



Village Center of Waunakee

VILLAGE OF WAUNAKEE COMMUNITY SERVICES SEPTEMBER 2008

FALL 2008

Adult 4 on 4 Flag Football

Are you looking for a fall sport to play? If you are, then check out the new adult flag football league that we are offering this fall. The league features 4 on 4 passing rules that keeps the game going fast and exciting. Teams are required to have a minimum of six players on their roster and there is a maximum of eight players on each teams' roster. Registration forms are available at the Village Center and must be turned in by Monday September 8 by Noon. Schedules will be available by 1:00 p.m. on September 11.

Fee: Resident: \$30.00
Non-resident: \$40.00

Date: Sunday, September 14 to October 19, 2008

Time: 5:00 p.m. to 9:00 p.m.

Ages: 16 and up

Course: 43100.308

Location: Centennial Park

2008 - 2009 Men's Basketball League

The 2008-2009 Men's Basketball Season will begin on October 8th with a practice game. All players from the 2007/2008 season will have until September 19th to register. Beginning September 20th registration will be open to all new players.

Fee: \$68.00

Date: Wednesday
October 8, 2008 to February 18, 2009

Time: 6:45 p.m. to 9:45 p.m.

Course: 43000.407

Location: Waunakee High School - Old Gym

3 on 3 Schools Out Youth Basketball Tournament

The Village Center will be hosting a 3 on 3 youth basketball tournament on Thursday, October 30 and Friday October 31 during the fall teacher's convention. The tournament is for boys and girls in grades 4th - 8th. There will be a separate division for each grade and gender. Teams will consist of 4 players. Each team is guaranteed a minimum of 3 games. Four teams must be entered in each division to run. Some division may be combined based on number of teams.

Registration forms are available at the Village Center and must be turned in by Friday, October 24 at 6:00 p.m.. Teams can call the Village Center on Tuesday, October 28 after 1:00 p.m. to get tournament schedules. Teams are considered entered only after the registration form and payment are turned into the Village Center.

Fee: \$40.00 per team

Date: Thursday, October 30 and October 31, 2008

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

Course: 42116.308

Lost and Found

Are you missing your favorite sweatshirt? Baseball bat, glove or even waterbottle? We have collected many items from the parks this summer and we may have what you are missing here in our lost and found!

Please give us a call at 850-5992 or stop in the Village Center soon - because September 15 everything will be donated!

Preschool Activities

Tumble Bugs - Parent/Child Class

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

Fee: Resident: \$36.00
Non-resident: \$46.00
Ages: 2 to 3
Instructor: Jane Skoug

Session 1
Date: Thursday, September 11 to October 25, 2008
Time: 9:30 a.m. to 10:00 a.m.
Course: 11383.308

Session 2
Date: Saturday, September 13 to October 25, 2008
Time: 9:30 a.m. to 10:00 a.m.
Course: 11388.308

Session 3
Date: Thursday, October 30 to December 13, 2008
Time: 9:30 a.m. to 10:00 a.m.
Course: 11371.308

Session 4
Date: Saturday, November 1 to December 20, 2008
Time: 9:30 a.m. to 10:00 a.m.
Course: 11390.308

Little Kickers Soccer

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

Fee: Resident: \$35.00
Non-resident: \$45.00
Date: Sunday, November 2 to November 23, 2008
Time: 4:00 p.m. to 4:45 p.m.
Age: 4 to 5
Course: 42071.308

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
Instructor: Jane Skoug

Session 1
Date: Thursday, September 11 to October 23, 2008
Time: 10:10 a.m. to 10:55 a.m.
Course: 11377.308

Session 2
Date: Saturday, September 13 to October 25, 2008
Time: 10:10 a.m. to 10:55 a.m.
Course: 11373.308

Session 3
Date: Thursday, October 30 to December 18, 2008
Time: 10:10 a.m. to 10:55 a.m.
Course: 11378.308

Session 4
Date: Saturday, November 1 to December 20, 2008
Time: 10:10 a.m. to 10:55 a.m.
Course: 11376.308

Sports of All Sorts

Introduce your youngsters to the world of fitness. Instructors teach the importance of being active through fun games, silly movements and traditional games with a twist. The emphasis is on teamwork, sportsmanship and being active. Come and join others for a fun filled class!

Fee: Resident: \$48.00
Non-resident: \$58.00
Date: Wednesday, September 24 to November 12, 2008
Instructor: Jason Cole

Ages 4 - 5
Time: 6:15 p.m. to 7:00 p.m.
Course: 42079.308

Ages 6 - 8
Time: 7:10 p.m. to 7:55 p.m.
Course: 42074.308

Early Release

The early release program offers a fun and entertaining opportunity for children in grades 1 through 4 on afternoon where they are released from school early. The school district provides transportation to the Village Center. Activities include games lead by Village Center staff in the gym, arts-n-craft activities, and a snack is provided. Spots fill up fast, so early registration is encouraged!

Parents must pick up their children at 4:00 p.m. sharp.

Fee: \$15.00 per child
Time: 1:00 p.m. to 4:00 p.m.

Monday - October 13, 2008

Grades 1 - 2
Course: 12731.308

Grades 3 - 4
Course: 12732.308

Wednesday - October 29, 2008

Grades 1 - 2
Course: 12733.308

Grades 3 - 4
Course: 12734.308

Preschool 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: \$30.00
Non-resident: \$40.00
Ages: 3 to 4
Instructor: Ashley Gulden

Session 1
Date: Monday, September 22 to October 27, 2008
Time: 10:30 a.m. to 11:00 a.m.
Course: 11385.308

Session 2
Date: Monday, November 3 to December 15, 2008
Time: 10:30 a.m. to 11:00 a.m.
Course: 11381.408

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: \$30.00
Non-resident: \$40.00
Ages: 4 to 5
Instructor: Ashley Gulden

Session 1
Date: Monday, September 22 to October 27, 2008
Time: 11:05 a.m. to 11:35 a.m.
Course: 11387.308

Session 2
Date: Monday, November 3 to December 15, 2008
Time: 11:05 a.m. to 11:35 a.m.
Course: 11380.408

Youth Activities

Stream Exploration - Saturday

Discover the critters that live in Six Mile Creek. Wear shoes that can get wet because we'll be wading in the creek. Participate in many fun games and activities to learn about water. Meet at the Village Center for this exciting Saturday program. Space is limited, so please register in advance.

Fee: Residents \$8.00
Non-residents \$13.00
Date: Saturday, September 20, 2008
Time: 10:30 a.m. 12:30 p.m.
Ages: 6 to 12
Course: 12720.308

Edible Science - Saturday

Participants will experiment with food and then be able to eat their experiments! Meet at the Village Center for this exciting Saturday program. Space is limited, so please register in advance.

Fee: Residents \$8.00
Non-residents \$13.00
Date: Saturday, October 18, 2008
Time: 10:30 a.m. to 12:30 p.m.
Ages: 6 to 12
Course: 12721.308

Sciensational Workshops - Harry Potter

The Waunakee Village Center has teamed up with Sciensational Workshops to offer a fall science camp. All aboard for lots of hands-on fun. Join in the escapades of Harry and his friends. Play quidditch for muggles. Make invisible ink. Make an edible wand. Watch the magic coin at work. We will brew some fantastic potions to drink. Let's create and watch some fantastic chemical reactions. Watch a mirage appear. You won't believe it! Wonder where the sorting hat will place you? Make cool crystals. See a nickel turn into gold. Yes, you will become a magic muggle of science, art, and literature. Harry, Ron, and Hermione are waiting for your arrival! Experiment with mystical sand, make an energy bead bracelet, and create a superball.

Fee: Resident: \$140.00
Non-resident: \$150.00
Date: Thursday, October 30 and Friday, October 31, 2008
Time: 9:00 a.m. to 4:30 p.m.
Ages: 6 to 11
Course: 12247.308
Instructor: Sciensational Workshops For Kids



Fall Colors In the Parks

Walk to your neighborhood park for our Fall Colors program on Thursday October 30 or Friday October 31 to celebrate the season. Children ages 5-12 are invited to wear costumes and enjoy autumn themed games and activities, create fall arts-n-crafts, and learn about why leaves change colors. The program is one hour and will travel to several area parks in Waunakee. Space is limited to please register in advance by calling the Village Center at 850-5992.

Fee: Residents \$4.00
Non-residents \$9.00

Ages: 5 to 12 - ages 4 and under welcome when accompanied by an adult.

Fall Colors in the Park			
Park	Date	Time	Course Number
Village Park	Thursday October 30, 2008	9:00 a.m. to 10:00 a.m.	12740.308
Scenic Valley Park	Thursday October 30, 2008	11:00 a.m. to Noon	12741.308
Centennial Park	Thursday October 30, 2008	1:30 p.m. to 2:30 p.m.	12742.308
Hanover Park	Friday October 31, 2008	9:00 a.m. to 10:00 a.m.	12743.308
Tierney Park	Friday October 31, 2008	11:00 a.m. to Noon	12744.308

Theatre Whit for Youth

Take to the stage! Perform and learn about theatre. Have tons of fun learning voice, movement, characterization, storytelling, prop, costume, set making, and performing! At the same time you will build self-esteem, create self-expression, use your imagination, improve communication skills, learn leadership and build community through theatre. There will be a group performance for friends, family, and the community at the end of the session. Go to <http://theatrewhitforyouth.webs.com/> for more information.

Fairy Tale Theatre

Dive into a world of fantastical fiction when traditional fairy tales come to life on the stage! Have fun acting out your favorite stories while you learn about theatre performance.

Fee: Resident: \$50.00
Non-resident: \$60.00

Ages: 4 to 7
Instructor: Whitney Beck

Session I
Date: * Monday, September 15 to November 10, 2008
Time: 3:30 p.m. to 4:30 p.m.
Course: 12340.308

Session II
Date: * Thursday, September 18 to November 13, 2008 *
Time: 5:00 p.m. to 6:00 p.m.
Course: 12341.308

*All sessions will take the week of November 3, 2008 off.

Fractured Fairy Tale Theatre

Have you ever wondered what would have happened if Cinderella out grew the glass slipper? Well, find out! Traditional fairy tales will be made a thing of the past and replaced by witty stage tales as you act them out while learning about the world of theatre.

Fee: Resident: \$50.00
Non-resident: \$60.00

Ages: 8 to 13
Instructor: Whitney Beck

Session I
Date: * Monday, September 15 to November 10, 2008
Time: 4:30 p.m. to 5:30 p.m.
Course: 12342.308

Session 2
Date: * Thursday, September 18 to November 13, 2008
Time: 6:00 p.m. to 7:00 p.m.
Course: 12343.308

Children's Birthday Party

Village Center birthday parties are a great way to celebrate your child's birthday. With a variety of activities for all ages and abilities, you will enjoy a party that is as special as your child is! You may decorate the room with a theme of your choice and bring in food and drinks to complement your party. Parties must have at least 2 - 4 adults to assist with supervision. Your event can be book by calling Joleen at 850-5992 or in person at the Village Center.

The Basic Party Package Includes:

- Use of private room for 2 hours
- Use of east gym for 1 hour
- Organized games and activities led by Village Center staff (Birthday child chooses activities)
- Tables and chairs to accommodate 15 children

Fee: Residents \$120.00
Non-residents \$150.00

For up to 15 children (\$5/child for each additional child, maximum of 20).

Ages: 4 to 11



NEW Children's Theme Birthday Party

Themes Options:

•**Princess Royal Ball** – Let the magic begin as your daughter and her friends become fairy princesses at an enchanted royal ball.

•**Dinosaur Shin-“dig”** – Your child will celebrate their birthday at a *dino-mite party* where they dig for fossils, play in a “lost world” obstacle course, and even hatch dinosaur eggs.

•**Outer Space Adventure** – Host an *out of this world party* at the Village Center where party-goers will play a moon rock relay and blast off rockets.

•**Art Extravaganza** – Celebrate your child's birthday by exploring their creative side with many different art and craft activities.

Theme Party Packages Includes:

- Use of private room for 2 hours
- Organized theme specific games and activities led by Village Center staff
- Tables and chairs to accommodate 15 children

Fee: Residents \$150.00
Non-residents \$180.00

For up to 15 children (\$5/child for each additional child, maximum of 20).

Ages: 4 to 11

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 STUDENT.** Please direct any additional questions to the instructor at (608) 469-6051.

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

September
Course: 45394.408
Date: Tuesdays
Wednesdays
Thursdays
September 2 to 25, 2008

October
Course: 45395.408
Date: Tuesdays
Wednesdays
Thursdays
September 30 to
October 30, 2008

November
Course: 45396.408
Date: Tuesdays
Wednesdays
Thursdays
November 5 to 26, 2008

TUESDAY	WEDNESDAY	THURSDAY
Tiny Tigers Ages 3 to 6 White - Yellow 5:15 p.m. to 5:45 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 White - Yellow 5:15 p.m. to 5:45 p.m.
Tiny Tigers Ages 3 to 6 Camo - Blue 5:45 p.m. to 6:15 p.m.	Junior Class Ages 6 to 14 Camo - Red 6:00 p.m. to 6:30 p.m.	Tiny Tigers Ages 3 to 6 Camo - Blue 5:45 p.m. to 6:15 p.m.
Beginner Class Ages 6 and Up White - Green 6:15 p.m. to 7:00 p.m.	Leadership Class Ages 6 and Up Leadership Program Members 6:30 p.m. to 7:15 p.m.	Beginner Class Ages 6 and Up White - Green 6:15 p.m. to 7:00 p.m.
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.
Instructor Class Ages 10 and Up Instructor Program Members 7:45 p.m. to 8:30 p.m.	Adult Class Ages 14 and Up All Ranks 7:45 p.m. to 8:30 p.m.	

2008/2009 Youth Basketball

The recreational leagues are organized and administered by the Village's Recreation Department with the assistance of the high school coaches and players along with parent coaches. The boys' season runs from December 2008 through February 2009 and the girls' season runs from January through February 2009.

Fees vary by league, all players receive a reversible jersey and basketball to keep. Register at the Village Center, online at www.vil.waunakee.wi.us, or by phone - 850-5992.

Girls - Waunahoops

Girls in grades K to 6 are invited to participate in Waunahoops. This program is designed to introduce and develop basketball fundamentals with an emphasis on fun and participation. All players will participate in skill practice and drill instruction on Saturdays. Players in grades 3 to 6 will also have the opportunity to play games on Monday evenings. Parent coaches are needed at all levels. Practices will start January 3, 2009. Specific locations and game times will be identified in late October.

Girls - Waunahoops			
Grade	Course	Fee	Registration Deadline
Kindergarten	42116.408	\$30.00	Saturday - December 13, 2008
1st Grade	42117.408	\$30.00	Saturday - December 13, 2008
2nd Grade	42118.408	\$30.00	Saturday - December 13, 2008
3rd Grade	42119.408	\$35.00	Saturday - December 13, 2008
4th Grade	42009.408	\$35.00	Saturday - December 13, 2008
5th & 6th Grade	42008.408	\$35.00	Saturday - December 13, 2008

Boys - Little Warriors

Boys in grades K to 6 are invited to participate in Little Warriors. This program consists of skills, scrimmages and league games based on grade level. Kindergarten through 2nd Grade focuses on skill development through fast and fun stations working into scrimmages. Players in grades 3 to 4 will also have the opportunity to play games. 5th and 6th grade teams will play area schools in the YMCA Recreational League. Practice for the 5th and 6th grade begins in November. All other grades will begin practice December 6, 2008. Specific locations and game times will be identified in late October.

Boys - Little Warriors			
Grade	Course	Fee	Registration Deadline
Kindergarten	42110.408	\$35.00	Saturday - November 15, 2008
1st Grade	42111.408	\$35.00	Saturday - November 15, 2008
2nd Grade	42112.408	\$35.00	Saturday - November 15, 2008
3rd Grade	42113.408	\$40.00	Saturday - November 15, 2008
4th Grade	42114.408	\$40.00	Saturday - November 15, 2008
5th & 6th Grade *	42115.408	\$85.00	Wednesday - October 15, 2008

* A minimum of 8 boys need to be registered for program to run.

Soccer

Indoor Soccer League

The Waunakee Village Center will be offering a youth recreational soccer league for boys and girls in grades 1 to 4. Teams will be coed and consist of 8 to 12 players. The league will consist of 6 games and one practice. All games will be officiated. Games will be played 6 on 6 (5 players and a goalie) with equal playing time for all participants. Games/practices will begin on November 9. Coaches will call players with schedules. All players will receive a team t-shirt. Volunteer coaches are needed.

You may sign up as a team, partial team or as an individual. Individuals will be put on random teams (depending on the number of individuals that sign up). A roster can hold up to 12 players with a minimum of 8. Space is limited to 4 teams per league. **Registration Deadline: Friday October 31, 2008 at 5:00 p.m.**

Fee: Resident: \$30.00
Non-resident: \$40.00
Date: Sunday, November 9 to December 21, 2008

Grades 1 - 2
Time: 5:00 p.m. to 6:30 p.m.
Course: 42084.308

Grades 3 - 4
Time: 6:30 p.m. to 8:00 p.m.
Course: 42085.308



Swimming

WRAT Swim Club Fall Session

Registration for the Fall Session of the Waunakee Rural Aquatic Team (WRAT) swim club is now underway.

WRAT, ranked #4 in Division 2 of Wisconsin Swimming, offers 7 different swim groups based on swimmers' abilities and ages, from novice to intermediate to advanced. The Fall Session runs September 14 thru November 29, 2008.

Four-week mini sessions will also be run during that time frame for pre-competitive swim group members. Late afternoon and evening practice times are offered at the Waunakee Aquatic Center. A free trial week for the first week of the session will be offered to new members.

Information on practice groups, times, and all registration forms are available on our team website at: <http://eteamz.active.com/wrat/>. Please call Tammy Kirch, our team registrar, at 850-3899 for more information to discuss our swim program and for more registration information.

WRAT is Waunakee's original and long-standing USA Swim team, providing fun-filled swim instruction to Waunakee swimmers for more than 20 years.

The Waunakee Orcas of Wisconsin - WOW

WOW swim team is for swimmers age 4 to 18. Swimmers of all levels work with the full time head coach, Matt Wunderlin.

Registration for the Fall Session is now open. Fall Session starts September 2nd and runs through December 6th.

Registration materials and additional information can be found on the WOW website: www.waunakeeorcas.org. Or call 850-4652 for more information.

Lacrosse

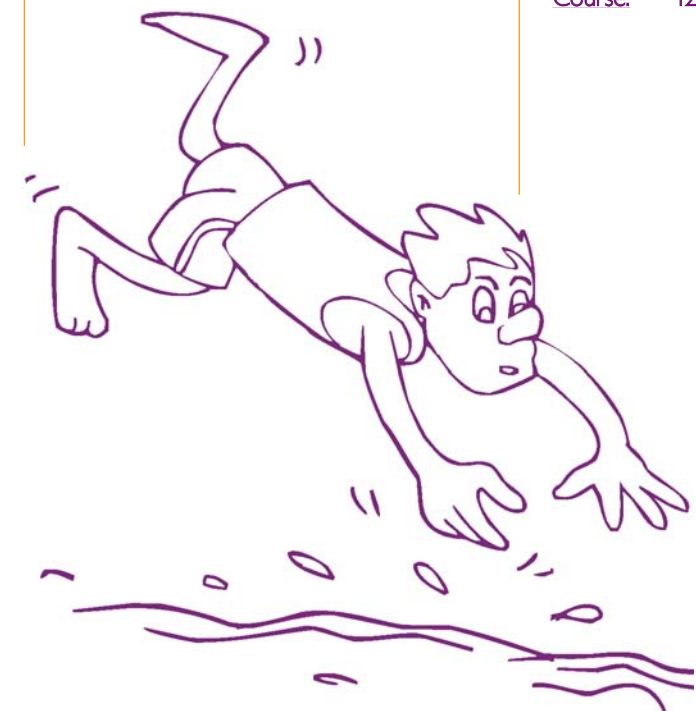
Lacrosse - Grades 3 to 6

Lacrosse, the fastest sport on two feet combines the best of basketball, hockey, and soccer. Lacrosse America staff and special guests will instruct boys and girls in stick handling, dodging, shooting, and defense. The emphasis for the camp will be individual skill development, learning the rules, sportsmanship, and fun contests and scrimmages. Players will be grouped by age and ability. FREE loaner equipment is available for people trying out the sport for the first time.

This is a perfect way to learn one of the area's hottest sports. Players should bring their own water bottles and mouth guard. All participants will receive a camp shirt. For more information please call Patrick Shea (802) 999-0620 you can also visit our website at www.lacrosseamerica.com

Fee: Resident: \$80.00
Non-resident: \$90.00
Date: Sunday, September 7 to October 5, 2008

Time: Noon to 1:00 p.m.
Ages: 8 to 11
Course: 42098.308
Location: Tierney Park
Instructor: Lacrosse America



Tennis

Youth Indoor Tennis

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

Fee: Resident: \$38.00
Non-resident: \$48.00
Instructor: Betsy Zadra
Location: Village Center

Ages 5 to 7
Date: Wednesday, November 5 to December 17, 2008
Time: 3:15 p.m. to 4:05 p.m.
Course: 42011.308

Ages 8 & up
Date: Wednesday, November 5 to December 17, 2008
Time: 4:10 p.m. to 5:00 p.m.
Course: 42012.308

Kidcare

Daytime Hours:

Monday to Friday
8:00 a.m. to 11:00 a.m.

Evening Hours:

Monday to Thursday
5:00 p.m. to 8:00 p.m.

Fees:

1 child - \$10.00 per month
2 children - \$15.00 per month
3 children - \$20.00 per month

Drop In

\$3.00 per child per visit

Our 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 walking children through 5 years of age. There is a 2 hour maximum per visit. Space is limited to 10 children on a first come, first serve basis. Staff will not change diapers. Parents will be called to Kidcare when needed.

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

Days: Friday

Time: 9:30 a.m. to 11:30 a.m.

Fees: Free for Family Fit Pass Holders
\$4.00/Resident Family
\$8.00/Non-Resident Family

A GREAT Night for Families: Enchanted Experience

Bring your family to the Village Center on Friday, October 24, 2008 for a Halloween themed, fun-filled, family event. The Great Wisconsin Credit Union is sponsoring our activities, which includes an enchanted experience, Halloween games and activities, arts-n-crafts, and a snack. Don't miss out on the fun!

Date: Friday, October 24, 2008

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

Fee: \$4.00/family - Resident
\$8.00/family - Non Resident



Free for
Family FIT Pass Members
Great Wisconsin Credit Union Members

Thank you! Little League Softball and Baseball Volunteers

Another successful Little League Softball and Baseball season has finished here in Waunakee! We would like to take this opportunity to thank the people that made this fun-filled program possible. Over 150 adults volunteered their time to serve as coaches and coordinators for our leagues. That is just awesome! These coaches and coordinators helped manage the 986 kids that participated this summer.

We would also like to thank the local businesses that assisted the league this year by sponsoring teams: Mike's Lawn Care, Waunakee Utilities, Aspen Garage Door, CPR Plus, Outback Steakhouse, CMI, Johnson Block, COUNTRY Financial, Baseball Card Shoppe, Raven Development, Associated Bank, Culvers of Waunakee, Fitness for Success, Nord Gear, Meffert Oil, VIP Photography, M & I Bank, Pro Metal Works and Advertisers Press. Thank you all for your support!!!!

Adult Enrichment

Guitar 2 - Song Accompaniment Techniques

Pre requisite: Completion of Beginning Guitar (either Acoustic or Rock) OR knowledge of the basic I-IV-V chord patterns in the open position (eg. C-F-G; G-C-D; E-A-B7; D-G-A7). Reading music not required--tablature will also be provided. Course Description: Once a week, two hour group session on Thursdays from 6:00 p.m. to 8:00 p.m.

Course will cover introduction to finger picking, capo techniques, base transitions into chord patterns, introductions to minor and augmented chords. Coffee house/folk songs will be used to introduce techniques and develop a short repertoire.

Call the Instructor: Keith Krinke, at (608) 849-5097 for more information or questions about skill level.

Required instrument: Acoustic Guitar-- either amplified or un-amplified and a good capo.

Fee: Resident: \$45.00
Non-resident: \$55.00

Date: Thursday, September 4
to September 25, 2008

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

Ages: 14 and up

Course: 15347.308

Instructor: Keith Krinke

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, September 18
to October 23, 2008

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

Course: 13266.308

Session 2

Date: Thursday, October 30
to December 11, 2008

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

Course: 13267.308

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, September 18
to October 23, 2008

Time: 8:00 p.m. to 9:00 p.m.

Course: 13261.308

Session 2

Date: Thursday, October 30
to December 11, 2008

Time: 8:00 p.m. to 9:00 p.m.

Course: 13262.308

MATC Classes

Class Name	Fee*	Day	Time	Start Date	End Date
Watercolors All Levels #28879	\$61.21	T	9:00 a.m. to Noon	9/16	10/21
Watercolor All Levels #28647	\$61.21	T	12:30 p.m. to 3:30 p.m.	9/16	10/21
Painting #00000	\$67.47	W	9:00 a.m. to 11:30 a.m.	9/17	11/5
Painting #28855	\$67.57	W	1:00 p.m. to 3:30 p.m.	9/17	11/5
Landscaping Wildflowers #30120	\$27.01	W	6:00 p.m. to 8:00 p.m.	9/17	10/15
Painting #28871	\$67.57	R	9:00 a.m. to 11:30 a.m.	9/18	11/6
Calligraphy #30152	\$42.14	R	6:30 p.m. to 8:30 p.m.	9/18	10/23
Floral Design #30122	\$13.21	R	1:00 p.m. to 3:00 p.m.	10/2	10/9
eBayWorkshop #26177	\$13.21	S	8:30 a.m. to 11:30 a.m.	10/4	10/4
Self Defense #31019	\$23.07	T	6:00 p.m. to 8:00 p.m.	10/7	10/21

*All project supplies are at an additional cost.

Seniors (62 years and older) will pay a reduced rate for these classes, typically a 20% discount. The billing received from MATC will reflect the discount price.

These are non-credit courses offered through Madison Area Technical College. For course information call (608) 258-2301 or visit www.matcmadison.edu.

To register, have the class number & title ready and call (608) 246-6240 between 12:00 p.m. to 6:00 p.m. Monday thru Thursday, 12:00 p.m. to 3:30 p.m. Friday or call the Village Center at 850-5992. You will be billed after you register by MATC. Registration is not complete until all fees are paid by the due date on the bill.

FIT Pass Information

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

Daily Pass

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

Short Term Passes

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

Annual FIT Pass

The Annual FIT Pass offers pass holders access to the recreation areas during open use times. This pass may be purchased by one of the following methods:

1. An electronic funds transfer (EFT) service allows the fee to be deducted from either a checking or savings account on a monthly basis.
2. One annual payment can be made for a one-year membership. This fee is non-refundable. Patrons must renew every year.

Daily Track Pass Punch Card

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

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
- 3) By calling 850-5992 and we will be happy to mail you one.

Group Exercise Timeline

Fall Session I
September 8
 to
November 2, 2008
(8 weeks)

Fall Session I Schedule
Available and Registration Starts
 Sunday - August 17, 2008

Fall Session II
November 3
 to
December 21, 2008
(7 weeks)

Fall Session II Schedule
Available and Registration Starts
 Sunday - October 19, 2008

MamaTone

Mothers, it is time to stop putting everyone else in your life ahead of you, and time to invest in yourself!! MamaTone is coming back to Waunakee! This circuit based class that combines resistance training, core training, and aerobics into a fun and challenging hour has transformed the lives of many mothers in the Madison area. MamaTone is taught by one of Madison's #1 sought after personal trainer and instructor, Dustin Maher.

This is an excellent place to meet other mothers who are trying to shed their post baby weight, whether they had a child 6 weeks ago or 15 years ago! Dustin will also spend time teaching about the importance of nutrition and how you can eat healthy without having to spend a lot of time doing so. Dustin's commitment to each one of you will ensure your success! Please visit: www.mamatonefitness.com to hear more about the program.

**This class meets twice a week. There is no class November 2 or November 27, 2008.*

Fee: Resident: \$199.00
 Non-resident: \$209.00
Date: Tuesdays and Thursdays
 September 23
 to
 December 4, 2008
Time: 10:10 a.m. to 11:00 a.m.
Course: 23430.308
Instructor: Dustin Maher

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

You may be eligible to work out at the Village Center and earn up to a \$100.00 reimbursement.

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

The SilverSneakers[®] Fitness Program

If you have AARP or Humana Supplemental Insurance you may be eligible for the SilverSneakers Program!

SilverSneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. SilverSneakers members receive:

- A free Village Center membership with access to conditioning classes, exercise equipment, and walking track.
- Access to any participating fitness center throughout the U.S. while traveling
- Customized SilverSneakers classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- Health education seminars and other events that promote the benefits of a healthy lifestyle

The award-winning* SilverSneakers Fitness Program is a proven, results-oriented program that enables older adults, often burdened with chronic conditions, to take charge of their health and maintain an active, independent lifestyle.

*The SilverSneakers Fitness Program is a winner of the 2004 HAN Award from the Healthcare and Aging Network of the American Society on Aging.

SilverSneakers - Muscular Strength and Range of Movement Class

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support. Classes are held Tuesdays and Thursdays.

Fee: Resident \$36.00 Non-resident \$46.00
Instructor: Jack Mansfield

Session I
Date: September 9 to October 9, 2008
Time: 10:15 a.m. to 11:00 a.m.
Course: 24427.308

Session 2
Date: October 14 to November 13, 2008
Time: 10:15 a.m. to 11:00 a.m.
Course: 24429.308

Do You Have Time and Talent?

Are you looking for a unique way to get involved in the community? The Village Center is always looking for new program or activity ideas. If you have a fun idea or are interested in leading a program, please call Jeff, Joleen or Sue at 850-5992.

Sponsorship Opportunities

The Waunakee Village Center offers a wide variety of programs for the Waunakee community, including sporting events, adult workshops, youth enrichment programs, bus trips, family nights, educational and fun program series. We always welcome sponsors for these events. If your business is interested in a great community based marketing opportunity, please contact the Village Center at 850-5992.

One-On-One Personal Training

Whether you are looking to get a great start on a new fitness program, lose weight, or train for a particular event, our personal training team can help you.

Rich Butkevic – ISSA Certified Fitness Trainer and author of "Fat Loss Essentials", has been a trainer to a wide variety of clients, from world record holding athletes, to weekend warriors and homemakers. His training philosophy utilizes a method that focuses on efficiency and simplicity and he is known for his ability to motivate his clients and maintain enthusiasm and consistency.

Rich's in-depth assessments, cutting edge nutrition knowledge, and personalization make his programs stand out as recognizable and uniquely effective in the industry.

Sharon Dahmen – Certified Personal Trainer, group exercise instructor and certified cycling instructor. Sharon has been an instructor for the past 8 years, teaching many types of classes. She recently became an ACE certified Personal Trainer, and enjoys creating personalized fitness programs to meet your individual goals. Whether you've reached a plateau or just want to get fit and don't know where to begin, Sharon can help you get started. She's a great motivator!

Sarah Homan – Exercise Specialist, has been helping educate her clients on a well-rounded approach to diet and exercise for over 20 years. With a bachelors degree from UW – Madison in fitness, and hundreds of exercise classes taught,

Sarah brings a real-world approach to reaching your goals no matter how busy your schedule already is. With a focus on proper technique and recognizing that your time is valuable, she will help you make the most out of every fitness minute.

To connect with a Personal Trainer please call the Welcome Desk at 850-5992.



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 180 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:
www.vil.waunakee.wi.us



Tuesday- November 4 Election Day

The Village Center and Senior Center have cancelled all regularly scheduled programs and activities on Tuesday, November 4, 2008 due to the Presidential Elections held here at the center.

The Fitness Center and Walking Track will also be closed for the day. There will be no congregate meals served at the Senior Center, but Meals on Wheels will be delivered.

The Village Center Welcome Desk will be open for those wanting to enroll in classes and general questions. The Senior Center bake sale will begin at 7:30 a.m.



Holiday Closings

The Village Center will be closed the following Holidays:

Labor Day

Monday – September 1, 2008

Thanksgiving Day

Thursday – November 27, 2008

Red Cross Blood Drive

Volunteers and Blood Donors Needed!

The Waunakee Village Center is hosting its first blood drive on Friday, September 19, 2008! Volunteers and blood donors are needed for this event! Volunteers are needed for 1-2 hour shifts starting at 12:30 p.m. and ending at 6:15 p.m. If you are unable to volunteer your time, consider making donations of food or beverages. For more information or to sign up to volunteer call Joleen at 850-5992.

Blood is a vital tool in contemporary medicine. Without it, doctors would not be able to treat injury or disease as effectively as they can. By choosing to donate blood, you are playing an important role in protecting the health of people in your community. In fact, chances are you or one of your family members will need blood some time in life. To sign up for an appointment or for eligibility questions call 1-800-GIVE-LIFE or go to www.give-bloodgivelife.org.

Date: Friday, September 19, 2008

Time: 2:00 p.m. to 6:00 p.m.

Thank you Youth Program Volunteers!

Priscilla Garcia, an extremely dedicated young woman, was a tremendous help for our summer Fantastic Friday Fun and Kids Klub program series. Thanks for all your hard work Priscilla!

If you are interested in becoming a volunteer at eh Village Center call Joleen at 850-5992.