

BRING YOUR FRIENDS.

JANUARY IS LEARN A SNOW SPORT MONTH | LEARNASNOWSPORT.ORG



ICE SKATING

Supervised ice rinks with warming shelters are located at three sites around the City of Neenah.

LOCATIONS & SHELTER HOURS:

Green Park – 337 Columbian Ave.

Friday 4:00-8:00 PM
Sat. & Sun. Noon-4:00 PM

Washington Park - 631 Winneconne Ave.

Mon.-Fri. 4:00-8:00 PM
Sat. & Sun 10:00 AM-8:00 PM

Memorial Park – Enter Park off Appleblossom

Friday 4:00-8:00 PM
Sat. & Sun. Noon-4:00 PM

HOLIDAY BREAK WARMING SHELTER HOURS:

(Depending on weather)

Dec. 24 CLOSED
Dec. 25 CLOSED

Dec. 26 –31 & Jan. 1 – 3

Noon - 4:00 PM Memorial & Green
10 AM – 8:00 PM Washington

*See HOCKEY for specific hockey times.

UNSUPERVISED RINK NO WARMING SHELTER

Doty ParkLincoln St.

Hockey not allowed on unsupervised rink when recreational skaters are present.

All shelters close when the combo of temperature & wind is unsafe to skate/sled/ski.



winterfeelsgood.com

Neenah Parks & Recreation
www.neenahgov.org

HOCKEY

WASHINGTON PARK

Half of rink during all open shelter hours.



Skaters with hockey sticks will only be allowed on the Washington west rink.

GREEN, MEMORIAL AND DOTY PARKS

Hockey not allowed when recreational skaters are present.

Hockey helmets are highly recommended.

SNOWSHOEING



Along with snowshoeing in any City of Neenah Park, please see below places to go (x-country skiing also):

- ❖ High Cliff State Park, N7630 State Park Rd., Sherwood.
Phone: 920-989-1106
- ❖ Gordon Bubolz Nature Preserve, 4815 Lynndale Dr., Appleton.
Phone: 731-6041
- ❖ Ledge View Nature Center, W2348 Short Rd., Chilton. Phone: 920-849-7094
- ❖ Mosquito Hill Nature Center, N3880 Rodgers Rd., New London.
Phone: 920-779-6433
- ❖ 1000 Islands Environmental Center, 700 Dodge St., Kaukauna.
Phone: 920-788-9024

SLEDDING

Sled hills are located at four Neenah Parks.



Memorial Park off Appleblossom
Washington Park... behind shelter
Quarry Park..... Cedar Street
Island Park..... 1st & E.N. Water St.

X-COUNTRY SKIING



Groomed cross-country ski trails are maintained (when snow conditions are favorable) at Memorial, Southview and Riverside Parks. Skiing is allowed in any City of Neenah Park.

GETTING IN SHAPE FOR SNOW SPORTS

Snow sports are an excellent way to maintain a fitness program during the winter because they help develop aerobic capacity and muscle strength.



It is important to note, however, that people can enjoy snow sports at a basic level even if they aren't in peak physical condition. A walk on gently rolling terrain in snowshoes or cross country skiing at a leisurely speed on flat ground are a couple of ways a person can include snow sports in a beginning exercise program.

Adopt an Exercise Program: Walking, jogging, bicycling, swimming and weight training are all exercises that will give a person a good foundation to enjoy snow sports.

For more information on winter sports, visit www.winterfeelsgood.com

Warm Up Before Heading Out For A Day on the Slopes:

- Start the day with a hot shower.
- Take a good 10-minute stretch immediately following shower.
- Remember to warm up once you're on the hill or trail. For downhill skiers and snowboarders, this means taking your first two runs at a slower speed on an easier slope. For cross country skiers and snowshoers, it means starting on flatter ground and at a slower pace. Warm-up runs after lunch are also a good idea.
- Wrap up the day with a trip to the hot tub or with another hot shower or bath. Heat will soothe aching muscles.

