



SUMMER RECREATION

HAVE FUN, DISCOVER NEW TALENTS, MAKE FRIENDS!



JOIN US!
JUNE 6 - JULY 14

UPDATED 6-3-22

We have room for more kids in our SUMMER REC programs and are continuing to accept registrations at this time!

REGISTRATION/FEES

Each SUMMER REC participant receives a t-shirt (availability may be limited for those registering after May 20). The family maximum is \$125 per family or \$80 if your family qualifies for free/reduced meals (each activity fee will be reduced by 50%).

If these fees are a hardship, or you have registration questions contact Becky at bwontor@vikes.us or 218-863-5910 x4250.

UPDATES/COMMUNICATION

IMPORTANT CHANGE:

The Pelican Rapids Schools Summer Programs Facebook page will be used for all Summer Rec updates (instead of the text @prsrec instant alert).

QUESTIONS

Dave Rund, Summer Rec Coordinator
drund@vikes.us or 218-863-9317

BASEBALL AND SOFTBALL

	T-BALL	ROOKIE BALL	KNOT HOLE BASEBALL	PEE WEE BASEBALL	PONY TAIL SOFTBALL
AGE GROUP	Boys & Girls completed Pre-K to Kindergarten (minimum 4 years old)	Boys & Girls completed Grades 1 & 2	Boys completed Grade 3	Boys completed Grade 4	Girls completed Grades 3 - 4 & 5 - 6
DAYS & TIMES	Monday & Wednesdays 9:30 - 10:15 am	Monday - Thursdays 9:30 - 10:15 am	Practices: Monday - Thursdays 10:30 - 12:00 pm Games: Mon & Wed	Practices: Monday - Thursdays 10:30 - 12:00 pm Games: Mon & Wed	Practices: Monday - Thursdays 10:30 - 12:00 pm Games: Tues & Thur
FEES & EQUIPMENT	\$20 Bring labeled glove	\$30 Bring labeled glove	\$50 Bring labeled glove Baseball pants (optional) *Includes busing to games	\$50 Bring labeled glove Baseball pants (optional) *Includes busing to games	\$50 Bring labeled glove Softball pants (optional) *Includes busing to games
LOCATION	Chauncey Martin East	Chauncey Martin West	Chauncey Martin East	Chauncey Martin East	Chauncey Martin West

SOCCER

AGE GROUP	Boys & Girls 4 & 5 years old	Boys & Girls completed Grades K - 2 & 3 - 5
DAYS & TIMES	June 6 - June 30 Tuesday & Thursdays 9:30 - 10:15 am	June 6 - June 30 Monday - Thursdays 8:15 - 9:30 am
FEES & EQUIPMENT	\$20 Shin guards Running shoes (no cleats)	\$30 Shin guards Running shoes (no cleats)
LOCATION	Chauncey Martin Fields	Chauncey Martin Fields

PICKLEBALL

AGE GROUP	Boys & Girls completed Grades 3 - 8
DAYS & TIMES	Monday - Thursday 9:15 am - 10:15 am
FEES & EQUIPMENT	\$30 Pickleball paddles will be provided
LOCATION	Chauncey Martin Courts

GOLF

AGE GROUP	Boys & Girls completed Grades 3 - 8
DAYS & TIMES	Tuesdays & Wednesdays 1:00 - 3:00 pm
FEES & EQUIPMENT	\$45 Golf balls Clubs Tees
LOCATION	Birchwood Golf Course



SUMMER FITNESS



OUTDOOR SUMMER YOGA ALL AGES & EXPERIENCES

June 29, July 13, July 27, August 10

Time: 6:30 - 7:15 pm

Location: PRHS Football Field

Instructor: Brenda Haugrud

Bring a yoga mat if you have one

No fee or registration required

Sponsored by the Hovland & Lawrence family

OPEN GYM/WALKING TRACK

AGES 12 & UNDER MUST BE ACCOMPANIED BY AN ADULT

June 6 - July 28

Days: Monday - Thursday

Time: 6:00 pm - 8:00 pm

(Wed: Weight Room & Walking Track only)

Location: Al Siegle Activity Center-West Door #7

Contact: Dave Rund

No fee or registration required

SPEED & STRENGTH COMPLETED GRADES 7 - 12

June 6 - July 28

Days: Mondays - Thursdays

Time: 6:00 - 9:00 am

(No Speed & Strength July 4th Week)

Location: Al Siegle Activity Center
& Chauncey Martin Field

Fee: \$40 (Includes t-shirt)

Instructors: Eli Beachy & Laura Januszewski