



Village Center of Waunakee

VILLAGE OF WAUNAKEE COMMUNITY SERVICES DECEMBER 2009

WINTER 2009

Red Cross Blood Drive

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.

To sign up for an appointment or for eligibility questions call 1-800-448-3543 or go to www.giveblood-givelife.org.

Date: Thursday, December 31, 2009

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

**Volunteers and Blood
Donors Needed!**

Santa at the Village Center

Santa and Mrs. Claus will be driving the sleigh from the North Pole to the Village Center on Saturday, December 5, 2009 from 1:00 p.m. to 4:00 p.m.

Children will get to share their wish list and talk to Santa about the North Pole. Parents are invited to take pictures of their children with Santa Claus.

The entire family will create crafts, enjoy entertainment, candy canes, cookies, cider, and holiday fun!

All ages are welcome to the FREE program!

Date: Saturday, December 5, 2009

Time: 1:00 p.m. to 4:00 p.m.

Fee: FREE

Summit Family Night Candlelight Snowshoe Hike

Join us for a candlelight snowshoe hike through Village Park. Experience the magic of snowshoeing with a trained naturalist! Get outside with the entire family to learn about snowshoeing and winter natural history. No experience necessary, if you can walk, you can snowshoe! Be sure to dress for the weather. The snowshoeing part of the program will not occur if temperatures are below 5° F. A limited number of adult and children's snowshoes are available. Snowshoes provided by an Alliant Energy Foundation Grant.

After the hike, come inside to warm up with hot chocolate, play gym games, eat a snack and create winter arts-n-crafts. Don't miss out on the fun!

Date: Friday, January 22, 2010

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



summit
CREDIT UNION

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 1 1/2 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 \$45.00/NR \$55.00
Ages: 18 months to 3 years

Session 1
Date: Wednesday
January 6 to
February 24, 2010
Time: 9:30 a.m. to 10:00 a.m.
Course: 12383.409

Session 2
Date: Thursday
January 7 to
February 25, 2010
Time: 9:30 a.m. to 10:00 a.m.
Course: 12384.409

Session 3
Date: Saturday
January 9 to
February 27, 2010
Time: 9:00 a.m. to 9:30 a.m.
Course: 12385.409

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 \$56.00/NR \$66.00
Ages: 3 to 6 1/2

Session 1
Date: Wednesday
January 6 to
February 24, 2010
Time: 10:05 a.m. to 10:50 a.m.
Course: 12380.409

Session 2
Date: Thursday
January 7 to
February 25, 2010
Time: 10:05 a.m. to 10:50 a.m.
Course: 12381.409

Session 3
Date: Saturday
January 9 to
February 27, 2010
Time: 9:35 a.m. to 10:20 a.m.
Course: 12382.409

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 \$60.00/NR \$70.00
Ages: 5 to 9
Date: Saturday,
January 9 to
February 27, 2010
Time: 10:35 a.m. to 11:30 a.m.
Course: 11386.409

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

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
Date: Tuesday January 19 to
March 2, 2010
Time: 10:00 a.m. to 10:30 a.m.
Course: 11391.110
Instructor: Ashley Gulden

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
Date: Monday January 19 to
March 2, 2010
Time: 10:35 a.m. to 11:05 a.m.
Course: 11393.110
Instructor: Ashley Gulden



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 \$34.00/NR \$44.00 for pair
Ages: 6 and up
Date: Friday, January 15, 2010
Time: 6:30 p.m. to 8:30 p.m.
Course: 12729.409
Instructors: Danielle Lee and
Jessica Barman

Gingerbread Friends - Animal Workshop

Is winter getting unBEARable? Come out of hibernation for an afternoon of fun! You will stuff your own Reindeer Bear or Ginger the Gingerbread, wish on a special wishing star, and decorate holiday clothing for your new friend. We will play fun games and have a snack. Children ages 3 and 4 should be accompanied by an adult.

Fee: R \$19.00/NR \$29.00
Ages: 3 to 9
Date: Sunday, December 20, 2009
Time: 1:00 p.m. to 3:00 p.m.
Course: 12720.409



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 5
Date: Tuesday
February 2 to
March 23, 2010
Time: 3:45 p.m. to 4:40 p.m.
Course: 22400.409

Ages: 6 to 8
Date: Monday
February 1 to
March 22, 2010
Time: 3:15 p.m. to 4:10 p.m.
Course: 22401.409

Ages: 9 to 13
Date: Monday
February 1 to
March 22, 2010
Time: 4:15 p.m. to 5:10 p.m.
Course: 22402.409

Youth Activities

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 25, 2010
Time: 1:00 p.m. to 4:00 p.m.

Grades 1 - 2
Course: 12730.409

Grades 3 - 4
Course: 12731.409

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.

2009

December 28, 29, 30

2010

January 18

January 25

February 26

March 1

Walk on the White Side - Snowshoe Saturday

Experience the magic of snowshoeing with a trained naturalist while exploring the Castle Creek Conservancy! Get outside with the entire family to learn about snowshoeing and winter natural history. No experience necessary - if you can walk, you can snowshoe! Children ages 5 -10 must be accompanied by an adult.

Meet at the Village Center at 10:00 a.m. and walk with the group to the Conservancy. Be sure to dress for the weather. The program will not occur if temperatures are below 5° F.

A limited number of adult and children's snowshoes are available. Snowshoes were provided by an Alliant Energy Foundation Grant.

Fee: R \$9.00/NR \$14.00
Ages: 5 and up
Instructor: Joleen Stinson

Session 1
Date: Saturday, January 9, 2010
Time: 10:00 a.m. to Noon
Course: 12721.409

Session 2
Date: Saturday, February 13, 2010
Time: 10:00 a.m. to Noon
Course: 12722.409

Private group snowshoe programs are available for cub scouts, girl scouts, youth groups, schools, and even family gatherings. Please call Joleen at the Village Center for availability and pricing details.

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.

Fee: R \$8.00/NR \$13.00
Date: Saturday, February 27, 2010
Time: 10:30 a.m. to 12:30 p.m.
Ages: 6 to 12
Course: 12723.409

Youth Theatre

Once Upon A Time

Bring your favorite characters from your favorite stories to life! Learn about acting and how a play is formed while playing games and having fun! You'll get to help with making costumes and building the set - all while using your imagination. Show your family and friends with your final performance on the last 15 minutes of the last class!

Fee: R \$50.00/NR \$60.00

Ages: 4 to 6

Date: Thursday
January 7 to
February 25, 2010

Time: 4:30 p.m. to 5:25 p.m.

Course: 12340.409

On Stage

Learn how to bring characters to life on stage by practicing acting techniques and playing theatre games! Help with making costumes and building the set. Put it all together on stage with your final performance for family and friends on the last 15 minutes of the last class!

Fee: R \$50.00/NR \$60.00

Ages: 7 to 10

Date: Thursday
January 7 to
February 25, 2010

Time: 3:30 p.m. to 4:25 p.m.

Course: 12342.409

Lights Up!

Use your voice, body, and imagination to learn acting techniques such as characterization, improv, and vocal strength. Learn about the process of putting on a show - from sets to costumes to the final curtain. Act in a final performance for family and friends on the last 15 minutes of the last class and show off all your new skills!

Fee: R \$50.00/NR \$60.00

Ages: 11 to 14

Date: Thursday
January 7 to
February 25, 2010

Time: 5:30 p.m. to 6:25 p.m.

Course: 12341.409

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), and Snowshoeing.

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

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.

Swimming

The Waunakee Orcas of Wisconsin - WOW

WOW swim team is now taking registrations for its winter session which runs from December 7, 2009 to March 7, 2010. Swimmers of all abilities, ages 4-18, will work with full time head coach, Matt Wunderlin.

All new swimmers are invited to try a week free. WOW offers a flexible practice schedule for all groups. Experience success at all levels from the very beginner to the elite high level swimmer and learn what it means to live the "Orca Way".

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 registrations for the Winter session. This session will run from November 16 to March 7, 2010. 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 Becky Duffy at jbduffy@tds.net or 849-7606 or check out our website at www.waunakeeaquatics.org.



Soccer

Indoor Soccer Clinic

The Waunakee Village Center will be offering a youth recreational soccer clinic for boys and girls in grades 1 - 4. Each week will consist of 15 minutes of instruction by the Waunakee High School coaches and players along with 30 minutes of game play. All players will receive a t-shirt.

Fee: R \$35.00/NR \$45.00

Grades 1 to 2

Date: Sunday,
January 10 to
February 14, 2010

Time: 5:00 p.m. to 6:00 p.m.

Course: 42084.110

Grades: 3 to 4

Date: Sunday
January 10 to
February 14, 2010

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

Course: 42085.110

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: R \$35.00/NR \$45.00

Age 4

Date: Sunday
March 7 to March 28, 2010

Time: 5:00 p.m. to 5:45 p.m.

Course: 42088.110

Ages 5 & 6

Date: Sunday
March 7 to March 28, 2010

Time: 6:00 p.m. to 6:45 p.m.

Course: 42089.110

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 \$38.00/NR \$48.00

Instructor: Betsy Zadra

Ages 5 to 8

Session 1

Date: Wednesday
January 6 to February 10, 2010

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

Course: 42011.109

Session 2

Date: Wednesday
February 17 to March 24, 2010

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

Course: 42015.109

Ages 9 & up

Session 1

Date: Wednesday
January 6 to February 10, 2010

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

Course: 42012.109

Session 2

Date: Wednesday
February 17 to March 24, 2010

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

Course: 42016.109

Court Time Volleyball

Court-Time volleyball program is designed to introduce the game of competitive volleyball to young players Grades 5 to 8. 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 on Sundays and on Wednesdays or Fridays. 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.

Deadline to register is December 31, 2009. \$115.00 deposit due at registration and \$100.00 balance due by February, 1, 2010. There is a parents meeting scheduled for December 6, 2009 at 3:00 p.m. at the Village Center. You will be notified by email once that has been set.

Fee: \$215.00

Grades: 5 to 8

Date: Saturday, January 10 to
Friday, April 23, 2010



Taekwondo - For Adults/Kids!

TUESDAY	WEDNESDAY	THURSDAY
Tiny Tigers Ages 4 to 6 White - Yellow 5:15 p.m. to 5:45 p.m.	Private Lessons 5:15 p.m. to 6:15 p.m. Setup with Instructor	Tiny Tigers Ages 4 to 6 White - Yellow 5:15 p.m. to 5:45 p.m.
Tiny Tigers Ages 4 to 6 Camo - Red 5:45 p.m. to 6:15 p.m.	Beginner Class Ages 7 and Up White - Yellow 6:15 p.m. to 6:50 p.m.	Tiny Tigers Ages 4 to 6 Camo - Red 5:45 p.m. to 6:15 p.m.
Beginner Class Ages 7 and Up White - Yellow 6:15 p.m. to 6:50 p.m.	Intermediate Class Ages 7 and Up Camo - Red 6:50 p.m. to 7:25 p.m.	Beginner Class Ages 7 and Up White - Yellow 6:15 p.m. to 6:50 p.m.
Intermediate/Advance Class Ages 7 and Up Camo - Black 6:50 p.m. to 7:25 p.m.	Advance Class Ages 7 and Up Rec. Black - Black 7:25 p.m. to 8:00 p.m.	Intermediate Class Age 7 and Up Camo - Red 6:50 p.m. to 7:25 p.m.
Leadership Class Ages 7 and Up Leadership Program Members 7:25 p.m. to 8:00 p.m.		Advanced Class Age 7 and Up Rec. Black - Black 7:25 p.m. to 8:00 p.m.
Instructor Class Ages 10 and Up Instructor Program Members 8:00 p.m. to 8:35 p.m.		

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: 4 and up

Time: 5:30 p.m. to 8:30 p.m.

Instructor: Michael Plessel
www.waunakeeata.com

December - 45394.409
(December 2009 1/2 Price!)

January - 45393.110

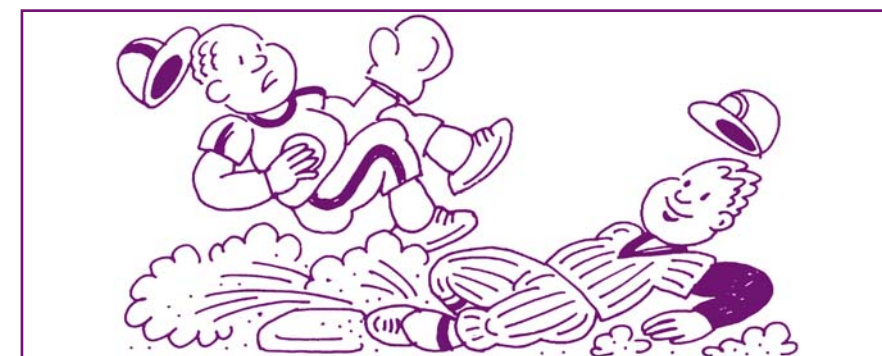
February - 45394.110

Waunakee Wrestling Club Youth Registration

The Waunakee Wrestling Club will be holding sign-up and informational meetings for Youth (K-8 grade) Wrestling on December 3 and 11, 2009 from 6:30 p.m. to 7:30 p.m. at the high school.

Parents not familiar with the sport of wrestling are encouraged read "Parent's Guide to Youth Wrestling" at www.youthwrestlingguide.com. Further details regarding the Waunakee Wrestling Club can be found at www.waunakeewrestling.com. Youth practices will begin January 4, 2010.

The program will stress wrestling FUNDamentals - no wrestling experience is necessary. Call or e-mail with any questions (Mike Paschke / 850-5357 / mpaschke@waunakeewrestling.com or Mike Statz / 849-9765 / mstatz@waunakeewrestling.com).



US Baseball Academy

The Waunakee Area Little League will once again be sponsoring the US Baseball Academy (formally Midwest Baseball Academy) in 2010. The academy will be held at Waunakee High School for six Sundays beginning Feb 7, 2010. To register and get complete details please go to the US Baseball Academy website - www.usbaseballacademy.com or call US Baseball Academy at 1-866-622-4487.

Little League Baseball and Softball

Registration for the 2010 Little League season will begin February 1, 2010. The Waunakee Area Little League provides leagues for boys and girls in Kindergarten through high school.

Registration information will be emailed to all past participants in mid January 2010.

Adult Enrichment

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 and better relationships. Experience life assessment, self inquiry, group coaching, and movement including many mind body activities.

Join the Circle of Life for a half day retreat. If you decide to continue then join us for a 6 week 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.

Instructor: Candice Schneider

Retreat
Fee: R \$40.00/NR \$50.00
Date: Sunday, January 10, 2010
Time: 12:30 p.m. to 4:00 p.m.
Course: 13450.409

Workshop
Fee: R \$98.00/NR \$108.00
Date: Thursday, January 14 to February 18, 2010
Time: 6:30 p.m. to 8:30 p.m.
Course: 13451.409

Ballroom Dance

Learn basic ballroom dance steps and variations including fox trot, swing, waltz and latins. Learn to lead, follow and relax on the dance floor. The class is taught by Terry Enge, certified ballroom dance instructor.

Beginning 2 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. Partners preferred.

Fee: R \$27.00/NR \$37.00
Instructor: Terry Enge/CBI

Date: Thursday, January 28 to March 4, 2010

Beginner
Time: 7:00 p.m. to 8:00 p.m.
Course: 13260.110

Intermediate
Time: 8:00 p.m. to 9:00 p.m.
Course: 13265.110

Beginning Guitar Hum and Strum

Designed for the beginning guitar player, ages 14 and older with a maximum of 10 participants. You do not need to be able to read music to register. Students must have a suitable acoustic guitar. Contact the Village Center for additional information.

All participants must commit to minimum practice time of 15 minutes per day. Instructor is available for individual problem solving during the week.

Fee: R \$54.00/NR \$64.00
Ages: 14 and up
Date: Tuesday

January 12 to February 16, 2010
Time: 6:30 p.m. to 8:00 p.m.
Course: 15341.109
Instructor: Keith Krinke

Holiday Soy Candle Class Light up Your Life

Ignite your creativity by attending an all natural soy wax candle making class! These healthy, clean burning, non-toxic, biodegradable candles will be perfect for in the holiday season and/or for gift giving! Come play, pour, and connect with friends. While relaxing with wax, you will also learn why 'friends don't let friend's bum paraffin'!

Class is taught by Candlemaster, Laurie Sullivan, who has been teaching candle classes for over two years. 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.livein-lightcandles.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 13, 2009
Time: 1:00 p.m. to 4:00 p.m.
Course: 13290.409

Session 2
Date: Thursday December 17, 2009
Time: 6:30 p.m. to 9:00 p.m.
Course: 13291.409

Adult Table Tennis

The adult table tennis league will start play on November 4, 2009 and run through the end of January, 2010. Anyone interested is welcome and we accommodate all skill levels. Rackets, balls and 8 beautiful Stiga tables are available for play. We will meet in the Waunakee High School Field House at 7:00 p.m. and play to about 9:00 p.m. Cost is \$25.00 for the whole season or \$3.00 per night. If you have any questions contact Duffy Kopf at lkopf@waunakee.k12.wi.us or 849-2100.

MATC Classes

Adult Enrichment Classes

Class Name	Fee*	Day	Time	Start Date	End Date
Cake Decorating #70205	\$17.33	SA	9:00 a.m. to 1:00 p.m.	2/20	2/20
Cake Decorating #70206	\$17.33	SU	1:00 p.m. to 5:00 p.m.	3/21	3/21
Painting #68672	\$62.93	M	6:30 p.m. to 9:00 p.m.	2/15	3/29
Painting #68754	\$62.93	W	1:00 p.m. to 3:30 p.m.	2/17	3/31
Watercolors All Levels #68798	\$56.38	T	9:00 a.m. to Noon	3/16	4/13
Watercolors All Levels #68764	\$56.38	T	12:30 p.m. to 3:30 p.m.	3/16	4/13
Painting #68752	\$62.93	R	9:00 a.m. to 11:30 a.m.	2/18	4/1
Painting #68924	\$62.93	R	1:00 p.m. to 3:30 p.m.	2/18	4/1

Professional Development Classes

Class Name	Fee*	Day	Time	Start Date	End Date
Spanish for Supervisors #73949	\$175.00	R	6:00 p.m. to 8:30 p.m.	2/25	4/1

"Workplace Spanish® for Supervisors" was developed for to help managers and supervisors communicate with Spanish-speaking employees to improve work processes, safety, operations and productivity. It is general in nature and applies to all types of industries. Over 600 key terms and phrases are presented in the materials. No grammar, no rules to learn, no prior Spanish experience is necessary! All books and materials are included in the course fee.

Throw Away Your Resume #73955	\$35.00	SA	8:00 a.m. to 10:00 a.m.	2/6	2/6
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Learn how to make yourself stand out from the rest. Develop a strategy for reaching the companies you want to work for and finding the person who will hire you.

* All project supplies are at an additional cost.
Seniors will pay a reduced rate for these classes, typically a 20% discount. 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 to Thursday, 12:00 p.m. to 3:30 p.m. Friday.

4th Annual Community Health, Energy and Activity Fair

The Waunakee-Westport Lions Club and Waunakee Utilities along with the Village Center will be holding the 4th annual Community Health, Energy and Activity Fair on March 6, 2010 at the Village Center.

This is a free event open to all ages and will include community groups, health screenings, information booths and energy demonstrations. There will be informational booths for preschoolers to seniors.

So 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 6, 2010
Time: 9:00 a.m. to 1:00 p.m.



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 Health Insurance!

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

FIT Pass Fee Schedule

<i>Pass Classification</i>	<i>Resident Rate</i>	<i>Non-Resident Rate</i>
ANNUAL PASS (EFT)		
Youth	\$8.75 per month	\$11.25 per month
High School (14-18)	\$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 Health 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.

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.

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.

Fee: R \$38.00/NR \$48.00
Punch card for 10 classes
If you are a SilverSneakers Fit Pass Holder the classes are free.

Current class schedules are available at the Welcome Desk

GROUP EXERCISE CLASSES

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. Current class offerings include: Yoga, Pilates, Group Cycling, Zumba and various Cardio and Sculpt classes. A complete schedule of classes will be available on the dates below.

Winter Session

January 3 2010 to March 27, 2010
(12 weeks)

Winter Session Schedule
Available and Registration Starts
Sunday - December 13, 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
December 1 to
February 18, 2010
Time: 10:10 a.m. to 11:00 a.m.
Course: 23431.409
Instructor: Dustin Maher

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

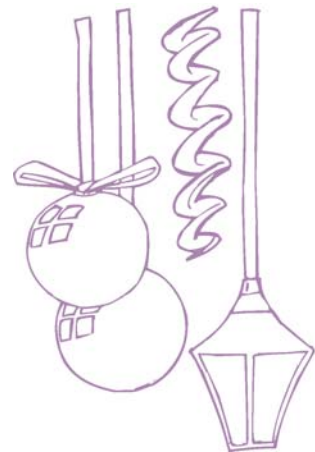
- Conference Room
- Activity Room
- Computer Room

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



Holiday Hours

Christmas Eve
Thursday - December 24, 2009
5:30 a.m. to Noon

Christmas Day
Friday - December 25, 2009
Closed

New Year's Eve
Thursday - December 31, 2009
5:30 a.m. to 2:00 p.m.

New Years Day
Friday - January 1, 2010
Closed

Reserve Your Park Shelter for the 2010 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

diamonds), 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.

Saturday, January 2, 2010 will be the first day to reserve parks for 2010.

Shelter Rental Fees 2010

Shelter	*Weekday Fee Monday to Thursday	*Weekend Fee Friday to Sunday
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.