



Village Center of Waunakee

VILLAGE OF WAUNAKEE COMMUNITY SERVICES September 2006

FALL 2006 - VOLUME III

Village Center Hours

Monday to Friday
6:00 a.m. to 9:00 p.m.

Saturday
7:00 a.m. to 5:00 p.m.

Sunday
Noon to 5:00 p.m.

These are hours that the fitness area and the gymnasium will be open to the public. Rentals may occur outside of the scheduled hours of operation.

To Register for Programs:

On-Line:
www.vil.waunakee.wi.us
link to "Register for Recreation"

By Phone:
Call the Welcome Desk
at 850-5992

In Person:
At the Village Center
333 South Madison Street

Questions?
850-5992

Holiday Gift Giving

Looking for that perfect gift for the person who has everything? Village Center FIT Passes are the perfect solution. A FIT Pass provides day after day of fitness, friendship and fun. Gift certificates are also available in a denomination of your choice and can be used for any youth or adult program or activity that we offer.

Village Center gear is also available for your family members who already have their pass. We have T-shirts, polos, sweatshirts and an awesome gym bag, at great prices!



Chair Massage

Whether you are just finishing up your work out or simply want to experience the many benefits of massage Sue Ziegler, a graduate of Lakeside School of Massage Therapy and will be offering 10-minute chair massages in the FIT Center every Monday morning beginning September 11, 8:30 a.m. to 10:30 a.m. Appointments can be made ahead at the Welcome Desk by calling 850-5992, drop-in's are also welcome.

Fee: \$12.00 per visit

Youth Dance

Mini Hip Hop - Grades K to 2

Have a little extra attitude and energy? This fun hip hop class will help you use both in a productive way! Kids will build a hip-hop routine a little bit at a time, and explore their own creativity and movement. Age appropriate music and moves will be used, and good social skills will be stressed. Come learn some cool moves, jam out and enjoy dancing!

Fee: Resident: \$78.00
Non-resident: \$88.00
Date: Thursday
September 28 to December 7
Times: 3:00 p.m. to 3:45 p.m.
Grade: K to 2
Instructor: Caeli Esser
Course: 12373.306
Location: Village Center Studio

Hip Hop - Grades 1 to 3

Have a little extra attitude and energy? This fun hip hop class will help you use both in a productive way! Kids will build a hip-hop routine a little bit at a time, and explore their own creativity and movement. Age appropriate music and moves will be used, and good social skills will be stressed. Come learn some cool moves, jam out and enjoy dancing!

Fee: Resident: \$85.00
Non-resident: \$95.00
Date: Sunday
September 24 to December 3
Times: 3:30 p.m. to 4:15 p.m.
Grade: 1 to 3
Instructor: Caeli Esser
Course: 12375.306
Location: Village Center Studio

All youth dance classes are 11 weeks long

Hip Hop II - Grades 4 to 7

Youth will have a blast learning hot dance moves to current music! All taught by fun instructors. Hip hop is an awesome type of dance which encompasses everything from free styling to break dancing. We'll do a little bit of everything in this class, while learning at least two awesome routines. This class will also help create a foundation for those wanting to make the competition team in the spring!

Fee: Resident: \$85.00
Non-resident: \$95.00
Date: Sunday
September 24 to December 3
Times: 4:30 p.m. to 5:15 p.m.
Grade: 4 to 7
Instructor: Caeli Esser
Course: 12376.306
Location: Village Center Studio

Advanced Hip Hop Grades 5 & Up

Take it to the next level! This advanced class requires a background in dance, and wanting to be challenged with awesome routines, crazy choreography and break dancing moves. The class will also expand your skills with field trips to local hip-hop classes, guest instructors and hopefully a few fun competitions in the spring.

Fee: Resident: \$95.00
Non-resident: \$105.00
Date: Sunday
September 24 to December 3
Times: 5:20 p.m. to 6:20 p.m.
Grade: 5 and up
Instructor: Caeli Esser
Course: 12377.306
Location: Village Center Studio

Mini-Poms Grades - K to 2

Let your child be a shining star while learning rhythm, coordination and how fun dancing is! We'll use super-cool poms to create an awesome dance using jazz steps and fun, fun, fun!

Fee: Resident: \$85.00
Non-resident: \$95.00
Date: Monday
September 25 to December 4
Times: 3:00 p.m. to 3:45 p.m.
Grade: K to 2
Instructor: Caeli Esser
Course: 12372.306
Location: Village Center Studio

Non-School Day Programs

AFTER SCHOOL will be offering special programs at the Village Center on non school days and during holiday break periods. Each of the all day programs will focus on themes that enhance children's natural sense of discovery and wonder. AFTER SCHOOL is looking forward to offering this program opportunity to Waunakee area residents, complimenting the after school program held in the elementary schools during the school year.

Please contact their administrative office at 276-9782 ext. 10 for more information or to receive registration materials. AFTER SCHOOL, a division of the Wisconsin Youth Company, Inc. is a non-profit Corporation providing after school programs in Dane County for over 35 years and in Waunakee since 1997.

2006 Program Dates:
October 26 and 27
November 22
November 24
December 26 thru 29

Dance

Ballroom Dance - Beginning

Learn basic ballroom dance steps and variations including fox trot, swing, waltz and latins. Learn to lead, follow and relax on the dance floor. The class is taught by Terry Enge, certified ballroom dance instructor. Partners preferred.

Fee: Resident: \$25.00
Non-resident: \$35.00
Ages: 16 and up
Instructor: Terry Enge
Location: Village Center Studio

Session 1
Date: Thursday
September 21 to October 26
Time: 6:30 p.m. to 7:45 p.m.
Course: 13261.306

Session 2
Date: Thursday
November 2 to December 14
Time: 6:30 p.m. to 7:45 p.m.
Course: 13263.306

Ballroom Dance - Beginning 2 (Intermediate)

This class is for those that have some basic experience with ballroom dance. You will build on previously learned dance steps and variations including fox trot, swing, waltz and latins. The class is taught by Terry Enge, certified ballroom dance instructor. Partners preferred for this class.

Fee: Resident: \$25.00
Non-resident: \$35.00
Ages: 16 and up
Instructor: Terry Enge
Location: Village Center Studio

Session 1
Date: Thursday
September 21 to October 26
Time: 7:45 p.m. to 9:00 p.m.
Course: 13262.306

Session 2
Date: Thursday
November 2 to December 14
Time: 7:45 p.m. to 9:00 p.m.
Course: 13264.306

Golf

Golf Fore Kids - Fall League

Join us for this Fall Golf League created just for kids. The program includes 15 minutes of instruction and 75 minutes of supervised play. Sign up for the Wednesdays that you want to play. A minimal amount of golf experience is necessary. Space is limited! Participants should bring their own clubs.

Fee: Resident: \$8.00 per class
Non-resident: \$10.00 per class
Date: Wednesday

September 6 to October 4
Times: 3:45 p.m. to 5:15 p.m.
Ages: 6 to 15
Instructor: Betsy Zadra
Course: 42052.306
Location: Harvest Hill Golf Course
Corner of Poelma Drive and STH 19, Waunakee

Soccer

Indoor Soccer League

The Waunakee Village Center will be offering an indoor recreational soccer league for boys and girls in grades 1 to 3. Teams will be coed and consist of 8 to 12 players. There will be a 4 team league for each grade. Divisions may be combined based on enrollments. The league will consist of 6 games and one practice. All games will be officiated. Games will be played 6 on 6 (5 players and a goalie) with equal playing time for participants. Practice on Sunday evening, November 5, with games beginning on November 12. Games may need to be scheduled on Sunday mornings (after 10 a.m.) if necessary. Coaches will call players with schedules. All players will receive a team t-shirt. Volunteer coaches are needed. You may sign up as a team, partial team or as an individual. Individuals will be put on random teams (depending on the number of individuals that sign up). A roster can be 8 to 12 players. Team registration forms are available at the Village Center.

Registration Deadline: Sunday, October 15, at 5:00 p.m.

Fee: Resident: \$25.00
Non-resident: \$35.00
Date: Sunday
November 5 to December 17
Time: 4:00 p.m. to 8:00 p.m.
Location: Village Center Gymnasium

1st Grade
Course: 42084.306

2nd Grade
Course: 42085.306

3rd Grade
Course: 42086.306

Basketball

3 on 3 Youth Basketball Tournament

The Village Center will be hosting a 3 on 3 youth basketball tournament on Thursday, October 26 and Friday, October 27 during the fall teacher's convention. The tournament is for boys and girls in grades 4 thru 8. There will be a separate division for each grade and gender. Teams will consist of 4 players. Each team is guaranteed a minimum of 3 games. Four teams must be entered in each division to run. Some division may be combined based on number of teams. Registration forms are available at the Village Center and must be turned in by Friday, October 20 at 6:00 p.m. Teams can call the Village Center on Tuesday, October 24, after 1:00 p.m. to get tournament schedules. Teams are considered entered only after the registration form and payment are turned into the Village Center.

Fee: \$35.00 per team
Grades: 4 to 8
Date: Thursday, October 26 and Friday, October 27
Times: 9:00 a.m. to 5:00 p.m.
Instructor: Village Center Staff
Course: 42111.306
Location: Village Center Gymnasium

Tennis

Youth Tennis - Indoor

The major goal of this program is to introduce children to the fun and rewarding world of tennis. This program is based on the "Little Tennis" program from the USPTA. The equipment and size of the playing area are tailored to a comfortable size for young children. Emphasis is placed on learning basic movement and skills. All sessions are conducted in a creative, accepting, and fun environment where individual effort and improvement are primary objectives. All equipment will be provided for this course.

Fee: Resident: \$48.00
 Non-resident: \$58.00
Instructors: Betsy Zadra/Bob Ellis
Location: Village Center Gymnasium

Ages: 4-5
Date: Wednesdays
 October 25 to December 13
Times: 3:30 p.m. to 4:15 p.m.
Course: 42010.306

Ages: 6-8
Date: Wednesdays
 October 25 to December 13
Times: 4:30 p.m. to 5:15 p.m.
Course: 42011.306

Lacrosse

The Waunakee Recreation Department along with Lacrosse America will be offering a fall lacrosse camp. Lacrosse, the "fastest sport on two feet", combines the best of basketball, hockey, and soccer. The Lacrosse America staff will instruct participants in stick handling, dodging, shooting and defense. The emphasis will be on individual skill development, learning the rules, sportsmanship and scrimmages. This is the perfect way to learn one of the hottest sports in the area. The last two weeks will be scrimmages against the Fitchburg teams. One home and one at Fitchburg. The camp is open to participants entering grades 3 thru 9 in September. Participants will be grouped by age. Free loaner equipment will be provided. Players should bring their own water bottles and mouth guards. All participants will receive a camp shirt. For more information, call Lacrosse America (847) 926-0067 or visit www.lacrosseamerica.com.

Fee: Resident: \$65.00
 Non-resident: \$75.00
Grades: 3 to 9
Date: Sundays
 September 10 to October 8
Times: 3:30 p.m. to 5:00 p.m.
Instructor: La Crosse America
Course: 42091.306
Location: Tierney Park



Adult Co-Ed Kickball League

You remember this game! Grab your neighbors, grab your friends, be a captain and make certain you're not the last player picked for a team. Yes folks, we are serious about this one! Players can join as a team (5-men, 5-women minimum), as a small group looking for a team or as an individual. The season will run on Monday nights from October 2 to November 6. Each team will play one game each week. For a complete list of rules please call the Village Center at 850-5992. **Registration Deadline: Friday, September 15 at 12:00 p.m.**

Fee: Resident: \$20.00/person
 Non-resident: \$30.00/person
 Includes Team Shirt!
Date: Mondays
 October 2 to November 6
Times: 6:30 p.m. to 9:30 p.m.
Ages: 18 and up
Instructor: Village Center Staff
Course: 43181.301
Location: Centennial Park

2006/2007 Men's Basketball League

The 2006-2007 Men's Basketball Season will begin on October 11 with a practice game. **All players from the 2005/2006 season will have until September 20 to register.** Beginning September registration will be open to all new players. The fee is \$61.00 player and must be paid in person at the Village Center or by mail. For more information please call Jeff at the Village Center at 850-5992.

Date: October 11, 2006 to February 21, 2007
Fee: \$61.00
Course: 43000.306
Time: 6:45 p.m. to 9:45 p.m.

Taekwondo - For Adults/Kids!

Taekwondo is an exciting and powerful martial art known for its dynamic kicking and hand techniques. Classes are not just about teaching self-defense but focus on the complete personal development of each student. Individual attention is a feature of each and every class, allowing students to progress quickly and confidently toward their personal goals. All instructors are Nationally Certified and will teach American Taekwondo Association (ATA) Songham Taekwondo. This program will be facilitated by The Waunakee ATA Black Belt Academy. Fees are for unlimited classes per month.

Fee: Resident: \$50.00
 Non-resident: \$60.00
Age: 3 and up
Time: 5:30 p.m. to 8:30 p.m.
Instructor: Michael Plessel
Location: Village Center

September
Course: 45395.306
Date: Tuesdays
 Wednesdays
 Thursdays
 September 5 to 28, 2006

October
Course: 45396.306
Date: Tuesdays
 Wednesdays
 Thursdays
 October 3 to 31, 2006

November
Course: 45397.306
Date: Tuesdays
 Wednesdays
 Thursdays
 November 1 to 30, 2006

Workshop for Coaches and Parents

The Waunakee School Athletic Department and the Village of Waunakee Recreation Department are excited to offer workshops for all youth sport coaches and parents. Dr. Greg Dale, Peak Performance Coach at Duke University will be conducting these seminars on Sunday October 29 at the Waunakee High School Performing Arts center. The first workshop is for coaches of kids of all ages and all sports. It will run 4:30 p.m. to 7:00 p.m. and is titled "The Seven Secrets of Successful Coaching". The parent seminar will be presented at 7:30 p.m. to 8:45 p.m. and is titled "Positive Sport Parenting."

Dr. Dale is an Associate Professor and Peak Performance Coach at Duke. As a professor, he teaches classes in the area of sports psychology/performance enhancement and sports ethics. As a peak performance coach, Greg helps coaches and athletes reach their full potential by assisting them with the mental aspects of

performance. In addition to his work with coaches and athletes at Duke, Greg consults with coaches and athletes in professional football, soccer, baseball, golf, track & field, and tennis. Dr. Dale is a former middle school and high school coach in New York City and San Antonio, Texas. He is a certified sports psychology consultant and has conducted over 100 workshops with coaches and athletes across the country.

Waunakee Athletic Director Brian Smith, and some of the Waunakee High School coaches have attended Dr. Dale's presentation and have found them to be very beneficial. Dr. Dale delivers his message in a clear and concise manner and the information is good for coaches of all sports and all age levels.

These workshops are being offered free of charge. If you would like more information, contact Brian Smith at the Waunakee High School at 849-2104 or bsmith@waunakee.k12.wi.us

TUESDAY	WEDNESDAY	THURSDAY
Tiny Tigers Ages 3 to 6 All ranks 5:30 p.m. to 6:00 p.m.	Junior Class Ages 6 to 14 White, Orange & Yellow 5:30 p.m. to 6:00 p.m.	Tiny Tigers Ages 3 to 6 All ranks 5:30 p.m. to 6:00 p.m.
Junior Class Ages 6 to 14 All Ranks 6:00 p.m. to 6:45 p.m.	Junior Class Ages 6 to 14 Camo - Black 6:00 p.m. to 6:30 p.m.	Junior Class Ages 6 to 14 All Ranks 6:00 p.m. to 6:45 p.m.
Break	Leadership Class All Ages Leadership Program Members 6:30 p.m. to 7:15 p.m.	Break
Adult Class Ages 14 and up All Ranks 7:00 p.m. to 7:45 p.m.	Specialty Class Ages 6 and up 7:15 p.m. to 7:45 p.m. Camo and up	Instructor Class Age 10 and up Instructor Program Members 7:00 p.m. to 7:45 p.m.
	Adult Class Age 14 and up All Ranks 7:45 p.m. to 8:30 p.m.	Adult Class Age 14 and up All Ranks 7:45 p.m. to 8:30 p.m.

Preschool

Leapin Lizards

This class will teach kids ages 3 to 5 about the four major components of gymnastics: the balance beam, bars, floor work and vaulting. Circuits will be set up each day to develop motor skills, sports related skills like kicking and throwing, strength, flexibility, social skills and most of all tons of fun!

Fee: Resident: \$48.00
Non-resident: \$58.00

Ages: 3 to 5
Instructor: Caeli Esser

Location: Village Center Gymnasium

Session 1
Date: Mondays
September 25 to November 13
Times: 10:15 a.m. to 11:00 a.m.
Course: 11382.306

Session 2
Date: Thursdays
September 28 to November 16
Times: 6:15 p.m. to 7:00 p.m.
Course: 11384.306

Indoor Playground

Escape to the gym and let your little ones burn off energy on tumbling equipment and toys! Parent supervision is required.

Ages: 5 and under
Location: Village Center West Gym
Dates: September 15 to December 22,

Day: Fridays
Times: 9:30 a.m. to 11:00 a.m.

Days: Sundays
Times: 2:00 p.m. to 3:30 p.m.

Fees:
Free for Family Fit Pass Holders
\$4.00/resident family per time
\$8.00/non-resident family per time

Tumble Bugs

Parent/Child Class

This class will teach kids basic gymnastics skills, with an emphasis on coordination, strength, balance and socialization. Join your 2 to 3 year old as they explore landscapes, sing songs, do silly activities and most of all have fun while building a strong foundation for future sports and activities!

Fee: Resident: \$48.00
Non-resident: \$58.00

Ages: 2 to 3
Instructor: Caeli Esser
Location: Village Center Gymnasium

Session 1
Date: Mondays
September 25 to November 13
Times: 9:15 a.m. to 10:00 a.m.
Course: 11381.306

Session 2
Date: Thursdays
September 28 to November 16
Times: 5:30 p.m. to 6:15 p.m.
Course: 11383.306

Mighty Mite Sports Parent/Child Class

Your kids will love this first introduction to sports such as soccer, football, volleyball, tee-ball, kickball and more! Youngsters will learn sports fundamentals such as throwing, catching, kicking, and running with easy-to-understand instruction. Our nurturing instructor(s) will make sure your kids have a positive experience. The 2 to 3 year old group is with parent. Wear tennis shoes!

Fee: Resident: \$52.00
Non-resident: \$62.00
Date: Thursdays
September 28 to November 16
Times: 9:15 a.m. to 10:15 a.m.

Ages: 2 to 3
Instructor: Amy Gordon
Course: 42075.306
Location: Village Center Gymnasium

Youth

Sports of All Sorts

Introduce your youngsters to the world of sports. Instructors teach the basics of soccer, basketball, tee-ball, volleyball, kickball and football. We'll also play variations of traditional games for extra fun and silliness. The emphasis is on teamwork, effort and sportsmanship.

Fee: Resident: \$52.00
Non-resident: \$62.00
Instructor: Amy Gordon
Location: Village Center Gymnasium

Session 1
Ages: 4 to 5
Date: Mondays
September 25 to November 13
Times: 4:45 p.m. to 5:45 p.m.
Course: 42071.306

Session 2
Ages: 6 to 7
Date: Mondays
September 25 to November 13
Times: 3:30 p.m. to 4:30 p.m.
Course: 42072.306

Session 3
Ages: 4 to 5
Date: Thursdays
September 28 to November 16
Times: 10:15 a.m. to 11:15 a.m.
Course: 42073.306

Tumble Stars

Ready to learn some new moves? Kids with some experience with tumbling who are ready to learn more advanced skills will enjoy the challenge of this new class!

Fee: Resident: \$48.00
Non-resident: \$58.00
Date: Thursdays
September 28 to November 16
Times: 7:00 p.m. to 7:45 p.m.

Ages: 5 to 7
Instructor: Caeli Esser
Course: 11388.306
Location: Village Center Gymnasium

Little Kickers Soccer

During this 4 week program, participants will learn the fundamentals of soccer with an emphasis on individual skills, teamwork and most of all fun! The program will be led by coaches and players from the Waunakee High School varsity soccer teams. Each participant will receive their own soccer ball and t-shirt for participating.

Fee: Resident: \$28.00
Non-resident: \$38.00
Date: Saturday
November 4

Times: 9:00 a.m. to 9:45 a.m.
Ages: 5 to 6
Course: 42081.306
Location: Village Center Gymnasium

Kid's Creative Art Corner

Join Richard Larson, artist and photographer, and his wife Cherrie in a great Art Adventure which will be an introduction to the world of art through its elements, color, design, structure and media. In our journey we will explore artists from around the world. Music, skits and storytelling will help ignite the imaginations of all. Parents are encouraged to stay and participate with their children. Home updates, art projects and hints for encouraging your child at home will be included weekly. The last class will be an Art Show displaying the Art from throughout the journey. All art supplies are included in the fee. 8 Week Session

Fee: Resident: \$75.00
Non-resident: \$85.00
Instructor: Village Center Staff
Location: Village Center Activity Room
Date: Thursdays
September 28 to November 16

Ages 4 to 5
Times: 12:30 p.m. to 2:00 p.m.
Course: 12321.306

Ages 6 to 9
Times: 3:00 p.m. to 5:00 p.m.
Course: 12322.306

Mad Science: Rockin' Rockets

Mad Science of Madison takes young inquiring minds on a voyage to discover space! Take an exciting look at planets, moons, comets and stars. Prepare for the flight by learning the concepts behind rocket construction and flight . . . and by building your very own rocket! Create asteroid strikes and participate in a Mad Science rocket launch!

Fee: Resident: \$49.00
Non-resident: \$59.00

Date: Tuesdays
October 3 to October 24
Times: 3:30 p.m. to 4:30 p.m.
Ages: 5 to 11
Instructor: Mad Science of Madison
Course: 12243.306
Location: Village Center

Innovative Art Classes

Join artist and photographer Richard Larson for a wonderful journey into the world of Art through drawing, color technique, paints, pastels and pencil. This is a great opportunity to get individual attention in a small group setting. All are welcome whether beginner or seasoned. All art supplies are included in the price for the class. There will be some supplies needed for home use for the outside assignments.

Fee: Resident: \$75.00
Non-resident: \$85.00
Instructor: Richard Larson
Location: Village Center

Ages 6 to 10
Date: Thursdays
September 28 to November 16
Times: 6:30 p.m. to 8:00 p.m.
Course: 12323.306

Ages 9 to 12
Date: Saturdays
September 30 to November 18
Times: 9:00 a.m. to 10:30 a.m.
Course: 12324.306

Enrichment

Bead Retreat: Creating Earrings

Ever wondered how to make earrings? Here is your chance to create TWO great pairs of earrings and learn a new skill. Bead Retreat Coordinator, Brenda Craker, will teach you all the tips and tricks to make two different types of earrings. All beads, tools and instruction are provided.

Fee: Resident: \$26.00
Non-resident: \$36.00
Date: Tuesday, October 17, 2006
Times: 6:00 p.m. to 8:00 p.m.
Ages: 10 and up
Instructor: Brenda Craker
Course: 15201.306
Location: Village Center Conference Room

Bead Retreat: Enjoy the Sweet Life!!

Join Bead Retreat Coordinator, Brenda Craker, as she instructs you step by step to create a beautiful bracelet made of sterling silver, Czech fire-polished and glass beads. This Sweet Life bracelet comes in peridot, pink or garnet and can be viewed at www.bead-retreat.com. All beads, tools and instruction are provided.

Fee: Resident: \$26.00
Non-resident: \$36.00
Date: Monday, November 13, 2006
Times: 6:00 p.m. to 8:00 p.m.
Ages: 10 and up
Instructor: Brenda Craker
Course: 15202.306
Location: Village Center Activity Room

Fall Group Fitness Class Descriptions

Body Express: Feeling trapped in the studio? Get out with the awesome class which will take you everywhere, and use anything to get you into better shape! Circuit training will allow everyone to work at their own pace, and tons of different activities will mean you'll never be bored. Get on the express to a better body - head to toe and start looking, and feeling better!

Cardio N Sculpt: This class is for everyone looking to get both cardio and toning done in one class, and like VARIETY! The cardio portion will be a mix of hi/lo, step and cross training. The sculpting portion will use various forms of resistance training for a total body workout.

Kickboxing: Cardio kickboxing is a great way to get into shape, without getting bored! This class combines toning intervals provides an extremely effective total body workout. This class teaches kickboxing in a practical format, and encourages all participants to work at their own pace. Kickboxing is as empowering as it is an effective workout, so come kick it!

Middle School Workout: This sports oriented class will focus on developing speed, coordination, agility, endurance, strength and other sports-specific skills. We'll play games, do partner drills, utilize all kinds of equipment and have fun while providing solid training for any sport! To top it all off the class is taught by two certified personal trainers to make sure every workout is safe, effective and innovative.

Outdoor Workout: Experience this entertaining class that takes place right outside the Village Center. Class members will enjoy a varied and total body workout without equipment. Activities will include drills, endurance training, speed work, strengthening and interactive games. Ready to step out of the box? Give it a try! Don't forget - dressing according to the weather is a must.

Pilates*: Pilates is an accelerated sculpting method, which creates balanced, long, lean muscles using body weight. Our high-energy instructors fuse traditional Pilates movements with hundreds of additional sculpting movements from dance and the Pilates Method. Experience these classes which are guaranteed to change the way you move - and the way you look!

Pilates is offered at the beginning, intermediate and plus levels! **Intermediate** students should be comfortable with the basics of Pilates, and looking forward to a challenge. The **Plus** class incorporates Pilates, yoga and strength training to give you an overall work out. Stability balls, weights, and tubing are used in this class. Pilates knowledge is required. **Pilates with Props** stays true to the Pilates method, but adds stability balls, blocks, light weights, tubing, magic circles and Pilates balls to expand your knowledge of Pilates. A \$10.00 Pilates ball will be utilized in all but the beginning levels.

Pilates/Yoga Combo*: Get the best of both worlds with this awesome combo class! Each class will combine core sculpting, butt lifting Pilates exercises with stretching, breathing and sculpting yoga postures. Class will end with a brief meditation to send you back into the world feeling stronger, leaner and ready for anything.

Sculpt: Create a work of art with our body sculpting classes! Our instructors will lead you through a head to toe strength training workout utilizing a variety of equipment and exercises. Best of all, body sculpting is easily adjustable to ANY level, and you'll definitely get results!

SHAPE: Ready to change your body? Give us eight weeks and see the difference - literally! Shape uses a new type of strength training which is designed to improve your muscle tone as quickly as possible. You'll have a tighter body, a faster metabolism, and less fat by the time your done! Best of all class is taught by two motivating certified personal trainers, so you'll get individualized attention and a body-shaping workout!

Sports Conditioning: If group exercise classes make you queasy, and you've never gotten the hang of step classes this workout is for you! Sports conditioning is a TOTALLY different workout, which is exactly that - a good, tough, total body WORKOUT! Class will include everything from partner drills, group challenges, athletic games and drills to give you an edge. In addition, multiple levels, from beginner to advanced will be presented, so whether you're training for a sport - or life, this class will help put you in a league of your own!

Tai Chi: Is a great exercise for both the mind and body. It is designed to be a system of slow moving exercises to relieve stress and to promote health and relaxation. This activity can also improve concentration and body awareness. All levels are welcome.

The Mixx: Bored? Tired of the treadmill? Haven't changed your workout in awhile? Not getting the results you used to? Our bodies need constant change to improve, and that's exactly what this class will give you! Get a total body workout in this class which combines super effective toning moves with cardio intervals. Instructors will keep you interested and motivated by presenting a completely different class every time! Stop doing the "same old workout," and see what a difference it makes on your body!

Yoga*: Yoga can be a great workout, or a great way to relax. This class will utilize gentle stretching, strength building postures, and breathing techniques to help participants increase flexibility, improve posture, build lean muscles and experience relaxation. Appropriate for both beginning and intermediate yoga students, this class will be a good starting point, or an excellent addition to your workout regime.

Please see page 16 for schedule, course number, and fee details!

Village Center Fall Group Fitness Class Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:05 a.m. to 7:00 a.m.			Yoga * Sarah D.			The Mixx (7:30 a.m. to 8:15 a.m.) Caeli
8:10 a.m. to 9:00 a.m.	Pilates/Yoga Combo* Caeli	The Mixx Sarah H.	Sculpt Sarah H.	The Mixx Sarah H.	Pilates Intermediate * Caeli	Pilates Intermediate (8:20 a.m. to 9:00 a.m.) Caeli
9:10 a.m. to 10:00 a.m.	T'ai Chi Bob				Pilates Beginning * Caeli	Pilates Beginning * (9:10 a.m. to 10:00 a.m.) Caeli
11:00 a.m. to 11:50 p.m.						Sports Conditioning Caeli
4:00 p.m. to 4:50 p.m.	Middle School Workout Caeli/Derek			Sports Conditioning Caeli/Matt	Session One - 8 Weeks September 11 to November 4 Yoga - Pilates - Tai Chi Resident: \$48.00 Non-resident: \$58.00 Cardio - Strength Resident: \$36.00 Non Resident: \$46.00 Session Two - 7 Weeks November 6 to December 23 Yoga - Pilates - Tai Chi Resident: \$42.00 Non-resident: \$52.00 Cardio - Strength Resident: \$32.00 Non Resident: \$42.00	
5:30 p.m. to 6:20 p.m.	SHAPE Caeli/Derek	The Mixx Kim	Pilates with Props* Caeli	Yoga* Sarah D.		
6:30 p.m. to 7:20 p.m.	Sports Conditioning Caeli/Derek Pilates Plus* Kim	Pilates/Yoga Combo* Kim	Cardio Sculpt Sarah H. Pilates Beginning* Caeli	Outdoor Workout Derek		
7:30 p.m. to 8:20 p.m.		Sculpt Sarah D,	Kickboxing Caeli T'ai Chi Bob	Body Express Kim		

* These classes require a Yoga or Pilates mat. High quality mats specifically designed for Pilates, or Yoga use are available to order during the first week of classes. For all Pilates classes, a mat which is at least 1/2" thick is **highly** recommended to prevent injury.

Cardio and Strength Classes
 S1 - Session 1 Resident \$36.00 Non Resident \$46.00
 S2 - Session 2 Resident \$32.00 Non Resident \$42.00
 *\$5.00 discount for FITPass Holders

Pilates, Yoga and Tai Chi Classes
 S1 - Session 1 Resident \$48.00 Non Resident \$58.00
 S2 - Session 2 Resident \$42.00 Non Resident \$52.00
 *\$5.00 discount for FITPass Holders

Class	Session	Dates	Time	Instructor	Phone
Body Express	S1	Thursday, September 14 to November 2	7:30 to 8:20pm	Kim Lysne	25425.306
	S2	Thursday, November 9 to December 21	7:30 to 8:20pm	Kim Lysne	25425.706
Cardio N Sculpt	S1	Wednesday, September 13 to November 1	6:30 to 7:20pm	Sarah Homan	25428.306
	S2	Wednesday, November 8 to December 20	6:30 to 7:20pm	Sarah Homan	25428.706
Kickboxing	S1	Wednesday, September 13 to November 1	7:30 to 8:20pm	Caeli Esser	25427.306
	S2	Wednesday, November 8 to December 20	7:30 to 8:20pm	Caeli Esser	25427.706
Middle School Workout	S1	Monday, September 11 to October 30	4 to 4:50pm	Caeli Esser	22440.306
	S2	Monday, November 6 to December 18	4 to 4:50pm	Caeli Esser	22440.706
Outdoor Workout	S1	Thursday, September 14 to November 2	6:30 to 7:20pm	Derek Kalscheur	25443.306
	S2	Thursday, November 9 to December 21	6:30 to 7:20pm	Derek Kalscheur	25443.706
Sculpt	S1	Tuesday, September 12 to October 31	7:30 to 8:20pm	Sarah Dimick	25422.306
	S1	Wednesday, September 13 to November 1	8:10 to 9am	Sarah Homan	25423.306
	S2	Tuesday, November 7 to December 19	7:30 to 8:20pm	Sarah Dimick	25422.706
SHAPE	S1	Monday, September 11 to October 30	5:30 to 6:20pm	Caeli Esser	25430.306
	S1	Monday, November 6 to December 18	5:30 to 6:20pm	Caeli Esser	25430.706
	S2	Thursday, September 14 to November 2	6:30 to 7:20pm	Caeli Esser	23440.306
Sports Conditioning	S1	Thursday, September 14 to November 2	4 to 4:50pm	Caeli Esser	23441.306
	S1	Saturday, September 16 to November 4	11 to 11:50 am	Caeli Esser	23442.306
	S2	Monday, November 6 to December 18	6:30 to 7:20pm	Caeli Esser	23440.706
The Mix	S1	Tuesday, September 12 to October 31	8:10 to 9am	Sarah Homan	25420.306
	S1	Tuesday, September 12 to October 31	5:30 to 6:20pm	Kim Lysne	25421.306
	S1	Thursday, September 14 to November 2	8:10 to 9am	Sarah Homan	25424.306
Pilates - Beginning	S1	Wednesday, September 13 to November 1	6:30 to 7:20pm	Caeli Esser	25412.306
	S1	Friday, September 15 to November 3	9:10 to 10am	Caeli Esser	25414.306
	S1	Saturday, September 16 to November 4	9:10 to 10am	Caeli Esser	25416.306
Pilates - Intermediate	S1	Friday, September 15 to November 3	8:10 to 9am	Caeli Esser	25413.306
	S1	Saturday, September 16 to November 4	8:20 to 9am	Caeli Esser	25415.306
	S2	Friday, November 10 to December 22	8:10 to 9am	Caeli Esser	25413.706
Pilates with Props	S1	Wednesday, September 13 to November 1	5:30 to 6:20pm	Caeli Esser	25411.306
	S2	Wednesday, November 8 to December 20	5:30 to 6:20pm	Caeli Esser	25411.706
	S1	Monday, September 11 to October 30	6:30 to 7:20pm	Kim Lysne	25410.306
Pilates Plus	S1	Monday, September 11 to October 30	6:30 to 7:20pm	Kim Lysne	25410.306
	S2	Monday, November 6 to December 18	6:30 to 7:20pm	Kim Lysne	25410.706
	S1	Monday, September 11 to October 30	8:10 to 9am	Caeli Esser	25400.306
Pilates Yoga Combo	S1	Tuesday, September 12 to October 31	6:30 to 7:20pm	Kim Lysne	25403.306
	S2	Monday, November 6 to December 18	8:10 to 9am	Caeli Esser	25400.706
	S2	Tuesday, November 7 to December 19	6:30 to 7:20pm	Kim Lysne	25403.706
Yoga	S1	Wednesday, September 13 to November 1	6:05 to 7am	Sarah Dimick	25401.306
	S1	Thursday, September 14 to November 2	5:30 to 6:20pm	Sarah Dimick	25402.306
	S2	Wednesday, November 8 to December 20	6:05 to 7am	Sarah Dimick	25401.706
Tai Chi	S1	Monday, September 11 to October 30	9:10 to 10am	Bob Constantine	25404.306
	S1	Wednesday, September 13 to November 1	7:30 to 8:20pm	Bob Constantine	25405.306
	S2	Monday, November 6 to December 18	9:10 to 10am	Bob Constantine	25404.706
Conference Room	S1	Tuesday, September 12 to October 31	8:10 to 9am	Bob Constantine	25405.706
	S1	Tuesday, September 12 to October 31	5:30 to 6:20pm	Bob Constantine	25405.706
	S1	Thursday, September 14 to November 2	7:30 to 8:15am	Bob Constantine	25405.706

**Questions? Want to register?
 Call 850-5992.
 See page 8 for class descriptions.**

Facility Rentals

The Waunakee Village Center is made available for use by all groups through the generosity of the residents of Waunakee. The Village Center is a 45,000 square foot building on two levels consisting of rooms of varying sizes and capacities. The park around the building may also be reserved for events. Reasonable rules and guidelines have been established to assure the maximum enjoyment of this facility. Reservations are accepted one year in advance of the reservation date. Each room is described below as well as its recommended uses.

Entry Level Options:
Conference Room

This is a small conference room that is furnished with one conference table and 8 chairs at the table.

Activities Room

This room is designed for approximately 25 persons engaged in art and craft projects or general meetings and its capacity will depend on the actual activity. During weekdays from 8:00 a.m. to 3:30 p.m. this room will mainly be used for Village Center activities.

Computer Room

This room is used for computer classes and is available for rental on a limited basis.

Creek Level Options:
Community Room

This multi-purpose room is large enough to accommodate gatherings of 200 persons. This room may be used for dances, receptions, exercise classes, meetings, etc. The design of the building allows this room to be divided into three individual meeting rooms to provide flexibility. This room also has a stage. This room can be reserved as one large room or it can be reserved as three separate rooms to fit your needs.

Catering Kitchen

The kitchen may be rented for personal use or utilized by a contracted caterer. Rental of the kitchen entitles the lessee to use the refrigerator, freezer, stove, oven, ice maker and ample counter space. No plates, glasses or tableware will be furnished.

Regulation Size Gymnasium

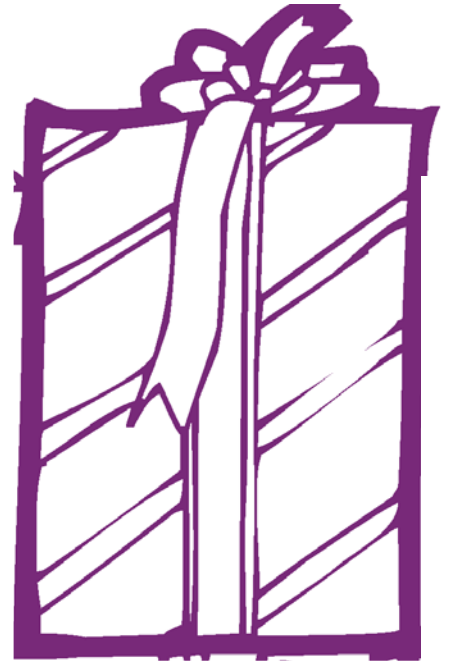
The gymnasium is dividable into two 3/4 courts and may be rented as a full court or half. This space is very multi-functional and may be used for a variety of sports and activities. Some of the highlights include: built in soccer goals and rounded gym corners for indoor soccer, batting/golf cages, and a suspended walking /running track.

Food Service

A variety of options are available to our renters.
 •Food can be prepared at home and brought into the center at no additional charge to the renter.
 •Our catering kitchen is also available to renters at a small additional cost.
 •A listing of pre-approved caterers is available for your use. Other caterers will also be allowed to serve food in our facility once they have completed our application process and have received approval. All caterers are charged a 10% catering fee.

Alcohol Policy

•Renters are allowed to serve alcohol to their guests without additional permit as long as this amenity is provided free of charge to your guests.
 •Assistance from our bar manager is available to renters who are interested in cash bar service for their guests. Please contact Village Center staff for additional information at 850-5992.



Birthday Party

Village Center birthday parties are a fun and economical way to celebrate your child's birthday. With a variety of activities for all ages and abilities, your child, your child's friends and your family will enjoy a party that is as special as your child is!

Package Includes: -Use of private room for 2 hours -Use of east gym area for one hour (Birthday Child chooses activities) -Staff person to lead games and help you set up & take down your party. Maximum of 20 children.

You may decorate the room with a theme of your choice and bring in any food and drinks that you desire to complement your party. All parties must have at least 2 to 4 adults to assist with the supervision of the group. All parties must be booked by calling Jeff at the 850-5992 or in person at the Village Center.

- Course:** 32311.006
- Fee:** Resident: \$95.00
Non-resident: \$125.00
- Ages:** 4 to 11
- Location:** Village Center

FIT Pass Information

Anyone is eligible to purchase a FIT Pass at the Waunakee Village Center. To use these recreation areas, affordable passes can be purchased at the Center.

Daily Pass

A daily pass allows unlimited use of the recreation areas for the day the pass is sold. Group rates for 20 or more are available if arrangements are made in advance.

Short Term Passes

The single month, three month or six month pass offers pass holders access to the recreation areas during open use-times and is valid from the date of purchase. This pass is ideal for a patron who only wants a pass for a few months during the year. All short term passes must be paid in full.

Annual FIT Pass

The Annual FIT Pass offers pass holders access to the recreation areas during open use times. This pass may be purchased by one of the following methods:
 1. An electronic funds transfer (EFT) service allows the fee to be deducted from either a checking or savings account on a monthly basis.
 2. One annual payment can be made for a one-year membership. This fee is non-refundable. Patrons must renew every year.

Daily Track Pass Punch Card

The Daily Pass Punch Card allows the card holder 10 separate visits to utilize the indoor walking/running track only.

Do You Carry Group Health, Dean or Unity for Health Insurance?

You may be eligible to work out at the Village Center and earn up to a \$100.00 reimbursement. You must work out at the fitness center for a minimum number of visits to qualify.

For more information contact your health care providers' website or stop at the Welcome Desk!

FIT Pass Fee Schedule

Pass Classification	Resident Rate	Non-Resident Rate
ANNUAL PASS (EFT)		
Youth	\$8.75 per month	\$11.25 per month
High School (14-18)	\$12.50 per month	\$16.25 per month
Adult (18-54)	\$25.00 per month	\$35.00 per month
Older Adult (55+)	\$12.50 per month	\$12.50 per month
Family	\$47.50 per month	\$62.50 per month
*option to pay in full for the year		
6 MONTH PASS		
Youth	\$55.00	\$72.00
High School (14-18)	\$85.00	\$110.00
Adult (18-54)	\$165.00	\$220.00
Older Adult (55+)	\$85.00	\$85.00
Family	\$300.00	\$385.00
3 MONTH PASS		
Youth	\$30.00	\$39.00
High School (14-18)	\$50.00	\$65.00
Adult (18-54)	\$90.00	\$120.00
Older Adult (55+)	\$50.00	\$50.00
Family	\$155.00	\$205.00
1 MONTH PASS		
Youth	\$12.00	\$16.00
High School (14-18)	\$20.00	\$26.00
Adult (18-54)	\$35.00	\$46.00
Older Adult (55+)	\$20.00	\$20.00
Family	\$55.00	\$72.00
DAILY PASS		
Youth	\$2.00	\$4.00
High School (14-18)	\$2.00	\$4.00
Adult (18-54)	\$4.00	\$6.00
Older Adult (55+)	\$2.00	\$2.00
Family	\$10.00	\$15.00
DAILY TRACK PASS PUNCH CARD (10 visits) - use of track only		
Adult (18-54)	\$5.00	\$10.00
Older Adult (55+)	\$5.00	\$5.00

Equipment Orientation

Is this your first time using the Fitness Center? Not sure how to get started? Equipment orientations are designed to teach FIT Pass Holders how to use the equipment we offer. See the Welcome Desk to schedule your orientation. The orientations take approximately 45 minutes. Separate orientations are available for teens and adults.

Fee: Free for all FIT Pass Holders.

Personal Training

A personal trainer will offer one-on-one counseling and instruction to enhance performance, and provide motivation and support for your wellness program. Contact the Welcome Desk for fees and information on a personal trainer.

Walking Club

Walking is a great lifetime exercise activity. Enjoy the comforts of walking on the cushioned indoor track at the Center. Walk at any time the facility is open and log your progress on your own personal log. Pick up a form at the Welcome Desk to register.

After you reach 500 miles, you will receive a Village Center T- shirt!

Fee: Free for all FIT Pass Holders

Kidcare

Drop in child care is available for Village Center guests. See page 16 for schedule and fee details!

Expand Your Mind!

Specialized, affordable classes are offered by MATC to be held at the Village Center this Fall! Register early, as some classes have limited openings. To register, call the Village Center at 850-5992 or stop in at the Welcome Desk. A class maybe cancelled if minimum enrollment is not met two weeks prior to the start. Cost of the class is estimated at the time of printing.

Class Name	Fee*	Sr. Fee* 62 +	Day	Time	Weeks	Start
Drawing Fundamentals	\$97.08	\$77.66	M	9:00 a.m. to 11:00 a.m.	10	9/18
Self Defense for Seniors	\$17.05	\$4.00	T	10:00 a.m. to 11:30 a.m.	1	9/12
Watercolor All Levels	\$59.55	\$47.60	T	12:30 p.m. to 3:30 p.m.	6	9/19
Creative Writing	\$42.04	\$33.63	W	9:00 a.m. to 11:00 a.m.	6	9/20
Sewing: Lo-Sew Jacket	\$34.45	\$4.00	F	9:00 a.m. to 11:00 a.m.	2	10/06
Knitting & Coffee Club	\$34.86	\$27.89	W	2:00 p.m. to 3:30 p.m.	6	10/04
Do Your Own Will	\$17.05	\$4.00	W	6:00 p.m. to 8:00 p.m.	3	9/13
Cooking: Italian I	\$18.00	\$4.00	R	6:30 p.m. to 9:30 p.m.	3	10/05
Digital Cameras Intro	\$12.70	\$4.00	T	9:00 a.m. to 12:00 p.m.	1	9/19
Managing Digital Photos	\$12.70	\$4.00	T	9:00 a.m. to 12:00 p.m.	1	10/03
Internet Explorer Intro: Leisurely Paced	\$56.20	\$4.00	T	1:00 p.m. to 4:00 p.m.	8	9/19
Internet: Genealogy Intro	\$43.15	\$4.00	W	1:00 p.m. to 4:00 p.m.	6	9/13
Intro to Computers: Leisurely Paced	\$56.20	\$4.00	R	1:00 p.m. to 4:00 p.m.	8	9/21

* All project supplies are at an additional cost. Study guides are required for computer classes. Study guides are recommended, but not required for language classes.

Scrapbooking

Scrapbook Calendar

You will complete the entire calendar so that it is photo-ready in one class, and absolutely all of the materials and supplies (including the calendar) needed to create this adorable calendar are included in the fee. There are no other scrapbooking materials or equipment to buy. This is truly an all-inclusive project like no other. You must try it to believe how simply you can make an entire scrapbook project in just one night. This class is perfect for beginner to advanced scrappers. You simply bring family photos to add to the pages if you wish. Each page of the calendar has a small journaling space as well. These calendars are ideal Christmas gifts for Grandpa and Grandma and all other family members!

Ages: 12 and up
Instructor: Vicki Daniels
Location: Village Center

12" X 12" Calendar

Fee: Resident: \$44.00
Non-resident: \$54.00

Session 1

Date: Sunday, November 12, 2006
Time: 1:00 p.m. to 4:30 p.m.
Course: 15276.306

Session 2

Date: Sunday, December 3, 2006
Time: 1:00 p.m. to 4:30 p.m.
Course: 15279.306

8 1/2" X 11" Calendar

Fee: Resident: \$39.00
Non-resident: \$49.00

Session 1

Date: Sunday, November 5, 2006
Times: 1:00 p.m. to 4:00 p.m.
Course: 15277.306

Session 2

Date: Sunday, November 19, 2006
Times: 1:00 p.m. to 4:00 p.m.
Course: 15278.306

From My Heart to Yours (A Book from a Mother)

We will create a 28-page hard cover, bound book capturing a Mother's thoughts and memories about growing up, herself, her family and her child. This book will be a precious keepsake for your child and generations to come. Please bring photos and keepsakes you would like included in the book. We will have time to write down some memories as well.

Fee: Resident: \$40.00
Non-resident: \$50.00
Date: Saturday, October 21, 2006
Times: 1:00 p.m. to 6:00 p.m.
Ages: 16 and up
Instructor: Vicki Daniels
Course: 12278.306
Location: Village Center Activity Room

Quilting

Quilting for Beginners

Learn the tools, terms and techniques for basic quilting in this six week class. Students will learn cutting techniques, fabric selection, and quilt construction. By the end of the six weeks, students should be able to complete a small quilt. Each student will be required to bring their own sewing machine. Books will be provided.

Fee: Resident: \$60.00
Non-resident: \$70.00
Ages: 18 and up
Instructor: Jane Vaughan
Location: Village Center Activity Room

Session 1

Course: 13361.306
Date: Tuesdays
September 19 to October 24
Times: 6:30 p.m. to 8:30 p.m.

Session 2

Course: 13362.306
Date: Tuesdays
November 14 to December 19
Times: 6:30 p.m. to 8:30 p.m.

Quilting Workshop - Around the Village Square

This workshop is designed for students that have some basic quilting knowledge such as how to sew a quarter inch, and be able to cut fabric for quilting. Students will be given material requirements when they register for class. All students will be expected to have a working sewing machine (bring it to class) as well as tools and fabric for the class. Students will have a half hour break for lunch on their own.

Fee: Resident: \$30.00
Non-resident: \$40.00
Date: Saturday, October 14, 2006
Times: 9:00 a.m. to 3:30 p.m.
Ages: 18 and up
Instructor: Jane Vaughan
Course: 13364.306
Location: Village Center Activity Room

Quilting Workshop - Half Log Cabin Quilt

This easy to piece log cabin block can be made into a terrific 45 by 60 square inch quilt with a variety of setting possibilities. You can make it scrappy or in just two colors. Students should have experience with a rotary cutter and be able to sew a quarter inch seam. Students must provide their own sewing machines. Students will have a half hour break for lunch on their own.

Fee: Resident: \$30.00
Non-resident: \$40.00
Date: Saturday
November 18, 2006
Times: 9:00 a.m. to 3:30 p.m.
Ages: 18 and up
Instructor: Jane Vaughan
Course: 13365.306
Location: Village Center Activity Room

Cooking/Kids

Cookies by Kids

Cookies that use heat and do not use heat, including School Bus Cookies, Bonbons, Rocky Road Clusters and more will be included in a wonderful class for kids and adults. Experience new recipes for holidays and partying, for serving family and for lunches. Simple enough for children of all ages, and oh so tasty for everyone to enjoy! If an adult comes with a child, the adult is also considered a student at sign-up. Everything is furnished and no experience is necessary. Cameras are welcome. Bring friends, and both you and your friends will receive gifts.

Fee: Resident: \$18.00
Non-resident: \$28.00
Date: Saturday
November 18, 2006
Times: 9:00 a.m. to 11:30 a.m.
Ages: 8 and up
Instructor: Lydia Critchley
Course: 12222.306
Location: Village Center
Community Room C

Healthy Snacks for Kids

Snacks can be tasty and fun and yet healthy. Make Pizza Frank Bites, Roast Beef Roll-Ups, Peanut Popcorn Balls and many more snacks in a hands-on-class. Adults and children are welcome to make, and enjoy eating, snacks that you can also use for parties, picnics and holiday entertaining. Recipes are easy for children to make and delicious for adults to serve and enjoy. If an adult comes with a child, the adult is also considered a student at sign-up. Everything is furnished. No experience is necessary. Bring friends and both you and your friends will receive gifts.

Fee: Resident: \$18.00
Non-resident: \$28.00
Date: Saturday
September 30, 2006
Times: 9:00 a.m. to 11:30 a.m.
Ages: 8 and up
Instructor: Lydia Critchley
Course: 12221.306
Location: Village Center
Community Room C

Cooking

German Cooking

Take a trip to experience Germany's foods without packing a suitcase. Many dishes of German origin will be prepared in a hands-on-cooking class. German Potato Dumplings, Cheese Crepe's made with German Pancakes, Lebkuchen and more will be yours to make and eat in a hands-on-class. Everything is furnished. Cameras are welcome. Bring your friends and both you and your friends will receive gifts.

Fee: Resident: \$18.00
Non-resident: \$28.00
Date: Tuesday, October 17, 2006
Times: 6:00 p.m. to 9:00 p.m.
Ages: 15 and up
Instructor: Lydia Critchley
Course: 15220.306
Location: Village Center
Community Room C



Soups

Warm up this winter with a pot of hot homemade soup. Quick, hearty, and tasty soups will be made and eaten in a hands-on cooking class. Some of the soups to be made will include Wisconsin Cheddar Cheese Soup, Autumn Soup, Microwave Vegetable Soup and more. Learn the difference between stock and broth, also tips on varying soup recipes, storage, time saving, vegetables and seasonings, and many more types of information. Everything is furnished, no experience is necessary. Bring friends and get gifts. Cameras are welcome.

Fee: Resident: \$18.00
Non-resident: \$28.00
Date: Tuesday, December 5, 2006
Times: 6:00 p.m. to 9:00 p.m.
Ages: 15 and up
Instructor: Lydia Critchley
Course: 15221.306
Location: Village Center
Community Room C

More...

Candlemaking 101

Join Cherrie Larson for this exciting candle making class. Cherrie has been experimenting with making her own candles since the age of 16 and enjoys sharing the craft with others. Learn the basics of creating unique candle designs while exploring safety first ideas. We will be covering wick types, molds, color, waxes, and other candle making techniques. Each week we will make one or two candle designs. All supplies are included in the cost of the class.

Fee: Resident: \$85.00
Non-resident: \$95.00
Date: Thursday
September 28 to November 16
Times: 6:30 p.m. to 8:30 p.m.
Ages: 18 and up
Instructor: Cherrie Larson
Course: 15292.306
Location: Village Center Activity Room

Life After Fibromyalgia "Get Better the Natural Way"

Nutritional Educator, Cherrie Larson, will present in depth and hands on education and demonstrations that will bring hope back into the pain ridden lives of those suffering from chronic pain such as Fibromyalgia. Some of the topics covered are: managing depression, being happy and vital in your suffering world, how to go beyond the pain, rejuvenating health drinks, cooking for movement, journaling and much more. Cherrie comes with first hand knowledge from her own experiences with Fibromyalgia.

Fee: Resident: \$69.00
Non-resident: \$79.00
Date: Saturday
September 30 to November 18
Times: 9:00 a.m. to 10:30 a.m.
Ages: 18 and up
Instructor: Cherrie Larson
Course: 63241.306
Location: Village Center Activity Room

American Heart Association - Heartsaver CPR and AED

This Heartsaver class teaches participants how to perform CPR and AED, deal with choking in adults, children and infants. This course is designed to prepare individuals to respond to a cardiac emergency in most situations. Certification card is issued upon successful completion.

Fee: Resident: \$55.00
Non-resident: \$65.00
Ages: 13 and up
Instructor: Che' Stedman
Location: Village Center

Session 1
Date: Thursday, October 5, 2006
Times: 6:00 p.m. to 9:00 p.m.
Course: 13251.306

Session 2
Date: Saturday
November 18, 2006
Times: 9:00 a.m. to Noon
Course: 13252.306

American Heart Association - Family and Friends CPR

This Heartsaver class teaches participants how to perform CPR and deal with choking in adults, children and infants. This class is designed for members of the general community who want to learn CPR but do not need to be certified.

Fee: Resident: \$55.00
Non-resident: \$65.00
Ages: 13 and up
Instructor: Che' Stedman
Location: Village Center

Session 1
Date: Wednesday
October 4, 2006
Times: 6:00 p.m. to 9:00 p.m.
Course: 13253.306

Session 2
Date: Saturday
November 11, 2006
Times: 9:00 a.m. to Noon
Course: 13254.306

Social Events

Parent's Night Out

Your kids (ages 5 to 12) will enjoy a night of games, gym time, pizza, crafts, a movie, and of course lots of fun. This event is supervised by Village Center Staff and is held on one Friday Night per month from 6:00 p.m. to 10:00 p.m. All participants must be pre registered. There will be no day of registrations for this program.

Fee: **Resident:**
\$20.00 First Child
\$15.00 each
additional children

Non-resident:
\$25.00 First Child
\$20.00 each
additional children

Times: 6:00 p.m. to 10:00 p.m.
Location: Village Center Community
Rooms A,B,C

October
Date: Friday, October 6, 2006
Times: 6:00 p.m. to 10:00 p.m.
Course: 32451.306

November
Date: Friday, November 3, 2006
Times: 6:00 p.m. to 10:00 p.m.
Course: 32452.306

December
Date: Friday, December 1, 2006
Times: 6:00 p.m. to 10:00 p.m.
Course: 32453.306

Kidcare

Qualified, friendly staff will provide fun and safe activities for your child while you are participating in a Village Center activity. The service is available for children who are waking through 10 years of age. There is a 2-hour maximum per visit. Space is limited to 10 children on a first come first serve basis. Staff will not change diapers. Parents will be called to Kidcare when needed.

The following hours are effective
September 11 to December 22, 2006

Daytime Hours:

Monday, Wednesday, and Friday
8:00 a.m. to 11:00 a.m.
Tuesday and Thursday
9:00 a.m. to 11:00 a.m.

Evening Hours:

Monday, Tuesday,
Wednesday, and Thursday
5:00 p.m. to 8:00 p.m.

Fees:

Resident and FIT Pass Members
1 child \$10.00 per month
2 children \$15.00 per month
3 children \$20.00 per month

Non-Resident/Non-Members Drop In
\$2.00 per child per visit