



Village Center of Waunakee

VILLAGE OF WAUNAKEE COMMUNITY SERVICES SEPTEMBER 2009

FALL 2009

Green Bay Packers Bus Trip

Celebrate the Packers legacy! The thrill of game day is possible every day at Lambeau Field. Take a self-guided tour of the Packers Hall of Fame and visit the Packers Pro Shop. Take a Lambeau Field stadium tour - see a private suite, walk through the player's tunnel and a whole lot more. Bring the whole family along for the fun! Pack a lunch for the bus ride.

Children ages 5 - 8 must be accompanied by an adult. (Adults must register for the trip too.) Children over the age of 8 are welcome to sign up with friends!

Fee: R \$35.00/NR \$45.00
Date: Sunday, October 25, 2009
Time: 10:15 a.m. to 6:00 p.m.
Ages: 5 and up
Course: 15720.309

2009 - 2010 Men's Basketball League

The 2009-2010 Men's Basketball Season will begin on October 7, 2009 with a practice game. All players from the 2008/2009 season will have until September 19, 2009 to register. Beginning September 20, 2009 registration will be open to all new players.

Fee: \$70.00
Date: Wednesday
October 7, 2009 to February 17, 2010
Time: 6:45 p.m. to 9:45 p.m.
Course: 43000.409
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 29, 2009 and Friday, October 30, 2009 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 divisions, may be combined based on the number of teams.

Registration forms are available at the Village Center and must be turned in by Friday, October 23, 2009 at 6:00 p.m. Teams can call the Village Center On Tuesday, October 27, 2009 after 1:00 p.m. to get tournament schedules. Teams are considered entered only after the registration form and payment are turned in to the Village Center.

Fee: \$40.00 per team
Date: Thursday, October 29 and October 30, 2009
Time: 9:00 a.m. to 5:00 p.m.
Course: 42116.309

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 14, 2009 everything will be donated!

Preschool Activities

Tumble Bugs - Parent/Child

This class will teach kids basic gymnastics skills, with an emphasis on coordination, strength, balance and socialization. Join your 18 month old 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: 18 Months to 3 years

Instructor: Jane Skoug

Session 1

Date: Saturday
September 12 to October 24, 2009

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

Course: 11386.309

Session 2

Date: Monday
September 14 to October 26, 2009

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

Course: 11385.309

Session 3

Date: Wednesday
September 16 to October 28, 2009

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

Course: 11387.309

Session 4

Date: Saturday
October 31 to December 19, 2009

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

Course: 12380.309

Session 5

Date: Wednesday
November 4 to December 16, 2009

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

Course: 12381.309

Additional Tumbling classes maybe added if there are long wait lists. So if classes are full, please add your child to the wait list.

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: At least 3 but less than 6 ½

Instructor: Jane Skoug

Session 1

Date: Saturday
September 12 to October 24, 2009

Time: 9:35 a.m. to 10:20 a.m.

Course: 11383.309

Session 2

Date: Monday
September 14 to October 26, 2009

Time: 5:10 p.m. to 5:55 p.m.

Course: 11382.309

Session 3

Date: Wednesday
September 16 to October 28, 2009

Time: 10:05 a.m. to 10:50 a.m.

Course: 11384.309

Session 4

Date: Saturday
October 31 to December 19, 2009

Time: 9:35 a.m. to 10:20 a.m.

Course: 11389.309

Session 5

Date: Wednesday
November 4 to December 16, 2009

Time: 10:05 a.m. to 10:50 a.m.

Course: 12382.309

Tumble Stars

Join us for this intermediate skill level class. Continue gymnastic development on bars, beam, vault and floor apparatus. Tumble stars is an invite only class, previously enrolled tumble stars are welcome.

Other interested participants should call Joleen at the Village Center to set-up a 5 minute skills test before enrolling. Participants should be proficient in performing a cartwheel and forward roll on floor, pullover (or close) on bar, be comfortable walking all ways on the beam, and also be able to push up to a bridge for close to 5 seconds.

Fee: R \$53.00/NR \$63.00

Ages: 5 to 8

Instructor: Jane Skoug

Session 1

Date: Saturday
September 12 to October 24, 2009

Time: 10:35 a.m. to 11:30 a.m.

Course: 11381.309

Session 2

Date: Monday
September 14 to October 26, 2009

Time: 4:00 p.m. to 4:55 p.m.

Course: 11380.309

Session 3

Date: Saturday
October 31 to December 19, 2009

Time: 10:35 a.m. to 11:30 a.m.

Course: 11388.309

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
R \$4.00/family NR \$8.00/family

YogaKids

Reading, storytime, music, creative arts, and earthcare with yoga to educate the "whole" child. The Yoga Kids curriculum provides children with an exciting new way to explore and appreciate their academic and creative potential. Children learn invaluable skills that set the groundwork for meeting challenges and growing strong physically, mentally and emotionally; cultivating self-esteem for a lifetime of successful achievement.

About the instructor: Amanda Keen grew up in Waunakee and began to practice yoga when she was 16. She received certification in massage from Lakeside School of Massage Therapy and practices in Madison. She received YogaKids certification through the world wide YogaKids Association. Her approach to teaching is to create a safe, fun, and creative environment for children of all ages. Her goal is to teach children their full potential while accepting their peers; to encourage a regular practice of yoga; to inspire teachers and parents to interact with their children; to relieve stress and to grow.

Fee: R \$42.00/NR \$52.00
Instructor: Amanda Keen

Ages: 3 to 7
Date: Monday, October 5 to November 23, 2009
Time: 3:00 p.m. to 3:55 p.m.
Course: 22400.309

Ages: 8 to 13
Date: Monday, October 5 to November 23, 2009
Time: 4:00 p.m. to 4:55 p.m.
Course: 22401.309



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
Ages: 3 to 4
Instructor: Ashley Gulden

Session 1
Date: Wednesday, September 9 to October 21, 2009
Time: 2:00 p.m. to 2:30 p.m.
Course: 11390.309

Session 2
Date: Wednesday, October 28 to December 16, 2009
Time: 10:30 a.m. to 11:00 a.m.
Course: 11391.309

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
Ages: 4 to 5
Instructor: Ashley Gulden

Session 1
Date: Wednesday, September 9 to October 21, 2009
Time: 2:35 p.m. to 3:05 p.m.
Course: 11392.309

Session 2
Date: Wednesday, October 28 to December 16, 2009
Time: 2:35 p.m. to 3:05 p.m.
Course: 11393.309

Early Release

The early release program offers a fun and entertaining opportunity for children in grades 1 through 4 on afternoons 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 12, 2009
Grades 1 - 2
Course: 12730.309

Grades 3 - 4
Course: 12731.309

Wednesday - October 28, 2009
Grades 1 - 2
Course: 12732.309

Grades 3 - 4
Course: 12733.309

KEVA

KEVA Sports Center presents the My First Sports classes in Waunakee. Adult/child multi sport classes are available for ages 2 to 5 years old. KEVA also holds programs for ages 18 months to 14 years old at their facility in Middleton. These multi sport classes focus on sports and game play along with facilitating socialization, and learning skills.

Each class offers three different 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.

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

2009/2010 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' and girl's season runs from December 2009 through February 2010.

Fees vary by league, all players receive a reversible jersey and basketball. 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 December 5, 2009. Specific locations and game times will be identified in late October.

Girls - Waunahoops			
Grade	Course	Fee	Registration Deadline
Kindergarten	42116.409	\$35.00	Sunday - November 15, 2009
1st Grade	42117.409	\$35.00	Sunday - November 15, 2009
2nd Grade	42118.409	\$35.00	Sunday - November 15, 2009
3rd Grade	42119.409	\$40.00	Sunday - November 15, 2009
4th Grade	42009.409	\$40.00	Sunday - November 15, 2009
5th & 6th Grade	42008.409	\$40.00	Sunday - November 15, 2009

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 5, 2009. Specific locations and game times will be identified in late October.

Boys - Little Warriors			
Grade	Course	Fee	Registration Deadline
Kindergarten	42110.409	\$35.00	Sunday - November 15, 2009
1st Grade	42111.409	\$35.00	Sunday - November 15, 2009
2nd Grade	42112.409	\$35.00	Sunday - November 15, 2009
3rd Grade	42113.409	\$40.00	Sunday - November 15, 2009
4th Grade	42114.409	\$40.00	Sunday - November 15, 2009
5th & 6th Grade *	42115.409	\$85.00	Thursday - October

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

Swimming

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 8, 2009 and runs through December 5, 2009. Try out our swim team with a one week free trial for new swim team members.

Registration materials and additional information can be found on the WOW website: www.waunakeeorcas.org. Or call Cindy DeWinter at 850-5534 for more information.



Waunakee Rural Aquatic Team - WRAT

WRAT swim team is now offering mail-in registration for its Fall session. The Fall session will run from September 14, to November 29, 2009. Under the direction of Head Coach Wagner da Silva, WRAT is a competitive USA Swimming program, offering 7 swim levels from beginner to novice, to intermediate and advanced competitive.

Practice dates and times vary by swim group. A free trial week is offered for all new swimmers! For more information and registration forms, contact Tammy Kirch at 850-3899 or at tsimpletk@aol.com or check out our website at www.eteamz.active.com/WRAT.



Girls on the Run (GOTR)

Girls on the Run is a wonderful after-school program for 3rd-5th grade girls that teach life skills and self-confidence through an interactive curriculum and physical activity. The 10 week session culminates with the girls participating in a community service project and a "Girls on the Run 5K" on Saturday, November 14, 2009.

For more information regarding GOTR, participation fees and registration, go to: www.girlsontherundaneco.org

Dates: Mondays and Wednesdays
September 2
to November 11, 2009
Time: 3:45 p.m. to 5:15 pm
Grades: 3 to 5



Inaugural New Balance Girls On The Run 5K

Everyone is welcome! This is a community Run/Walk event! Join us for a 5K Certified run or walk on Saturday, November 14, 2009. Feel free to run, jog, walk, skip or simply come to cheer on our amazing girls! Register online at <http://www.girlsontherundaneco.org/newbalancegirlsontherun5k.html> or pick up a hard copy of the registration at the Village Center. Early registration is encouraged to guarantee your long-sleeve race t-shirt.

Fee: Varies - see application
Date: Saturday
November 14, 2009
Time: 10:00 a.m. start
Location: Waunakee Village Park

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.

Fee: R \$35.00/NR \$45.00

Ages 4 to 5
Date: Sunday
November 1 to 22, 2009
Time: 4:00 p.m. to 4:45 p.m.
Course: 42088.309

Ages 6 to 7
Date: Sunday
November 1 to 22, 2009
Time: 5:00 p.m. to 5:45 p.m.
Course: 42082.309

Taekwondo

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. All instructors are Nationally Certified and will teach American Taekwondo Association (ATA) Songham Taekwondo. 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
www.waunakeeata.com

September - 45391.409

October - 45392.409

November - 45393.409

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.	

Tennis

Youth Indoor Tennis

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

Fee: R \$38.00/NR \$48.00
Date: Wednesday, November 4 to December 16, 2009
Instructor: Betsy Zadra
Location: Village Center

Ages 5 to 8
Time: 3:15 p.m. to 4:05 p.m.
Course: 42011.309

Ages 9 & up
Time: 4:10 p.m. to 5:00 p.m.
Course: 42012.309

LaCrosse

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. Players should bring their own water bottles and mouth guard. All participants will receive a camp shirt. For more information please call David Malcolm at (406) 531-5847.

Fee: R \$80.00/NR \$90.00
Date: Sunday, September 13 to October 11, 2009
Time: Noon to 1:00 p.m.
Grades: 3 to 6
Course: 42098.309
Location: Tierney Park
Instructor: Lacrosse America

Treasure Hunt: Letterboxing

Letterboxing is an intriguing mix of treasure hunting, art, navigation, and exploring interesting, scenic, and sometimes remote places. In this class, you will learn all about letterboxing: how to solve clues, use a compass, and how to place and find letterboxes. At the end of the class, you will take home your own letterboxing backpack filled with supplies, so that you and your family can enjoy this fascinating pastime.

Parent/Child Class

The class fee includes registration for one parent and one child and the cost of one take home backpack. An additional child can be enrolled in the class for only \$10.00 by calling the Village Center at 850-5992. Additional children will not receive the take home kit.



Fee: R \$29.00/NR \$39.00
Date: Sunday, October 18, 2009
Time: 1:00 p.m. to 4:00 p.m.
Ages: 6 and up
Course: 12740.309
Instructor: Deb Nies

Child Only Class

Fee: R \$29.00/NR \$39.00
Date: Thursdays
 October 1 and 8, 2009
Time: 3:45 p.m. to 5:15 p.m.
Ages: 6 and up
Course: 12742.309
Instructor: Deb Nies

Children's Birthday Party

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 private party room and bring in food and drinks to complement the party. Parties are for up to 15 children (\$5.00 for each additional child, maximum of 20). All parties must have at least 2-4 adults to assist with supervision.

Your event can be booked by calling Joleen at 850-5992. Booking one month in advance is recommended.

Basic Party Package Includes:

- Use of private room
- Organized games in the gym for 1 hour led by Village Center staff (birthday child chooses activities)
- No-fuss clean up

Fee: R \$120.00/NR \$150.00
Ages: 4 to 11

Theme Party Package Includes:

- Use of private room
- Theme specific decorations
- Organized theme specific games for 1.5 hours led by Village Center staff
- No-fuss clean up

Fee: R \$150.00/NR \$180.00
Ages: 4 to 11

Theme Party Options:

Princess Royal Ball, Dinosaur Shin – "Dig," Outer Space Adventure, Art Extravaganza, Pirate Party, Rock Star, Superhero, Scrapbooking (in partnership with Not Just Scrapbooking), Yoga and Pilates (in partnership with Carrie Johnson of I Pilate Studio).

Do you have other ideas? We may be able to create a custom party just for your child!



Fall Colors In the Parks

Walk to your neighborhood park for our Fall Colors program on Thursday, October 29 or Friday, October 30 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 29, 2009	9:00 a.m. to 10:00 a.m.	12748.309
Scenic Valley Park	Thursday October 29, 2009	11:00 a.m. to Noon	12746.309
Centennial Park	Thursday October 29, 2009	1:30 p.m. to 2:30 p.m.	12745.309
Hanover Park	Friday October 30, 2009	9:00 a.m. to 10:00 a.m.	12744.309
Tierney Park	Friday October 30, 2009	11:00 a.m. to Noon	12747.309

Summit Family Night - An Enchanted Experience

Bring your family to the Village Center on Friday, October 23, 2009 for a fun-filled, family event! Summit Credit Union is sponsoring our activities which include face painting, Halloween themed games and activities, gym games, arts-n-crafts, and a snack. Children are invited to wear costumes or try on ours. Don't miss out on the fun!

Fee: \$4.00 per family – Resident
\$8.00 per family – Non-resident
•Free for Family FIT Pass Members
•Free for Summit Credit Union Members

Date: Friday, October 24, 2009
Time: 6:00 p.m. to 8:00 p.m.



Glass Fusion

Beginning Jewelry

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.

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)

Fee: R \$20.00/NR \$25.00
Ages: 13 and up

Session 1

Date: Monday, September 14, 2009
Time: 6:30 p.m. to 8:30 p.m.
Course: 13201.409

Session 2

Date: Monday, October 5, 2009
Time: 6:30 p.m. to 8:30 p.m.
Course: 13202.409

Session 3

Date: Wednesday, December 2, 2009
Time: 6:30 p.m. to 8:30 p.m.
Course: 13201.110

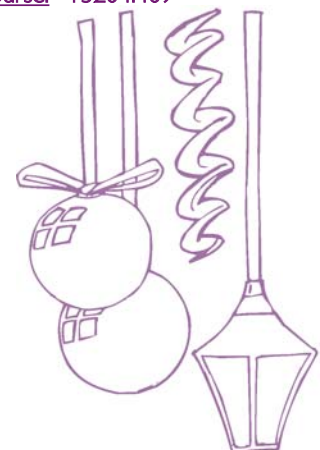
Holiday Ornaments

Decorate your home this holiday season with a special glass ornament. Create a 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. There will be an additional supply fee paid to the instructor for each ornament created - typically \$5.00 - \$10.00 per ornament.

Fee: R \$20.00/NR \$25.00

Ages: 13 and up
Date: Tuesday, November 17, 2009
Time: 6:30 p.m. to 8:30 p.m.
Course: 13204.409



Village Center Day Trippers

Warren's Cranberry Fest

Taste everything cranberry at the 37th Annual Cranberry Festival. A wide variety of American and Ethnic foods can be found at over 70 different booths. Shop at 850 art & craft booths, 350 antique and flea market booths, and over 100 farmer's market booths. Enjoy music while you shop or relax at the Old Towne Hall for Family Variety Time. Watch cooking demonstrations, try cranberry cream puffs, chocolate covered cheese cake, funnel cakes, or cranberry ice cream. There is a lot of room in the luggage area for new-found treasures. Good walking shoes are a must. This trip goes rain or shine so please plan accordingly.

Fee: R \$44.00/NR \$54.00
Date: Saturday, September 26, 2009
Time: 7:20 a.m. to 9:00 p.m.
Ages: 25 and up
Course: I3303.209

Kick Off Christmas in Chicago

Love shopping in Chicago or seeing the attractions but don't want the hassle of driving and parking? Then hop on board the Kick Off Christmas in Chicago coach. Enjoy a day at your leisure in Chicago! We'll arrive near Michigan Avenue at approximately 10:00 a.m. and you are on your own until 7:30 p.m.

As an additional bonus, this is the day of the annual Lighting of Michigan Avenue following a very special Disney Procession down Michigan Avenue. There are also plenty of special sales at the stores, special activities and performances that are scattered throughout Michigan Avenue!

Fee: R \$39.00/NR \$49.00
Date: Saturday, November 21, 2009
Time: 6:30 a.m. to 10:30 p.m.
 (Estimated departure/arrival)
Ages: 25 and up
Course: I3301.309

Adult Enrichment

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: \$27.00
 Non-resident: \$37.00
Ages: 16 and up
Instructor: Terry Enge

Session 1

Date: Thursday, September 17 to October 22, 2009
Time: 7:00 p.m. to 8:00 p.m.
Course: I3260.309

Session 2

Date: Thursday, October 29 to December 10, 2009
Time: 7:00 p.m. to 8:00 p.m.
Course: I3261.309

"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: Tuesday, September 22 to October 27, 2009
Time: 6:30 p.m. to 8:00 p.m.
Instructor: Tim Hopping
Course: I3234.309

Circle of Life

The Circle of Life process is a personal health action, self-empowerment system providing the opportunity to transform habits and negative behaviors. It is simple, accessible and profound; it will empower you, your family, your coworkers, and your friends. The Circle of Life will effectively support you in creating the positive results you want whether it be better nutrition, weight loss, greater health, secure finances, a satisfying career, better relationships and more.

You will experience life assessment, self Inquiry, group coaching, and movement including many mind body activities. You will learn about extreme self care and the profound insight that is gained thru participating in the process.

Join the Circle of Life for a half day retreat. If you decide to work at making some changes in your life then join us for a 6 week follow-up workshop. The workshop requires each participant to purchase a Circle of Life Guild Book for \$35.00, payable to the instructor on the first day of class. Village Center FIT pass members will receive a \$5.00 discount on the 6 week workshop.

Candice holds a BS from UW-Madison. She is a certified Massage Therapist and founded In Balance, a massage therapy practice. Her experience was the catalyst that inspired her to turn a passion for helping people achieve great wellness into a coaching career. She is a Certified Wellness Coach, Nutrition Coach, and Certified Circle of Life Coach through the Wellness Council of America.

Ages: 18 and up
Instructor: Candice Schneider

Circle of Life - Retreat

Fee: R \$40.00/NR \$50.00
Date: Sunday, September 27, 2009
Time: 1:00 p.m. to 4:00 p.m.
Course: I3450.309

Circle of Life - Workshop

Fee: R \$103.00/NR \$108.00
Date: Monday, October 12 to November 16, 2009
Time: 6:30 p.m. to 8:30 p.m.
Course: I3451.309

Nutrition Seminar Series

Change your plate. Change your life. This is an 8 week nutrition seminar series. Foods can make you feel better, if it is the right food. This series will help you feel and look your best by teaching you how to incorporate real food into your diet. You will also learn how different foods affect your energy level, metabolism, hormonal system and much more.

The following topics will be covered: Cut your cravings and get balanced, how foods affect energy and metabolism, Healthy fats - the new info, how to find



the right proteins, the cholesterol myths, carbohydrates that count, traveling and dining out tips, and healing your body with food.

As part of the program you will receive shopping lists, menus, recipes, handouts, resource lists, support and motivation. There will be 2 free informational meetings on Monday, September 21, 2009 at 6:30 p.m. and Wednesday, September 23, 2009 at 9:30 a.m.

This seminar will be led by Hittman Nutrition, LLC. You can get more information by visiting www.itsyourplate.com.

Fee: R \$200.00/ NR \$210.00

Ages: 13 and up

Instructor: Tracie Hittman

Session 1

Date: Monday, October 5 to November 23, 2009

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

Course: 23431.309

Session 2

Date: Wednesday, October 7 to November 25, 2009

Time: 9:30 a.m. to 10:45 a.m.

Course: 23432.309

MATC Classes

Adult Enrichment Classes

Class Name	Fee*	Day	Time	Start Date	End Date
Painting #28945	\$62.93	W	1:00 p.m. to 3:30 p.m.	9/23	11/4
Calligraphy Mixed Media #34715	\$62.93	W	5:00 p.m. to 7:00 p.m.	9/23	11/18
Painting #28953	\$62.93	R	9:00 a.m. to 11:30 a.m.	9/24	11/5
Watercolors All Levels #28877	\$56.38	T	9:00 a.m. to Noon	9/29	10/27
Watercolors All Levels #28955	\$56.38	T	12:30 p.m. to 3:30 p.m.	9/29	10/27
Floral Design #30313	\$37.10	S	9:00 a.m. to 12:30 p.m.	11/7	11/7

Professional Development Classes

Class Name	Fee*	Day	Time	Start Date	End Date
Career Transitions #34818	\$65.00	T	6:00 p.m. to 8:30 p.m.	9/22	10/27
Listening to Your Business #34817	\$65.00	S	9:00 a.m. to Noon	10/3	10/17

**All project supplies are at an additional cost.*

Seniors will pay a reduced rate for these classes, typically a 20% discount. 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: 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.



FIT Pass Information

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 Health Insurance!

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

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

October 31, 2009

(8 weeks)

Fall Session I Schedule

Available and Registration Starts

Sunday - August 16, 2009

Fall Session II

November 1

to

December 26, 2009

(8 weeks)

Fall Session II Schedule

Available and Registration Starts

Sunday - October 11, 2009



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.

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 and Thursday
September 8
to November 10, 2009

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

Course: 23430.309

Instructor: Dustin Maher



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.

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.

Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights; elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Fee: Muscular Strength and Range of Movement Class, Cardio Circuit, YogaStretch
 R \$38.00/NR \$48.00
 Punch card for 10 classes
 If you are a SilverSneakers Fit Pass Holder the classes are free.

Time: 10:10 a.m. to 11:15 a.m.
 Classes are held Mondays thru Friday

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 - \$12.00 per month
- 2 children - \$18.00 per month
- 3 children - \$24.00 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 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.

YogaStretch

YogaStretch is a class designed for ALL participants and focuses on poses and postures to improve breathing, flexibility, balance, muscular strength and endurance and joint range of motion. YogaStretch is a blend of three Yoga styles creating harmony of movement for the whole body. Static and dynamic movements are presented to enhance the flow and physical energy of the movements with the SilverSneakers chair for seated and standing support.

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



Now Hiring Programming Staff

We are looking for several new staff members to assist with programming here at the Village Center. Pick up an application or down-load it on-line at www.vil.waunakee.wi.us. All materials must be submitted at Village Hall – 500 W. Main Street. Applications accepted until the positions are filled – don't delay! For more information call 850-5992.

- Tumbling
- Volleyball
- Basketball
- Youth Dance
- Theatre
- Group Exercise

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.

Photographer Needed

Are you one of those talented folks walking around with a really cool camera everywhere you go? Is your family tired of hearing you say "Say Cheese!"? We are looking for a volunteer photographer to help us document our programming efforts and facilities. If you have some time and talent to share with us, please call Sue at 850-5992.



Holiday Closings

The Village Center will be closed the following Holidays:

Labor Day

Monday – September 7, 2009

Thanksgiving Day

Thursday – November 26, 2009

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.

Waunakee Chamber - Gift Certificates

The Village Center has joined the more than 100 local businesses that accept Chamber Gift Certificates. Gift certificates can be purchased in \$5.00 increments at the Chamber office, and can be redeemed at any participating Chamber member businesses. What a great gift idea that also supports the community and local economy.



Thank you!

Youth Programming Volunteers

Volunteers are a tremendous help for youth programming offered at the Village Center. Thanks to Cameron Hurlebaus, Elli Hutchinson, Sheri and Katie Legatzke, Deanna Loewenhagen, Luke Sackash, Emily Schreiber, Mary Sherman, and Lauren West for assisting with many of our summer programs or general facility care! If you are interested in becoming a volunteer with the Village Center, please call Joleen at 850-5992.

Little League - Softball and Baseball

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 1130 kids that participated this summer.

Little League Sponsors

We would also like to thank the local businesses that assisted the league this year by sponsoring teams: CJ's Lawn and Snow Service, Waunakee Utilities, CPR Plus, Outback Steakhouse, CMI, Johnson Block, Knights of Columbus, Physician's Plus, Hitters Sportsplex, Duren Law Office, COUNTRY Financial, Baseball Card Shoppe, Culvers of Waunakee, Fitness for Success, Nord Gear, VIP Photography, Best Defense Security and Fire, and Advertisers Press.

Thank you all for your support!!!