

2020/2021 Watertown Park and Rec. Fall/Winter Programs
Registration Begins on Monday, September 14

signup.watertownparkandrec.com

Youth Programs

VOLLEYBALL ACADEMY & ROOKIE LEAGUE

(Girls Grades 2 & 3)

In this academy format, youth will learn basic techniques, fundamentals, positioning and concepts of volleyball in a fast paced setting. Emphasis will be on individual and team improvements, promoting skill development and learning in all areas of the game. Each meeting time will consist of a warm-up, stations, drills, contests and scrimmages. Sign up today for this fun and innovative program!

Dates: Monday's & Thursday's October 1 – October 22

Time: 4:45 – 5:30 P.M.

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$50.00 Includes T-Shirt

GIRL'S JUNIOR ARROWS VOLLEYBALL LEAGUE

(Girls Grades 4 -6)

Pass, Set & Hit! Girls get ready to work hard in this in-depth and competitive volleyball experience. Sessions are split between clinics, practices, scrimmages and games. Junior Arrows is designed to place more emphasis on fundamentals, skill development, team play and structure. Players are placed on teams in Divisions to create parity for league play. Once teams are set a league schedule will be made with specific times and locations. **Volunteer Coaches are needed!**

Dates: Monday's & Thursday's October 5 – October 26

Time: 6:00 – 6:45 P.M. or 7:00 – 7:45 P.M.

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$50.00/Player (Includes T-Shirt)

FUTURE ARROWS VOLLEYBALL CAMP

(Girls Pre K – Grade 1)

Sign up today for this fun and introductory volleyball experience. Participants will learn the fundamentals of the game through drills and contests. Skills to be taught will be passing, setting, hitting, serving, footwork, positioning and teamwork.

Dates: Tuesday, Wednesday & Thursday October 6, 7 & 8

Time: 4:00 – 4:45 P.M

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$25.00 Includes Shorts

BASKETBALL MADNESS SKILLS CAMP **(Girls and Boys in Grades 1-6)**

This instructional basketball program will focus on individual skill improvement. Meeting times will key on the fundamentals of the game. We will end with moving with and without the ball along with 3 on 3 concepts through contests and scrimmages. This is a great time to get better individually and become a better teammate!

Fall Session: Tuesday's October 13, 20 & 27

Group 1: 4:00 – 4:45 P.M. Grades 4 – 6 / Group 2: 5:00 – 5:45 P.M. Grades 1- 3

Winter Session: Monday's February 22, March 1 & 8

Group 1: 4:00 – 4:45 P.M. 1 -3 / Group 2: 5:00 – 5:45 P.M. Grades 4 - 6

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$25.00 / Session

BASKETBALL ACADEMY & ROOKIE LEAGUE **(Girls & Boys Grades 2 & 3)**

This academy format will teach fundamentals, positioning and concepts of basketball. Each meeting time will focus on different skill development areas to prepare these basketball players. There will be drills, stations, contests and scrimmages as well!

Dates: Monday's & Thursday's October 26– November 16

Times: Boys 4:00 – 4:45 P.M. / Girls 5:00 – 5:45 P.M.

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$40.00 Includes T-Shirt

JUNIOR ARROWS BASKETBALL LEAGUE **(GIRLS & BOYS GRADES 4 -6)**

Youth get ready to work hard in this fast break and competitive basketball experience. Sessions are split between clinics, practices, scrimmages and games. Junior Arrows is designed to place more emphasis on fundamentals, team play and structure. Players are drafted and placed into Divisions to create parity for league play. Once teams are set a league schedule will be made with specific times and locations.

Volunteer Coaches are needed! Divisions and Leagues for Grades 4, 5 & 6 for both Boys & Girls.

Season Dates: Tuesday's & Thursday's November 3 – November 24

Time: 6:00, 7:00 or 8:00 P.M.

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$50.00/Player (Includes T-Shirt)

FUTURE ARROWS BASKETBALL CAMP **(Girls & Boys Pre K – Grade 1)**

Future Arrows will learn the fundamentals of shooting, footwork, passing, ball handling, rebounding and defense. This is a great opportunity to learn and build skills. Sign up today and let's get these little arrows started right!

Fall Session: Tuesday, Wednesday & Thursday, November 17, 18 & 19

Winter Session: Mondays, January 25, Feb 1 & 8, 2021

Time: 4:45 – 5:30 P.M.

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$25.00 / Session

**ADVANCED SKILL DEVELOPMENT WORKOUTS
(VOLLEYBALL & BASKETBALL) SESSIONS FOR INDIVIDUAL
& SMALL GROUPS (2-5 participants)**

All ages and grades of youth boys and girls who need some extra time to work on and develop your skills for volleyball or basketball. Call Josh today at (605) 882-6260 to setup a private lesson or workout with one of our sport specific trained coaches. Each session time includes a warm-up, break down drills and personal attention to the skills you need to take your game to the next step. Each workout session is one hour.

Individual Fee: \$30.00 per session

Small Group: \$20.00 per participant/per session

ARCHERY (AGES 8 AND UP)

A five week instructional program for youth ages 8 and above. Equipment is provided. Fundamentals of shooting, along with animal targets. Limited spots available!

Dates: Thursdays, November 5 – December 10

(Off November 26)

Time: 4:15PM – 5:00 P.M.

Fee: \$40.00

Location: City Aud / Multi – Purpose Room

ICE ARENA

INITIATION HOCKEY

Initiation Hockey is an opportunity for youth born Jan. 1, 2010 and Dec. 31, 2015 to learn to skate, or improve their skating in an environment focused on games fit to the players' sizes. The games are not regulation hockey games but involve the standard equipment and ice surface. The purpose of the program is to create an environment of play to foster the development of skills necessary to acquire the life-time skill of skating. The program is designed to accommodate the variety of ages, and skill levels from brand new skaters to kids that have actually played hockey. Players will be grouped based up on skill, ability and size to create a situation that allows all to succeed, and to improve through the session. Following the end of Initiation Hockey, continuation through the Watertown Hockey Association is available.

Dates: October 19 – November 24

**Times: To be assigned between 5:15 p.m.-7:30 p.m. Mondays, Tuesdays & Thursdays
And some Saturdays between 1:00 p.m.-3:00 p.m.**

Registration: Online at signup.watertownparkandrec.com

***Limited spots available!**

Fee: \$50 Program Fee

\$30 Equipment Rental (optional if needed)

\$15 Skate Rental (optional if needed)

**Equipment check out date Thursday, October 8 from 6:00 p.m. – 7:30 p.m. at the Fieldhouse
Please bring a \$50.00 deposit check made out to Park and Rec. the night of checkout if renting equipment.**

Pucks and Ponytails

Pucks and Ponytails is for girls ages 5 to 10 years old with the desire to give hockey a shot. Participants will learn basic techniques and fundamentals of hockey along with the lifelong skill of skating. Meeting times will consist of warm ups, stations, drills, skating and a ton of fun! All equipment including skates will be provided for participants!

Who: Girls born 2010-2015

Dates: Tuesdays and Thursdays October 27-November 5 5:00 p.m.-6:00 p.m. at the Park and Rec. Fieldhouse

Plus at the Ice Arena on Saturday, October 31 and November 7 from 3:30 p.m.-4:30 p.m.

Fee: \$30.00

Open Skate at the Ice Arena

The Ice Arena located at 112 21st. ST. has two options for Open Skates starting late October through early March. Two different nights and two different sessions each night.

Wednesdays 7-8 p.m. for Little Skate and 8-9pm for Big Skate

Sundays 7-8 p.m. for Little Skate and 8-9pm for Big Skate

Admission prices	Daily	Season
Family	\$10.00	\$80.00
Individual	\$4.00	\$35.00
Skate Rental	\$4.00	

Family consists of immediate mother, father, daughter, son combinations.

Little Skate: 6th grade and younger, parents welcome.

Big Skate: 7th grade and older, parents welcome.

Adult Hockey

Adults who wish to participate may participate in a recreational pick-up league.

Fee: Drop in, \$5.00 per night

Season Pass: \$30.00 for whole season

Sunday evenings starting November 1 from 9:15 p.m.-10:30 p.m.

ADULT PROGRAMS

MIXED PICKLEBALL LEAGUE

Pickleball is a hot commodity at the Prairie Lakes Wellness Center, and our leagues continue to grow every year! Join this mixed league on Wednesday nights and have some fun! 2 divisions to choose from in this Fall league (A & B).

Location: Prairie Lakes Wellness Center

Two divisions of play: A & B

Dates: Wednesdays, September 23 - November 11

Fee: \$60.00 per team

Registration Deadline: Thursday, September 17

ADULT INDOOR SOCCER LEAGUE

Stuck inside and getting the itch to play soccer? Come to the Fieldhouse on Friday night's to join in on the fun! This league will be a self-refereed drop-in league, so come ready to play! Ages 18 & over are encouraged to come. No cleats are allowed on turf.

Location: Fieldhouse

Dates: Fridays, October 2 - March 26 (No League on Dec 25, Jan 1, Feb 5 & Feb 12)

Time: 7:00PM-9:00PM

Fee: \$5 per participant per night

WOMEN'S VOLLEYBALL LEAGUE

Two divisions of Play: Competitive and Recreational

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Dates: Sundays, October 4 – November 22

Game times are between 3:00 – 6:00PM

Fee: \$150.00 per team

Registration Deadline: Thursday, October 1

CORNHOLE LEAGUE

Cornhole League is back for the 4th year!! Anyone that is able to toss a bean bag is able to register for this fun game!

Location: Prairie Lakes Wellness Center Member Gym

Dates: Mondays, October 26 – November 30: 6:00PM - 8:00PM

Fee: \$50.00 per team

Registration Deadline: Wednesday, October 21

VETERAN'S DAY PICKLEBALL TOURNAMENT

Veteran's Day Pickleball Tournament is back for another year inside the Active Heating Sports Zone at the Prairie Lakes Wellness Center. Matches will be determined on number of teams signed up per division (Pool Play, Round Robin, and Bracket Play). 3 matches are guaranteed in this self-refereed tournament.

Dates: Saturday, November 14

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$25.00 for 1st event, \$10 for additional event

Registration Deadline: Monday, November 9

*Awards will be given for 1st, 2nd and 3rd place

ADULT CITY LEAGUE BASKETBALL

3 divisions of play:

Women's League (Monday nights)

Men's Recreational League (Monday nights)

Men's Competitive League (Wednesday nights)

Start Date: November 30, 2020 (Off Dec 28, 30)

12 Week League, Includes Tournament

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$600.00

Registration Deadline: Monday, November 23

Captain's Meeting: Monday, November 23, 6:30PM at the Park and Rec Fieldhouse

CORNHOLE TOURNAMENT

Get out and toss around some bean bags at our first ever *Cornhole tournament held inside the Park and Rec Fieldhouse! Format to be determined on number of signups.*

Date: Saturday, December 5

Location: Watertown Park and Rec Fieldhouse (1900 West Kemp Ave.)

Fee: \$60.00 per team

Registration Deadline: Tuesday, December 1

CO-ED VOLLEYBALL LEAGUE

Three Divisions: Competitive, Intermediate & Recreation

Dates: Sundays, January 3 – February 28, 2021 (Off Feb 7)

Eight Week League Includes Tournament

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center

Fee: \$150.00 per team

Registration Deadline: Tuesday, December 29

DODGEBALL LEAGUE

Anyone who can dodge a ball! You may have as many people on roster as you want, but only six on the court to start a game. Official National Dodgeball league rules will apply.

Location: Prairie Lakes Wellness Center

Dates: Tuesdays, January 12 – March 2: 6:00PM - 9:00PM

Fee: \$100.00 per team

Registration Deadline: Wednesday, January 6

MEN'S/WOMEN'S PICKLEBALL LEAGUE

Get out of the cold for the hottest game at the Prairie Lakes Wellness Center! This league is open to men and women of all skill levels. Two different divisions will be played (A & B) in this self-refereed league.

Location: Prairie Lakes Wellness Center

Two divisions of play: A & B

Dates: Thursdays, January 21 - March 11

Fee: \$60.00 per team

Registration Deadline: Thursday, January 14

ADULT CITY LEAGUE BASKETBALL TOURNAMENT

March Madness at Prairie Lakes Wellness Center is here! There will be 2 Men's divisions and 2 Women's divisions. Tournament format to be set after registration deadline. Please call 882-6260 for any questions.

Date: Saturday, March 13

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$200.00

Registration Deadline: Tuesday, March 9

WIFFLEBALL SPRING LEAGUE

Summer will be here in no time and that means softball! Get ahead of the game and play in our spring Wiffleball league! This 8 week league will be held back at its original location, the City Auditorium! Get your team together and sign up today!

Location: City Auditorium

Two divisions of Play: Coed and Competitive

Dates: Tuesdays, March 16 – May 4

Fee: \$200.00 per team

Registration Deadline: Thursday, March 11

The Prairie Lakes Wellness Center offer 3 Non-Officiated Volleyball Leagues yearly.

CO-ED VOLLEYBALL LEAGUE

Three Divisions: Competitive and Recreational

Dates: Wednesdays, September 23, 2020 – 8 week plus tournament

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center

Fee: \$35/PLWC member and \$40/non-member per person

Registration: Contact Jodi Hemiller at 605-882-6250

OPEN VOLLEYBALL LEAGUE

Three Divisions: Competitive and Recreational

Dates: Wednesdays, January 13, 2021 – 6 weeks plus tournament

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center

Fee: \$35/PLWC member and \$40/non-member per person

Registration: Contact Jodi Hemiller at 605-882-6250

WOMEN'S VOLLEYBALL LEAGUE

Three Divisions: Competitive and Recreational

Dates: Wednesdays, March 10, 2021 – 6 weeks plus tournament

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center

Fee: \$35/PLWC member and \$40/non-member per person

Registration: Contact Jodi Hemiller at 605-882-6250

KARATE

Shotokan Karate is a weaponless martial art that is founded on the basic techniques of punching, striking, kicking and blocking, yet there is a deeper aspect to serious Karate training which deals with character development. Shotokan Karate is a way for an individual to realize greater potential and expand the limits of that individual's physical and mental capabilities. Karate is an excellent, time-proven method of personal development. Shotokan Karate is a traditional Japanese Martial Art founded by Master Gichin Funakoshi. Shotokan Karate remains firmly rooted in a strong martial arts tradition, emphasizing lifetime training for a healthy mind and body, rather than strictly as a sport.

Location: Prairie Lakes Wellness Center

Dates: Tuesdays and Thursdays 7:00pm – 8:45pm

Fee: \$25/PLWC members & \$35/non-members per Month

Registration: Stop in the Prairie Lakes Wellness Center