *2hr minimum*	\$85/hr *2hr minimum*
Riverside Park International Irish Gardens	50	\$128/hr *2hr minimum*	\$85/hr *2hr minimum*
Springbrook Park Pavilion	30	\$128/day	\$85/day
South Library Park Pavilion	30	\$128/day	\$85/day
Upper Hixon Forest Trail System	n/a	\$150/day	\$100/day
Upper Hixon Pavilion	60	\$128/day	\$85/day
Weigent Park Shelter	50	\$173/day	\$115/day

PARKS, SHELTERS, & FACILITIES RESERVATIONS

Park Shelters & Facilities	Capacity	Reservation Date Range: October 16-April 14	
		Reservation Fee	Fee w/ Resident Discount
Badger/Hickey Park Pavilion	24	\$168/day	\$113/day
Chad Erickson Memorial Park Pavilion	25	\$168/day	\$113/day
Copeland Park Concession & Pavilion	25	\$168/day	\$113/day
Gateway Trail System	n/a	\$168/day	\$113/day
Grandad Bluff Pavilion	100	\$128/hr *2hr minimum*	\$85/hr *2hr minimum*
Green Island Park Gazebo	50	\$128/day	\$85/day
Hixon Forest Trail System	n/a	\$168/day	\$113/day
La Crosse River Marsh Trail System	n/a	\$338/day	\$225/day
Myrick Park Gun Club Shelter	40	\$225/day	\$150/day
Myrick Park Main Shelter	300	\$450/day	\$300/day
Pettibone Park Gazebo	100	\$168/day	\$113/day
Pettibone Park Lagoon Pavilion	25	\$168/day	\$113/day
Red Cloud Park Shelter	50	\$225/day	\$150/day
Riverside Park Bandstand	300	\$225/hr *2 hr minimum*	\$150/hr *2 hr minimum*
Riverside Park International Garden Gazebo	25	\$169/hr *2 hr minimum*	\$113/hr *2 hr minimum*
Springbrook Park Pavilion	30	\$168/day	\$113/day
South Library Park Pavilion	30	\$168/day	\$113/day
Upper Hixon Forest Trail System	n/a	\$168/day	\$113/day
Upper Hixon Pavilion	n/a	\$168/day	\$113/day

***PARKS, SHELTERS, AND FACILITIES RESERVATION FEES ARE NON-REFUNDABLE!**

Park Shelters and Facilities Descriptions

Room:

All Abilities Trane Park offers a room to reserve that is located right next to the park action! This temperature controlled space is a step up from rustic park shelters and provides a bit more comfort for guests. It also features indoor restrooms, a sink, and counter space.

Pavilions:

There are a number of pavilions available to reserve in the La Crosse parks system. The pavilions are a roofed structure with completely open sides, with no steps to climb. Many of these offer a beautiful setting or are located near playgrounds.

Shelters:

Park shelters are the most popular sites for celebrations and gatherings. They range in size from smaller log cabin type structures to the large limestone Myrick Park Main Shelter, which holds 300 people. All shelters have access to modern restrooms.

Gazebos:

Gazebos are freestanding structures, roofed, and open on all sides. They provide shade, shelter from rain or snow, and a place to rest while acting as an ornamental feature.



For off season reservations, facilities available are limited. Running water and restrooms will not be available. Arrangements must be made to pick up a key.



PARKS, SHELTERS, & FACILITIES RESERVATIONS

Black River Beach Neighborhood Center

📍 1433 Rose Street La Crosse, WI 54603 ☎️ (608) 789-8640

Office Hours: Call or visit website for hours

Reserve up to 6 months in advance, hours flexible.



**OPEN
ALL
YEAR!**

Amenities Include:

- Tables
- Chairs
- Podium
- Kitchenette
- Sound System
- Patio Access
- Wi-Fi
- Dry Erase Board
- Coffee Maker
- TV
- Beach Access

*Reservations interested in having alcohol at their event must rent the entire facility and receive Park Board approval two months prior to event.

Room Reservation Rates

All reservations require a 2-hour minimum

Room	Max Seating	Monday-Fridays, 7 a.m.-4 p.m.		Monday-Fridays, 4 p.m.-10 p.m. Saturdays/Sundays, 7 a.m.-10 p.m.	
		Reservation Fee	Reservation Fee w/ Resident Discount	Reservation Fee	Reservation Fee w/ Resident Discount
Entire Facility (25% off)	150	\$101/hour	\$67/hour	\$201/hour	\$134/hour
Birchwood Room	24	\$30/hour	\$20/hour	\$60/hour	\$40/hour
Cottonwood Room	24	\$30/hour	\$20/hour	\$60/hour	\$40/hour
Maplewood Room (Whole)	100	\$75/hour	\$50/hour	\$150/hour	\$100/hour
Maplewood Room (North Half)	50	\$45/hour	\$30/hour	\$90/hour	\$60/hour
Maplewood Room (South Half)	50	\$45/hour	\$30/hour	\$90/hour	\$60/hour

South Side Neighborhood Center

📍 1300 6th Street South La Crosse, WI 54601 ☎️ (608) 789-8298

Office Hours: Call or visit website for hours

Meal Site Hours: Monday-Fridays: 11 a.m.-1 p.m.

Reserve up to 6 months in advance, hours flexible.



Amenities Include:

- Tables
- Chairs
- Podium
- Sound System
- Wi-Fi
- Dry Erase Board
- Coffee Maker
- TV

Room Reservation Rates

All reservations require a 2-hour minimum

*Alcohol not allowed at South Side Neighborhood Center

Room	Max Seating	Monday-Fridays, 7 a.m.-4 p.m.		Monday-Fridays, 4 p.m.-10 p.m. Saturdays/Sundays, 7 a.m.-10 p.m.	
		Reservation Fee	Reservation Fee w/ Resident Discount	Reservation Fee	Reservation Fee w/ Resident Discount
Entire Facility (25% off)	70	\$51/hour	\$34/hour	\$101/hour	\$67/hour
Centennial Hall	60	\$45/hour	\$30/hour	\$90/hour	\$60/hour
Board Room	10	\$23/hour	\$15/hour	\$45/hour	\$30/hour

FACILITY HOURS

Scan the QR Code for updated Neighborhood Center hours

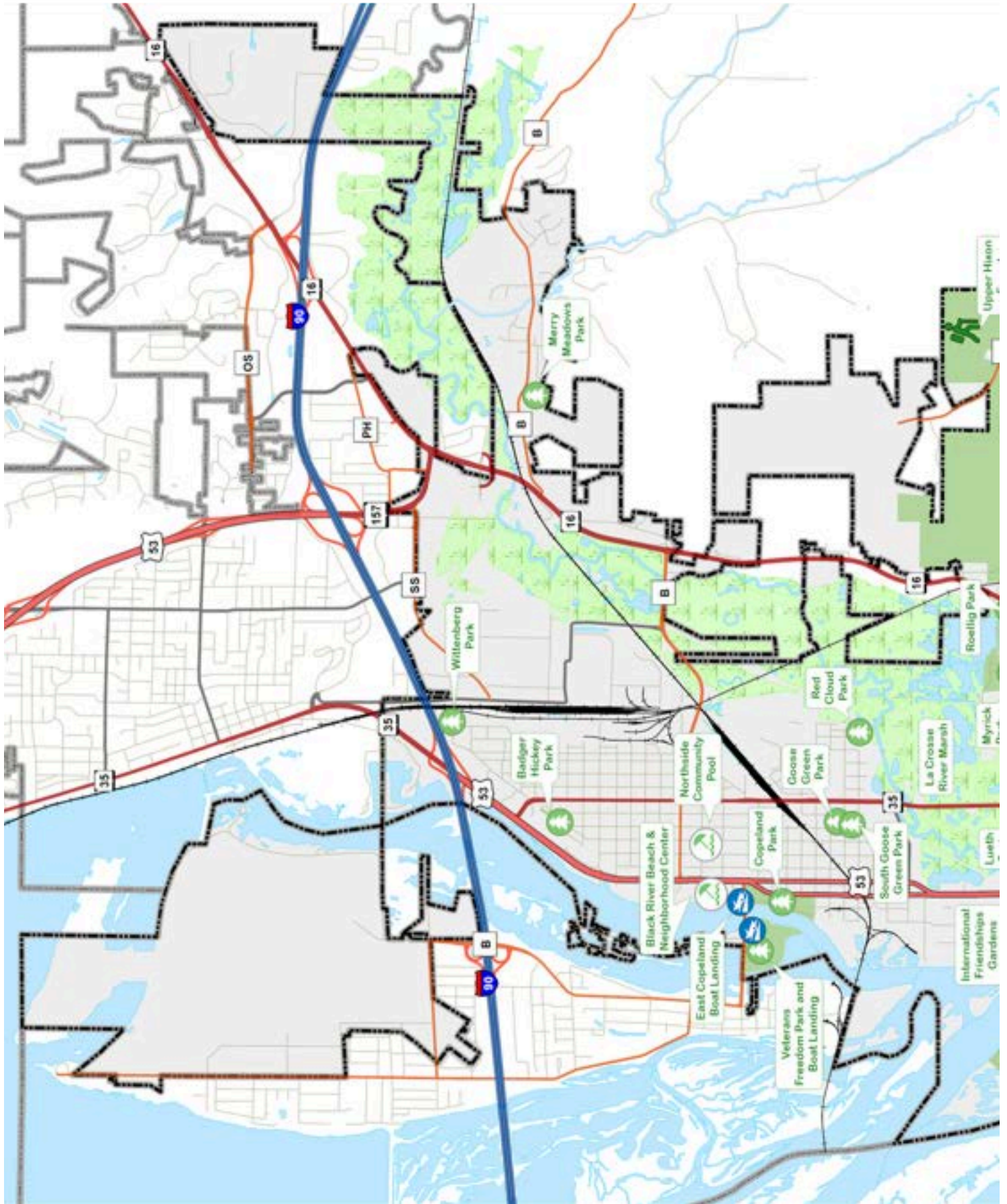


VISIT OUR WEBSITE

for more information about each facility and a complete list of reservation policies.

www.CityofLaCrosse.org/Parks

PARK MAP





A Premier Midwest Event Venue

LACROSSE CENTER

EXPERIENCE THE MAGNIFICENT

OUR SERVICES

- ✓ Two Ballrooms up to 12,000 sq. ft.
- ✓ 8,000 Seat Arena
- ✓ 3,300 sq. ft. Terrace
- ✓ Ten Boardrooms
- ✓ Audio/Visual Services
- ✓ Connected Parking Garage
- ✓ Downtown La Crosse Location



Check out the reviews!

"Well organized crew! Convenient parking and plenty of it! Lots of excellent eateries and hotels within walking distance! Love this place!"
-Mark R. (La Crosse Center Attendee)



Scan to visit the
La Crosse Center's
website for more
information



Weddings

The La Crosse Center offers a variety of full-service wedding packages. Let our experts help guide and plan your special day.

Sporting Events

The Center boasts 75,000 Sq. Ft. of space for any possible sport. With ceilings up to 45 ft. and seating up to 8,000 the opportunities are almost endless.

Business Meetings

The La Crosse Center is centrally located in Downtown La Crosse and host to some of the fastest-growing, most well-attended conferences in the nation.

Trade Shows

La Crosse is centrally located between large metropolitan areas, making it an ideal space to bring communities together for trade shows.

UPCOMING EVENTS

Explore our exciting lineup of upcoming events.

EVENT CALENDAR:



SAVE THE DATE

Save the date for some of our featured upcoming events!



ALABAMA
September 10, 2026



ELVIS EXPLOSION
Sept 11-13, 2026



BINGO LOCO
September 18, 2026



BACK TO BASICS TOUR
October 15, 2026



THE RISE OF ROCK TOUR
October 16, 2026



FOOL HOUSE
October 24, 2026



BERT KREISCHER
December 11, 2026



RIVERFRONT REVOLT
January 30, 2027

 office@lacrossecenter.com

 (608) 789-7400

 www.lacrossecenter.com

 300 Harborview Plaza La Crosse, WI 54601

NEIGHBORHOOD ASSOCIATIONS

BLUFFSIDE NEIGHBORHOOD ASSOCIATION



Boundaries: The Bluffside Neighborhood Association is bounded by Milson Court on the north, Losey Boulevard on the west, Hwy 33 on the south and the eastern city limits on the east.

 **Bluffside Neighborhood Association**

Meeting time: 4th Monday of odd numbered months at 6 p.m.

Meeting location: Congregational Church (2503 Main Street)

DOWNTOWN NEIGHBORHOOD ASSOCIATION

Boundaries: The Downtown Neighborhood Association is bounded by the Mississippi River on the west, West Avenue on the east, Cass Street on the south, and the marsh on the north.

 **Downtown Neighborhood Association- La Crosse, WI**

Meeting time: 3rd Tuesday of odd months (excluding July) at 6 p.m.

Meeting location: Capella Performing Arts Center



GRANDVIEW-EMERSON NEIGHBORHOOD ASSOCIATION



Boundaries: The Grandview-Emerson Neighborhood Association is bounded by West Avenue on the west, Cass Street on the south, Losey Boulevard on the east, and Park Drive to Myrick Park to UWL Campus to Vine Street on the north.

 **Grandview-Emerson Neighborhood Association GENA**

Meeting time: Check their Facebook page for more information.

Meeting location: Check their Facebook page for more information.

HINTGEN NEIGHBORHOOD ASSOCIATION

Boundaries: The Hintgen Neighborhood Association is bounded by Diagonal Road to the north, railroad tracks along 29th Street South to the east, Broadview Place and Mormon Coulee Road to the south, and Losey Boulevard to the west.

Meeting time: email hintgenna@gmail.com to get on mailing list

Website: <https://hintgenna.blogspot.com/>



HOLY TRINITY-LONGFELLOW NEIGHBORHOOD ASSOCIATION



Boundaries: The Holy Trinity-Longfellow Neighborhood Association is bounded by Green Bay Street on the south, Jackson Street/State Road on the north, Losey Boulevard on the east, and West Avenue on the west.

 **Holy Trinity-Longfellow Neighborhood Association**

Meeting time: 3rd Monday of the month at 6 p.m.

Meeting location: Faith United Methodist Church (1818 Redfield Street)

NEIGHBORHOOD ASSOCIATIONS

LOGAN NORTHSIDE NEIGHBORHOOD ASSOCIATION

Boundaries: The Logan Northside Neighborhood Association is bounded by Clinton Street on the south, Ranger Drive and Oak Street on the east, Lauderdale Place on the north, and the city limits on the west.

 **Logan-Northside Neighborhood Association**

Meeting time: 4th Tuesday of the month at 6 p.m.

Meeting location: Fire Station #4 (920 Gillette Street)



LOWER NORTHSIDE & DEPOT NEIGHBORHOOD ASSOCIATION



Boundaries: The Lower Northside and Depot Neighborhood Association is bounded by La Crosse River to the south, Clinton Street to the north, Oak Street to the east, and the Veterans Freedom Park to the west.

 **Lower Northside Depot Neighborhood**

Meeting time: 3rd Monday of the month at 6 p.m.

Meeting location: 5th Ward Residence Activity Center (1220 Hagar Street)

POWELL POAGE HAMILTON NEIGHBORHOOD ASSOCIATION

Boundaries: The Powell Poage Hamilton Neighborhood Association is bounded by Green Bay Street to the south, Jackson Street to the north, West Avenue to the east, and 3rd Street/South Avenue to the west.

 **Powell Poage Hamilton Neighborhood**

Meeting time: 3rd Tuesday of the month at 6 p.m.

Meeting location: South Side Neighborhood Center (1300 6th Street South)



WASHBURN NEIGHBORHOOD ASSOCIATION



Boundaries: The Washburn Neighborhood Association is bounded by Jackson Street to the south, Cass Street from the Mississippi River to 7th Street and Main Street from 7th Street to West Avenue on the north, West Avenue on the east, and the Mississippi River on the west.

 **Washburn Neighborhood in La Crosse**

Meeting time: 4th Tuesday of the month at 6:30 p.m.

Meeting location: American Legion (711 6th Street)

WEIGENT-HOGAN NEIGHBORHOOD ASSOCIATION

Boundaries: The Weigent-Hogan Neighborhood Association is bounded by Jackson Street and State Road to the south, Cass Street to the north, Losey Boulevard to the east, and West Avenue to the west.

 **Weigent-Hogan Neighborhood Assn.-WHNA**

Meeting time: 2nd Monday of most months at 6 p.m.

Meeting location (Winter Months): Unitarian Universalist Fellowship Building (401 West Ave)

Meeting location (Summer Months): Weigent Park Shelter (314 15th St S)

Website: <https://www.whnalax.org/welcome>





YOUTH RECREATION

Youth Flag Football (#423701)

Mon/Tues/Thurs; September 8-October 23, 2026

Registration Fee: \$90; Registration Fee w/ Resident Discount: \$60

****Registration Deadline: Thursday, September 17, 2026****

This program provides players with a fun, non-contact environment to play football while developing teamwork and athletic skills.

LOCATION	K/1st	2nd/3rd	4th/5th
Erickson	2:45 p.m.-3:30 p.m.	3:30 p.m.-4:30 p.m.	4:30 p.m.-5:30 p.m.
Emerson	2:45 p.m.-3:30 p.m.	3:30 p.m.-4:30 p.m.	4:30 p.m.-5:30 p.m.
Weigent Park	3:00 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.	4:45 p.m.-5:45 p.m.
Southern Bluffs	2:45 p.m.-3:30 p.m.	3:30 p.m.-4:30 p.m.	4:30 p.m.-5:30 p.m.
North Woods	2:45 p.m.-3:30 p.m.	3:30 p.m.-4:30 p.m.	4:30 p.m.-5:30 p.m.

GAMEDAY INFORMATION:

September practices on Mondays, Tuesdays, and Thursdays. October practices on Tuesdays only.
Game day schedules will be sent out prior to games starting.

Grades K-1: Saturdays; October 3 and 10 @ Carroll Park

Grades 2-5: Mondays and Thursdays starting September 28 @ Carroll Park

ERICKSON BOWL

Friday, October 23, 2026
Erickson Park

2nd/3rd Game: 5:30 p.m.
4th/5th Game: 7 p.m.

UWL FOOTBALL CLINIC (#423702)

Monday, September 21, 2026

4:30 p.m.-5:30 p.m.

Roger Harring Stadium

Grades K-5th

FREE | Registration Required

Registration Deadline: September 17, 2026



Sign up for the annual Youth Football Clinic. Run through drills and skill competitions with the UWL Football Team. The clinic will run from 4:30 p.m.-5:30 p.m. UWL's Roger Harring Stadium. After the clinic, stop by for food and refreshments at the Myrick Park Main Shelter from 5:30 p.m.-6:30 p.m. Players, parents, and families are invited to attend. Players must be registered for the 2026 Youth Flag Football season to participate.

Co-Ed Youth Volleyball (#423801)

September 9-October 24, 2026

Registration Fee: \$90, Registration Fee w/ Resident Discount: \$60

****Registration Deadline: Thursday, September 17, 2026****

This comprehensive program introduces the basic skills and modified game play of volleyball with emphasis on participation and fun!



DAYS	LOCATION	3rd/4th	5th/6th
Mon/Wed	Emerson Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.
Tues/Thurs	Spence Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.
Tues/Thurs	State Road Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.
Tues/Thurs	Southern Bluffs Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.

GAMES: October 3, 10, 17, and 24, 2026 at Logan Middle School

1st/2nd Grade Volleyball Clinics (#423801)

Saturdays; October 3, 10, & 17, 2026

9 a.m.-9:45 a.m. | Logan Middle School

Registration Fee: \$20; Registration Fee w/ Resident Discount: \$10

****Registration Deadline: Monday, September 28, 2026****

Kids will learn fundamentals such as passing, setting, and serving through fun drills and games.

Youth Figure Skating Pre-Season

Thursday, October 15-Friday, October 30, 2026

Green Island Ice Arena

Registration Fee: \$55; Registration Fee w/ Resident Discount: \$35

1 **Intermediate: Ages 9-17 | Thursdays @ 4 p.m.- 4:45 p.m.**

For skaters that have mastered the basic elements and are ready for the next challenge and adding speed to the skills.

2 **Advanced Freestyle: Ages 12-17 | Thursdays @ 4:45 p.m.- 5:45 p.m.**

For skaters that have mastered skating skills, jumps and spins with both speed and consistency. Skaters must have full single jumps and working on a sit spin to be in high freestyle.

3 **Advanced Freestyle: Ages 12-17 | Fridays @ 4 p.m.-5 p.m.**

For skaters that have mastered skating skills, jumps and spins with both speed and consistency. Skaters must have full single jumps and working on a sit spin to be in high freestyle.

SAVE THE DATE



SHOW DATES

March 5, 2027 at 7 p.m.

March 6, 2027 at 2 p.m.

Extra mandatory practices to participate in Closing Line - TBD

YOUTH SPORTS

Youth Figure Skating - Session One

Monday, November 2-Tuesday, December 22, 2026

Green Island Ice Arena

Registration Fee: \$140; Registration Fee w/ Resident Discount: \$90

****Registration Deadline: Thursday, November 12, 2026****

Our traditional group classes are for ages 5 years old to seniors in high school. Session One features small group sizes which allow skaters to get more individualized attention to develop stronger skating skills. If you have any questions or concerns, please contact Corry Marco, Off Ice Coordinator – lacrossefiguresk8ing.club@gmail.com ****No Skating Lessons November 25-27, 2026**

1 Beginner Basics (#122202-01)

Ages 5-13 | Mondays @ 3:45 p.m.-4:30 p.m. & Thursdays @ 3:45 p.m.-4:45 p.m.

Beginner Basics is for skaters just starting out and skaters still developing the basic elements of skating.

2 Low Intermediate (#122202)

Ages 9-17 | Tuesdays @ 4 p.m.-4:45 p.m. & Fridays @ 3:45 p.m.-4:30 p.m.

For skaters that have mastered the basic elements and are ready for the next challenge and adding speed to the skills.

3 High Intermediate (#122202)

Ages 9-17 | Wednesdays @ 4 p.m.-4:45 p.m. & Fridays @ 5:45 p.m.-6:45 p.m.

For skaters that have mastered the low intermediate elements and are ready for the next challenge with more speed and high level skills, edges, jumps and spins. Skaters must have a waltz jump, lung, shoot the duck and working on one foot spin or higher.

4 Advanced Freestyle (#122202-08)

Ages 12-17 | Thursdays & Fridays @ 4:30 p.m.-5:30 p.m.

For skaters that have mastered skating skills, jumps and spins with both speed and consistency. Skaters must have full single jumps and working on a sit spin to be in high freestyle.

Youth Figure Skating - Session Two (#122202)

January 4, 2027 – March 6, 2027

Green Island Ice Arena

Registration Fee: \$190; Registration Fee w/ Resident Discount: \$140

****Registration Deadline: Thursday, January 7, 2027****

Session Two is all about show preparation! Lessons will not be given in session two. All skaters will be broken into groups for show choreography. Each skater will take part in multiple numbers plus the closing line. Each skater will be borrowing a La Crosse Figure Skating Club costume for each routine. All costumes will be returned before the end of the show. Each skater will be given a closing line sweatshirt to keep. If you have any questions or concerns, please contact Corry Marco, Off Ice Coordinator - lacrossefiguresk8ing.club@gmail.com

Skaters MUST participate in session one in order to participate in session two

1 Beginner Basics (#122202-02)

Ages 5-13 | Mondays @ 3:45 p.m.-4:30 p.m. & Thursdays @ 3:45 p.m.-4:45 p.m.

2 Low Intermediate (#122202)

Ages 9-17 | Tuesdays @ 4 p.m.-4:45 p.m. & Fridays @ 3:45 p.m.-4:30 p.m.

3 High Intermediate (#122202)

Ages 9-17 | Wednesdays @ 4 p.m.-4:45 p.m. & Fridays @ 5:45 p.m.-6:45 p.m.

4 Advanced Freestyle (#122202-09)

Ages 12-17 | Thursdays & Fridays @ 4:30 p.m.-5:30 p.m.



Youth Boys Basketball (#123601)

November 30, 2026-February 6, 2027

Registration Fee: \$90; Registration Fee w/ Resident Discount: \$60

****Registration Deadline: Thursday, December 10, 2026****

This program teaches kids the fundamentals of basketball while putting an emphasis on learning necessary skills and teamwork. ***No practice 12/21-12/31 & 1/18***

DAYS	LOCATION	2nd/3rd	4th/5th
Mon/Wed	Spence Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.
Mon/Wed	State Road Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.
Tues/Thurs	North Woods Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.
Tues/Thurs	Emerson Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.
Tues/Thurs	Southern Bluffs Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.

GAMES: Games will be played on Saturdays in 2027. Dates: 1/9,1/16,1/23,1/30, 2/6

Youth Girls Basketball (#123602)

November 30, 2026-February 6, 2027

Registration Fee: \$90; Registration Fee w/ Resident Discount: \$60

****Registration Deadline: Thursday, December 10, 2026****

This program teaches kids the fundamentals of basketball while putting an emphasis on learning necessary skills and teamwork. ***No practice 12/21-12/31 & 1/18***

DAYS	LOCATION	2nd/3rd	4th/5th
Mon/Wed	North Woods Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.
Mon/Wed	Emerson Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.
Mon/Wed	Southern Bluffs Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.
Tues/Thurs	Spence Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.
Tues/Thurs	State Road Elementary	2:45 p.m.-3:45 p.m.	3:45 p.m.-4:45 p.m.

GAMES: Games will be played on Saturdays in 2027. Dates: 1/9,1/16,1/23,1/30, 2/6

YOUTH SPORTS HOTLINE

Worried about a possible
cancellation? Call the hotline
for the latest updates.

(608) 791-0706



OUTDOOR RECREATION

Trail Systems

Lower Hixon Forest	2600 Old Quarry Road
Upper Hixon Forest	709 County Road FA
Gateway/Grandad Trails	3020 Grandad Bluff Road
La Crosse River Marsh	789 Myrick Park Drive
Mathy Quarry	N3065 County Road FA
Hass Tract	3720 Easter Road
Skemp Tract	W5841 County Road B

Trail Maps



All City of La Crosse trail maps are available online at tinyurl.com/LaCrosseTrails.



Want trail maps on the go? Download the [Avenza App](#) for your mobile device! Track your position, add notes, drop pins, and use maps offline!



All mapped trails are available for download on the Avenza App through Android and Apple iOS stores.



Public Hunting Reminder

Select city properties are open to hunting. If you are planning to take a trip into the woods during hunting season, we remind you to wear bright colors, leash your pets, and stay on designated trails. For a list of all properties open to hunting, please visit: tinyurl.com/LaCrosseHunts

Trail Etiquette

We hope that you love La Crosse's trails and outdoor areas as much as we do! As our trails experience more use, it's more important than ever that we respect the trail, nature, and each other and use proper trail etiquette. Thanks for helping to make our backyard an awesome recreation area! Follow these easy tips to make sure you and your fellow trail users have the best experience possible.

- Follow marked trails and signs
- Be courteous and listen to others
- Yield to uphill traffic
- Travel at a safe speed
- Keep pets on leash
- Pack it in, pack it out

Cross Country Ski Trails

When snow conditions permit, Lower Hixon Forest trails are groomed to accommodate snowshoeing, cross country skiing, and skate skiing activities. Please be respectful of groomed trails. Users are encouraged to hike, run, snowshoe and bike off to the side or avoid the groomed area if you can.



Snowshoe



Skate



Classic



Support Your Local Trail System

The city trail system is a vital part of our community, providing residents and visitors with safe, accessible, and sustainable options for recreation. Your donation directly supports the care, improvement, and expansion of this valued public asset. Visit <https://tinyurl.com/LaxTrailDonations> or scan the QR code to donate.



FORESTRY & SUSTAINABILITY

All About Street Trees

Street trees are a city-owned boulevard tree. This means that trees are under the care and jurisdiction of the La Crosse Parks & Forestry Department. Watering and monitoring of these trees is always appreciated!

Should trees require assessment, pruning, or other significant work, residents are reminded to submit an online request at <https://tinyurl.com/LaCrosse311> or call the Department at (608) 789-8679.

Do's and Don'ts of Street Trees

DO:

- Request a Free Tree
- Water your Tree
- Report Tree Concerns

DON'T:

- Prune Street Trees
- Remove Street Trees
- Disturb Tree Roots



Community Orchards

City Hall	400 La Crosse Street	Pear, Cherry & Apple Trees
Lueth Park	701 12 th St. North	Apple Trees, Raspberries & Rhubarb
Cass & 7 th Street	NW Corner of Roundabout	Apple & Pear Trees, Raspberries & Rhubarb
705 Cliffwood Lane	Corner of 29 th & Cliffwood Lane	Apple & Plum Trees, Rhubarb & Raspberries
Springbrook Park	3519 Springbrook Way	Apple & Peach Trees

*These orchards serve as free sources of fresh, locally grown fruit. Please be mindful when harvesting and only take what you need.



LEAF IT

Improve soil and plant quality
 Prevent weed growth
 Insulate soil
 Reduce leaf pick-up carbon emissions

I MULCH MY LEAVES



Want to join the Sustainable Initiative
or learn more?

Visit the City of La Crosse Sustainability page



SUSTAINABLE INITIATIVE

BOATING INFORMATION

City of La Crosse Boat Launch Permit Information

Customers have the ability to pay for boat launch parking facilities in a variety of ways and locations. Boat launch permitting is per vehicle license plate. **ALL VEHICLES (with or without trailers)** using the boat launch parking facilities must be registered with either a daily permit or season permit.

Pay stations located at all boat launch parking facilities allow customers to pay for their daily or season permits on-site.

On-site purchases can be made with credit card, pay app (information below), or cash (no change is given).

Permits can still be purchased in person or over the phone at La Crosse City Hall Parks, Recreation, & Forestry Office at (608) 789-7533 or the Black River Beach Neighborhood Center at (608) 789-8640. If choosing this option, be sure to know the license plate for each vehicle being registered.

Pay app: Passport, a pay by phone app: <https://app.parkmobile.io/venue/city-of-la-crosse/events>

Per Vehicle Permit	Permit Fees	City of La Crosse Resident Permit Fee (w/discount)
Season Permit	\$30	\$20
*Daily Permit	\$10	\$7
**Veteran Season Permit	\$10	FREE

***Daily Permits** expire at midnight on the date of purchase.

****Veteran Season Permits** are only available over the phone or in person at La Crosse City Hall Parks & Recreation Office or the Black River Beach Neighborhood Center. If choosing this option, be sure to know the license plate for each vehicle being registered.

 **DISCLAIMER:** Daily and Season permits are subject to audit at the sole discretion of the City of La Crosse.



BOAT LANDINGS

- Veterans Freedom Park Boat Launch**
1000 Boathouse Drive
- East Copeland Boat Launch**
421 Clinton Street (2 landings)
- 7th St Boat Launch**
2300 S 7th St
- Municipal Harbor Boat Launch**
1500 Marco Drive

CITY OF LA CROSSE BOAT MOORING INFORMATION

Veterans Point Marina

1000 Boathouse Drive
123 slips

Municipal Boat Harbor

1500 Marco Drive
176 slips

Copeland Park Harbor

1130 Rose St.
14 slips

All facilities are currently full. For more information or to be put on the waiting list please call the main office at (608) 789-7533.



ADULT RECREATION

Wise Wednesdays (#555024-101A)

Wednesdays; September 2 & 16, October 7 & 21, November 4 & 18, December 2 & 16, 2026
10:30 a.m.-Noon | South Side Neighborhood Center

Ages 18+ | Max: 15

FREE | **Registration Required; Register Anytime**

Have some fun and connect with others to socialize, learn tools to cope with aging, enhance lifelong learning, and improve joy in your day-to-day life in a welcoming and engaging atmosphere. This is an open class, join when you can. Facilitators: Heather Quackenboss.

Before the After (#549003-35)

Wednesdays; October 7 & December 9, 2026
10 a.m.-Noon | South Side Neighborhood Center

Ages 18+ | Min: 1 Max: 15

FREE | **Registration Deadline: One day prior to session**

“Before the After” planning sessions have been presented by Sara Wrobel, Executive Director of Causeway Caregivers since 2012. This program utilizes a planning folder to outline your wishes, organize documents, and eliminate possible tough decisions for your loved ones. Please bring your folder if you have attended a prior session. New attendees will receive a folder.

Topics and Forms:

- Obituary Writing, Letters of Love
- Funeral, Memorial or Final Service Planning
- Lasting Legacy and Health History
- Power of Attorney for Healthcare & Organ Donation
- In Case of Emergency and Contacts Form
- Personal Designations & Creating a Will
- Guardianship for Person or Estate
- Power of Attorney for Finances
- Everything in One Place for Pertinent Papers

Medicare 101: “Understanding the ABCs of Medicare” (#549003)

Wednesdays; October 14, & November 4, 2026

10 a.m.-11 a.m. or 6 p.m.-7 p.m.

Black River Beach Neighborhood Center

Ages 50+ | Min: 1 Max: 15

FREE | **Registration Deadline: Friday prior to session**

This program is geared toward those who will be NEW to Medicare in the next year. The class will provide a foundational understanding of Medicare – one letter at a time – covering the different elements. Hear about the various costs and benefits and learn about eligibility, enrollment, and getting on the path to a successful transition to Medicare. *Facilitated by: Tina Johnson, Elder Benefit Specialist, Aging and Disability Resource Center of La Crosse County*

Shuffle Together (#555025-11)

Fridays; September 11 & 25 October 9 & 23, November 13, December 11, 2026

2 p.m.-3:30 p.m. | South Side Neighborhood Center

Ages 10+ | Max: 30

FREE | **Registration Required; Register Anytime**

Let's play some card games and chit chat! This is an opportunity for people of all ages to spend time together in an informal, low-key space. We play games with standard decks of cards, usually. And try to learn something new each session. Anyone is welcome! RSVP needed if a large group is coming, just email emily.crook@wisc.edu two days prior.

Music Café

Thursdays; September 17 & 24, October 1, 8, 15, 22, & 29, November 5 & 12, 2026

1 p.m.-2 p.m. | South Side Neighborhood Center

Registration Fee: FREE

Are you looking for something to do that will be fun, entertaining, and provide the opportunity to meet new people? Join these Thursday afternoon concerts! Local musicians will perform throughout the series to provide entertainment, while sharing their experience and appreciation of music.

Blue Bridge Brass

Friday, November 20, 2026

7 p.m.-9 p.m. | Black River Beach Neighborhood Center

Registration Fee: FREE

Welcome to the Blue Bridge Brass, a brass ensemble located in La Crosse, Wisconsin. The band started playing together in September of 2024 and play music from all styles, both original works for brass and arrangements.

Members include Joshua Beron and Terry Enockson on trumpets, Vickie Rortvedt on horn, John Bausch and Marc Williams on trombones. Profiles of the musicians can be found on the Blue Bridge Brass Facebook page.



This concert will feature highlights from 250 years of American music and American composers from the American Revolutionary War to contemporary arrangements of music from American musical traditions, including spirituals, ragtime, jazz, musical theater, and famous marches—all arranged for brass quintet.

Great River Ringers

Sunday, December 13, 2026

2 p.m.-3 p.m. | Black River Beach Neighborhood Center

Registration Fee: FREE

Great River Ringers, a 5-octave community handbell choir, is thrilled to present a Christmas concert this year. Enjoy some traditional holiday pieces along with a few fun surprises. Let the beauty of handbells add joy to your holiday season. Refreshments are served following the concert.



Neighborhood Center Operating Hours

To view the current operating hours for Black River Beach Neighborhood Center or South Side Neighborhood Center, please reference our online calendar.

Scan to
view hours:



Mah Jongg Club

Tuesdays; Year-Round | Noon-3:30 p.m.

Black River Beach Neighborhood Center | \$2 per session; pay as you go

All players welcome. Not a teaching session. ***No Class 12/22, 12/29**

Knitting Group

Thursdays; Year-Round

1 p.m.-3 p.m. | Black River Beach Neighborhood Center

Ages 16+ | \$1 per person, per week

Join other knitting enthusiasts each week. This is a great opportunity to show off your creations or help each other as needed. Check in at the front desk when you arrive. Please bring your own knitting supplies. ***No class 11/26, 12/24, 12/31**

International Folk Dance Club

Saturdays; September 12 & 19, October 3 & 17, November 7 & 21, December 5 & 12, 2026

7 p.m.-9:30 p.m. | Black River Beach Neighborhood Center

Registration Fee: \$2 per session, pay as you go

Come experience the joy of movement, dance, community, and a taste of the world through International Folk Dance. Easy line and circle dances will be taught. No experience or partner necessary. Wear comfortable dance shoes.

Art Club

Thursdays; Year Round

Noon-3:00 p.m. | Black River Beach Neighborhood Center

Ages 18+

Registration Fee: \$2 per session, pay as you go

Join your fellow artists for great conversation, an inspiring atmosphere, and time to work and relax. William Eddy or Mary Lou Ferguson will be there to answer any questions you may have. Bring your own art supplies. ***No class 11/26, 12/24, 12/31**

Coping Skills (#555009-89)

Fridays; September 4 & 18, October 2 & 16, November 6 & 20, December 4 & 18, 2026

10 a.m.-11:30 a.m. | South Side Neighborhood Center

Ages 50+ | Max: 20

FREE | **Registration Deadline: One day prior to session**

Do you need a little help coping? Join for casual conversation and helpful information. We will discuss a variety of topics including health coping strategies for change and life transitions as you grow older. Join when you can, each session offers new and interesting discussions.

ASL PROGRAMS

American Sign Language (ASL) Programs

Michelle Gerlach grew up around the Deaf community all her life and was fascinated to learn American Sign Language (ASL). Michelle believes ASL is a vital and valuable language to the Deaf community, and as such, it is important to teach and share this language.

If you are interested in a sign language course, please contact Michelle at ASL.Instructor26@yahoo.com.

ADULT ENRICHMENT

Estate, Disability, & Financial Planning Workshops

Ages 18+

FREE | **Registration Deadline: One day prior to each session**

Joel Dettwiler, ChSNC®, founder of the Quantum Group, will be hosting workshops on important planning topics. All workshops will include a brief presentation of information, general planning/lessons learned, and a question-and-answer session. Questions via email prior to all workshops are welcome, and sender will remain anonymous. Contact Joel at jdettwiler@quantumplanners.com.



Retirement to RMD's – 10 Important Years (#555019-83)

Thursday, September 17, 2026

10 a.m.-11:30 a.m. | Black River Beach Neighborhood Center

Have you thought about when you want to take Social Security? How about healthcare before age 65? How does Medicare work when I reach 65? I'm required to take money out of my IRA at what age? The years from retirement to RMD's are some of the most important times for personal planning. Join for a conversation about what you can do to make the most of your planning opportunity.

Special Needs Planning - Transition Planning for Families at Age 18

Thursday, October 22, 2026

(#555019-102)

6 p.m.-7:30 p.m. | Black River Beach Neighborhood Center

Do you have a child or loved one with a qualified disability that is approaching age 18? What are the steps that need to be taken to ensure that they are receiving help and benefits they are entitled to? How does Guardianship work? What's a Rep Payee? Does my child really need to pay rent? In this workshop, we will discuss the transition process and give you a checklist and reasonable set of resources to get you on the right path.

Your Affairs in Order – Wills, Trusts, & Beneficiaries (#555019-167)

Thursday, November 19, 2026

10 a.m.-11:30 a.m. | Black River Beach Neighborhood Center

Are your affairs in order? What exactly do you need to have your affairs in order? Wills, Trusts, and Transfer on Death Deeds are just a part of the process. Who will manage your estate when you pass? This workshop will present the basics of estate planning with an emphasis on the workings of Wills, Trusts, Probate, and Beneficiary assignments.

Special Needs Planning with ABLE Accounts & Special Needs Trusts

Wednesday, December 9, 2026

(#555019-90)

6 p.m.-7:30 p.m. | Black River Beach Neighborhood Center

Special Needs Trusts and ABLE accounts are often mentioned by attorneys and advisors, but they are rarely defined. What is a Special Needs Trust? How does it work? What are the benefits? When is the best time to establish one? How do they work with a family's traditional estate plan?



SENIOR PROGRAMS HOTLINE

 **(608) 791-8956**

Call the hotline to check for any updates or cancellations for senior programs.
Programs will be cancelled at least two hours prior to the event.

ADULT FITNESS & SPORTS

Staying Active Together

Mondays & Thursdays; September 3-December 14, 2026

9:30 a.m.-10:30 a.m. | Black River Beach Neighborhood Center (#548100-93) OR

9:30 a.m.-10:30 a.m. | South Side Neighborhood Center (#548100-76) OR

9:30 a.m.-10:30 a.m. | Virtual (#548100-94)

Ages 50+ | Max: 40

Registration Fee: \$15; Registration Fee w/ Resident Discount: \$10

****Registration Required, Register anytime****

Join Brianna as she provides an hour of cardio, balance, and strength exercises. 5-10 minutes of a social at the beginning with exercise to follow. Classes are held in person at the Black River Beach Neighborhood Center, virtually at South Side Neighborhood Center, or virtually on your own from home.

***No Class 9/7, 10/12, 10/15, 10/19, 11/26**



Qigong/Tai Chi (#538100-29)

Mondays & Wednesdays; September 9-December 9, 2026

6:30 p.m.-8 p.m. | Black River Beach Neighborhood Center

Ages 18+ | Min: 7 Max: 20

Registration Fee: \$78; Registration Fee w/ Resident Discount: \$52

****Registration Required; Register anytime****

****Price pro-rated after Friday, September 25, 2026****

Based on the Eastern tradition of Qigong, Yoga, and the internal martial arts, this training aims to relax and open the body to reduce stress, tension, and pain; to improve flexibility, and vitality; and promote energy development and flow. Emphasis on increasing the suppleness and resilience of the fascia, improving posture, and strengthening the core. Integrated, mindful movements align balance and coordination, and develop internal power.

***No Class 11/2, 11/18, 11/25**

Adult Basketball

Registration Cost: \$425/team

****Registration Deadline: Friday, September 18, 2026****

Schedules will be sent out to team captains prior to the season starting.

DAY	LOCATION	LEAGUES	DATES
Sundays	Central High School	Recreational & Competitive	October 4-February 7
Wednesdays	Logan Middle School	Open	September 30-February 10

Adult Volleyball

Registration Cost: \$225/team

****Registration Deadline: Friday, September 18, 2026****

Schedules will be sent out to team captains prior to the season starting.

DAY	LOCATION	LEAGUES	DATES
Tuesday	Northside Elementary & North Woods Elementary	B	September 29-February 9
Wednesday	Central High School	Intermediate & Fun	September 30-February 10
Thursday	Northside Elementary	B	October 1-February 11

ADRC PROGRAMS

Normal Aging or Something Else? Free Brain Checks

Wednesday, September 23, 2026 | Holmen Area Community Center

Thursday, October 8, 2026 | West Salem Library

FREE | **Registration Deadline: One day prior to event**

To Schedule a 30-minute appointment: Call ADRC at (608) 785-5700

Similar to other health screenings, a brain checkup is a wellness tool for identifying possible changes in cognition or capture a baseline to allow for conversation and preplanning. Resources and support are available. Results are free and confidential. NOT intended for people undergoing diagnosis or care for a cognitive impairment/dementia diagnosis.



Supporting Emotional Health: Agitation in Dementia and Depression in Aging

Tuesday, October 20, 2026

9:30 a.m.-2 p.m. | Black River Beach Neighborhood Center

****Registration Required; Registration Deadline: Monday, October 12, 2026****

To register, call the ADRC at (608) 785-5700

- 9:30 a.m. – Doors Open
- 10 a.m. – Presentations by Dr. Elizabeth Cogbill & Katie Germain, NP (Emplify Health)
- Catered Lunch
- Afternoon session concludes by 2 p.m.

Join us for a two-part program focused on understanding agitation and depression—two common and often misunderstood mental health concerns affecting older adults and their families. Because stigma still surrounds both mental illness and dementia, many people struggle without support.

We will explore agitation, a frequent symptom among individuals living with dementia and discuss how it presents, why it occurs, and practical strategies for responding. Next we will discuss depression, a serious mood disorder that affects many people regardless of age or background. This discussion will help attendees recognize depression and understand its growing impact on our communities. Event is funded by the Kathy & Jack Lucey Family Fund for Alzheimer's.

Nourish Your Brain Retreat

Wednesday, November 4, 2026

12:30 p.m.-4 p.m. | DASH Center Onalaska

FREE | **Registration Deadline: Wednesday, October 28, 2026**

Join us for a free and interactive event all about supporting your brain health!

Enjoy a variety of sessions that include light movement, hands-on activities, and practical tools you can use long after the event is over. Please wear comfortable clothing and shoes so you can participate fully.

To sign up, scan the QR code or call the ADRC at (608) 785-5700.



Dementia Live - Experience What it May be Like to Live with Dementia

Wednesday, December 9, 2026

9:30 a.m.-10:30 a.m. | Black River Beach Neighborhood Center

Open to the public | Call the ADRC at (608) 785-5700 to register

FREE. Dementia Live® offers an 'inside-out' understanding of the changes experienced with dementia by immersing participants into what it may be like to live with it. By "walking in their shoes," participants will gain a heightened awareness and leave with valuable tips and tools to improve communication and connection. This experience is free and great for community members, families, and professionals to better understand dementia. Opportunities held at various locations throughout the year.

Find upcoming Dementia Live session dates and register online here:



STAR CENTER PROGRAMS

La Crosse Area Parkinson's Disease Support Group

Mondays; September 14, October 5, November 9, December 7, 2026

5 p.m.-6:30 p.m. | Black River Beach Neighborhood Center

Looking for support with Parkinson's Disease? You are not alone. Many people find that support groups are tremendously effective in helping them cope with the day-to-day realities of having Parkinson's Disease. This support group is for care partners and persons who are living with a Parkinson's diagnosis. Members will have an opportunity to ask questions, share resources, and learn tips from one another for how to proactively manage Parkinson's. No pre-registration is required.

Contact: STAR Center | (608) 797-6295 | info@starcenterlacrosse.org



La Crosse Area Parkinson's Disease Support Group Social Night

Wednesdays; September 16, October 21, November 18, December 16, 2026

5:30 p.m.-7:00 p.m. | South Side Neighborhood Center

Open to all individuals with Parkinson's Disease and their family and friends. Each month individuals will gather for games, crafts, food, and socialization. No pre-registration is required.

Contact: STAR Center | (608) 797-6295 | info@starcenterlacrosse.org



What is the STAR Center?

The Sports, Therapeutic and Adaptive Recreation (STAR) Center is a community health initiative, designed to reduce barriers to physical activity so that all members of our community may thrive.

The STAR Center offers membership options for Para/Wheelchair Sports, Adaptive and Inclusive Recreation, and Specialized Exercise Programs, including full access to our Aerobic and Strengthening Center.

Fall and Winter 1 STAR Center Programs (September-December)

Fall registration and class details will be available August 24, 2026. Winter 1 registration and class details will be available October 14, 2026. Please visit the STAR Center website for more information and other sport/program offerings.

- **Inclusive Recreation:** Handball (Fall), Sitting Volleyball (Winter 1), STAR Strong- Strength and Conditioning, Boxing, Fresh STARt (intro to the aerobic and strengthening center), Yoga (chair or mat), Tai Chi (standing or seated), Adaptive Gaming (Winter 1), STAR Social, Boccia
- **Specialized Exercise Programs:** Chair One Fitness, Drums Alive-Drummercise (cardio drumming), Together in Movement and Exercise- TIME (neurological conditions and post-stroke), Connect and Move (fibromyalgia and connective tissue), Functional Strength (50+), Rock Steady Boxing (Parkinson's Disease), PD Exercise (Parkinson's Disease), Brain and Body Fitness (early-stage dementia and mild cognitive impairment), Ease into Movement (back and shoulder), Ease into Movement (arthritis), Get Moving (beginner exercise), Stay Moving (30+)



For program specific information or to register please visit/contact

www.starcenterlacrosse.org | info@starcenterlacrosse.org | (608) 797-6295



**Questions about the city?
Call our main city line.**

(608) 789-CITY

SENIOR PREVIEW TICKETS

Senior Preview from La Crosse Community Theater

Ticket Cost: \$15 | Ages 62+ | All shows begin at 7:30 p.m.

Tickets are available until 12 p.m. the day of the show. Tickets are provided for select shows only and limited quantities are available.

Tickets are available for purchase in person at:

Black River Beach Neighborhood Center

1433 Rose St, La Crosse, WI 54603

City Hall Parks & Recreation Desk

400 La Crosse St, La Crosse, WI 54601

South Side Neighborhood Center

1300 6th St S, La Crosse, WI 54601



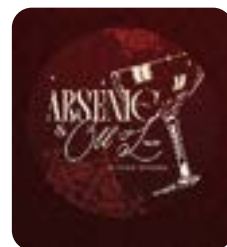
UPCOMING SHOWS:

Arsenic and Old Lace

Thursday, September 10, 2026

Bad habits can be deadly! The amusing story of two charming elderly ladies who decide that by poisoning their poor, lonely lodgers and burying the bodies in their cellar, they are saving these unfortunates from the sorrows of this world – however, not everybody shares their views!

Tickets available starting Wednesday, July 15, 2026



Dr Seuss's How the Grinch Stole Christmas

Thursday, December 3, 2026

The holiday classic that will grow any heart! With a heart "two sizes too small," the Grinch despises the annual Christmas festivities of Who-ville from a solitary distance. Fed up, he carries out a plan to stop them once and for all, only to learn a lesson about opening his heart to the real meaning of Christmas.

Tickets available starting Wednesday, October 7, 2026



Neighborhood Center Hours

Scan the QR Code to view Black River Beach Neighborhood Center and South Side Neighborhood Center hours



LA CROSSE PUBLIC LIBRARY PROGRAMS



The La Crosse Public Library is the hub of our community, inspiring inclusion, learning, and connection. Discover our signature programs designed to enrich your life and foster community connections:



- **Book Events:** The La Crosse Public Library offers a variety of opportunities to connect with fellow book lovers at book clubs, author talks, book sales and more!
- **Craft Classes:** Unleash your creativity in our craft and maker classes, designed for all ages. Whether you are a beginner or an experienced maker, there's something for everyone!
- **Health & Wellness Classes:** Prioritize your well-being with our revitalizing wellness classes, from gentle chair yoga and energizing StrongBodies classes to soothing Sound Bowl meditation.
- **Older Adult Advisory Council:** Discover a growing range of library programs designed with older adults in mind, while helping shape new opportunities that enrich lifelong learning, wellness, and community connections. Join the council meetings every second Wednesday from 2 p.m.-3 p.m. to share ideas and perspectives about the library.
- **Monday Mornings at Main:** Embrace lifelong learning with us every week! Tailored for those aged 50 and better, our inspiring speakers delve into a captivating array of topics, from rich local history to health and wellness insights and popular entertainment. Begin your morning with optional chair fitness at 9 a.m., followed by coffee and conversation at 9:30 a.m., before settling in for our featured speaker at 10 a.m..
- **Storytime:** Inspire a love for reading in young children! Our lively storytime sessions promote early literacy through enchanting stories, playful rhymes, and joyful singing and dancing.
- **La Crosse Community Read 2026:** The La Crosse community is invited to read *The House on Mango Street* by Sandra Cisneros. This fall, we'll dive into the life of Esperanza Cordero, a young girl living in Chicago in the 1980s. Esperanza will push us to consider themes such as housing, childhood, family, as well as Latin American immigration and identity in the Midwest. More information will be published on the La Crosse Public Library website in September regarding where to pick up your free copy of the book, upcoming programs, art workshops, and more.
- **Technology:** Confidently navigate the digital world with our expert guidance! We offer engaging educational sessions and personalized 30-minute 1:1 appointment to assist you with all your technology needs.
 - **Monthly Tech Help:** The La Crosse Public Library also offers monthly Drop-In technology Help at Harry J. Olson Senior Center (1607 North St). Whether troubleshooting a new device or building confidence with everyday technology, knowledgeable assistance is available every third Wednesday from 10:30 a.m.-Noon.

LA CROSSE PUBLIC LIBRARY PROGRAMS

Chapters Book Discussions

Wednesdays; September 9, October 14, November 11, & December 9, 2026 | 1 p.m.-2 p.m.

Saturdays; September 12, October 10, November 14, & December 12, 2026 | 10 a.m.-11 a.m.

La Crosse Public Library - Main Branch

FREE | Age: Adult | Max: 15

Chapters is the La Crosse Public Library's monthly book discussion group featuring popular fiction covering a variety of genres. The group meets in person the second Wednesday and Saturday of the month to discuss a new title. Seating is limited and registration is recommended. Register via the library's events calendar, emailing lschoen@lacrosselibrary.org or by calling Laura at (608) 789-7130.



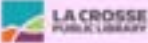
Monthly Titles

September: Other Birds by Sarah Addison Allen

October: The House on Mango Street by Sandra Cisneros

November: The Heart in Winter by Kevin Barry

December: TBD



NEW Hours

Starting August 10, 2026

Mon-Thu: 9am-8pm
Fri-Sat: 9am-5pm
Sun: 1pm-5pm





Open Lab Hours

Tue-Thu: 11am-7:45pm
Fri: Closed
Sat: 11am-4:45pm
Sun-Mon: CLOSED





Library programs are always free! Check out our list of events here:
<https://www.lacrosselibrary.org/events/month>





DEMENTIA FRIENDLY

EMBRACE (#555027-38)

Wednesdays; September 9 & 23, October 14 & 28, November 11 & 25, December 9, 2026

12:30 p.m.-2 p.m.

Black River Beach Neighborhood Center

FREE | Registration Required; Call (608) 789-8640 to register

Embrace offers fun and engaging creative engagement for persons living with dementia. This program offers small group sessions with focus on physical, social, emotional, and cognitive skills. Care partner support and education is offered in a separate room during each session. Facilitated by ADRC Dementia Care Specialists.



Grief Therapy Group for Dementia Caregivers

Class begins when registration fills

FREE | Call or text for a pre-registration appointment: (651) 412-6651

Grief is an unavoidable part of the caregiving journey and the loss of a loved one takes many forms—whether through a sudden passing or a gradual decline over time. Each person's grief experience is unique, yet it is often not openly discussed. This group offers a supportive space to explore and process the grief and ambiguous loss that can accompany caring for someone with dementia, especially in the later stages and beyond. Facilitated by Licensed Counselor Joy and Kelsey, Dementia Care Specialist at the ADRC. For questions about this program, please contact Kelsey (608) 386-0767.

All Stages Dementia Caregiver Support Group

Tuesdays; September 8, October 13, November 10 & December 8, 2026

1:15 p.m.-2:30 p.m. | Good Shepherd (4141 Mormon Coulee Rd. La Crosse)

FREE | Registration Required; Call the ADRC at (608) 785-5700 to register

A supportive and confidential space for caregivers of individuals at any stage of dementia. Join others who understand the challenges of caregiving to share experiences, insights, advice, and encouragement. The group is led by a former caregiver and trained facilitator and offers an opportunity to connect, learn from one another, and find mutual support. Questions? Contact Kathy: (608) 386-8908



Did you know that both the Black River Beach Neighborhood Center and South Side Neighborhood Center are considered "Dementia Friendly" locations?



DEMENTIA FRIENDLY

Learn & Connect - Cognitive & Memory Loss Education

Thursdays; October 8, 15, 22 & 29, 2026

1:30 p.m.-3 p.m.

Gundersen Health East Bldg.– Neurology (3rd Floor Room A - 724 Denton St. La Crosse)

Call the ADRC to register: (608) 785-5700 *only two family members per person with mci/dementia

Dementia Diagnosis: What Now? Take the guess work out of your first or next step on the dementia journey. Join this informative class series for patients and care partners. You will learn information for daily living with your diagnosis including practical tools to guide you through care planning and resources for maintaining independence. Ideal for newly diagnosed, early-onset, and early-stage dementias.

October 8, 2026: Legal and Financial Matters, Future Planning For Care

October 15, 2026: Partner with your medical team and be Informed about your diagnosis and what to expect as it progresses

October 22, 2026: Maximize Independence and Connect Local (retaining yourself through the journey, referencing community opportunities for safety, adaptive supports, programs)

October 29, 2026: What else should I be thinking about? – Social supports, safety, setting boundaries, grief

Healthy Living with Mild Cognitive Impairment Education Series

Friday, September 11, 2026

9 a.m.-11:30 a.m. | Black River Beach Neighborhood Center

FREE | **Registration Deadline: Wednesday, September 9, 2026**

Registration Required; Call the ADRC at (608) 785-5700 to register

This session features a live-streamed latest-research presentations shown on-screen with facilitation led by Dr. Nathaniel Chin, memory clinic doctor with UW Health and medical director of the Wisconsin Alzheimer's Disease Research Center. Local Dementia Care Specialists will be onsite in person to guide the session, answer questions, and support attendees throughout the morning.

What to Expect:

- Live viewing of research and education presentation (begins at 9:30 a.m.)
- In-person support, conversation, and connection
- Complimentary refreshments
- Time afterwards for camaraderie and optional peer support

Hosted by the ADRC of La Crosse County Dementia Care Specialist Program.

Facilitated by the Wisconsin Alzheimer's Institute Disease Research Center, Madison, WI.



Dementia Friendly Coalition

Contact: kflock@lacrossecounty.org

The Dementia Friendly Coalition is a network of caregivers, professionals, and community members working to improve the lives of those affected by dementia in La Crosse County. Through education, awareness, and connection, the group aims to reduce stigma and link people to local resources. Join the quarterly, virtual networking meetings to connect, collaborate, and stay informed.



SENIOR EXCURSIONS

SENIOR EXCURSION POLICIES

! IMPORTANT: Please read through these policies carefully. Anyone who registers for an excursion is responsible for knowing these policies. Any participant providing false information will be removed from the excursion with no refund. Due to working with outside companies, although it is very uncommon, locations, restaurants, and event sites are subject to change.

REGISTRATION

- Participants must provide the following to register: name, address, phone, e-mail, birthday, and emergency contact information.
 - Participants must be registered in a household that has the address where they pay taxes.
- All participants are required to sign the City's Waiver of Liability (as is) the day of the trip. Failure to do so will result in missing the trip and no refund.

CANCELLATIONS

- The Parks, Recreation & Forestry Department must be notified of all cancellations to the excursion.
 - You may not resell, exchange, or give your ticket away.
 - Anyone not on the roster will not be allowed on the excursion and the fee will not be refunded.
- If there is no waitlist, your name will be added to a cancellation list.
- If there is no one on the waitlist and you find a replacement for your ticket, you must contact the South Side Neighborhood Center to have the ticket exchanged.
- All transfers must be within seven days prior to the excursion.
- There will be a \$15 fee for all cancellations to cover administrative fees.

REFUNDS

- No refunds will be provided in the seven days prior to the excursion.
- Refunds are not issued unless the ticket is resold by the department.
- If there is a meal that has been ordered for you that is not included in the cost of the program, the participant will be responsible for the cost if the City is unable to cancel the meal.
- In case of inclement weather, refunds will not be issued unless the City is able to recover funds from the tour venue.

WAITLIST

- An email address is required to be added to the waitlist due to system requirements.
- If there is a cancellation, the first person on the waitlist will be contacted and will have 48 hours to respond before they are removed from the waitlist and the next person is notified.
- Please do not call to inquire where you are on the waitlist; you will be notified as soon as a place is available for you.
- If you are on the waitlist and no longer wish to attend, call the South Side Neighborhood Center at (608) 789-8298 to cancel your spot.

Policies continue on next page



SENIOR EXCURSIONS

PARTICIPANT EXPECTATIONS

- Trip participants must be self-sufficient or have with them a companion to assist with specific needs. This includes, but is not limited to, walking, sitting, standing, eating, and using the restroom. Please note the companion must register and pay for the trip. Participants with special needs must make those needs known at the time of registration.
- Participants that use a wheelchair must make the office aware at the time of their registration. Unfortunately, not all destinations will be fully accessible.
- Participants must remain with the group unless the schedule includes designated free time.

RULES AND REGULATIONS

- Bus seating: No reserved seating on trips. Participants may select seats on a first-come, first-served basis.
- Buses will leave promptly at the time designated.
 - Participants must ride the bus to receive any tickets or entrance to any events.
- Return to the bus at the required time so the group does not have to wait.
 - Multiple late returns may result in restrictions to programs you are able to register for.
- Return times are always approximate. Every effort will be made to return to La Crosse at the designated time.

WALK SCORE

(Does not include time on the bus)

1 = Walking is mainly to and from the event space

2 = Be prepared to walk 40%-69% of the time

3 = Be prepared to walk 70% of the time or more

SENIOR EXCURSION PICK-UP LOCATIONS

1 SSNC (South Side Neighborhood Center)
1300 South 6th, La Crosse, WI

2 Woodman's
Parking Lot (9515 State Road 16, Onalaska)

Woodman's Parking Location Map →



Minnesota Landscape Arboretum (#549005-31)

Wednesday, September 16, 2026

Ages: 50+ | Min: 40 Max: 42

Registration Fee: \$95; Registration Fee w/ Resident Discount: \$79

****Registration Deadline: Tuesday, September 1, 2026 ****

The Arboretum is more than 1,200 acres of gardens and tree collections, prairies and woods, and miles of trails. It was crowned "Best Botanical Garden" in 2017 in U.S. Today's Reader's Choice Contest. In the afternoon, board a tram for a tour of the Arboretum, included in the price. Later, visit the Arboretum Apple House to shop for pies, pastries, goodies and gifts.

Meal: Lunch is on your own at the Arboretum cafeteria or pack a lunch to enjoy while strolling through the gardens.

Bus Pick-up: SSNC@7 a.m.; Woodman's@7:15 a.m.; Return to La Crosse at approximately 7:30 p.m.

Walking Score: 3

SENIOR EXCURSIONS

Mamma Mia at the Orpheum Theatre (#549005-103)

Minneapolis, MN

Sunday, September 20, 2026

Ages: 50+ | Min: 45 Max: 48

Registration Fee: \$147; Registration Fee w/ Resident Discount: \$123

Registration Deadline: Monday, August 24, 2026

A mother, a daughter, three possible dads, and an unforgettable trip down the aisle! All set to the timeless hits of ABBA.

Meal: On your own at Cosetta's in St. Paul

Bus Pick-up: SSNC@7 a.m.; Woodman's @7:15 a.m.; Return to La Crosse at approximately 7:30 p.m.

Walking Score: 1

Winona Boat Trip & Drugan's (#549005-39E)

Tuesday, September 22, 2026

Ages: 50+ | Min: 40 Max: 43

Registration Fee: \$58*; Registration Fee w/ Resident Discount: \$48*

**Registration Deadline: Tuesday, September 1, 2026 **

See the beautiful Mississippi up close during a cruise from Winona, MN to Trempealeau, WI, narrated by Captain Aaron. After docking in Trempealeau, reboard the coach bus for a short ride to Holmen to enjoy Drugan's delicious fish and chicken buffet with salad bar.

Meal: On your own at Drugan's in Holmen. *The cost of the buffet is \$25 per person, Drugan's requests that you pay with cash.

Bus Pick-up: SSNC@2:15 p.m.; Woodman's@2:30 p.m.; Return to La Crosse at approximately 7:30 p.m.

Walking Score: 1

St. Francis Hermitage and Orchards (#549005-167)

Tuesday, September 29, 2026

Ages: 50+ | Min: 40 Max: 50

Registration Fee: \$69; Registration Fee w/ Resident Discount: \$58

**Registration Deadline: Tuesday, September 8, 2026 **

Travel to Gays Mills, the apple capital of Wisconsin, and visit Kickapoo and Sunrise orchards, which offer a variety of apples and specialty food items. Then to St. Francis Hermitage to learn its history and enjoy a lunch of authentic French cuisine prepared by the sisters of the Hermitage. Finally, to The Apple Pie Depot in Gays Mills where their handmade pies and other baked goods can be purchased.

Meal: Included in the registration fee, you will be contacted regarding menu choices.

Bus Pick-up: Woodman's@9 a.m.; SSNC@9:15 a.m.; Return to La Crosse at approximately 4 p.m.

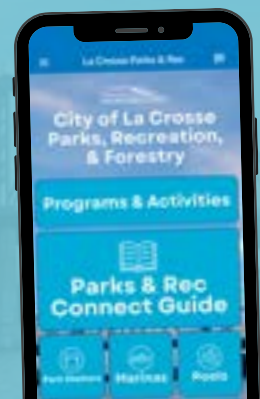
Walking Score: 2

NEW!

Download the La Crosse Parks & Rec App

- ✓ Easily accept or decline Senior Excursion waitlist offers in the app
My Account button → My Pending Enrollments
- ✓ View the activity guide and upcoming programs/events

Scan to Download:



SENIOR EXCURSIONS

Janesville Botanical Garden & Wollersheim Winery (#549005-41)

Janesville, WI

Friday, October 2, 2026

Ages: 50+ | Min: 45 Max: 50

Registration Fee: \$103; Registration Fee w/ Resident Discount: \$86

****Registration Deadline: Friday, September 11, 2026****

Enjoy a guided tour of the Janesville Botanical Garden, a 20-acre award winning botanical showcase in the heart of Janesville. In 1988, the original site was an abandoned sand and gravel quarry. Today, the garden contains over 4000 unique plant varieties. After lunch on your own at the Citrus Cafe, visit the K&W Greenery to shop for plants, garden supplies and much more. On the way back to La Crosse, enjoy a visit to the Wollersheim Winery for a curated wine tasting. Created in the 1840's, Wollersheim Winery has developed into a leader in the Midwest wine industry.

Meal: On your own at the Citrus Cafe in Janesville.

Bus Pick-up: SSNC@7 a.m.; Woodman's@7:15 a.m.; Return to La Crosse at approximately 7 p.m.

Walking Score: 3

Celebration Belle Autumn Cruise (#549005-132A)

Prairie du Chien, WI

Wednesday, October 7, 2026

Ages: 50+ | Min: 40 Max: 48

Registration Fee: \$107; Registration Fee w/ Resident Discount: \$89

****Registration Deadline: Monday, September 7, 2026 ****

Enjoy the best that fall in the Midwest has to offer during this four-hour scenic cruise from Prairie du Chien. Direction of the cruise will be determined by river and barge traffic.

Meal: On board buffet included in the registration fee.

Bus Pick-up: SSNC@9 a.m.; Woodman's@8:45 a.m.; Return to La Crosse at approximately 4:45 p.m.

Walking Score: 1

Annie at the Chanhassen Dinner Theatre (#549005-01)

Chanhassen, MN

Saturday, October 10, 2026

Ages: 50+ | Min: 45 Max: 48

Registration Fee: \$149; Registration Fee w/ Resident Discount: \$124

****Registration Deadline: Monday, September 7, 2026 ****

Annie is a beloved family musical based on the Little Orphan Annie comic strip, telling the story of a spunky orphan in 1930s New York who finds hope and a new family with billionaire Oliver Warbucks, despite the schemes of the cruel orphanage director, Miss Hannigan.

Meal: Included in the registration fee.

Bus Pick-up: SSNC@7:30 a.m.; Woodman's@7:45 a.m.; Return to La Crosse at approximately 7:30 p.m.

Walking Score: 1

NEW

SENIOR PROGRAMS HOTLINE



(608) 791-8956

Call the hotline to check for any updates or cancellations for senior programs.
Programs will be cancelled at least two hours prior to the event.

Gangster Tour (#549005-173)

St. Paul, MN

Tuesday, October 13, 2026

Ages 50+ | Min: 35 Max: 50

Registration Fee: \$64; Registration Fee w/ Resident Discount: \$53

****Registration Deadline: Thursday, October 1, 2026****

A costumed guide will share the gangster history in one of the historic court rooms of the Landmark Center, once the old Federal Court building. The building held many of the gangster trials that happened in St. Paul, including John Dillinger's girlfriend Evelyn Frechette, and Doc Barker of the Barker-Karpis gang. There will also be a building tour to learn about the history of the Landmark Center. After lunch on your own, enjoy tours of two museums, The Schubert Club Museum and the Gallery of Wood Art. On the way home, enjoy a quick visit to Trader Joe's in Rochester.

Meal: On your own at the Loon Cafe in St. Paul.

Bus Pick-up: SSNC@7:45 a.m.; Woodman's@8 a.m.; Return to La Crosse at approximately 6:30 p.m.

Walking Score: 3

Hidden Hills Farm (#549005-73)

Stoddard, WI

Tuesday, October 20, 2026

Ages: 50+ | Min: 40 Max: 48

Registration Fee: \$81; Registration Fee w/ Resident Discount: \$67

****Registration Deadline: Tuesday, October 6, 2026****

Visit a nearby family farm for fun fall activities including a murder mystery, scavenger hunt, apple picking, pumpkin carving, and a petting zoo with farm animals eagerly waiting to greet you. A delicious homemade meal is included. Freshly baked homemade and Amish baked goods will be available for purchase. Enjoy fresh country air while reliving bygone days on the farm!

Meal: Included in the registration fee.

Bus Pick-up: SSNC@9 a.m.; Woodman's@9:15 a.m.; Return to La Crosse at approximately 3 p.m.

Walking Score: 3

Explore Westby & Vernon Vineyards (#549005-135)

Westby, WI

Wednesday, November 4, 2026

Ages: 50+ | Min: 40 Max: 45

Registration Fee: \$45; Registration Fee w/ Resident Discount: \$37

****Registration Deadline: Wednesday, October 14, 2026****

A leisurely visit to our own back yard. Enjoy lunch on your own at Borgen's Cafe, a Westby landmark. Vernon Vineyard will be the next stop for a guided tour and then enjoying a wine and chocolate tasting event with a view of the Driftless region. No visit to Westby is complete without visiting the Westby Cheese Store to shop for all things cheese, plus amazing homemade Amish candy. On the way home, enjoy a visit to two Coon Valley institutions, the Valley Market and Valley Fudge and Candy.

Meal: Lunch on your own at Borgen's Cafe.

Bus Pick-up: Woodman's@11 a.m.; SSNC@11:15 a.m.; Return to La Crosse at approximately 5:15 p.m.

Walking Score: 3



SENIOR EXCURSIONS

A Christmas Story at the Fireside Theatre (#549005-148)

Fort Atkinson, WI

Thursday, November 12, 2026

Ages: 50+ | Min: 45 Max: 46

Registration Fee: \$150; Registration Fee w/ Resident Discount: \$125

****Registration Deadline: Monday, October 12, 2026****

Ralphie wants only one thing for Christmas, An Official Red Ryder Carbine-Action 200-shot Range Model Air Rifle. A CHRISTMAS STORY: The Musical is the hilarious account of Ralphie's desperate quest to ensure that this most perfect gift ends up under his tree.

Meal Choices: Chicken Parmesan, Grilled Salmon, Sliced Roast Beef Tenderloin, Vegetarian Puff Pastry Pot Pie.

Bus Pick-up: SSNC@7:15 a.m.; Woodman's@7:30 a.m.; Return to La Crosse at approximately 7:45 p.m.

Walking Score: 1

Mall of America & IKEA (#549005-84)

Bloomington, MN

Wednesday, November 18, 2026

Ages: 50+ | Min: 45 Max: 46

Registration Fee: \$63; Registration Fee w/ Resident Discount: \$53

****Registration Deadline: Monday, October 12, 2026****

'Tis the season to shop 'til you drop at the Mall of America and IKEA. The bus will be transporting between the two locations. Stop at Trader Joe's in Rochester on the return home.

Meal: On your own at the mall or IKEA.

Bus Pick-up: SSNC@8 a.m. Woodman's@8:30 a.m.; Return to La Crosse at approximately 7:45 p.m.

Walking Score: 3

Mayowood & Apache Mall (#549005-137)

Rochester, MN

Wednesday, December 2, 2026

Ages: 50+ | Min: 35 Max: 40

Registration Fee: \$71; Registration Fee w/ Resident Discount: \$59

****Registration Deadline: Monday, November 16, 2026 ****

Visit Mayowood at Christmas. Built in 1910 by Dr. Charles H. Mayo and his wife Edith, this 38-room home is largely furnished as it was during the family's time living there, offering a rare glimpse into the lives and legacy of the Mayo family. Tour includes the History Center of Olmsted County to experience, explore, and examine Olmsted County's history. After lunch, enjoy free time for a little shopping at Apache Mall followed by a visit to Trader Joe's.

Meal: Lunch on your own at Sorellina's in Rochester.

Bus Pick-up: SSNC@8:45 a.m.; Woodman's@9 a.m.; Return to La Crosse at approximately 5:15 p.m.

Walking Score: 3

**Do you know anyone 60+ who could benefit from a nutritious meal?
Or would they like to have lunch with friends?** The La Crosse County Senior Nutrition Program's congregate dining is offered at the South Side Neighborhood Center (1300 6th Street South, La Crosse, WI).

A contribution of \$5.00 per meal is suggested.

Contact ADRC for eligibility: (608) 785-5700

Meal Site: (608) 792-6996 | Hours: Monday-Friday, 11:30a.m.-1 p.m.



Kriskindlmarkt (#549005-154)

Sparta, Wisconsin

Friday, December 11, 2026

Ages: 50+ | Min: 40 Max: 45

Registration Fee: \$35; Registration Fee w/ Resident Discount: \$29

****Registration Deadline: Friday, November 20, 2026****

Kriskindlmarkt is an outdoor, traditional European-style market with local artisans of all kinds! Located centrally in downtown Sparta, with booths in Mueller Square, on the Water Street Bridge, and both sides of the Love Lock Bridge in the Creekside and Love Lock Villages. One of Wisconsin's best outdoor Christmas markets with over 27 shops to choose from. Dinner is on your own in Sparta.

Bus Pick-up: SSNC@3:15 p.m.; Woodman's@3:30 p.m.; Return to La Crosse at approximately 7:30 p.m.

Dinner: On your own in Sparta.

Walking Score: 3

Christmas in the Dells at the Legacy Theatre (#549005-152)

Wisconsin Dells, WI

Wednesday, December 16, 2026

Ages: 50+ | Min: 40 Max: 45

Registration Fee: \$123; Registration Fee w/ Resident Discount: \$103

****Registration Deadline: Monday, November 23, 2026****

Christmas in the Dells Dinner Show is the largest and most spectacular Christmas show in the Mid-West! It's a Christmas production featuring sugar plum fairies, soaring angels, dancing elves, enchanted reindeer, Jolly ol' Saint Nick, and the celebration of the birth of Christ with the area's largest living nativity!

Meal: Turkey, ham, mashed potatoes, macaroni & cheese and so much more.

Bus Pick-up: SSNC@11:15 a.m.; Woodman's@11:30 a.m.; Return to La Crosse at approximately 6:30 p.m.

Walking Score: 1

Holiday Lights Trolley Rides (#549005)

La Crosse, WI

Mondays; November 30, December 7, & 14, 2026

Tuesdays; December 1, 8, & 15, 2026

Ages: 50+ | Min: 24 Max: 26

Registration Fee: \$54; Registration Fee w/ Resident Discount: \$45

****Registration Deadline: one week prior to event****

Enjoy a festive evening on a heated trolley ride through Rotary Lights at Riverside Park, followed by dinner at Three Rivers River View Restaurant in the Radisson Hotel. Dinner is included in the cost. Food item donations are accepted by Rotary Lights (not required).

Meal: Choice of Chicken Marsala or Beef Tips.

Bus Pick-up: SSNC@4:45 p.m.; Return to SSNC at approximately 7:30 p.m.

Walking Score: 1

And Then There Were None by Agatha Christie at the Guthrie Theatre

Minneapolis, MN

(#549005-27)

Wednesday, January 20, 2027

Ages: 50+ | Min: 40 Max: 47

Registration Fee: \$108; Registration Fee w/ Resident Discount: \$90

Registration Deadline: Wednesday, January 6, 2027

Based on the bestselling mystery novel of all time and adapted by Agatha Christie herself, this thrilling tale invites audiences to unravel the deadly riddle. Trapped by stormy weather on a remote island, 10 strangers gather after receiving mysterious invitations. Suddenly, the guests begin to die one by one, matching the clues in a sinister nursery rhyme. Will the killer be revealed before it's too late?

Meal: On your own at the Holy Land Deli.

Bus Pick-up: SSNC@7:30 a.m.; Woodman's@7:45 a.m.; Return to La Crosse at approximately 6:30 p.m.

Walking Score: 1

SENIOR EXCURSIONS

Who Loves You: A Jersey Boys Tribute at the Legacy Theatre (#549005-100)

Wisconsin Dells, WI

Friday, January 29, 2027

Ages: 50+ | Min: 40 Max: 47

Registration Fee: \$124; Registration Fee w/ Resident Discount: \$103

****Registration Deadline: Friday, January 15, 2027****

Back by popular demand. A Jersey Boys tribute show that recreates the music and performances of Frankie Valli and the Four Seasons, featuring veterans of the Jersey Boys musical. The show includes iconic hits like "Sherry," "Big Girls Don't Cry," and the title song "Who Loves You". Known for high-quality vocals, harmonies, and choreography, aiming to transport audiences back to the 50s and 60s.

Meal: Included in the registration fee.

Bus Pick-up: SSNC@11:15 a.m.; Woodman's@11:30 a.m.; Return to La Crosse at approximately 6:30 p.m.

Walking Score: 1

Barry Manilow – A Tribute by Daybreak at the Legacy Theatre (#549005-68)

Wisconsin Dells, WI

Friday, February 12, 2027

Ages: 50+ | Min: 40 Max: 47

Registration Fee: \$117; Registration Fee w/ Resident Discount: \$98

Registration Deadline: Friday, January 29, 2027

Daybreak delivers a powerful celebration of Barry Manilow's most beloved songs. From sweeping ballads to crowd-pleasing sing-alongs and infectious, foot-stomping rhythms, this tribute captures the heart and soul of Manilow's music with stunning authenticity.

Meal: Included in the registration fee.

Bus Pick-up: SSNC@11:15 a.m.; Woodman's@11:30 a.m.; Return to La Crosse at approximately 6:30 p.m.

Walking Score: 1

SENIOR EXCURSION WAITLIST INFORMATION

On the waitlist? If there is a cancelation, the first person on the waitlist will receive an email offer. If you receive an email, you must accept the offer within 48 hours.

WAYS TO ACCEPT YOUR WAITLIST OFFER:

1 Online

- Sign in and select "My Pending Enrollments" in the dropdown menu to accept the offer from the waitlist or cancel your place on the waitlist.

Online Website:



2

On the Parks & Rec App

- Select "Account" button and then "My Pending Enrollments"

Download App:



3

In person or over the phone at Black River Beach Neighborhood Center, South Side Neighborhood Center, or City Hall (*Contact info and hours on page 5*)

Check your email often! Waitlist offers are only valid for 48 hours! If you do not accept in time, the next person on the list will be offered the spot.

STAR CENTER ADAPTIVE PROGRAMS



What is the STAR Center?

The Sports, Therapeutic and Adaptive Recreation (STAR) Center is a community health initiative, designed to reduce barriers to physical activity so that all members of our community may thrive.

The STAR Center offers membership options for Para/Wheelchair Sports, Adaptive and Inclusive Recreation, and Specialized Exercise Programs, including full access to our Aerobic and Strengthening Center.

Fall and Winter 1 STAR Center Programs (September-December)

Fall registration and class details will be available August 24, 2026. Winter 1 registration and class details will be available October 14, 2026.

- **Para / Wheelchair Sports:** Wheelchair Football (Fall), Wheelchair Basketball (Winter 1), Sled Hockey (Winter 1)
- **Adaptive Recreation:** Fit Kids, Soccer (Fall), Basketball (Winter 1), Gross Motor Development, Drums Alive- Youth
- **Inclusive Recreation:** Handball (Fall), Sitting Volleyball (Winter 1), STAR Strong- Strength and Conditioning, Boxing, Fresh STArT (intro to the aerobic and strengthening center), Yoga (chair or mat), Tai Chi (standing or seated), Adaptive Gaming (Winter 1), STAR Social, Boccia
- **Specialized Exercise Programs:** Chair One Fitness, Drums Alive-Drummercise (cardio drumming), Together in Movement and Exercise- TIME (neurological conditions and post-stroke), Connect and Move (fibromyalgia and connective tissue), Functional Strength (50+), Rock Steady Boxing (Parkinson's Disease), PD Exercise (Parkinson's Disease), Brain and Body Fitness (early-stage dementia and mild cognitive impairment), Ease into Movement (back and shoulder), Ease into Movement (arthritis), Get Moving (beginner exercise), Stay Moving (30+)



For program specific information or to register please visit/contact

www.starcenterlacrosse.org | info@starcenterlacrosse.org | (608) 797-6295



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Save the Date

December 4, 2026
La Crosse Center

Gala Dinner • Award Ceremony • Dance Party

Doors Open at 4:30 p.m.

Invitations will be mailed out in October



SPECIAL RECREATION

NIGHTS OF FUN

Dinner and a Movie (#554502-73)

Friday, September 11, 2026

5:30 p.m.-8 p.m. | Black River Beach Neighborhood Center

Min: 20 | Max: 100

Registration Fee: \$7 | **Registration Deadline: Tuesday, September 8, 2026**

It is time to get those detective skills out as we solve the mystery of who murdered the beloved farmer. Solve the mystery with the flock while watching The Sheep Detectives. Clue pads and magnifying glasses provided.



Monster Mash Dance Party (#554502-07)

Saturday, October 31, 2026

5:30 p.m.-7:30 p.m. | Black River Beach Neighborhood Center

Min: 20 | Max: 100

Registration Fee: \$7 | **Registration Deadline: Tuesday, October 27, 2026**

It is time to dress up and dance the night away. Come in your best costume or as yourself ready to eat monster foods and DJ T-Dogg and Russ will be back to spin their best monster tunes!

Lunch and a Movie (#554502-75)

Sunday, November 22, 2026

11:30 a.m.-2 p.m. | Black River Beach Neighborhood Center

Min: 20 | Max: 100

Registration Fee: \$7 | **Registration Deadline: Wednesday, November 11, 2026**

Watch Kevin save his home from conmen Harry and Marv in the hilarious Home Alone. No aftershave required!



Holiday Potluck Party (#554502-09B)

Saturday, December 12, 2026

11:30 a.m.-1:30 p.m. | Black River Beach Neighborhood Center

Min: 20 | Max: 100

Registration Fee: \$5 | **Registration Deadline: Monday, December 7, 2026**

So many people have asked so here it is...a potluck. Main dish and fun will be provided. Don't forget your ugly sweater and be ready to sing your part of the 12 Days of Christmas.

****Bringing a dish is not required; however, if you would like, bring a salad, side, or dessert. Please let Aimee know if you are bringing a dish, what it is, and the recipe by Monday, December 7, 2026.****

Bingo Nights (#554300-01C)

Thursdays; September 3, October 1, & November 5, 2026

6 p.m.-7:30 p.m. | Black River Beach Neighborhood Center

Min: 5 | Max: 75

Registration Fee: FREE | **Registration Deadline: Monday prior to event**

Come play bingo and win free prizes!



SPECIAL RECREATION



For programs at Black River Beach Neighborhood Center, doors will open 30 minutes before the start time and be locked 15 minutes after the start time. Please try your best to arrive during this time frame. If for some reason you must arrive late, please use the doorbell for entrance.

MINI VOYAGES

Hidden Trails Corn Maze (#554502-43)

Saturday, October 3, 2026

1 p.m.-4 p.m. | W4704 WI-16, West Salem, WI 54669

Min: 8 | Max: 25

Registration Fee: \$12 | **Registration Deadline: Friday, September 25, 2026**

Spend the day navigating the corn maze and hanging out with friends! Meet by the pumpkins. We will enter the mazes by 1:10 p.m., so don't be late!



UWL Football Game (#554502-18)

Saturday, October 17, 2026

12:30 p.m.-4 p.m. | Veterans Memorial Stadium (400 East Ave N, La Crosse, WI 54601)

Min: 10 | Max: 20

Registration Fee: \$8 | **Registration Deadline: Thursday, October 8, 2026**

Come cheer on the UWL football team as they play against UW-Stevens Point. Bring money for concessions if you want. Meet by the eagle in front of the ticket office. We will enter the gates at 12:15pm, so don't be late!



Keep your eye on our Facebook page and website for possible pop-up events.

Join the La Crosse Area Special Olympics and Special Recreation Facebook Group!

Stay up-to-date on all the upcoming events and programs, plus fun activities like online trivia, weekly jokes, and more!



SPECIAL OLYMPICS LATE FALL SPORTS

ATHLETE REGISTRATON FORM DEADLINE: October 1, 2026

NOTE: You can participate in bowling and volleyball

Bowling (#454114)

Registration Fee: \$35 | **Registration Deadline: September 10, 2026**

Tournament: Saturday, November 14, 2026

Session 1:

Sundays | 2:30 p.m.-3:45 p.m.

All Star Lanes

Min: 15 | Max: 70

Begins: Sunday, September 6, 2026

Session 2:

Mondays | 4 p.m.-5:30 p.m.

Features, West Salem

Min: 8 | Max: 16

Begins: Monday, September 14, 2026



Bowling Mandatory Meeting

Wednesday, September 2, 2026

5:30 p.m.-6:30 p.m.

Black River Beach Neighborhood Center

Volleyball (#454115-01)

Tuesdays & Thursdays | 6 p.m.-7 p.m.

Logan High School Multipurpose Room 236

Min: 9 | Max: 24

Registration Fee: \$35 | **Registration Deadline: Monday, September 14, 2026**

Begins: Tuesday, September 22, 2026

State Tournament: Saturday, November 7, 2026

Mandatory Meeting first day of practice.



IMPORTANT! All athletes must complete the Athlete Registration and Code of Conduct forms at <https://specialolympicswisconsin.org/registration/> (or scan QR code) to be eligible for practices and tournaments. These forms are required annually.



SPECIAL OLYMPICS WINTER SPORTS

Registration Fee: \$35 | Registration Deadline: December 8, 2026

ATHLETE REGISTRATION FORM DEADLINE: January 1, 2027

There is no longer a Winter State Tournament. An Invitational Tournament may be available.

Skiing (#154101-01A)

Thursdays | 6 p.m.-8 p.m.

Whitetail Ridge

Min: 5 | Max: 10

Begins: Dependent on snow



SPECIAL OLYMPICS

SPECIAL OLYMPICS SPRING SPORTS

Registration Fee: \$35 | Registration Deadline: January 8, 2027
State Tournament: April 9-11, 2027 | UW Oshkosh
ATHLETE REGISTRATION FORM DEADLINE: February 1, 2027

3v3 Team Basketball (#154102-01A)

Tuesdays & Thursdays | 6 p.m.-7 p.m.
Logan Middle School Gym 170
Min: 5 | Max: 20
Begins: Tuesday, January 12, 2027

Basketball Mandatory Meeting

Thursday, January 7, 2027
6 p.m.-7 p.m.
Black River Beach Neighborhood Center

***Athletes will receive schedules and tournament dates and times at the mandatory meeting.*

5v5 Team Basketball*

Tuesdays & Thursdays | 6 p.m.-7 p.m.
Logan Middle School Gym 170
Min: 10 | Max: 12
Begins: Tuesday, January 12, 2027

*Due to the number of returning athletes, 5v5 is by invitation only. If you are interested in 5v5, please sign up for 3v3 and let the coaches know the first day that you would like to try out for 5v5.

Skills Basketball (#154103)

Mondays OR Wednesdays | 6 p.m.-7 p.m.
State Road Elementary
Min: 4 | Max: 8
Begins: Monday, January 11, 2027



Swimming (#254106-02)

Mondays and Wednesdays | 6:15 p.m.-7:15 p.m.
Logan High School Pool
Min: 8 | Max: 12
Begins: Monday, February 8, 2027

Swimming season dependent on hiring of a swim coach



IMPORTANT! All athletes must complete the Athlete Registration and Code of Conduct forms at <https://specialolympicswisconsin.org/registration/> (or scan QR code) to be eligible for practices and tournaments. These forms are required annually.



Special Olympics & Recreation Hotline: (608) 791-0745

Call to check for day of program updates and cancellations.

SPECIAL RECREATION SEPT-DEC 2026 PROGRAM REGISTRATION FORM

Please see page 6 for registration options. If choosing to mail-in or use the drop box to register, please complete this form in its entirety.

First Name _____ Last Name _____

Street Address _____

City _____ State _____ Zip Code _____ Date of Birth _____

Home Phone _____ Cell Phone _____ Email Address _____

Primary Contact Name _____ Primary Contact Phone _____

T-Shirt Size (Circle One): S M L XL 2XL 3XL Organization: _____

Do you use a wheelchair? YES NO If yes, can you transfer out of your wheelchair? YES NO

✓	Participant Registration	Cost	✓	Staff/Chaperone Name	Cost
	Dinner and a Movie (#554402-73)	\$7.00			\$0.00
	Monster Mash Dance Party (#554502-07)	\$7.00			\$0.00
	Lunch and a Movie (#554502-75)	\$7.00			\$0.00
	Holiday Potluck Party (#554502-09B)	\$5.00			\$0.00
	Hidden Trails Corn Maze (#554502-43)	\$12.00			\$12.00
	UWL Football Game (#554502-18)	\$8.00			\$8.00

Bingo Nights (#554300-01C) FREE		
9/3	10/1	11/5

✓	Special Olympics Sports	
	Bowling Session 1 (#454114)	\$35.00
	Bowling Session 2 (#454114)	\$35.00
	Volleyball (#454115-01)	\$35.00
	Skiing (#154101-01A)	\$35.00
	3v3 Basketball (#154102-01A)	\$35.00
	Skills Basketball (#154103)	\$35.00
	Swimming (#254106-02)	\$35.00

WE HAVE MERCH AVAILABLE! Contact Aimee for available sizes & colors. <i>schmidta@cityoflacrosse.org</i>	
Cotton Tee (Navy or Carolina Blue)	\$10-\$14
Crewneck Sweatshirt (Navy or Carolina Blue)	\$21-\$30
Fleece Hoodie (Navy or Carolina Blue)	\$26-\$32
Quarter Zip Pullover (Navy, Lt Blue, or Graphite)	\$20-\$29
Soft Shell Jacket (Navy, Lt Blue, or Graphite)	\$36-\$45
Spirit Pom Beanie (Carolina Blue or Navy)	\$15
Snapback Trucker Cap (Carolina Blue or Navy)	\$14
Water Bottles 20 oz (Lt Blue or Navy)	\$18
Water Bottles 32 oz (Lt Blue or Navy)	\$20
20 oz Travel Mugs	\$10
Keychain	\$2
16 oz Bistro Mug	\$10

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