



Village Center of Waunakee

VILLAGE OF WAUNAKEE COMMUNITY SERVICES DECEMBER 2008

W I N T E R 2 0 0 8

3rd Annual Community Health and Activity Fair

The Waunakee-Westport Lions Club along with the Village of Waunakee Community Services Department will be holding the 3rd Annual Community Health and Activity Fair on March 7, 2009 at the Village Center. This is a free event open to all ages and will include community groups, health screenings, information booths and demonstrations. The informational booths are for all ages, from preschoolers to seniors.

Mark your calendars to bring your family to this fun and educational event. Everyone that attends will be eligible to win great door prizes. Look for more information in late January in the Waunakee Tribune.

Date: Saturday, March 7, 2009

Time: 9:00 a.m. to 100 p.m.

Red Cross Blood Drive

The Waunakee Village Center is hosting a New Years Eve blood drive on Wednesday, December 31, 2008! Celebrate the New Year by saving lives! Volunteers are needed for 1-2 hour shifts starting at 7:30 a.m. and ending at 2:00 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.givebloodgivelife.org.

Date: Wednesday, December 31, 2008

Time: 9:00 am to 1:00 pm

Volunteers and Blood Donors Needed!

Thank you Youth Program Volunteers

Volunteers were a tremendous help for our fall Early Release programs and the Great Night for Families. Thanks to Kayla Endres, Danielle Breidung, and Lisa Herzberg for making these programs extremely successful!

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

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 the AFTER SCHOOL administrative office at 276-9782 ext. 10 for more information or to receive registration materials.

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: R \$39.00/NR \$49.00

Ages: 2 to 3

Instructor: Jane Skoug

Session 1

Date: Thursday, January 8 to February 26, 2009

Time: 9:30 a.m. to 10:00 a.m.

Course: 11371.109

Session 2

Date: Saturday, January 10 to February 28, 2009

Time: 9:30 a.m. to 10:00 a.m.

Course: 11390.109

Leapin Lizards

Children that take this class should be comfortable without parents. Participants will learn 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: R \$49.00/NR \$59.00

Ages: 3 to 6

Instructor: Jane Skoug

Session 1

Date: Thursday, January 8 to February 26, 2009

Time: 10:10 a.m. to 10:55 a.m.

Course: 11378.109

Session 2

Date: Saturday, January 10 to February 28, 2009

Time: 10:10 a.m. to 10:55 a.m.

Course: 11376.109

Multi Sport Class

KEVA Sports Center presents the My First Sports classes in Waunakee. Adult/child multi sport classes available for ages 2-5 years old.

This class focuses on sports and game play along with facilitating socialization and learning skills. Each class offers three sports each week along with parachute play, group games, and stamps and coloring sheets at the end of each class. Sports and activities change each session and this class is meant to be repeated. An adult is required to stay and participate.

Please contact KEVA directly at 662-7529 to enroll or for any questions. Also check out their website at www.kevasports.com

Winter Session 1

Date: December 8 to February 14, 2009

Winter Session 2

Date: February 16 to April 11, 2009

Ages: 2 to 3

Times: M 10:00 a.m. to 10:45 a.m.
Tues 9:00 a.m. 9:45 a.m.

Fee: \$82.00

Ages: 3 to 5

Times: M 9:00 a.m. to 9:50 a.m.
Tues 10:00 a.m. to 10:50 a.m.

Fee: \$92.00

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: R \$38.00/NR \$48.00

Date: Monday January 12 to March 2, 2009

Time: 2:00 p.m. to 2:30 p.m.

Ages: 3 to 4

Instructor: Ashley Gulden

Course: 11380.109

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: R \$38.00/NR \$48.00

Date: Monday January 12 to March 2, 2009

Time: 2:35 p.m. to 3:05 p.m.

Ages: 4 to 5

Course: 11381.109

Instructor: Ashley Gulden

Summit Sensational Family Night: Fine Arts

Bring your family for a fun filled family event. The evening will include a drum circle, theatre workshop, artwork from local schools, snacks, gym games, and arts and crafts.

Join the Musonics drum circle in an age-old ritual. The Musonics drum circle invites as it kindles self-expression, imagination and community through rhythm and sound. All are invited to bring hand drums and other percussion instruments. Some West African djembes will be provided. Whitney Beck, founder of Theatre Whit for Youth, will be leading short workshops to cover basic acting techniques and exercises for all ages!

Date: Friday, January 16, 2009

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

Free for Summit Credit Union Members



Youth Dance Classes

We are excited to be offering youth dance classes this winter. Instructor Melissa Riedel has 7 years of professional studio dance experience including advanced jazz, hip-hop, funk, ballet, lyrical, and pom, 4 years on her high school dance team, and was also a member of the University of WI-Milwaukee dance team. She has taught dance to all levels ranging from 3 years old up through adults. She is currently the coach of the Poynette High School Dance team.

Fee: R \$49.00/NR \$59.00
Instructor: Melissa Riedel

Dancin with Mommy/Daddy

Date: Tuesday, January 6 to
February 24, 2009

Time: 9:00 a.m. to 9:45 a.m.

Ages: 3 to 5

Course: 12373.109

Jazz - Level I

Date: Tuesday, January 6 to
February 24, 2009

Time: 3:15 p.m. to 4:00 p.m.

Ages: 7 to 10

Course: 12371.109

Jazz - Level II

Date: Tuesday, January 6 to
February 24, 2009

Time: 4:15 p.m. to 5:00 p.m.

Ages: 11 to 15

Course: 12372.109

Poms - Level I

Date: Thursday, January 8 to
February 26, 2009

Time: 3:45 p.m. to 4:30 p.m.

Ages: 11 to 14

Course: 12370.109

Hip-Hop - Level I

Date: Thursday, January 8 to
February 26, 2009

Time: 4:45 p.m. to 5:30 p.m.

Ages: 9 to 12

Course: 12375.109

Youth Activities

Hula Hooping: Mom and Me

Sign up as a pair to create your own hula hoops and learn basic hooping techniques and tricks to a variety of world music. This workshop will be lead by two professional hoopers from the Madison area. The course fee includes the two hour workshop and materials for two basic colored hoops. Glitter tape can be added for an additional \$5/hoop payable to the instructors. No experience necessary. www.hoopelation.com

Fee: R \$28.00/NR \$38.00 for pair

Ages: 7 and up

Instructors: Danielle McIntosh &
Jessica Barman

Session 1

Date: Friday, December 19, 2008

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

Course: 12721.408

Session 2

Date: Friday, February 20, 2009

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

Course: 12722.408

Snow Much Fun -

Teddy Bear Workshop

Is winter getting unBEARable? Come out of hibernation for a morning of fun at the Noah's Ark Animal Workshop. You will stuff your own teddy bear, wish on a special wishing star, and decorate a t-shirt for your new friend! We will play some beary fun games and have a snack! Children ages 3 and 4 should be accompanied by an adult.

Fee: R \$21.00/NR \$31.00

Instructor: Sherry Herwig

Ages 3-6

Date: Tuesday, December 30, 2008

Time: 10:00 a.m. to Noon

Course: 12360.408

Ages 7-10

Date: Tuesday, December 30, 2008

Time: 1:00 p.m. to 3:00 p.m.

Course: 12361.408

Early Release

Early Release

The early release program offers a fun and entertaining opportunity for children in grades 1-4 on afternoons when they are released from school early. The school district provides transportation to the Village Center. **Parents must pick up their children at 4:00 p.m. sharp.**

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!

Fee: \$15.00

Date: Thursday, February 26, 2009

Time: 12:30 p.m. to 4:00 p.m.

Grades 1 - 2

Course: 12730.408

Grades 3 - 4

Course: 12731.408

Puppy Love - Noah's Ark Animal Workshop

You will be sure to fall in love with these cuddly puppies! Choose your pup and hand stuff it full of love during this Noah's Ark Animal Workshop. Make a wish on a rainbow star, complete a birth certificate and decorate a bandana before you bring your new puppy home. We will complete the workshop with a fun snack and drink for the humans!

Fee: R \$21.00/NR \$31.00

Date: Friday, February 13, 2009

Time: 10:00 a.m. to 11:30 a.m.

Ages: 3 to 6

Course: 12360.109

Instructor: Sherry Herwig



Theatre Whit

All classes will take the week of
February 16 - 20, 2009 off.

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. This class will culminate in a final performance for family, friends, and the community. Visit <http://theatrewhitforyouth.webs.com/> for more information.

Fee: R \$50.00/NR \$60.00

Instructor: Whitney Beck

Ages 4 to 7

Session 1*

Date: Monday, January 5
to March 2, 2009

Time: 3:30 p.m. to 4:30 p.m.

Course: 12340.408

Session 2*

Date: Monday, January 5
to March 2, 2009

Time: 4:45 p.m. to 5:45 p.m.

Course: 12341.408

Session 3**

Date: Thursday, January 8
to March 5, 2009

Time: 3:30 p.m. to 4:30 p.m.

Course: 12343.408

*Final performance Saturday, March 7,
2009 from 7:00 p.m. to 9:00 p.m.

** Final performance Sunday, March 8,
2009 from 1:00 p.m. to 4:00 p.m.

Acting I

Do you love to perform? Would you like to beef up your acting skills? Then this is the class for you, whether you are beginning or continuing your acting journey.

We will explore various acting methods and techniques through scene work and theatre games while having tons of theatre fun!

<http://theatrewhitforyouth.webs.com/>

Fee: R \$50.00/NR \$60.00

Date: Thursday, January 8, 2009
to March 5, 2009

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

Ages: 10 to 14

Course: 12345.408

Instructor: Whitney Beck

Fractured Fairy Tail Theatre

Have you ever wondered what would have happened if Cinderella outgrew 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. This class will culminate in a final performance for family, friends, and the community. Visit <http://theatrewhitforyouth.webs.com/> for more information.

Fee: R \$50.00/NR \$60.00

Instructor: Whitney Beck

Ages: 8 to 13

Session 1*

Date: Monday, January 5
to March 2, 2009

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

Course: 12342.408

Session 2**

Date: Thursday, January 8
to March 5, 2009

Time: 4:45 p.m. to 5:45 p.m.

Course: 12344.408

*Final performance Saturday, March 7
from 7:00 p.m. to 9:00 p.m.

** Final performance Sunday, March 8
from 1:00 p.m. to 4:00 p.m.

By the Seat of Your Baggy Pants

A fun theatrical experience - exploring masks, movement, mime, juggling and other cool stuff. Capture the comic vitality of the circus, Vaudeville, and physical comedians such as Charlie Chaplin, Buster Keaton, and Robin Williams. Students will study the value of physical expression and a variety of mime forms. Fun solo and group improvisational exercises will be explored using masks from Switzerland and the Italian Theatre.

The Clown Character and Circus Skills will also be an integral part of this action-filled workshop. Students will also learn basic 3- ball juggling techniques, and the art of balancing objects on the nose. Jacob Mills is a professional actor, physical comedian and educator. He has been performing and teaching since 1974. For more info on Cheney and Mills see www.cheneyandmills.com

Fee: R \$12.00/NR \$17.00

Instructor: Jacob Mills

Ages 7 - 10

Session 1

Date: Saturday, January 10, 2009

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

Course: 12331.408

Session 2

Date: Saturday, February 14, 2009

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

Course: 12332.408

Ages 10 - 13

Session 1

Date: Saturday, January 10, 2009

Time: 11:15 a.m. to 1:15 p.m.

Course: 12333.408

Session 2

Date: Saturday, February 14, 2009

Time: 11:15 a.m. to 1:15 p.m.

Course: 12334.408

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

Sciensational Workshops Blowfish Robocraft

We have teamed up with Sciensational Workshops to offer a winter break science camp. It is loads of fun to build. It's a Robotfish with big, puffy cheeks. You will build it and take it home. It is great to play with and educational too. Watch it as it moves in our miniature pool. Our Blowfish Robocraft is propelled forward by a left/right moving tail fin. Learn about gears and circuits as you have fun building it.

Fee: R \$140.00/NR \$150.00

Date: Monday, December 29 and Tuesday, December 30

Time: 9:00 a.m. to 4:30 p.m.

Ages: 6 ½ to 12

Course: 12244.408

Instructor: Sciensational Workshops For Kids

Your Blowfish Robocraft has a motor and you will learn how it works. You will also get to design and build other robots that can perform many tasks. Build a car for speed and go on our obstacle course. We will see how fast your Blowfish Robocraft is, as you enter our Sciensational Workshop races.

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. Booking one month in advance is recommended.

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

Fee: R \$120.00/NR \$150.00

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

Ages: 4 to 11

Theme Birthday Party 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

Fee: R \$150.00/NR \$180.00

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

Ages: 4 to 11

Court Time Volleyball

Court-Time volleyball is designed to introduce the game of competitive volleyball to young players 14 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. There will be tournament "play dates" where teams will compete against each other. This is NOT a try-out program. All athletes who want to play will be accepted. The program will consist of approximately 28 practices, tournament "play dates", a t-shirt uniform and a volleyball for \$240.00.

Registration deadline is December 31, 2008. \$140.00 deposit due at registration and \$100.00 balance due by February 1, 2009. There will be a parents meeting on December 7, 2008 at 4:00 p.m. at the Village Center. The practice schedule for the season will be handed out at that time.

Fee: \$240.00
Date: Saturday, January 10 to April 18, 2009

Indoor Soccer League

We will be offering a youth recreational soccer league for boys and girls in grades 1 - 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 January 11, 2009. 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. **Registration Deadline: Friday January 2, 2009, at 5:00 p.m.**

Fee: R \$30.00/NR \$40.00
K and 1st Grade
Date: Sunday, January 11 to February 22, 2009
Time: 4:45 p.m. or 5:30 p.m.
Course: 42084.109

2nd and 3rd Grade
Date: Sunday, January 11 to February 22, 2009
Time: 6:15 p.m. or 7:00 p.m.
Course: 42085.109

Youth Tennis - Indoor

Designed 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 sessions are conducted in a creative, accepting, and fun environment where individual effort and improvement are primary objectives. Participants should bring their own racquets.

Fee: R \$48.00/NR \$58.00
Instructor: Betsy Zadra

Ages 5 - 7
Date: Wednesday, January 7 to February 25, 2009
Time: 3:15 p.m. to 4:05 p.m.
Course: 42011.109

Ages 8 & up
Date: Wednesday, January 7 to February 25, 2009
Time: 4:10 p.m. to 5:00 p.m.
Course: 42012.109

3 on 3 Holiday Hoopla Youth Basketball Tournament

The Village Center will be hosting a 3 on 3 youth basketball tournament on Monday, December 29, and Tuesday December 30, 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 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 divisions may be combined based on number of teams. Registration forms are available at the Village Center and must be turned in by Monday December 22, 2008 at 6:00 p.m. Teams can call the Village Center on Friday December 26, 2008 after 10:00 a.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: Monday/Tuesday - December 29 - 30, 2008
Time: 9:00 a.m. to 5:00 p.m.
Grades: 4 to 8

Waunahoops Girls Youth Basketball "It's not too late"!

There is still limited space available for girls in grades K to 6 to participate in Waunahoops. This program is designed to introduce and develop basketball fundamentals with an emphasis on fun and participation. Practices will start January 10, 2009. **Registration deadline is December 13, 2008.**

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: R \$50.00/NR \$60.00
Age: 3 and up
Time: 5:30 p.m. to 8:30 p.m.
Instructor: Michael Plessel

December
Course: 45391.109
Date: Tuesdays
 Wednesdays
 Thursdays
 December 2 to 18, 2008
1/2 price for December!

January
Course: 45397.109
Date: Tuesdays
 Wednesdays
 Thursdays
 January 6 to 29, 2009

February
Course: 45398.109
Date: Tuesdays
 Wednesdays
 Thursdays
 February 5 to 26, 2009

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 Intermediate class is for those that have some basic experience with ballroom dance. The class is taught by Terry Enge, certified ballroom dance instructor. Partners preferred.

Fee: R \$25.00/NR \$35.00
Ages: 16 and up
Instructor: Terry Enge/CBI

Session 1

Thursday, January 8 to February 12, 2009

Beginner

Time: 7:00 p.m. to 8:00 p.m.
Course: 13266.109

Intermediate

Time: 8:00 p.m. to 9:00 p.m.
Course: 13262.109

Session 2

Thursday, February 19 to March 26, 2009

Beginner

Time: 7:00 p.m. to 8:00 p.m.
Course: 13260.109

Intermediate

Time: 8:00 p.m. to 9:00 p.m.
Course: 13261.109

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.	

Become a Love and Logic Parent

This six week class will cover easy to use techniques to put parents in control while raising responsible children with improved self-esteem. Time outs, consequences, chores, sibling rivalry, and allowances are only a part of the most common parenting issues that are discussed. These and many more topics will be covered to help you improve your relationship with your children. Put the fun back into parenting! The fee covers both parents.

Fee: R \$40.00/NR \$50.00
Date: Thursday, January 22 to February 26, 2009
Time: 6:30 p.m. to 8:00 p.m.
Instructor: Tim Hopping
Course: 13231.109

Glass Fusion

Discover the creative possibilities of warm glass. Create your unique design using various types, shapes and colors of glass. Items will be kiln fused by the instructor and delivered to the center for pickup one week after the session. The possibilities are only limited by your imagination!

Ages: 13 and up
Instructor: Susan Welsch

Beginning Jewelry

Create two (2) one of a kind necklace pendants while being introduced to the basics of fused glass. (An additional material/kiln fee will be paid directly to the instructor - typically \$10.00 for two pendants).

Session 1

Fee: R \$20.00/NR \$25.00
Date: Wednesday
January 7, 2009
Time: 6:30 p.m. to 8:30 p.m.
Course: I 3201.109

Session 2

Fee: R \$20.00/NR \$25.00
Date: Wednesday
February 11, 2009
Time: 6:30 p.m. to 8:30 p.m.
Course: I 3202.109

Fused Glass Picture Frame

Create a one-of-a-kind 4x6 picture frame while being introduced to the basics of fused glass. An addition material/kiln fee will be paid directly to instructor (typically \$20.00 for each frame).

Fee: R \$20.00/NR \$25.00
Date: Wednesday
January 21, 2009
Time: 6:30 p.m. to 8:30 p.m.
Course: I 3203.109



Baby Signs® Parent Workshop

Talk with your baby before they can talk! This workshop introduces parents to the ground breaking research and history behind the Baby Signs® program. The participants will learn about the many benefits of incorporating signing into their daily lives and learn all they need to know to begin signing at home. Cost covers 2 adult family members and includes a Parent Workshop kit. This workshop is also good for babysitters, grandparents and caregivers. Ages for this workshop are birth to 2 years old.

Fee: R \$49.00/NR \$59.00
Instructor: Ally Moll

Session 1

Date: Tuesday, December 16, 2008
Time: 10:30 a.m. to Noon
Course: I 1341.408

Session 2

Date: Saturday, January 10, 2009
Time: 10:30 a.m. to Noon
Course: I 1342.408

Baby Signs® - Sign, Say & Play

Join thousands of families who have already discovered the magic of using Baby Signs® programs to talk with babies before they can talk! This 6 week play 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. Fee includes your take-home kit perfect for reinforcing signing at home: 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.babysigns.com

Fee: R \$120.00/NR \$130.00
Date: Tuesday, January 20
to March 3, 2009

Time: 10:00 a.m. to 11:00 a.m.
Ages: 6 months to 2 1/2 yrs
Instructor: Ally Moll
Course: I 1340.408

Light up Your Life: Soy Candle Class

Ignite your creativity by attending a 100%, all natural soy wax candle making class! These healthy, clean burning, non-toxic, biodegradable candles will be perfect for welcoming in the holiday season and/or for gift giving! Come play, pour, and connect with friends, both old and new. While relaxing with wax, you will also learn why 'friends don't let friend's burn paraffin!' The class will be taught by Candlemaster, Laurie Sullivan, who has been involved with retail sales, custom orders, fundraising events and candle classes for over a year. The class fee includes all supplies needed to create an 8-9 oz soy candle in your choice of container, color and fragrance. Additional candles can be made for \$1.35/oz of wax used, plus \$1.00 for the container. (or bring your own glass container to refill!) Please visit www.liveinlightcandles.com or call Laurie at 608-345-3776 for more information.

Fee: R \$15.00/NR \$25.00
Ages: 6 and up
Instructor: Laurie Sullivan

Session 1

Date: Sunday, December 14, 2008
Time: 1:00 p.m. to 4:00 p.m.
Course: I 3291.408

Session 2

Date: Tuesday, December 16, 2008
Time: 6:00 p.m. to 9:00 p.m.
Course: I 3292.408

Session 3

Date: Saturday, January 10, 2009
Time: 1:00 p.m. to 4:00 p.m.
Course: I 3293.408

Session 4

Date: Tuesday, February 10, 2009
Time: 6:00 p.m. to 9:00 p.m.
Course: I 3295.408

MATC Classes

<u>Class Name</u>	<u>Fee*</u>	<u>Day</u>	<u>Time</u>	<u>Start Date</u>	<u>End Date</u>
Watercolors All Levels 59819	\$62.93	T	9:00 a.m. to Noon	03/10	04/14
Watercolor All Levels 59820	\$62.93	T	12:30 p.m. to 3:30 p.m.	03/10	04/14
Painting for Pleasure 58504	\$69.48	W	1:00 p.m. to 3:30 pm	02/18	04/18
Painting for Pleasure 60188	\$69.48	W	9:00 a.m. to 11:30 a.m.	02/18	04/08
Landscaping and Design 56298	\$48.06	M	6:00 p.m. to 8:00 p.m.	01/26	02/23
Painting 58502	\$69.48	R	9:00 a.m. to 11:30 a.m.	02/19	04/09
Floral Design 60081	\$17.10	R	1:00 p.m. to 3:00 p.m.	03/26	04/02
eBayWorkshop 55666	\$13.71	S	9:00 a.m. to Noon	01/31	01/31

** 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.

New Year Fat Slash Seminar

This is a six week comprehensive course to help you shape up and reach your potential. Rich Butkevic, ISSA Certified Fitness Trainer and author of "The Fat Loss Formula" will guide you step by step through everything you need to know to achieve your optimal weight and finally drop the pounds you've struggled with. The course will cover goal setting and lifestyle management, nutritional strategies, 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 and avoid while choosing foods, as well a session in the gym to demonstrate exercise form and safety. Included in the program is a copy of Coach Rich's book, "Fat Loss Formula" on compact disk and a special discount on individual training. Don't miss the opportunity to take advantage of this head to toe body and lifestyle makeover with a nationally recognized personal trainer and author!

Fee: R \$60.00/NR \$70.00
Date: Monday, January 12 to February 16, 2009
Time: 6:00 p.m. to 6:45 p.m.
Ages: 16 and up
Course: 25449.109

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 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 trainers and instructors, 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.

Fee: R \$199.00/NR \$209.00
Date: Tuesday, January 6 to March 17, 2009
Time: 10:10 a.m. to 11:00 a.m.
Instructor: Dustin Maher
Course: 23430.109

FIT Pass Information

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

Daily Pass

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

Short Term Passes

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

Annual FIT Pass

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

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

Daily Track Pass Punch Card

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

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

Membership reimbursements may be available if you carry Group Health, Dean, Unity or Physicians Plus (beginning January 1, 2009) Health Insurance!

For more information contact your health care provider's website or stop at the Welcome Desk.

FIT Pass Fee Schedule

Effective January 1, 2009

<u>Pass Classification</u>	<u>Resident Rate</u>	<u>Non-Resident Rate</u>
ANNUAL PASS (EFT)		
Youth	\$8.75 per month	\$11.25 per month
High School (14-18)	\$14.00 per month	\$18.00 per month
Adult (18-54)	\$25.00 per month	\$35.00 per month
Older Adult (55+)	\$14.00 per month	\$14.00 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)	\$95.00	\$120.00
Adult (18-54)	\$165.00	\$220.00
Older Adult (55+)	\$95.00	\$95.00
Family	\$300.00	\$385.00
3 MONTH PASS		
Youth	\$30.00	\$39.00
High School (14-18)	\$55.00	\$71.00
Adult (18-54)	\$90.00	\$120.00
College (17-24) Summer Only	\$70.00	\$90.00
Older Adult (55+)	\$55.00	\$55.00
Family	\$155.00	\$205.00
1 MONTH PASS		
Youth	\$12.00	\$16.00
High School (14-18)	\$22.50	\$29.00
Adult (18-54)	\$37.50	\$49.00
Older Adult (55+)	\$22.50	\$22.50
Family	\$60.00	\$78.00
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/Youth	\$6.00	\$12.00
Older Adult (55+)	\$6.00	\$6.00

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.

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.

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 Mondays, Wednesdays and Fridays. These classes are free for SilverSneaker Membership Holders.

Winter schedule and fees will be available December 14, 2009.

SHAPE UP

One-on-One Weight Loss System

The Village Center health and wellness team wants to help you shape up in 2009! 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!!!

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.

Winter Session

January 5, 2009 to March 15, 2009
(10 weeks)

Winter Session Schedule

Available and Registration Starts
Sunday - December 14, 2008

One-On-One Personal Training

Are you looking to get a great start on a new fitness program, lose weight, or train for a particular event? Connect with a Personal Trainer by calling the Welcome Desk at 850-5992.

Rich Butkevic – ISSA Certified Fitness Trainer and author of "Fat Loss Essentials", has worked with many clients, from world record holding athletes, to weekend warriors and homemakers. He utilizes a method that focuses on efficiency and simplicity and is known for his ability to motivate his clients and maintain enthusiasm and consistency. His in-depth assessments, cutting edge nutrition knowledge, and personalization make his programs stand out.

Sharon Dahmen – Certified Personal Trainer, group exercise instructor and certified cycling instructor. Sharon has been an instructor for the past 8 years. 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 are just beginning, Sharon can help. She's a great motivator!

Sarah Dimick – ACE Certified Personal Trainer, and Certified Yoga and Pilates Instructor. Sarah enjoys teaching a variety of exercise classes and helping people discover strength, endurance, and flexibility. She also enjoys working with small groups, families, children, and individuals. Whether you are new to fitness, or are looking for a change to your current workout, Sarah can help you create a fun and efficient exercise routine that will keep you healthy, fit, and energized!

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 bachelor's degree from UW, and experience in hundreds of exercise classes, Sarah brings a real-world approach to reaching your goals. With a focus on proper technique and respecting your valuable time, she will help you make the most of every fitness minute.

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

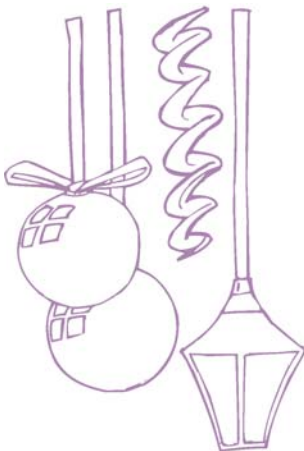
- Conference Room
- Activity Room
- Computer Room

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



Reserve Your Park Shelter for the 2009 Season!

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 dia-

monds), Centennial Park Shelter, Hanover Park Shelter, Savannah Park Shelter and Tierney Park Shelter!

Fees vary depending upon the rental date/time and your residency. 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.

Friday, January 2, 2009 will be the first day to reserve parks for 2009.

Shelter Rental Fees 2009

<u>Shelter</u>	<u>*Weekday Fee</u> <i>Monday to Thursday</i>	<u>*Weekend Fee</u> <i>Friday to Sunday</i>
Village Park Shelter	\$60.00	\$70.00
Centennial Park - New Shelter	\$60.00	\$70.00
Village Park Gazebo	\$50.00	\$60.00
Centennial Park - Old Shelter Between the Ball Diamonds	\$50.00	\$60.00
Ripp Park Shelter	\$50.00	\$60.00
Tierney Park Shelter	\$50.00	\$60.00
Hanover Park Shelter	\$50.00	\$60.00
Savannah Park Shelter	\$50.00	\$60.00

*There is an additional \$40.00 fee for non-residents. Wisconsin State Sales Tax will be applied to all rentals.

Holiday Hours

Christmas Eve
Wednesday - December 24, 2008
5:30 a.m. to Noon

Christmas Day
Thursday - December 25, 2008
Closed

New Year's Eve
Wednesday - December 31, 2008
5:30 a.m. to 2:00 p.m.

New Years Day
Thursday - January 1, 2009
Closed