

Mediterranean Cooking

Enjoy cooking foods from countries all around the Mediterranean. Learn what influences the cuisines. Sample healthy recipes using many vegetables. Beginning and experienced cooks are welcome.

Course: 15222.206

Fee: Resident: \$20.00
Non-resident: \$30.00

Date: Tuesday, August 1, 2006

Times: 6:00 p.m. to 9:00 p.m.

Ages: 15 and up

Instructor: Lydia Critchley

Location: Village Center
Community Room C

Create a Recipe - Kids Cooking

Ingredients will be furnished for a casserole, cookies, meatballs, soup and salad. The class will decide what to combine to make the finished product, while writing down the recipe to take home. This is a fun class for children and adults to learn how to be creative cooks and all will enjoy good sampling. No cooking experience required. Children/adults from age 8 to 108 are invited. Adults are encouraged but not required to accompany young children.

Course: 12223.206

Fee: Resident: \$20.00
Non-resident: \$30.00

Date: Saturday, August 12, 2006

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

Ages: 8 and up

Instructor: Lydia Critchley

Location: Village Center
Community Room C

Dance

Ballroom Dance

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 for this 7 week session.

Course: 13264.206

Fee: Resident: \$21.00*
Non-resident: \$31.00*

Date: Tuesday, June 6 to July 18

Times: 8:30 p.m. to 9:45 p.m.

Ages: 16 and up

Instructor: Terry Enge

Location: Village Center

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. 7 week session.

Course: 13265.206

Fee: Resident: \$21.00*
Non-resident: \$31.00*

Date: Tuesday, June 6 to July 18

Times: 7:15 p.m. to 8:30 p.m.

Ages: 16 and up

Instructor: Terry Enge

Country Dance Lessons

Join instructor Brian Keller, for this fun 4 week dance session and learn one of the most popular forms of country dancing. You will learn the basic pattern and then add turns & other moves as the class progresses. Partners are preferred. 4 week session.

Fee: Resident: \$14.00*
Non-resident: \$24.00*

Ages: 16 and up

Instructor: Brian Keller

Location: Village Center Studio

Country Swing

Course: 13269.206

Date: Thursday, June 15 to July 6

Times: 7:30 p.m. to 8:45 p.m.

Country Waltz

Course: 13260.206

Date: Thursday,
July 20 to August 10

Times: 7:30 p.m. to 8:45 p.m.

West Coast Swing

Course: 13261.206

Date: Thursday,
August 24 to September 14

Times: 7:30 p.m. to 8:45 p.m.

* Fee is per person rate

Village Center Artwork

As you visit us in the new Village Center, please take a minute to appreciate the art work on display throughout the building. It comes to us on loan from the Erdman Fine Art Collection. The pieces include oil paintings, lithographs, hand made paper, quilts, appliqué, embroidered textile and wool tapestry. The artwork comes to us from American artists as well as pieces from Guatemala, Columbia and Poland.

If you are interested in making a donation that would help us keep these wonderful pieces on display in the

center, please contact Sue McDade, Community Services Director (850-5992) or Cindy Mosiman, Senior Services Director (849-8385).



Village Center of Waunakee

VILLAGE OF WAUNAKEE COMMUNITY SERVICES

June 2006

SUMMER 2006 - VOLUME II

Village Center Hours

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

Saturday
Noon to 5:00 p.m.

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

Effective July 15, 2006 - Hours of operation maybe adjusted depending on room use and participation levels.

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.

Room Rental Information!

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.

- Conference Room
- Activity Room
- Computer Room
- Community Room from 40 to 175 guests!
- Catering Kitchen
- Regulation Size Gymnasium
- Studio
- Village Center Grounds

For more information on rates or to reserve a room please call the Village Center at 850-5992.

Park Shelter Reservations

Are you planning a family reunion, office picnic, birthday party, or a special event? The shelters located in the Waunakee parks are available to be reserved for your private party.

To make a shelter reservation, come to the Village Center in person or call the Welcome Desk at 850-5992.

The following facilities are available for rental; Village Park Main Shelter, Village Park Gazebo, Ripp Park Shelter, Centennial Park Ballfield Shelter (between the ball diamonds), Centennial Park Shelter and Hanover Park Shelter.

Fees vary depending upon the rental date/time and your residency. Wisconsin sales tax will be added to all fees. Cancellations made 30 days prior to your event will incur a 25% administrative fee. No refunds will be made for cancellations within 30 days of the event.

Fee Schedule	Resident	Non-Resident
<u>Weekday Rental</u>		
Monday - Thursday	\$35.00	\$70.00
<u>Weekend Rental</u>		
Friday - Sunday	\$40.00	\$80.00



For Kids

Centennial Park Cinema

Back again this summer is our awesome cinema program at the Centennial Park Shelter! You don't want to miss out on this fun-filled way to spend your Monday afternoons. Join us at the shelter for a kid's movie; following the theme of the movie, we will make a project/craft, have a snack, and play a game or two if there's time! Here's an example from last year: movie - Finding Nemo; project - hanging CD fish; snack - fishing for gold fish crackers with peanut butter on a straw. Popcorn and juice are also provided every week as your favorite movie snack!

All ages are welcome, but children 5 and under should be accompanied by a responsible supervisor (the supervisor will also be charged the program fee). Due to the growing popularity of this program, advanced registration at the Village Center is encouraged; space will be limited each week! Hope to see you there!

<u>Dates:</u>	<u>Movie</u>	<u>Course Number</u>
June 12:	Robots	12351.206
June 19:	Thunderbirds	12352.206
June 26:	Madagascar	12353.206
July 3:	No Movie Today!	
July 10:	Two Brothers	12354.206
July 17:	The Incredibles	12355.206
July 24:	Racing Stripes	12356.206
July 31:	Curious George	12357.206
August 7:	Chicken Little	12358.206

Time: 1:00 p.m. to 3:15 pm
Fee: Resident: \$6.00
Non-resident: \$11.00

Register for these movies online, download the form from our website, or stop in at the the Village Center. On-site registrations will only be accepted on a space-available basis.

Wacky Wednesday Wanderings

Join us for a great way to spend your Wednesday afternoons this summer! We will wander around the Madison area exploring some of the most kid-friendly and coolest attractions available! Children between the ages of 5 to 12 are encouraged to join us on as many of these supervised trips as you'd like! Parents are welcome to come along with the youngest participants.

Most trips will begin and end at the Village Center front entrance. The address is 333 South Madison Street. The times vary so please check the individual trip descriptions carefully. If you register early, the limited space will not be any concern for you or your child.

Pump it Up - The Inflatable Party Zone

Come explore the latest inflatable designs that are engaging, challenging and interactive. Kids of all ages love ...Bouncing ...Sliding ... Climbing and ...Tumbling. The indoor inflatables include a custom inflatable bounce house, inflatable slide, inflatable obstacle course, inflatable boxing arena, inflatable jousting arena, or many other designs of interactive inflatable. Let's bounce away! The bus will leave the Village Center at 12:30 p.m. and return at approximately 3:00 p.m.

Fee: Resident: \$22.00
Non-resident: \$32.00
Date: Wednesday, June 14, 2006
Time: 12:30 p.m. to 3:30 p.m.
Ages: 5 to 12
Course: 52301.206

Bogey's Family Fun Park

Let's have a fun day at Bogey's Family Fun Park in Middleton! We will be miniature golfing, go-carting, and even hitting the batting cages! This is a super fun way to spend a summer afternoon in the sun. We will be leaving the Village Center at 12:30 p.m. and returning at about 3:30 p.m.

Fee: Resident: \$21.00
Non-resident: \$31.00
Date: Wednesday, June 21, 2006
Time: 12:30 p.m. to 3:30 p.m.
Ages: 5 to 12
Course: 52302.206

IMAX Movie and Tour

Join us on an outing to the new, huge IMAX theatre at Star Cinema! Along with popcorn and soda, a tour of the film projection booth. The actual movie title will be available from our office Monday, June 19. The bus will leave at 12:30 p.m. and return at approximately 3:30 p.m.

Fee: Resident: \$24.00
Non-resident: \$34.00
Date: Wednesday, June 28, 2006
Time: 12:30 p.m. to 3:30 p.m.
Ages: 5 to 12
Course: 52303.206

Little A-Merrick-A Amusement Park

Little A-Merrick-A offers over 20 rides in the perfect country setting for an enjoyable day of non-stop excitement. It is a wonderful family atmosphere perfectly suited for our tripsters! Kids will have unlimited access to all rides, including the train ride (go carts and mini-golf are not included) A snack break will be included mid-afternoon, so the kids can refuel for more fun! We will be leaving the Village Center at 12:30 p.m. and returning at about 3:30 p.m.

Fee: Resident: \$28.00
Non-resident: \$38.00
Date: Wednesday, July 12, 2006
Time: 12:30 p.m. to 3:30 p.m.
Ages: 5 to 12
Course: 52304.206

School Year In Review

We'll create a 16-page book that highlights artwork, writing, photos, memories and keepsakes from your last school year. Bring along items you wish to be included in the book. The book and decorative materials are included in the fee. 1 Week Session

Fee: Resident: \$23.00
Non-resident: \$33.00
Instructor: Vicki Daniels
Location: Village Center
Community Room A - Stage

Session I
Course: 12273.206
Date: M T W Th
June 26 to June 29
Times: 1:00 p.m. to 2:00 p.m.
Ages: 5 to 7

Session II
Course: 12274.206
Date: M T W Th
June 26 to June 29
Times: 12:30 p.m. to 1:30 p.m.
Ages: 8 to 12

Camp Crop-A-Lot

Looking for a fun activity for your kids this summer? How about an activity that keeps their writing skills fresh? Sign them up for a fun and exciting summer Album-Making Workshop. Your child will create a 7 x 7 album to document their young adventures. From vacations to movies and sleepovers, your child will have a place to show off their precious memories. Together we'll create a keepsake album filled with memories they'll cherish forever! By the end of camp, your child will have a completed album plus a photo-safe pen to journal about all the great times! Bring up to 24 photos. Materials included in fee.

Course: 15272.206
Fee: Resident: \$31.00
Non-resident: \$41.00
Date: Tuesday, June 20, 2006
Times: 10:00 a.m. to Noon
Ages: 7 to 13
Instructor: La Donna Radel
Location: Village Center
Activity Room

Summer of Fun Book

We'll create a 16-page book highlighting your special summer memories through writing, photos and keepsakes. Bring along materials you would like included in the book. The book and decorative materials are included in the fee. 1 Week Session

Fee: Resident: \$23.00
Non-resident: \$33.00
Instructor: Vicki Daniels
Location: Village Center Activity Room

Session I
Course: 12275.206
Date: M T W Th
August 14 to August 17
Times: 1:00 p.m. to 2:00 p.m.
Ages: 5 to 7

Session II
Course: 12276.206
Date: M T W Th
August 14 to 17
Time: 2:00 p.m. to 3:00 p.m.
Age: 8 to 12

Session III
Course: 12277.206
Date: M T W Th
August 21 to 24
Time: 6:30 p.m. to 8:30 p.m.
Age: 12 to 17

Session II
Course: 12274.206
Date: M T W Th
June 26 to June 29
Times: 3:00 p.m. to 4:00 p.m.
Ages: 9 to 12

Cooking

Easy Cooking for Kids

Easy adult recipes and tasty eating for children and adults to make. Enjoy making Easy Cheesy Potato Soup, Crazy Cake and many other dishes. This is a great class for kids and adults of all levels (including no cooking) of experience. Cameras are welcomed. Adults are encouraged (but not required) to join your child for a fun class. Enjoy eating what you prepare in class. All foods, equipment and recipes are furnished

Course: 12222.206
Fee: Resident: \$20.00
Non-resident: \$30.00
Date: Saturday, July 8, 2006
Times: 9:00 a.m. to 11:30 a.m.
Ages: 8 and up
Instructor: Lydia Critchley
Location: Village Center
Community Room C

European Desserts

Queen Ann's Lace Cake, Sacher Torte, Almond Pound Cake, Fruit Tarts, Almond Kringle recipes and more will be waiting for you to prepare in a hands-on class. Experience making and tasting desserts and pastries from many European countries. Learn how different cultures influence foods. No experience needed for this fun and tasty class.

Course: 15221.206
Fee: Resident: \$20.00
Non-resident: \$30.00
Date: Tuesday, June 27, 2006
Times: 6:00 p.m. to 9:00 p.m.
Ages: 15 and up
Instructor: Lydia Critchley
Location: Village Center
Community Room C

Scrapbooking

Critter Crop

Use various Shape Makers to create original animals, flowers and more. Decorate scrapbooks or cards with finished shapes.

Course: 15271.206
Fee: Resident: \$7.00
 Non-resident: \$17.00
Date: Tuesday, June 20, 2006
Times: 8:30 a.m. to 9:30 a.m.
Ages: 7 to 14
Instructor: LaDonna Radel
Location: Village Center Activity Room

Photo Sharing Card

Kids are invited to create a Photo Sharing Card using photos of friends, their favorite activities, their families and highlight the card with their own enhancements and designs. They can also give it as a gift to a best friend or family member, hang them up in lockers or in their rooms. Bring 4-6 photos for this project.

Course: 15273.206
Fee: Resident: \$13.00
 Non-resident: \$23.00
Date: Tuesday, June 20, 2006
Times: 1:00 p.m. to 3:00 p.m.
Ages: 7 to 13
Instructor: LaDonna Radel
Location: Village Center Activity Room

Creative Lettering Techniques

Learn how to make creative titles, borders and other page enhancements. Techniques can be applied to scrapbooking and card-making.

Course: 15275.206
Fee: Resident: \$13.00
 Non-resident: \$23.00
Date: Thursday, July 6, 2006
Times: 6:00 p.m. to 8:00 p.m.
Ages: 15 and up
Instructor: LaDonna Radel
Location: Village Center Activity Room

Scrapbook Bootcamp

Do you want to create a keepsake album but just can't get started? Learn a system that will allow you to complete any album project in a fun and easy "do-able" way. At the end of this boot camp you will have completed a 15 page/30 side album using Group Tasking. Once you learn this method, you will be able to continue to complete albums quickly and easily. Materials include a Power Sort Box, Power Layouts Box, Short Cuts paper packs, and Album and page protectors. Upon registration, details of what to bring to each session will be provided to you. You can do it! It's easier than you think. (Lunch on your own)

Course: 15274.206
Fee: Resident: \$155.00
 Non-resident: \$165.00
Date: Tuesday and Wednesday
 July 18 to July 19
Times: 9:00 a.m. to 4:00 p.m.
Ages: 15 and up
Instructor: LaDonna Radel
Location: Village Center Activity Room

Lifebooks

Celebrate the adoption of your child in a lifebook that will help you share the unique story of how you became a family. You will complete an album that will be cherished by your child forever! You can bring up to 20 photos to include, or add them later on. This album also makes a wonderful gift for parents waiting for their special child. Album and other materials included in fee.

Course: 15277.206
Fee: Resident: \$38.00
 Non-resident: \$48.00
Date: Thursday, July 27, 2006
Times: 6:00 p.m. to 9:00 p.m.
Ages: Any
Instructor: LaDonna Radel
Location: Village Center Activity Room

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 memories as well.

Course: 12278.206
Fee: Resident: \$40.00
 Non-resident: \$50.00
Date: Saturday, August 26, 2006
Times: 1:00 p.m. to 6:00 p.m.
Ages: 16 and up
Instructor: Vicki Daniels
Location: Village Center Activity Room

How to Organize Create a High School Memory Album

Sports, school events, friends and more! High school is full of activities. So many memories to keep! So much memorabilia to keep track of! This workshop will teach you how to organize photos and memorabilia of these special years. You will also create simple, versatile borders that you can incorporate into your album pages so making that high school album for your child will be a snap! Bring two to three photos. (Handouts and materials for borders included, optional organizational materials available to purchase.)

Course: 15278.206
Fee: Resident: \$13.00
 Non-resident: \$23.00
Date: Wednesday, August 16, 2006
Times: 6:00 p.m. to 9:00 p.m.
Ages: 13 to 19
Instructor: LaDonna Radel
Location: Village Center Activity Room

Bowling and Pizza at Waun-a-bowl

This is a great, indoor way to spend a hot summer day! Come and join us as we have a groovy afternoon of bowling pizza and soda! *The drop off time, 1:00 p.m. and pick up time, 3:30 p.m. for this event will be at the Waun-a-bowl, at 301 South Century Avenue.* Hope to see you there!

Fee: Resident: \$21.00
 Non-resident: \$31.00
Date: Wednesday, July 19, 2006
Time: 1:00 p.m. to 3:30 p.m.
Ages: 5 to 12
Course: 52305.206

Madtown Twisters

Come with us as we explore Madtown Twisters' gymnastics arena! The gym's bright colors, and the ultimate gymnastics equipment welcomes children of all ages. It is truly "the place for kids." You must see it to believe it! Children should wear gym clothes (active wear). Avoid buttons, snaps and zippers. The bus will leave from the Village Center at 12:30 p.m. and return at approximately 3:30 p.m.

Fee: Resident: \$19.00
 Non-resident: \$29.00
Date: Wednesday, July 26, 2006
Time: 12:30 p.m. to 3:30 p.m.
Ages: 5 to 12
Course: 52306.206

Boulders Climbing Gym

Let's go climbing! Join us as we go to Boulders and explore their many choices of rock climbing walls. Students 12 years and older can learn the necessary skills to belay and climb, while younger students will have an adult to belay them up the walls. They can choose from many walls, and have an awesome time. We will be leaving the Village Center at 12:30 p.m. and return at about 3:30 p.m.

Fee: Resident: \$27.00
 Non-resident: \$37.00
Date: Wednesday, August 2, 2006
Time: 12:30 p.m. to 3:30 p.m.
Ages: 12 and up
Course: 52307.206

Kalahari in the Wisconsin Dells

Join us in saying goodbye to Wacky Wednesdays for the season. We'll be celebrating by going to the Kalahari Resort indoor/outdoor water park! We will spend an awesome day in the park riding slides, tubes, and rides. Not having to worry about weather at all! Even lunch will be included. Kids need to bring a bathing suit, towel, clothes, and high energy for some wacky fun! Participants age 6 and younger must be accompanied by an adult. The bus will leave at 9:00 a.m. and return to the Village Center approximately at 3:30 p.m.

Fee: Resident: \$38.00
 Non-resident: \$48.00
Date: Wednesday, August 9, 2006
Time: 9:00 a.m. to 3:30 p.m.
Ages: 5 to 12
Course: 52308.206

Art Cart Comes to Centennial Park!

We are very excited to announce that this year the Madison Art Center's "Art Cart" will be visiting the Waunakee Parks twice this summer! The program will offer a variety of art activities led by experienced educators. Both children and adults are welcome, but all must be "dressed for mess."

This program is offered free of charge to all interested participants.

Fee: Free
Days: July 8 and July 22
Time: 10:00 a.m. to Noon
Location: Centennial Park New Shelter

Soccer

Youth Soccer FALL Registration

Registration for fall soccer began in May. Contact the Waunakee Area Soccer Club directly to see if space is still available for your child to join the league. Call 850-KICK or check out the WASC website at www.waunakeesoccer.org.

Summer Soccer Camp

The Waunakee Soccer Club will hold its third annual summer soccer camp in Ripp Park from July 24 to 28 for ages 5 to 14. Registration forms will be available in early April at the Village Center in Waunakee, Town of Westport Town Hall and the children's section of the Waunakee Public Library.

Registration forms will also be available at the Spring Registration in May at the High School. Please contact 850-KICK for further information.

Summer Soccer Tournament

The Waunakee Soccer Club will be hosting the Second Annual Waunakee Soccer Cup tournament at Ripp Park in Waunakee and Daleo Fields in Westport on August 4 to 6, 2006. The tournament will host U9 to U15 age groups in both Recreational and Competitive levels. Registration information will be posted on-line at www.waunakeesoccer.org. Please contact 850-KICK for further information or Kurt Eley at keley@waunakee.k12.wi.us



Tennis

GMTA Youth Tennis League

This summer, Waunakee will once again join the GMTA Youth Tennis League! Middle school and early high school students will participate in league play with other Madison area teams! This is a seven week program designed for boys and girls, 18 years of age and under. This is not a beginning lesson program. The program runs from June 13 through July 27, and attendance is expected at all lessons. To register for this program, call Sue at the Village Center at 850-5992.

Waunakee Youth Tennis Tournament

This year's tournament will be held at Ripp Park on August 4 - 5 (Friday-Saturday) with August 6 (Sunday) as a rain make up day. Age divisions will be boys and girls 12 & under, 13 to 14, 15 to 16, 17 to 18 singles as well as doubles play for boys and girls in the 15 to 16 and 17-18 age brackets. Registration information can be obtained by calling Jim Bardenwerper at 849-7135, or Sue at the Village Center. Forms are also available on our website.

Volunteers are needed to assist with the administration of this tournament.

Fee: \$15.00 Singles
\$30.00 Doubles

Adult Tennis League

Our Adult Tennis Leagues are still looking for players to serve as substitutes on Monday and Wednesday evening. This is a great way to get involved without making a commitment for the entire summer. To be placed on the sub list, please call Sue McDade at 850-5992.

Tennis Instructor/Coaches Training

The Waunakee Recreation Department is excited to be working with the United States Tennis Association to offer a nation-wide training program for people teaching and coaching summer tennis programs.

This one-day (6 hour) program will provide information on the following topics: philosophy and lesson plans, large group teaching strategies, tennis techniques including current methods and progressions, fundamental movement skills and games and activities. A full day!

Tennis coaches and instructors are encouraged to attend, as well as parents who would like to learn more about helping their own children learn more about the life-long game of tennis. Beverages are included – but bring your own lunch.

Date: Saturday, June 10, 2006
Times: 9:00 a.m. to 3:30 p.m.
Location: Ripp Park Tennis Courts
Fee: \$15.00
(includes all course materials)
Course: 45041.206

Golf

Youth Golf Lessons - Meadows of Six Mile Creek

Youth lessons will be offered this summer for those interested in learning the basics of golf. Small class sizes along with professional instruction will guarantee a fun and successful experience for all. All lessons will take place at the Meadows of Six Mile Creek under the leadership of PGA Golf Professional Chris Paित्रick. Lessons will focus on the basics of golf, starting with equipment, etiquette and safety along with working through grips, putting, chipping, irons and woods. The classes will go for 4 consecutive Mondays. Participants must supply their own clubs. 4 Week Session

Course: 42048.206
Fee: \$85.00
Date: Monday, June 5 to June 26
Times: 6:00 to 7:00 p.m.
Ages: 7 to 17
Instructor: Chris Paित्रick
Location: Meadows of Six Mile Creek

Adult Golf Lessons - Meadows of Six Mile Creek

Adult lessons will be offered this summer for those interested in learning the basics of golf. Small class sizes along with professional instruction will guarantee a fun and successful experience for all. All lessons will take place at the

Meadows of Six Mile Creek under the leadership of PGA Golf Professional Chris Paित्रick. Lessons will focus on the basics of golf, starting with equipment, etiquette and safety along with working through grips, putting, chipping, irons and woods. The classes will go for 4 consecutive Mondays. Participants must supply their own clubs. 4 Week Session

Course: 43063.206
Fee: \$85.00
Date: Monday, June 5 to June 26
Times: 7:00 p.m. to 8:00 p.m.
Ages: 17 and up
Instructor: Chris Paित्रick
Location: Meadows of Six Mile Creek

Parenting Class

How to Talk So Kids Will Listen

How to Talk So Kids Will Listen, and Listen So Kids Will Talk is a series of 4 classes that meet for 1 hour each time. Every other occupation, from driving a truck to performing surgery, requires months or years of training. For the job of raising children, we expect that love will be enough, but parenting is the toughest job around, and parents need skills, too!

"How to Talk So Kids Will Listen" provides a step-by-step guide for improving relationships in your house. This best-selling book, enthusiastically praised by parents and professionals around the world, gives you practical, down-to-earth skills for making relationships with children of all ages less stressful and more rewarding. In each session, you'll learn proven skills that will help you:

- Cope with your child's negative feelings
- Engage your child's willing cooperation
- Discipline without hurting or alienating
- Help your child develop a positive and realistic self-image
- Foster a family atmosphere of love and respect

You'll get handouts, excellent exercises, and "Reminder Pages" to help you improve your ability to talk and problem-solve with your children. These are techniques that work! Learning them is definitely time well spent, and the earlier you start, the greater the benefits for you and your child!

Fee includes cost of the best-selling book, "How To Talk So Kids Will Listen, and Listen So Kids Will Talk."

Course: 15484.106
Fee: Resident: \$32.00
Non-resident: \$42.00
Date: Tuesday, June 13, 20 & 27
Tuesday, July 11
No Class July 4
Times: 6:30 p.m. to 7:30 p.m.
Ages: 16 and up
Instructor: Joneen Lee
Location: Village Center Activity Room

2006 WPRA Ticket Program

Do your summer plans include a trip to a local amusement park or other area attraction? Recreate, save money, and help support the Waunakee Recreation Department by purchasing your tickets at the Village Center! (Tickets are no longer available for purchase at Village Hall)

Tickets will be available during regular business hours beginning Monday, May 1, 2006. Ticket sales will conclude on Friday, August 25, 2006. All tickets must be paid for (cash or check) at the time of purchase. Once purchased, tickets will not be refunded or exchanged. Contact the Welcome Desk at the Village Center for more information - 850-5992.

PARK-ACTIVITY	YOUR PRICE	GATE PRICE
Six Flags Great America Anyday (Adult)	\$37.75	\$56.64
Six Flags Great America WPRA Week, July 8 - 16 (Adult)	\$26.75	\$56.64
Six Flags Great America "Two Day Adult"	\$55.25	\$66.94
Noah's Ark (Ages 3 to Adult)	\$25.00	\$29.99
Mt. Olympus Water & Theme Park (Ages 3 to Adult)	\$27.75	\$34.98
Milwaukee County Zoo (Adult)	\$7.75	\$9.75
Milwaukee County Zoo (Ages 3 to 12)	\$5.75	\$6.75
House on the Rock (Adult)	\$10.50	\$11.50
House on the Rock (Child ages 4 to 17)	\$6.50	\$7.50

Table Tennis

This fun new drop-in program is designed for all ages (10 and older) and all levels of play. Bring your own equipment or use the paddles that are provided. Round-robin ply will be organized each week.

Fees: Free for FIT Pass Holders
Daily Pass Fee for Others.
Dates: Wednesdays,
June 28 to August 30
Times: 1:00 p.m. to 3:00 p.m.
6:30 p.m. to 8:30 p.m.
Supervisor: Jerry Robertson

Table Tennis Exhibition

Did you know that table tennis is an Olympic Sport? We're not talking about the ping-pong you play in your basement!

Aaron Avery - the Wisconsin State Table Tennis Champion will be here at the Village Center to demonstrate this great sport! Players of all ages and abilities will enjoy this close-up look at table tennis at its finest.

Fee: Free to all
Date: Wednesday, June 28
Time: 6:30 p.m.
Location: Village Center

Taekwondo - For Adults and 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 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 7:45 p.m.
Instructor: Bank's ATA
Black Belt Academy
Location: Village Center

June
Course: 45393.206
Date: Tuesday
Wednesday
Thursday
June 6 to June 29, 2006

July
Course: 45394.206
Date: Tuesday
Wednesday
Thursday
July 5 to July 27, 2006

August
Course: 45395.206
Date: Tuesday
Wednesday
Thursday
August 1 to August 31 2006

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 7:00 p.m. to 7:45 p.m.

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! 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 Village Center 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

Kidcare Drop-In Babysitting

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 walking through 8 years of age. There is a 2 hour minimum 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.

Fees: Residents/Member Fees provide unlimited visits for the month.
\$10.00 1 child
\$15.00 2 children
\$20.00 3 children
Non Resident/Non Members or Drop-In
\$2.00 per child per visit

Hours: Monday, Wednesday, Friday
8:00 a.m. to 11:00 a.m.
Monday to Thursday
4:30 p.m. to 7:30 p.m.

Football

NFL Flag Football

NFL FLAG is the premier youth football league for boys and girls grades K - 3. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. All players will receive an official NFL reversible jersey. Volunteer coaches are needed for all levels. All participants must complete the NFL waiver before they will be assigned a team. Registration deadline is August 13th. 7 Week Session

Grades K - 1
Course: 42101.306
Fee: Resident: \$40.00
Non-resident: \$50.00
Date: Thursday
September 14 to October 26
Times: 5:30 p.m. to 8:30 p.m.
Instructor: Village Staff
Location: Centennial Park East

Grades 2 - 3
Course: 42102.306
Fee: Resident: \$40.00
Non-resident: \$50.00
Date: Tuesday
September 12 to October 24
Times: 5:30 to 8:30pm
Instructor: Village Staff
Location: Centennial Park East

4th & 5th Grade NFL Flag Football

The Community Services Department is taking an interest list for anyone interested in participation in a 4th and 5th grade Flag Football league in the fall. If you would be interested please call the Village Center at 850-5992 and we will put you on the list.

If there are enough players we will notify everyone in mid-July.

Warrior Football

A true tradition in Waunakee - tackle football for youth entering fourth, fifth and sixth grade in the fall. Practice will begin on August 12, with games beginning on September 9. Registration forms are available at the Village Center or by contacting Program Director, Mark Pusha at 849-9368.

Baseball

Baseball Skills Class

Learn the fundamentals of baseball in a non-competitive, non-league setting. Improve your fielding, throwing, hitting, position play and knowledge of game situations. All participants will receive their own baseballs to keep for practicing at home. This is a 3 week session and space is limited!!

Session I
Course: 42164.206
Fee: \$25.00
Date: Tuesday and Thursday
June 13 to June 29, 20
Times: 9:00 a.m. to 10:00 a.m.
Ages: 5 to 7
Instructor: Staff
Location: Ball Diamond: Ripp #2

Session II
Course: 42165.206
Fee: \$32.00
Date: Tuesday and Thursday
June 13 to June 29, 2006
Times: 10:15 a.m. to 11:30 a.m.
Ages: 7 to 10
Instructor: Staff
Location: Ball Diamond: Ripp #2

Session III
Course: 42166.206
Fee: \$32.00
Date: Tuesday and Thursday
June 13 to June 29, 2006
Times: Noon to 1:15 p.m.
Ages: 11 to 13
Instructor: Staff
Location: Ball Diamond: Ripp #2

Softball

Softball Skills Class

Learn the fundamentals of softball in a non-competitive, non-league setting. Improve your fielding, throwing, hitting, position play and knowledge of game situations. All participants will receive their own softballs to keep for practicing at home. This is a 3 week session and space is limited!!

Session I
Course: 42161.206
Fee: \$25.00
Date: Monday and Wednesday
June 12 to June 28, 2006
Times: 9:00 a.m. to 10:00 a.m.
Ages: 5 to 7
Instructor: Staff
Location: Ball Diamond: Ripp #2

Session II
Course: 42162.206
Fee: \$32.00
Date: Monday and Wednesday
June 12 to June 28, 2006
Times: 10:15 a.m. to 11:30 a.m.
Ages: 7 to 10
Instructor: Staff
Location: Ball Diamond: Ripp #2

Session III
Course: 42163.206
Fee: \$32.00
Date: Monday and Wednesday
June 12 to June 28, 2006
Times: Noon to 1:15 p.m.
Ages: 11 to 13
Instructor: Staff
Location: Ball Diamond: Ripp #2



Enrichment

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!

Course: 12243.206

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

Date: M, T, W, TH
July 17 to July 20

Times: 1:00 p.m. to 2:00 p.m.

Ages: 5 to 11

Instructor: Mad Science of Madison

Location: Village Center Activity Room

Mad Science - Radical Reactions

Mad Science of Madison's quest is to uncover scientific secrets behind some radical reactions. Analyze acids & bases and make fire extinguishers and canister poppers! Explore atoms, molecules and the 3 states of matter. Discover how to bend light and turn nickel into gold well, almost! Use secret formulas to create bubbling potions, smoke illusions and a Mad Science polymer! 1 Week Session

Course: 12244.206

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

Date: M, T, W, TH
August 7 to August 10

Times: 10:00 a.m. to 11:00 a.m.

Ages: 5 to 11

Instructor: Mad Science of Madison

Location: Village Center Activity Room

Preschool

Leapin Lizards

This class will teach kids ages 3 to 5 all 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

Session I

Course: 11382.206

Date: Wednesday

June 14 to August 9

Times: 10:30 a.m. to 11:15 a.m.

Session II

Course: 11384.206

Date: Monday, June 12 to August 7

Time: 6:30 p.m. to 7:15 p.m.

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 a great time 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 I

Course: 11381.206

Date: Wednesday

June 14 to August 9

Times: 9:15 a.m. to 10:00 a.m.

Session II

Course: 1383.206

Date: Monday, June 12 to August 7

Times: 5:30 p.m. to 6:15 p.m.

Mighty Mite Sports - With Parent

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, silly games and a craft to take home. Our nurturing instructor(s) will make sure your kids have a positive experience. The 2-3 year old group is with parent. Wear tennis shoes. 8 Week Session

Fee: Resident: \$52.00
Non-resident: \$62.00

Ages: 2 to 3

Location: Village Center

Instructor: Amy Gordon

Session I

Course: 42073.206

Date: Wednesday

June 14 to August 9

Time: 5:30 p.m. to 6:30 p.m.

Session II

Course: 42075.206

Date: Monday

June 12 to August 7

Time: 8:30 a.m. to 9:30 a.m.

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: June 13 to August 25

Days: Tuesdays

Times: 6:00 p.m. to 7:30 p.m.

Day: Fridays

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

Fees:

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

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 credit card or checking/savings account on a monthly basis. After one full year, passes may be cancelled by completing a Pass Cancellation Form at least two weeks prior to transaction date.
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.

College Student Summer Special

Looking for something fun and healthy for your college student to do this summer? We are offering a special FIT Pass price for college student's home for the summer - only \$70.00 for a three month pass. Come and check us out!

FIT Pass Fee Schedule

<i>Pass Classification</i>	<i>Resident Rate</i>	<i>Non-Resident Rate</i>
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
College (17-24) Summer Only	\$70.00	\$90.00
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

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. Appropriate for both beginning and intermediate yoga students, this class will be a good starting point or an excellent addition to your workout.

Fee: Resident: \$30.00 (T-W)
Non-resident: \$40.00 (T-W)

Ages: 13 and up
Instructor: Sarah Dimick
Location: Village Center Studio

Tuesday**Session I**

Course: 25401.206
Date: Tuesday, June 6 to July 11
Times: 6:05 a.m. to 6:50 a.m.

Session II

Course: 25401.506
Date: Tuesday
July 18 to August 22
Times: 6:05 a.m. to 6:50 a.m.

Wednesday**Session I**

Course: 25402.206
Date: Wednesday
June 7 to July 12
Times: 6:30 p.m. to 7:25 p.m.

Session II

Course: 25402.506
Date: Wednesday
July 19 to August 23
Times: 6:30 p.m. to 7:25 p.m.

Friday**Session I**

Fee: Resident: \$36.00
Non-resident: \$46.00
Course: 25403.206
Date: Friday
June 9 to July 14
Times: Noon to 12:55 p.m.

Session II

Course: 25403.506
Date: Friday
July 21 to August 25
Times: Noon to 12:55 p.m.

**T.B.T. *
(Total Body Training)**

Train for real life! This versatile class will give you a head to toe workout and leave you feeling great. We'll emphasize circuit strength training which sculpts and tones you head to toe as well as gets your heart rate up and burning calories! Then we'll give your lower back, abs and buns some extra TLC using the Pilates method and cool down with a meditative flow yoga series to stretch you out and send you off calm and refreshed. Learn something new, tone up, wind down and have a great summer with this fun class!

Fee: Resident: \$22.50
Non-resident: \$32.50

Instructor: Caeli Esser
Ages: 15 and up

Session I

Course: 25424.206
Date: Tuesday, June 6 to July 11
Times: 6:15 p.m. to 7:15 p.m.

Session II

Course: 25424.506
Date: Tuesday, July 18 to August 22
Times: 6:15 p.m. to 7:15 p.m.

*** Classes require a Yoga or Pilates mat. Mats that are AT LEAST 1/2 inch thick are highly recommended for Pilates. High quality mats will be available to order during the first week of classes.**

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.

Fee: Free for all FIT Pass Holders

Become a "Friend of the Village Center"

By becoming a "friend" of the Waunakee Village Center, you support programs, events and services that are important to our community.

We strive to make our programs and fees as affordable as possible, but there are still families who need assistance to become a part of these fabulous programs. Your donation will be placed in a special account and will help defray the cost of participation for families in need.

Participation in our friends program offers special benefits that are yours to make use of or to share with friends or family members. Check out these great opportunities!

Contact any staff member at the Village Center for further information.

Youth**Creepy Crawly Critters**

In this creepy crawly class, we will play games, make crafts and read stories all about bugs! Don't miss this chance for your child to experience the wonderful world of bugs with fellow explorers. 1 Week Session

Course: 12272.206
Fee: Resident: \$20.00
Non-resident: \$30.00

Date: M Tu W Th
July 10 to July 13
Times: 3:00 p.m. to 4:00 p.m.

Ages: 4 to 9
Instructor: Village Center Staff
Location: Village Center
Community Room A - Stage

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 in this 8 Week Session

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

Session I
Course: 42071.206
Date: Monday, June 12 to August 7
Time: 9:45 a.m. to 10:45 a.m.
Ages: 4 to 6

Session II
Course: 42072.206
Date: Monday, June 12 to August 7
Time: 11:00 a.m. to Noon
Ages: 6 to 8

Session III
Course: 42074.206
Date: Wednesday
June 14 to August 9
Time: 6:45 p.m. to 7:45 p.m.
Ages: 4 to 5

Fairy Tale Fun & Games

In the enchanting class, we will play games, make crafts and read stories about fairy tales! Don't miss this chance to let your child escape to a fairy tale land. This class is for girls or boys ages 4-10. Registration deadline is June 30th. 1 Week Session

Course: 12271.206
Fee: Resident: \$20.00
Non-resident: \$30.00

Date: M Tu W Th
July 10 to Thursday, July 13
Times: 1:00 p.m. to 2:00 p.m.

Ages: 4 to 10
Instructor: Village Center Staff
Location: Village Center Activity Room

Open Gym**Youth/Teen Open Basketball
Ages 10 to 16**

Bring your friends and join us every Tuesday and Thursday afternoon for open basketball. Games will be played cross court and new teams will be formed each day. There will be an adult gym supervisor on hand to assist with game management. This open gym is free for FIT Pass holders and the daily fee applies to all other participants.

Dates: June 13 to August 24
Days: Tuesdays and Thursdays
Times: 2:00 p.m. to 4:00 p.m.

**Kids Court
Open Gym Ages 5 to 10**

This supervised open gym time is a great opportunity for school-aged children to have fun in the gym with their friends. An adult staff member will lead structured games and also provide open gym time for kids to play and have fun on their own. This open gym is free for FIT Pass Holders and the daily fee applies to all other participants.

Dates: June 13 to August 24
Days: Tuesdays and Thursdays
Times: 9:00 a.m. to 11:00 a.m.

Fitness for All**Body Express**

Body express is a class designed specifically to get you the best body possible in the least amount of time. Intense, total body workouts utilizing anything and everything will whip you into shape, plus super motivating instructors will keep you loving the hard work! During every class three levels of intensity will be presented, so whether you're a beginning, intermediate or advanced exerciser you're going to get a great workout - AND look great this summer!

Tuesdays
Fee: Resident: \$22.50
Non-resident: \$32.50
5 week session
Instructor: Caeli Esser/Kim Lynse
Location: Village Center Fitness Center
Ages: 15 and up

Session I
Course: 25431.206
Date: Tuesday, June 6 to July 11
Times: 7:30 p.m. to 8:30 p.m.

Session II
Course: 25431.506
Date: Tuesday, July 18 to August 22
Times: 7:30 p.m. to 8:30 p.m.

Thursdays
Fee: Resident: \$27.00
Non-resident: \$37.00
6 week session
Instructor: Derek Kalscheur
Location: Village Center Fitness Center
Ages: 15 and up

Session I
Course: 25432.206
Date: Thursday, June 8 to July 6
Times: 7:30 to 8:30 p.m.

Session II
Course: 25432.506
Date: Thursday, July 20 to August 24
Times: 7:30 p.m. to 8:30 p.m.

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 and step. The sculpting portion will use various forms of resistance training for a total body workout.

Fee: Resident: \$27.00
Non-resident: \$37.00

Ages: 15 and up
Instructor: Sarah Homan
Location: Village Center Studio

Session I
Course: 5425.206
Date: Wednesday, June 7 to July 12
Times: 5:15 p.m. to 6:15 p.m.

Session II
Course: 25425.506
Date: Wednesday
July 19 to August 23
Times: 5:15 p.m. to 6:15 p.m.

Session III
Course: 25426.206
Date: Wednesday
June 7 to July 12
Times: 9:00 a.m. to 10:00 a.m.

Session IV
Course: 25426.506
Date: Wednesday
July 19 to August 23
Times: 9:00 a.m. to 10:00 a.m.

Kickboxing

Cardio kickboxing is a great way to get a total body workout, and combined with 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!

Fee: Resident: \$27.00
Non-resident: \$37.00

Ages: 14 and up
Instructor: Caeli Esser
Location: Village Center Studio

Monday
Session I
Course: 25423.206
Date: Monday
June 5 to July 10
Times: 7:30 p.m. to 8:15 p.m.

Session II
Course: 25423.506
Date: Monday
July 17 to August 21
Times: 7:30 p.m. to 8:15 p.m.

Wednesday
Session III
Course: 25429.206
Date: Wednesday
June 7 to July 12
Times: 7:30 p.m. to 8:15 p.m.

Session IV
Course: 25429.506
Date: Wednesday
July 19 to August 23
Times: 7:30 p.m. to 8:15 p.m.

Pilates*

Pilates is an accelerated sculpting method, which creates long, lean muscles using only body weight. Our high-energy instructor fuses traditional Pilate's movements with hundreds of additional sculpting movements from dance and the Pilates Method. Experience a class which is guaranteed to change the way you move - and the way you look!

Ages: 15 and up
Instructor: Caeli Esser
Location: Village Center Studio

Monday
Session I
Course: 25410.206
Date: Monday, June 5 to July 10
Times: 8:15 a.m. to 9:00 a.m.
Fee: Resident: \$36.00
Non-resident: \$46.00

Session II
Course: 25410.506
Date: Monday
July 17 to August 21
Times: 8:15 a.m. to 9:00 a.m.
Fee: Resident: \$36.00
Non-resident: \$46.00

Tuesday
Session I
Course: 25412.206
Date: Tuesday, June 6 to July 11
Times: 5:30 a.m. to 6:15 p.m.
Fee: Resident: \$30.00
Non-resident: \$40.00

Session II
Course: 25412.506
Date: Tuesday,
July 18 to August 22
Times: 5:30 p.m. to 6:15 p.m.
Fee: Resident: \$30.00
Non-resident: \$40.00

Wednesday
Session I
Course: 25413.206
Date: Wednesday, June 7 to July 12
Times: 8:15 a.m. to 9:00 a.m.
Fee: Resident: \$36.00
Non-resident: \$46.00

Session II
Course: 25413.506
Date: Wednesday
July 19 to August 23
Times: 8:15 a.m. to 9:00 a.m.
Fee: Resident: \$36.00
Non-resident: \$46.00

Friday
Session I
Course: 25416.206
Date: Friday, June 9 to July 14
Times: 8:15 a.m. to 9:00 a.m.
Fee: Resident: \$36.00
Non-resident: \$46.00

Session II
Course: 25416.506
Date: Friday
July 21 to August 25
Times: 8:15 a.m. to 9:00 a.m.
Fee: Resident: \$36.00
Non-resident: \$46.00

Pilates Plus*

This class incorporates Pilates, yoga and strength training to give you an overall work out. Stability balls, weights, tubing and yoga mats are used in this class. Some knowledge of Pilates is required.

Fee: Resident: \$36.00
Non-resident: \$46.00
Ages: 13 and up
Instructor: Kim Lynse
Location: Village Center Studio

Session I
Course: 25415.206
Date: Monday, June 5 to July 10
Times: 6:15 p.m. to 7:15 p.m.

Session II
Course: 25415.506
Date: Monday
July 17 to August 21
Times: 6:15 p.m. to 7:15 p.m.

Pilates Sculpt

Give your favorite parts a boost! This intense class will give your hips, buns, abs and arms a workout using the Pilates method and more! Class will finish with a brief stretching meditation, leaving you refreshed, awake and ready for a great weekend! (Please note that the Mixx and Pilates Sculpt are designed to complement each other but can also be registered for separately).

Fee: Resident: \$27.00
Non-resident: \$37.00
Ages: 15 and up
Instructor: Caeli Esser
Location: Village Center

Session I
Course: 25418.206
Date: Saturday
June 10 to July 15
Times: 8:50 a.m. to 9:20 a.m.

Session II
Course: 25418.506
Date: Saturday
July 22 to August 26
Times: 8:50 a.m. to 9:20 a.m.

The Mixx

The perfect class for those who want it all! Get a total body workout, in this class which combines super effective toning moves with cardio intervals. Start your weekend the right way, and mixx it up! (Please note that the Mixx and Pilates Sculpt are designed to complement each other, but can be registered for separately).

Fee: Resident: \$27.00
Non-resident: \$37.00
Ages: 13 and up
Instructor: Caeli Esser
Location: Village Center Studio

Session I
Course: 25428.206
Date: Saturday
June 10 to July 15
Times: 8:00 a.m. to 8:50 a.m.

Session II
Course: 25428.506
Date: Saturday
July 22 to August 26
Times: 8:00 a.m. to 8:50 a.m.

Step N Sculpt

Two workouts in one! Each class includes cardio utilizing the step platform mixed with muscular conditioning using various forms of resistance training.

Fee: Resident: \$27.00
Non-resident: \$37.00
Ages: 15 and up
Instructor: Sarah Homan
Location: Village Center Studio

Monday
Session I
Course: 25420.206
Date: Monday, June 5 to July 10
Times: 9:00 a.m. to 10:00 a.m.

Session II
Course: 25420.506
Date: Monday, July 17 to August 21
Times: 9:00 a.m. to 10:00 a.m.

Session III
Course: 25422.206
Date: Monday, June 5 to July 10
Times: 5:15 p.m. to 6:15 p.m.

Session IV
Course: 25422.506
Date: Monday, July 17 to August 21
Times: 5:15 p.m. to 6:15 p.m.

Thursday
Session I
Course: 25430.206
Date: Thursday, June 8 to July 13
Times: 6:30 p.m. to 7:15 p.m.

Session II
Course: 25430.506
Date: Thursday,
June 20 to August 24
Times: 6:30 p.m. to 7:15 p.m.

To Register:

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

By Mail:
Forms are available on our web-site or by calling 850-5992

In Person:
At the Village Center 333 South Madison Street

Questions?