



VILLAGE OF WAUNAKEE COMMUNITY SERVICES December 2007

## WINTER 2007

### Village Center Hours

Monday to Friday

5:30 a.m. to 9:00 p.m.

Saturday

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

Sunday

Noon to 5:00 p.m.

*Rentals may occur outside of the scheduled hours of operation.*

#### Holiday Hours

Monday - December 24, 2007 - Closed

Tuesday - December 25, 2007 - Closed

Monday - December 31, 2007 - Open

5:30 a.m. to 2:00 p.m.

Tuesday - January 1, 2008 - Closed

### 2nd Annual Community Health and Activity Fair

The Waunakee-Westport Lions Club along with the Village of Waunakee Community Services Department will be holding the 2nd Annual Community Health and Activity Fair on February 9 at the Village Center. This is a free event open to all ages and will include health screenings, health information booths and several community group information booths.

More information will be available after January 1st. So mark your calendars to bring your family to this fun and educational event.

Date: Saturday, February 9, 2008

Time: 9:00 a.m. to 1:00 p.m.

### Reserve Your Park Shelter for 2008!

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, Hanover Park Shelter. and new for 2008, Tierney 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.

Wednesday, January 2, 2008 will be the first day to reserve parks for 2008.

#### **Resident**

Weekday Rental

Monday - Thursday

\$35.00

Weekend Rental

Friday - Sunday

\$40.00

#### **Non-Resident**

Weekday Rental

Monday - Thursday

\$70.00

Weekend Rental

Friday - Sunday

\$80.00



## Preschool Activities

### Leapin Lizards

This class will teach kids ages 4 to 6 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:** 4 to 6

**Session 1**  
**Date:** Saturday, January 5 to March 1, 2008  
**Time:** 10:15 a.m. to 11:00 a.m.  
**Course:** 11387.108  
**Instructor:** Jane Skoug

**Session 2**  
**Date:** Monday, January 7 to February 25, 2008  
**Time:** 11:00 a.m. to 11:45 a.m.  
**Course:** 11384.108  
**Instructor:** Caeli Esser

**Session 3**  
**Date:** Thursday, January 10 to February 28, 2008  
**Time:** 6:10 p.m. to 6:55 p.m.  
**Course:** 11382.108  
**Instructor:** Caeli Esser

### Tumble Stars

Tumble stars is for kids with previous tumbling experience and are ready to start learning more advanced skills. Coordination and strength are stressed in this great class which will prepare kids for any future sport or activity. Please note: we recommend that children complete two sessions of Leaping Lizards before moving on to Tumble Stars.

**Fee:** Resident: \$48.00  
Non-resident: \$58.00  
**Date:** Thursday, January 10 to February 28, 2008  
**Time:** 7:00 p.m. to 7:45 p.m.  
**Ages:** 4 to 6  
**Course:** 11388.108  
**Instructor:** Caeli Esser

### Tumble Bugs - Parent/Child

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: \$38.00  
Non-resident: \$48.00  
**Ages:** 2 to 3

**Session 1**  
**Date:** Saturday, January 5 to March 1, 2008  
**Time:** 9:30 a.m. to 10:00 a.m.  
**Course:** 11385.108  
**Instructor:** Jane Skoug

**Session 2**  
**Date:** Monday, January 7 to February 25, 2008  
**Time:** 10:15 a.m. to 10:45 a.m.  
**Course:** 11386.108  
**Instructor:** Caeli Esser

**Session 3**  
**Date:** Thursday, January 10 to February 28, 2008  
**Time:** 5:30 p.m. to 6:00 p.m.  
**Course:** 11389.108  
**Instructor:** Caeli Esser

## 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 Gym  
**Dates:** December 1 to March 30, 2008  
**Day:** Fridays  
**Time:** 9:30 a.m. to 11:30 a.m.  
**Fees:** Free - Family Fit Pass Holders  
\$4.00/Resident Family  
\$8.00/Non-Resident Family

### Baby Signs - Sign, Say & Play!

Join thousands of families who have already discovered the magic of using Baby Signs(R) programs to talk with babies before they can talk! This 6 week class includes fun games, songs, and activities that highlight over 40 signs as well as important developmental skills. Each week will focus on a different theme including Mealtime, Bedtime, Bathtime, Getting Dressed, Pets, and At the Park. Classes also include parent education topics. *Bring a \$60.00 materials fee to the first class for your take-home kit.* BeeBo's Play Pack, Fun Signs DVD, 2 Fun Signs board books, Quick Reference Guide, and music CD and songbook. For a full description of this class, go to [www.babysignsprogram.com/withtamara](http://www.babysignsprogram.com/withtamara)

**Fee:** Resident: \$67.00  
Non-resident: \$77.00  
*There is an additional \$60.00 material fee due the first class*

**Date:** Monday, January 14 to February 18, 2008  
**Time:** 10:00 a.m. to 10:45 a.m.  
**Ages:** 4 months to 2 ½ years  
**Course:** 11341.108  
**Instructor:** Tamara Smith

## 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.

Please contact their administrative office at 276-9782 ext. 10 for more information or to receive registration materials.

**2007 Program Dates**  
December 26 thru 28

**2008 Program Dates**  
January 18 and 21  
February 22  
March 21 thru 28 and 31

## Preschool Dance

Brought to you by  
Kehl School of Dance...  
Creative Dance

Boys as well as girls will enjoy movement in a fast-paced, high energy dance class. Children should be able to participate in a loosely structured environment. We recommend that they are potty-trained as a sign of maturity. Dancers wear fitness clothes and socks.

**Fee:** Resident: \$38.00  
Non-resident: \$48.00  
**Date:** Wednesday, January 9 to February 27, 2008  
**Time:** 10:30 a.m. to 11:00 a.m.  
**Ages:** 3 to 4  
**Course:** 11380.108  
**Instructor:** Kehl School Of Dance

### Introduction to Ballet

Explore the world of ballet in a fun, song and dance class. Dancers wear leotards, tights and ballet shoes. Skirts also welcome.

**Fee:** Resident: \$38.00  
Non-resident: \$48.00  
**Date:** Wednesday, January 9 to February 27, 2008  
**Time:** 11:10 a.m. to 11:40 a.m.  
**Ages:** 4 to 5  
**Course:** 11381.108  
**Instructor:** Kehl School Of Dance

## Youth Dance

Instructor: Caeli Esser  
Mini Hip Hop Dance

Have a BLAST in this fun hip hop class! Kids will build a hip-hop routine a little bit at a time, while exploring their own creativity and movement. Age appropriate music and moves will be used, and good social skills will be stressed.

**Fee:** Resident: \$36.00  
Non-resident: \$46.00  
**Date:** Thursday, January 10 to February 28, 2008  
**Time:** 3:40 p.m. to 4:10 p.m.  
**Grades:** K to 2  
**Course:** 12373.108

### Beginner Hip Hop

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, while exploring 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: \$48.00  
Non-resident: \$58.00  
**Date:** Tuesday, January 8 to February 26, 2008  
**Time:** 4:30 p.m. to 5:15 p.m.  
**Grades:** 1 to 3  
**Course:** 12375.106

### Hip Hop II

Want to learn some cool hip-hop moves and have fun dancing? Hip hop is a fun way to get youth active and loving movement for life! Our hip hop class lets you get out extra energy, learn an awesome hip-hop routine to rockin music and have a great time doing it! We'll build our hip-hop routine a little bit at a time, and even let you put in your own awesome moves! 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! Please note: No dance experience is necessary for this class, although those with experience are certainly welcome!

**Fee:** Resident: \$48.00  
Non-resident: \$58.00  
**Date:** Monday, January 7 to February 25, 2008  
**Time:** 4:00 p.m. to 4:45 p.m.  
**Course:** 12376.108  
**Grades:** 2 to 6

### Advanced Hip Hop

Advanced hip-hop is a fast-paced class designed to give youth with at least two years of dance experience a challenging, exhilarating dance class! You'll learn a kickin hip-hop routine using some advanced hip-hop moves and even learn a little break dancing. Safety and fun will always come first, and you're sure to get a great workout. So if you're ready to learn some awesome new moves, and share your own, all while jamming out and having a blast, then this is the class for you!

**Fee:** Resident: \$48.00  
Non-resident: \$58.00  
**Date:** Tuesday, January 8 to February 26, 2008  
**Time:** 8:00 p.m. to 8:45 p.m.  
**Grades:** 3 to 6  
**Course:** 12371.108

### Mini Dance Team

Mini Dance Team is similar to jazz in that youth will learn everything from kicks, leaps and turns to hip-hop and funk. This high-energy type of dance is a great way to get kids active, exploring how fun dance can be, and letting their inner star shine! Age appropriate music and moves will be used, and good social skills will be stressed. Please note: No dance experience is necessary for this class.

**Fee:** Resident: \$48.00  
Non-resident: \$58.00  
**Date:** Tuesday, January 8 to February 26, 2008  
**Time:** 3:00 p.m. to 3:40 p.m.  
**Grades:** K to 2  
**Course:** 12372.108

**Modern Jazz**

The style of modern jazz is similar to those used by cheer squads and dance teams. It combines technical elements like leaps, turns and jumps with hip-hop, funk and cool floor combinations. If you're ready to learn it all, put it to some awesome music and perform your heart out, this class is for you! Come out of each class sweaty, feeling great and wanting more as you get some great dance experience and most of all LOVE dancing! Please note: No dance experience is necessary for this class.

**Fee:** Resident: \$48.00  
Non-resident: \$58.00  
**Date:** Thursday, January 10 to February 28, 2008  
**Time:** 4:30 p.m. to 5:15 p.m.  
**Grades:** 2 to 6  
**Course:** 12377.108

**Advanced Jazz**

Advanced jazz will help youth gain a better understanding of how to execute perfect leaps, turns and jumps while they have a blast letting loose! Our routine will be full of energy, amazing choreograph. We promise you'll leave every class good and tired, but wanting more! Due to the intensity of this class it is highly recommended that youth have several years of solid dance training, and are looking forward to a challenge.

**Fee:** Resident: \$48.00  
Non-resident: \$58.00  
**Date:** Thursday, January 10 to February 28, 2008  
**Time:** 8:00 p.m. to 8:45 p.m.  
**Grades:** 3 to 6  
**Course:** 12378.108

**Youth Enrichment**

**Kids Cooking Around the World**

Take a trip into the world of food of many countries by making Scones (England), Lebkuchen (Germany), Raclette (Switzerland) and more in a tasty hands-on-cooking class for children and adults. Bring a friend and you both will receive a gift.

**Fee:** Resident: \$19.00  
Non-resident: \$29.00  
**Date:** Saturday, January 12, 2008  
**Time:** 9:00 a.m. to 11:30 a.m.  
**Ages:** 8 and up  
**Course:** 12220.108  
**Instructor:** Lydia Critchley

**Pizza Pizzaz**

Dessert pizzas, main course pizzas and more await you in a tasty class. You will prepare and eat what you make. Learn how to make your own pizza crust and sauce.

**Fee:** Resident: \$19.00  
Non-resident: \$29.00  
**Date:** Saturday, January 26, 2008  
**Time:** 9:00 a.m. to 11:30 a.m.  
**Ages:** 7 and up  
**Course:** 15220.108  
**Instructor:** Lydia Critchley

**Kids Cooking - with 3, 4 or 5 Ingredients**

Cooking can be simple, quick and tasty without using many ingredients. Prepare appetizers, soups, entrees, desserts and more in a fun class. Recipes used will only need 3, 4 or 5 ingredients each.

**Fee:** Resident: \$19.00  
Non-resident: \$29.00  
**Date:** Saturday, February 23, 2008  
**Time:** 9:00 a.m. to 11:30 a.m.  
**Ages:** 8 and up  
**Course:** 12225.108  
**Instructor:** Lydia Critchley

**Sciensational Workshops  
The Rocket Robot**

The Village Center has teamed up with Sciensational Workshops to offer a spring break science camp. You will build and take home your own Rocket Robot. It works by the clap of your hands or the sound of your voice. It will automatically reverse, and then turn left before embarking on a new course.

See first hand the many gears, circuit board, microphone, it's easy to assemble mechanical drive system. It is motivational and builds self-confidence. Work with our wired control movit Robot arm as you command it to grab, release, lower, or lift small objects. Be part of Robotic Technology and have fun investigating the future.

**Fee:** Resident: \$140.00  
Non-resident: \$150.00  
**Date:** Monday, March 24 and Tuesday, March 25, 2008  
**Time:** 9:00 a.m. to 4:30 p.m.  
**Ages:** 7 to 12  
**Course:** 12244.108  
**Instructor:** Village Center Staff

**Make Your Own Soap**

Make soaps, bath powder, bath beads and other bath products out of natural products like honey, oatmeal, milk, and more. In this class you can make things to give for gifts. All ages are encouraged to enroll. Everything will be furnished. You will take home what you make. No experience is necessary. Bring a friend and you will both receive a gift.

**Fee:** Resident: \$19.00  
Non-resident: \$29.00  
**Date:** Saturday, February 2, 2008  
**Time:** 9:00 a.m. to 11:30 a.m.  
**Ages:** 8 and up  
**Course:** 15294.108  
**Instructor:** Lydia Critchley

**Think Spring!**

Even though the holidays are still before us, the staff at the Village Center are beginning to think about spring. Here are a few items that we would like to share with you.

**Youth Baseball/Softball**

Registration for this very popular program is going to take place earlier this year. Watch for information in the Tribune and the early March newsletter. The registration deadline is tentatively scheduled for late March!

**Summer Programming**

If you have a great idea for a new summer program, we would love to hear about it as soon as possible. Please contact either Jeff or Sue at 850-5992, no later than February 1, 2008 to meet our spring brochure deadline.

**Midwest Baseball Academy**

The Village Center is excited to be hosting the Midwest Baseball Academy this Spring. The Midwest Baseball Academy is a unique concept that provides young players with advanced hitting and pitching training programs. Each player gets plenty of individual attention in a small group atmosphere.

The Academy will run for six consecutive Sundays beginning February 10, 2008 and offers sessions for grades 1 to 12.

For more information or to register go to [www.midwestbaseballacademy.com](http://www.midwestbaseballacademy.com)



**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. **NEW STUDENTS:** New students should attend either the *Tiny Tiger* class or the *Beginners* class, corresponding to their age. Please direct any additional questions to the instructor.

**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

**December**  
**Course:** 45391.407  
**Date:** Tuesdays  
Wednesdays  
Thursdays  
December 4 to 20, 2007  
*1/2 Price for December!*

**January**  
**Course:** 45397.108  
**Date:** Tuesdays  
Wednesdays  
Thursdays  
January 2 to 31, 2008

**February**  
**Course:** 45399.108  
**Date:** Tuesdays  
Wednesdays  
Thursdays  
February 5 to 28, 2008

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.
Beginner Class Ages 6 and Up White - Green 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.	Beginner Class Ages 6 and Up White - Green 6:00 p.m. to 6:45 p.m.
Break	Leadership Class Ages 6 and Up Leadership Program Members 6:30 p.m. to 7:15 p.m.	Break
Advanced Class Ages 6 and Up Purple - Black 7:00 p.m. to 7:45 p.m.	Black Belt Class Ages 6 and Up Black Belts 7:15 p.m. to 7:45 p.m.	Advanced Class Age 6 and Up Purple - Black 7:00 p.m. to 7:45 p.m.
	Adult Class Ages 14 and Up All Ranks 7:45 p.m. to 8:30 p.m.	Instructor Class Ages 10 and Up Instructor Program Members 7:45 p.m. to 8:30 p.m.

## Tennis

### Youth Tennis - Indoor

The major goal of this program is to introduce children to the "fun and rewarding" world of tennis. The equipment and size of the playing area are tailored down to a comfortable size for young children. Emphasis is placed on learning basic movement and skills. All equipment will be provided.

**Fee:** Resident: \$48.00

Non-resident: \$58.00

**Instructor:** Betsy Zadra/Doneta Chomey

**Ages 5 to 7**

**Date:** Wednesday, January 9 to  
February 27, 2008

**Time:** 3:15 p.m. to 4:05 p.m.

**Course:** 42011.108

**Ages 8 & up**

**Date:** Wednesday, January 9 to  
February 27, 2008

**Time:** 4:10 p.m. to 5:00 p.m.

**Course:** 42012.108

### Footwork Class

This high intensity class combines tennis footwork, agility, ball movement, medicine ball and actual tennis strokes in a total cardio workout!! It is 30 minutes pure cardio and 45 minutes of tennis drills. It is unlike any other workout!

**Fee:** Resident: \$42.00

Non-resident: \$52.00

**Ages:** 16 and up

**Instructor:** Doneta Chomey

**Session 1**

**Date:** Monday, January 7 to  
February 25, 2008

**Time:** Noon to 1:15 p.m.

**Course:** 25041.108

**Session 2**

**Date:** Tuesday, January 8 to  
February 26, 2008

**Time:** 7:00 p.m. to 8:15 p.m.

**Course:** 25043.108

**Session 3**

**Date:** Wednesday, January 9 to  
February 20, 2008

**Time:** Noon to 1:15 p.m.

**Course:** 25042.108

## Basketball

### 3 on 3 Holiday Hoopla Youth Basketball Tournament

The Village Center will be hosting a 3 on 3 youth basketball tournament on Thursday and Friday December 27 - 28, 2008 during the holiday break. The tournament is for boys and girls in grades 4th - 8th. There will be a separate division for each grade and gender. Teams consist of 4 players. Each team is guaranteed a minimum of 3 games. Four teams must be entered in each division to run.

Registration forms are available at the Village Center and must be turned in by Friday December 21, 2007 at 6:00 pm. Call the Village Center on Wednesday December 26, 2007 after 10:00 a.m. to get tournament schedules. Teams are considered entered only after the registration form and payment are turned in.

**Fee:** \$40.00 per team.

**Date:** Thursday, December 27 and  
Friday, December 28, 2008

**Time:** TBA

**Grades:** 4 to 8

**Course:** 42111.407



## USA Jr. Olympic Skills Competition

Kids between the ages of 8 and 13 are invited to participate in this national program designed to encourage youth participation in sport and emphasize fair and friendly competition. Boys and girls, competing separately, will have the opportunity to showcase their athletic abilities in three events - basketball, soccer and tennis. Champions from this local qualifying event will advance to one of the regional competitions across the country in hopes of advancing to the national finals.

Mark your calendars now - additional information on this awesome new program will be available in January. **Participants may register the day of the event.**

**Date:** Friday - February 1, 2008

**Time:** 6:00 p.m. to 8:00 p.m.

**Location:** Village Center Gymnasium

## Volleyball

### Court Time Volleyball

Court-Time Volleyball program is designed to introduce the game of competitive volleyball to young players 14 years of age and under. The coaching staff, under the direction of Waunakee Head Volleyball Coach Anne Denkert, will instruct the athletes in the basic skills of volleyball, various offenses and defenses, as well as game play.

The program will run from January through April. Athletes will practice 2 times a week for 14 weeks. There will be 3 tournament "play dates" where teams will compete against each other.

This is NOT a try-out program. All athletes who register will be accepted. A t-shirt, uniform, and a volleyball is included in the \$240.00 fee. Once you have registered, we will send an availability form out so that we can schedule practices.

**Registration Deadline:**

**Saturday, December 15**

**Fee:** \$240.00

**\$125.00 due by the  
first practice**

**\$115.00 balance due on  
February 1, 2008**

**Dates:** TBA

**Time:** TBA

**Grades:** 5 to 8

**Course:** 42120.10

## SHAPE UP

### One-on-One Weight Loss System

The Village Center health and wellness team wants to help you shape up in 2008! We've put together a program, which includes everything you need to finally start changing your life, and will get your weight loss jump started with eight weeks of comprehensive support. This awesome program was piloted last year, and every participant who completed the program lost a clothing size over the eight weeks, said they truly learned how to be healthier, and all reported noticing a substantial difference in their bodies! This year you can finally get everything you need to get on track to a happier, healthier you - all in one place at an affordable price. Some of the highlights of this program are:

- A Personal Trainer to work with you one-on-one
- Nutritional Counseling
- Continuous Motivation and Support
- Total Body Workouts

If you are interested in the program please fill out an interest form at the Village Center welcome desk. There is limited enrollment to ensure maximized personal attention so sign up early!!!

### Affordable Personal Training!

Here at the Village Center we believe that everyone deserves to work with a personal trainer. A trainer will make sure every minute you spend at the gym is as effective as possible, and you'll have someone who is 100% dedicated to your success! We have a variety of trainers, with flexible schedules ready to design a program for anyone and everyone! We train kids, families, couples, friends, and individuals anywhere from everyday to once every couple of weeks. No matter who you are, what your wellness goals are, your schedule or your interests, there's a trainer who will support, motivate, inspire and help you every step of the way. Stop wasting your time, risking injury and not seeing results! Call us at 850-5992, or email [fitness@vil.waunakee.wi.us](mailto:fitness@vil.waunakee.wi.us) for more information!

## GROUP EXERCISE CLASSES

### Group Exercise Schedule

The Village Center offers a complete schedule of group exercise classes in addition to the fitness center and walking track. Classes are offered throughout the week and are designed to accommodate all levels of participants. A complete schedule of classes will be available on the dates below.

Schedules will be available:

- 1) At the Village Center Welcome Desk.
- 2) On-line at [www.vil.waunakee.wi.us](http://www.vil.waunakee.wi.us)
- 3) By calling 850-5992 and we will be happy to mail you one.

### Group Exercise Timeline

#### Session 1 January 7 to March 2 (8 weeks)

**Session 1 Schedule Available**  
Monday - December 3, 2007

**Registration Begins**  
Friday - December 7, 2007

#### Session 2 March 3 to May 4 (8 weeks) No Classes March 23 - 29

**Session 2 Schedule Available**  
Monday - February 4, 2007

**Registration Begins**  
Friday - February 8, 2007

### Register Now!

Online at:

• <http://activenet1.active.com/waunakee/>

• Call us at 850-5992!

• Stop at the Welcome Desk!

## Body/Lifestyle Transformation Class

This is six week class to transform your body and life and help you reach your potential. ISSA Certified Fitness Trainer Rich Butkevic will guide you step by step through everything you need to know to achieve optimal health, fitness, and confidence. Coach Rich is a nationally recognized fitness author, triathlete, and Certified Life Coach who trains individuals of all levels using a philosophy centered on efficiency, functionality, and simplicity.

The course will cover goal setting, nutrition, program and meal design, strength and cardiovascular training, common myths, supplementation, emotional eating, and much more. There will be a trip to the grocery store where the coach will show what to look for while choosing foods, as well as a session in the gym to demonstrate exercise form and safety.

Included in the program is a personalized fitness program designed by the trainer, as well as 3 months of access to his unique web based training system (retail cost of \$197.00!). Be sure to take advantage of this comprehensive lifestyle makeover now!

**Fee:** Resident: \$175.00

Non-resident: \$200.00

**Date:** Thursday, January 10 to  
February 14, 2008

**Time:** 6:00 p.m. to 7:00 p.m.

**Ages:** 16 and up

**Course:** 25449.108

**Instructor:** Rich Butkevic

## 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 Track Pass Punch Card allows the card holder 10 separate visits to utilize the indoor walking/running track.

### 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
<b>ANNUAL PASS (EFT)</b>		
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		
<b>6 MONTH PASS</b>		
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
<b>3 MONTH PASS</b>		
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
<b>1 MONTH PASS</b>		
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
<b>DAILY PASS</b>		
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
<b>DAILY TRACK PASS PUNCH CARD</b> 10 visits - use of track only.		
Adult/Youth	\$5.00	\$10.00
Older Adult (55+)	\$5.00	\$5.00

## Adult 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

#### Session 1

**Date:** Thursday, January 10 to February 14, 2008

**Time:** 6:30 p.m. to 7:45 p.m.

**Course:** 13267.108

#### Session 2

**Date:** Thursday, February 21 to March 27, 2008

**Time:** 6:30 p.m. to 7:45 p.m.

**Course:** 13266.108

### 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.

**Fee:** Resident: \$25.00  
Non-resident: \$35.00

**Ages:** 16 and up  
**Instructor:** Terry Enge

#### Session 1

**Date:** Thursday, January 10 to February 14, 2008

**Time:** 7:45 p.m. to 9:00 p.m.

**Course:** 13262.108

#### Session 2

**Date:** Thursday, February 21 to March 27, 2008

**Time:** 7:45 p.m. to 9:00 p.m.

**Course:** 13261.108

## Adult Enrichment

### Rock Guitar

This class is designed for students with no or limited experience playing guitar. The class will provide introduction to rhythm guitar suitable for playing basic rock, includes basic chords, power chords and rock strums and techniques. The ability to read music is preferred but not required. Student must provide appropriate guitar, small amplifier and needed accessories. *There will be a special pre class meeting for students and parents on selecting and purchasing: guitars, amplifiers and accessory equipment on December 9th at 6:30 p.m.*

**Fee:** Resident: \$58.00  
Non-resident: \$68.00

**Date:** Monday, January 14 to February 11, 2008

**Time:** 6:30 p.m. to 8:00 p.m.

**Ages:** 14 and up

**Course:** 15341.108

**Instructor:** Keith Krinke

### Become a Love and Logic Parent

Do you want to be more successful as a parent? Do you want to make your life easier? Do you want to be more successful and responsible? Sign up now to participate in the Love and Logic Parenting Class. The class will be taught by Elementary Guidance Counselor Tim Hopping and will offer easy and practical solutions for the most common parenting concerns. You will learn methods to put you back in control and make your children more responsible while preparing them for the real world. Parents of any aged children are encouraged to attend. Childcare is available during the class for an additional fee.

**Fee:** Resident: \$35.00  
Non-resident: \$45.00

**Date:** Monday, January 21 to February 25, 2008

**Time:** 6:30 p.m. to 8:00 p.m.

**Ages:** Any

**Course:** 13231.108

**Instructor:** Tim Hopping

### Writing Memoirs and Biographies

Join local author, Dr Arthur Rathbun and his wife Ursula for a workshop designed to give participants a quick overview of the steps of preparing for, collecting data, organizing data, and the writing of memoirs and biographies. Points covered will include: types of historical writings, locating the subject, interview techniques, beginning the manuscript, subsequent interviews, and polishing manuscripts. A major goal of the instructors is to have fun. More information on the author can be obtained by going to [www.ftdanebooks.com](http://www.ftdanebooks.com)

**Fee:** Free

**Date:** Tuesday, January 22, 2008

**Time:** 7:00 p.m. to 9:00 p.m.

**Ages:** 18 and up

**Course:** 15230.108

**Instructor:** Arthur Rathbun



### Stained Glass Basics

This 6 week course will teach you the basics of stained glass. A choice of several patterns are provided. Bob will share his skills garnered from years of stained glass experience, and show students how to select glass, cut, build, solder and more. All students will complete a minimum of two projects. In addition to tuition, students can expect to spend between \$15.00 - \$30.00 for tools and materials during the course. Emphasis is placed on learning techniques and skills. No experience required.

**Fee:** Resident: \$45.00

Non-resident: \$55.00

**Date:** Wednesday, January 16 to February 13, 2008

**Time:** 6:30 p.m. to 9:00 p.m.

**Ages:** 16 and up

**Course:** 15320.108

**Instructor:** Bob Ellis

## Mirabeau Classes

Mirabeau is dedicated to providing you with information and resources so that you can achieve artful, balanced and gracious lives. The Village Center does NOT register participants for Mirabeau events. Please call Lisa at 556-3461 to register or for more information. Additional class offerings can be pre-viewed at [www.mirabeauevents.com](http://www.mirabeauevents.com)

### Beginning Belly Dancing

Belly dancing is more than an art form, it's terrific exercise and a great way to feel feminine no matter your age, weight or fitness level. Dance guru Ellen Crow will go through different steps each week, bringing out your sensual side and giving you a good workout to boot. You'll leave class feeling beautiful and energized and ready to tackle any issue. No two classes are the same.

**Fee:** \$25.00 per class or \$20.00 if you sign up for more than three.

**Date:** Monday, January 7 to February 25, 2008

**Time:** 7:30 p.m. to 8:30 p.m.

**Instructor:** Ellen Crow

### Balance is Our Birthright – Eat Your Way to Radiance

If you long to be in a state of positive well-being and want to use food and everyday activities to help you get there, this may be just the class for you! Many of us have tried the diet and deprivation route, yet still struggle with our weight, experience mood swings or disconnect completely from our bodies. We'll focus on the connection between eating habits and our emotional state, how to maintain a balanced biochemistry and specific strategies that promote a positive state of well being. This class is especially helpful for anyone who's sensitive to sugar.

**Fee:** \$35.00

**Date:** Thursday, January 10, 2008

**Time:** 6:30 p.m. to 8:00 p.m.

**Instructor:** Debbie Waterstone

### A Better Fashion Future

This New Year's, resolve to look your best every day! Kimberly Newby's workshop helps you define your true fashion style and then gives guidelines that will allow you to get rid of the clothes keeping you from looking sharp and feeling confident every day!

You'll learn that every lifestyle is and every budget has a look that allows you to feel great every day, probably with less clothing than you have now. Bring three clothing items that you aren't sure flatter for analysis.

**Fee:** \$35.00

**Date:** Tuesday, January 15, 2008

**Time:** 6:00 p.m. to 8:00 p.m.

**Instructor:** Kimberly Newby

### Big or Small, What's Your Call?

Are you sensing a pull to something important but you're not sure what it is? Are you feeling restless or even unfulfilled as you wait for that next step to reveal itself? Whether the tug is big or small, sometimes it calls out to us but we can't quite hear it or know what it looks like. In this class you will learn about the nature of a call, what signals to look for, and the ways in which we might choose to respond. If you're ready to explore what's calling you, come play in this space of discovery and unearth your next step.

**Fee:** \$35.00

**Date:** Thursday, January 24, 2008

**Time:** 6:30 p.m. to 8:00 p.m.

**Instructor:** Debbie Waterstone

### From Struggle to Strength

Have recent troubles (relationships, illness, personal loss, career crash) knocked you for an emotional loop? Are you yearning to feel good for a change? Coach Deb Waterstone will teach you how to shift your mindset so that you draw on an inner source of strength. You can feel hope and happiness again. In this safe and supportive environment you'll discover how to use what comes naturally, to reframe and refocus your struggles now and in the future.

**Fee:** \$35.00

**Date:** Tuesday, February 12, 2008

**Time:** 6:30 p.m. to 8:30 p.m.

**Instructor:** Debbie Waterstone

### Good enough? YES I AM!

It's an epidemic. Thousands of us feel as if we or our actions are just not good enough. Even though others see us as successful, deep down we still believe something's wrong with us. If this is you, welcome to a class that affirms your well being and full self expression. In this practical and positive session Coach Deb Waterstone will help you discover what works for you. You will be able to dramatically shift how you view yourself and others. You'll experience RELIEF!

**Fee:** \$35.00

**Date:** Tuesday, February 26, 2008

**Time:** 6:30 p.m. to 8:30 p.m.

**Instructor:** Debbie Waterstone

## Scrapbooking

### Digital Scrapbooking

Learn how to create a beautiful digital Storybook using software that you can download for free. During this 2-hour session, participants will create a Storybook as they learn the features and choices available with this software. Bring a CD with 20 to 40 photos that you would like to include in this project. Cost includes a coupon for a free Basic Storybook of your own!

**Fee:** Resident: \$45.00

Non-resident: \$55.00

**Ages:** 12 and up

**Instructor:** Deb Grundahl

#### Session 1

**Course:** 15273.108

**Date:** Thursday, December 20, 2007

**Time:** 6:00 p.m. to 8:00 p.m.

#### Session 2

**Date:** Saturday

December 22, 2007

**Time:** 9:00 a.m. to 11:00 a.m.

**Course:** 15274.108

#### Session 3

**Date:** Monday, January 14, 2008

**Time:** 6:00 p.m. to 8:00 p.m.

**Course:** 15275.108

#### Session 4

**Date:** Saturday, January 19, 2008

**Time:** 9:00 a.m. to 11:00 a.m.

**Course:** 15276.108

#### Session 5

**Date:** Monday, February 4, 2008

**Time:** 6:00 p.m. to 8:00 p.m.

**Course:** 15277.108

#### Session 6

**Date:** Saturday, February 9, 2008

**Time:** 9:00 a.m. to 11:00 a.m.

**Course:** 15278.108

### Introduction to Scrapbooking

If you are new to scrapbooking, feel creatively challenged, or are looking to get back to the basics, this is the class for you! Our goal is to help you start creating fabulous albums. This class includes detailed information on scrapbook terminology, photography and memorabilia organization, essential cropping and matting techniques and basic page layout design. At the end of this 2-hour class, you will leave feeling confident and inspired to create magnificent memories. Please bring 8-10 photos of a related event or theme. Creative Memories products will be featured.

**Fee:** Resident: \$15.00

Non-resident: \$25.00

**Ages:** 12 and up

#### Session 1

**Date:** Thursday, January 17, 2008

**Time:** 6:00 p.m. to 8:00 p.m.

**Course:** 15270.407

**Instructor:** Wendy Weisenbeck

#### Session 2

**Date:** Wednesday,

February 20, 2008

**Time:** 6:00 p.m. to 8:00 p.m.

**Course:** 15270.108

**Instructor:** Barb Bauer

### Scrapbooking: Borders

Create a beautiful set of borders, journal boxes and other page enhancements for any Birthday or Party Time Theme. Creative Memories products are featured.

**Fee:** Resident: \$23.00

Non-resident: \$33.00

**Ages:** 12 and up

#### Celebration Borders

**Date:** Wednesday,

February 13, 2008

**Time:** 6:00 p.m. to 9:00 p.m.

**Course:** 15279.108

**Instructor:** Wendy Weisenbeck

#### Seasonal Borders

**Date:** Wednesday, January 30, 2008

**Time:** 6:00 p.m. to 9:00 p.m.

**Course:** 15278.109

**Instructor:** Barb Bauer

### Photo Organization

Do you have shoeboxes full of pictures that you would like to get organized? If so this is the class for you. Bring your boxes or bags of photos and you will use a Creative Memories Power Sort Box to organize your photos. Cost includes a Power Sort Box.

**Fee:** Resident: \$40.00

Non-resident: \$50.00

**Date:** Thursday, January 31, 2008

**Time:** 6:00 p.m. to 8:00 p.m.

**Ages:** Any

**Course:** 15263.108

**Instructor:** Wendy Weisenbeck

### Camp Crop-A-Lot

Looking for a fun activity for your kids over this holiday vacation? How about an activity that keeps their writing skills fresh? Sign them up for a fun and exciting Scrapbooking Camp. 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. By the end of camp, your child will have a completed album plus a photo-safe pen to journal about all the great times! The cost includes all the album-making supplies they'll need plus 2 days of instruction and cropping time.

**Fee:** Resident: \$45.00

Non-resident: \$55.00

**Date:** Thursday, December 27

and

Friday, December 28, 2007

**Time:** 9:00 a.m. to Noon

**Ages:** 8 to 14

**Course:** 15272.108

**Instructor:** Deb Grundahl

## 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.

### Rooms on the Entry Level

- Conference Room
- Activity Room
- Computer Room

### Rooms on Creek Level

- Community Room from 40 to 200 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.

To view a video of our facility visit our website at: vil.waunakee.wi.us

## Birthday Party

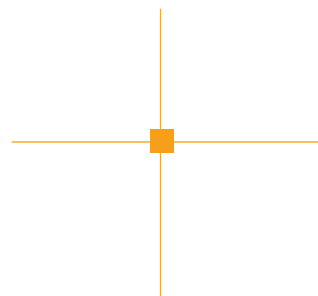
Village Center birthday parties are a fun and economical way to celebrate your child's birthday. With a variety of activities for all ages and abilities, your child, friends and family will enjoy a party that is as special as your child is!

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. Maximum of 20 children per party.

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 supervision. 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



## MATC Classes

These are non-credit courses offered through Madison Area Technical College. To register, please call the Welcome Desk at the Village Center - 850-5992. All classes are held in the Village Center.

### Landscaping & Design

**Date:** Thursday, January 31 to March 20, 2008  
**Time:** 6:00 p.m. to 9:00 p.m.  
**Ages:** 16 and up

### Painting for Pleasure

**Date:** Wednesday, February 6 to March 26, 2008  
**Time:** 1:00 p.m. to 3:30 p.m.  
**Ages:** 16 and up  
**Instructor:** Gladys Geiger

### Painting for Pleasure

**Date:** Thursday, February 7 to March 27, 2008  
**Time:** 9:00 a.m. to 11:30 a.m.  
**Ages:** 16 and up  
**Instructor:** Gladys Geiger

### Water Color - All Levels

**Date:** Tuesday, March 4 to April 15, 2008  
**Time:** 9:00 a.m. to 12:00 p.m.  
**Ages:** 16 and up  
**Instructor:** Lucy Shirek

### Water Color - All Levels

**Date:** Tuesday, March 4 to April 15, 2008  
**Time:** 12:30 p.m. to 3:30 p.m.  
**Ages:** 16 and up  
**Instructor:** Lucy Shirek



## A GREAT Night for Families!

Bring your family to the Village Center on Friday, February 1, 2008 for a fun-filled family event.

The Great Wisconsin Credit Union is sponsoring our activities including a family-friendly movie, games and activities in the gymnasium, arts and craft activities and snacks. The event will be held from 6:00 p.m. to 8:00 p.m.

Don't miss out on the fun!

**Fee:** \$4.00 per family -Resident  
 \$8.00 per family - Non Resident  
 Free for FIT Pass Members

