



Village Center of Waunakee

VILLAGE OF WAUNAKEE COMMUNITY SERVICES SEPTEMBER 2010

FALL 2010

Cars in the Park

All makes, models, and years car show. This second annual event is open to car enthusiast who would like to enter their vehicle or community members simply interested in checking out all of the top-notch entries. Cars can be registered on site beginning at 8:00 a.m. for a fee of \$10.00 and a non-perishable food item. There is no fee for spectators, but food pantry donations are encouraged.

All cars will be judged by independent judges and awards will be presented at 3:00 p.m. A great concessions stand and a DJ for music will help make this event a great time for the entire family. For more information contact Chris Neumaier at 849-7760.

Where: Village Park

Date: Saturday, September 11, 2010

Time: 8:00 a.m. to 3:00 p.m.

3 on 3 Basketball Tournament

The Village Center will be hosting a 3 on 3 youth basketball tournament on Thursday, October 28, and Friday, October 29, 2010 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 22, 2010 at 6:00 p. m. Teams can call the Village Center On Tuesday, October. 26, 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/Friday, October 28 - 29, 2010

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

Course: 42116.310

Summit Family "Twilight Night"

Are you on Team Edward or Team Jacob? Come to the Village Center on Friday, October 22, 2010 for a fun-filled evening of family oriented activities. Summit Credit Union will sponsor the activities which include: face painting, bounce house, bobbing for apples, arts and crafts, costume contest and most importantly vampire and werewolf games. Don't miss out on this special event!

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 22, 2010

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



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 \$33.00/NR \$43.00

Age: 18 months to 3 years

Fall Session I

Date: Monday, September 20 to October 25, 2010

Time: 3:30 p.m. to 4:00 p.m.

Course: 11386.310

Date: Wednesday, September 22 to October 27, 2010

Time: 10:20 a.m. to 10:50 a.m.

Course: 11384.310

Date: Thursday, September 16 to October 21, 2010

Time: 10:20 a.m. to 10:50 a.m.

Course: 11383.310

Date: Saturday, September 18 to October 23, 2010

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

Course: 11385.310

Fall Session II

Date: Wednesday, November 3 to December 8, 2010

Time: 10:20 a.m. to 11:50 a.m.

Course: 11388.310

Date: Saturday, October 30 to December 18, 2010

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

Course: 11387.310

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 \$42.00/NR \$52.00

Ages: 3 to 5

Fall Session I

Date: Monday, September 20 to October 25, 2010

Time: 4:05 p.m. to 4:50 p.m.

Course: 12383.310

Date: Wednesday, September 22 to October 27, 2010

Time: 9:30 a.m. to 10:15 a.m.

Course: 12380.310

Date: Thursday, September 16 to October 21, 2010

Time: 9:30 a.m. to 10:15 a.m.

Course: 12381.310

Date: Saturday, September 18 to October 23, 2010

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

Course: 12382.310

Fall Session II

Date: Wednesday, November 3 to December 8, 2010

Time: 9:30 a.m. to 10:15 a.m.

Course: 12384.310

Date: Saturday, October 30 to December 18, 2010

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

Course: 11389.310



Rock N' Rollers

For beginning gymnasts age 5-9 years old. Participants will learn the four apparatus of gymnastics: the balance beam, bars, floor exercise and vault. Circuits will be set up in each class to progress in gross and fine motor skills. Strength, flexibility, and social skills are added to the class to make it tons of fun for everyone!

Fee: R \$45.00/NR \$55.00

Ages: 5 to 9

Fall Session I

Date: Monday, September 20 to October 25, 2010

Time: 5:05 p.m. to 6:00 p.m.

Course: 11390.310

Date: Saturday, September 18 to October 23, 2010

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

Course: 12385.310

Fall Session II

Date: Saturday, October 30 to December 18, 2010

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

Course: 12391.310

Non-School Day Programs

AFTER SCHOOL will be offering special programs at the Village Center on non-school days and during holiday break periods. Each of the all day programs will focus on themes that enhance children's natural sense of discovery and wonder.

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

2010 Program Dates

Thursday, October 28

Friday, October 29

Monday, November 5

Wednesday, November 24

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 Heidi at the Village Center to set-up a skill assessment before enrolling. Participants should be proficient in performing a cartwheel and forward roll on floor. Pullover (or close) on bars, comfortable walking all ways on the beam, and able to push up to a bridge for 5 seconds.

Fee: R \$45.00/NR \$55.00
Ages: 5 to 8

Fall Session I

Date: Monday, September 20 to October 25, 2010
Time: 6:05 p.m. to 7:00 p.m.
Course: 11391.310

Date: Saturday, September 18 to October 23, 2010
Time: 11:35 a.m. to 12:30 p.m.
Course: 11381.310

Fall Session II

Date: Saturday, October 30 to December 18, 2010
Time: 11:35 a.m. to 12:30 p.m.
Course: 11392.310

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

Sports of All Sorts

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

Fee: R \$38.00/NR \$48.00

Ages 4 to 5

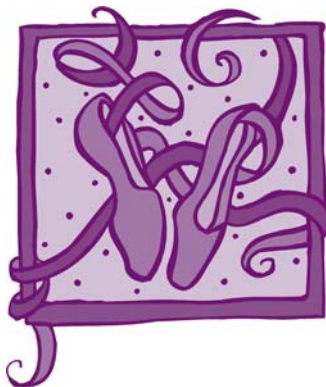
Date: Thursday, September 16 to November 4, 2010
Time: 4:00 p.m. to 4:45 p.m.
Course: 42079.310

Ages 6 to 8

Fee: R \$38.00/NR \$48.00
Date: Thursday, September 16 to November 4, 2010
Time: 4:45 p.m. to 5:30 p.m.
Course: 42078.310

Youth Dance Coming this Fall!!!

More information will be available by the end of September.



Early Release

Afternoon Fiesta

Join us for early release "Afternoon Fiesta" program. This program offers a fun and entertaining opportunity for children in grades K-4 on afternoons where they are released from school early. Activities include: festive music, games lead by Village Center staff, arts and crafts, and fun snack will be provided. The school district provides transportation to the Village Center. Register early, this program fills up fast!

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

Fee: \$15.00
Date: Friday, September 17, 2010
Time: 1:00 p.m. to 4:00 p.m.

Grades K - 2

Course: 12730.310

Grades 3 - 4

Course: 12731.310

Hocus Pocus

Join us for early release "Hocus Pocus" program. This program offers a fun and entertaining opportunity for children in grades K-4 on afternoons where they are released from school early. Activities include: spooky music, games lead by Village Center staff, arts and crafts, and scary snack will be provided. The school district provides transportation to the Village Center. Register early, this program fills up fast!

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

Fee: \$15.00
Date: Wednesday, October 27, 2010
Time: 1:00 p.m. to 4:00 p.m.

Grades K - 2

Course: 12732.310

Grades 3 - 4

Course: 12733.310

Pumpkins in the Park

Walk to your neighborhood park for Pumpkin crafts and fall activities. Children ages 5 to 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 so please register in advance by calling the Village Center at 850-5992.

Fee: R \$6.00/NR \$11.00
Ages: 5 to 12

Centennial Park

Date: Thursday, October 28, 2010
Time: 9:00 a.m. to 10:00 a.m.
Course: 12748.310

Scenic Valley Park

Date: Thursday, October 28, 2010
Time: 11:00 a.m. to Noon
Course: 12746.310

Hanover Park

Date: Friday, October 29, 2010
Time: 9:00 a.m. to 10:00 a.m.
Course: 12744.310

Tierney Park

Date: Friday, October 29, 2010
Time: 11:00 a.m. to Noon
Course: 12747.310



Haunted Barn

Join us for a "Haunting Good Time" in Stoughton. Activities include: a costume contest, tour through the Haunted Barn and trails. Pictures will be taken with the Haunted Hearse or the night time characters.

We will see the Haunted Barn with the lights on and no real monsters. Halloween music will be played through out the tour to give off a spooky feeling. Experience a haunted house in a less frightening atmosphere.

Sign up your little ghoul right away, this chilling trip will fill up fast.

Fee: R \$18.00/NR \$28.00
Day: Saturday, October 23, 2010
Time: 1:00 p.m. to 5:00 p.m.
Ages: 6 to 12
Course: 52300.310



Kids Cooking

Fee: R \$19.00/N \$24.00
Ages: 6 and up
Instructor: Lydia Critchley

Easy Holiday Goodies for Kids

A hands-on class of making fudge, cookies, party mix, homemade hot chocolate and more with tasty sampling. Everything is furnished, No experience necessary. Bring your aprons and cameras and be ready to have fun. Invite a friend and both of you get a gift. Each student receives a folder of recipes and additional information. Parents are welcome but not required.

Date: Friday, November 26, 2010
Time: 10:00 a.m. to Noon
Course: 12222.310

Tasty Mini Foods for Kids

Make mini- treats, mini roll-up salads, mini muffins, mini pot pies and more in a fun and tasty class. Hands-on everything furnished. No experience necessary. Parents are welcome to attend if desired but not required. You are welcome to bring your aprons and cameras. Invite a friend and you both get a gift. A folder of recipes and additional information for each student.

Date: Thursday, October 28, 2010
Time: 10:00 a.m. to Noon
Course: 12221.310

Theatre

Fee: R \$50.00/NR \$60.00
Date: Thursday, September 9 to October 28, 2010
Instructor: Alanna Reeves

Interactive Storytelling

Class work will begin with interactive storytelling and eventually give children the freedom to make their own choices about what direction the stories should take (choose your own adventure). Children will learn basic parts of a story in this class and will work on positive problem-solving skills as well as learning basic principles of theatre. Public performance takes place last day of class.

Time: 3:30 p.m. to 4:25 p.m.
Ages: 4 to 7
Course: 12343.310

Making a Scene

This improv-based class enforces knowledge of basic story parts (character, location, conflict, solution) while building confidence and creativity! Students will learn to think on their feet with improvisation games, and will work toward creating their own scenes to be performed the last day of class for friends and family.

Time: 4:30 p.m. to 5:25 p.m.
Ages: 8 to 12
Course: 12344.310

Children's Birthday Party

With a variety of activities for all ages and abilities, you will enjoy a two hour 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. For more information or to book your event, call the Village Center at 850-5992. Booking one month in advance is recommended.

The Basic Party Includes:

- 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 Includes:

- Themed decorations
- Themed crafts for each participant to take home
- Organized theme based games for 1.5 hours led by Village Center staff

Fee: R \$150.00/NR \$180.00

Ages: 4 to 11

Theme Options

Princess Royal Ball, Dinosaur Shin – "Dig," Outer Space Adventure, Art Extravaganza, Pirate Party, Rock Star, or Superhero.

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



Tennis

Youth Indoor Tennis

The major goal of this program is to introduce children to the "fun and rewarding" world of tennis. The equipment and size of the playing area are tailored down to a comfortable size for young children. Emphasis is placed on learning basic movement and skills. Participants should bring their own racquets.

Fee: R \$38.00/NR \$48.00

Date: Wednesday, November 10 to December 22, 2010

Instructor: Betsy Zadra

Location: Village Center

Ages 5 to 8

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

Course: 42011.310

Ages 9 & up

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

Course: 42012.310

Swimming

The Waunakee Orcas of Wisconsin – WOW



WOW swim team is now taking registrations for its fall session which runs September 7 - December 4, 2010. Swimmers of all abilities, ages 4-18, work with full time head coach, Matt Wunderlin. 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 beginner to the elite swimmer and learn what it means to live the "Orca Way". For information or to register, please visit our website at www.waunakeeorcas.org. Or call Doug Tuttrup at 850-5941.

Waunakee Rural Aquatic Team - WRAT

WRAT has developed young swimmers in the Waunakee community for over two decades, providing local families with a safe, healthy environment to pursue the highest level of development both in and out of the pool. WRAT provides an opportunity for novice/recreational swimmers to swim along side state and national qualifiers. WRAT is always accepting new swimmers of all ability levels and their families. We offer eight swim levels, from novice to advance.



Practice schedules vary by group and most kids will start around 5:45 p.m. and they will be done by 7:30 p.m.

A free trial week is offered to all new swimmers! The free trial week will be Monday, September 20th! For more information or to have one of our coaches contact you please visit: www.waunakeeaquatics.org

Is Your Email Current?

Have you heard from us in lately? If not perhaps you got a new email address and didn't update us. We would love to have the correct one. Having your email enables us to send you a receipt, a notice of a class being cancelled, or even to let you know of new programs. We don't want you to miss out on what is happening here!

Please stop in at the Welcome Desk or call us at 850-5992 and just confirm that everything is current.

2010/2011 Youth Basketball

The recreational leagues are organized and administered by the Village Center with the assistance of the high school coaches, players and parent volunteers. The season runs from December 2010 through February 2011. Fees vary by league; all players receive a reversible jersey and basketball to keep. Register at the Village Center, online at www.vil.waunakee.wi.us, or by phone - 850-5992.

Boys and girls in grades K to 6 are invited to participate in this program. The 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 teams in the new "Big 10 Recreational Basketball League, which requires a limited amount of traveling. Practices for the 5th and 6th grade teams begin in November. All other grades will begin practice in December. Specific locations and times will be identified in late October.

Boys - Little Warriors

Grade	Course	Fee	Registration Deadline
Kindergarten	42110.410	\$35.00	Sunday - November 14, 2010
1st Grade	42111.410	\$35.00	Sunday - November 14, 2010
2nd Grade	42112.410	\$35.00	Sunday - November 14, 2010
3rd Grade	42113.410	\$40.00	Sunday - November 14, 2010
4th Grade	42114.410	\$40.00	Sunday - November 14, 2010
5th Grade	42115.410	\$50.00	Sunday - October 17, 2010
6th Grade	42007.410	\$50.00	Sunday - October 17, 2010
7th & 8th Grade	42005.410	\$50.00	Sunday - October 17, 2010

Girls - Waunahoops

Grade	Course	Fee	Registration Deadline
Kindergarten	42116.410	\$35.00	Sunday - November 14, 2010
1st Grade	42117.410	\$35.00	Sunday - November 14, 2010
2nd Grade	42118.410	\$35.00	Sunday - November 14, 2010
3rd Grade	42119.410	\$40.00	Sunday - November 14, 2010
4th Grade	42009.410	\$40.00	Sunday - November 14, 2010
5th Grade	42008.410	\$50.00	Sunday - October 17, 2010
6th Grade	42006.410	\$50.00	Sunday - October 17, 2010

Little Champs Football Clinic

Give your future football star the foundation he needs to be the best overall athlete he can be. In addition to working on basic football skills, participants will learn movement mechanics, which impact speed, agility, and explosiveness. This clinic is the perfect compliment to the NFL Flag Football program. This 8-week clinic will be led by the staff from Champion Style Athletics. You can get more information at <http://www.championstyleathletics.com/Home>

Fee: R \$90.00/NR: \$100.00

Ages 5 & 6

Date: Wednesday September 8 to October 27, 2010

Time: 3:30 p.m. to 4:15 p.m.

Course: 42106.310

Ages 7 & 8

Date: Wednesday September 8 to October 27, 2010

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

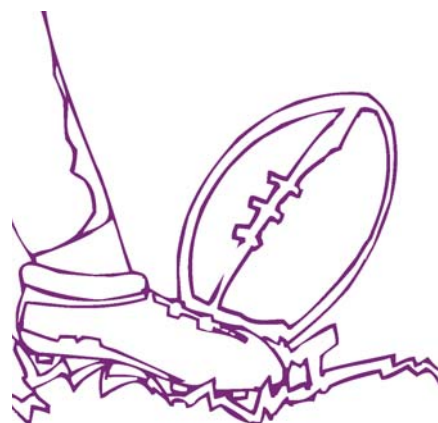
Course: 42107.310

Age 9

Date: Wednesday September 8 to October 27, 2010

Time: 5:45 p.m. to 6:45 p.m.

Course: 42108.310



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 fall season culminates with the girls participating in a community service project and the 2nd Annual New Balance Girls on the Run 5K on Saturday, November 13, 2010, right in Waunakee!

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

Dates: Mondays*/ Wednesdays
September 1
to November 10, 2010
*No session 9/6/10

Time: 3:45 p.m. to 5:15 pm

Grades: 3 to 5



2nd Annual 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 13, 2010. Feel free to run, jog, walk, skip or simply come 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: \$25.00 individual
Family discount available

Date: Saturday
November 13, 2010

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

Date: Sunday
November 7 to 28, 2010

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

Course: 42088.310

Ages 5 & 6

Date: Sunday
November 7 to 28, 2010

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

Course: 42082.310

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 Michael Plessel 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.

Website: www.waunakeeata.com

September - 45391.410

October - 45392.410

November - 45393.410

TUESDAY	WEDNESDAY	THURSDAY
Tiny Tigers Ages 4 to 6 White - Yellow 5:15 p.m. to 5:45 p.m.	Private Lesson Setup with Instructor 5:15 p.m. to 5:45 p.m.	Tiny Tigers Ages 4 to 6 White - Yellow 5:15 p.m. to 5:45 p.m.
Beginners Class Ages 7 and Up White - Yellow 5:45 p.m. to 6:30 p.m.	Beginner Class Ages 7 and Up White - Yellow 5:45 p.m. to 6:30 p.m.	Beginners Class Ages 7 and Up White - Yellow 5:45 p.m. to 6:30 p.m.
Intermediate/Advance Class Ages 7 and Up Camo - Black 6:30 p.m. to 7:15 p.m.	Intermediate Class Ages 7 and Up Camo - Red 6:30 p.m. to 7:15 p.m.	Intermediate Class Ages 7 and Up Camo - Red 6:30 p.m. to 7:15 p.m.
Leadership Class Ages 7 and Up Leadership Program Members 7:15 p.m. to 7:45 p.m.	Advance Class Ages 7 and Up Rec. Black Belt - Black Belt 7:15 p.m. to 8:00 p.m.	Advance Class Ages 7 and Up Rec. Black Belt - Black Belt 7:15 p.m. to 8:00 p.m.
Instructor Class Ages 10 and Up Instructor Program Members 7:45 p.m. to 8:30 p.m.	Adult Class Ages 13 and Up All Ranks 8:00 p.m. to 8:30 p.m.	

Adult Trips

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 plenty of special sales at the stores, special activities and performances that are scattered throughout Michigan Avenue!

Fee: R \$41.00/NR \$51.00
Date: Saturday, November 20, 2010
Time: 6:30 a.m. to 10:30 p.m.
Ages: 25 and up
Course: 13301.310

Spirit of Wilderness

Join us while we explore the beauty of Michigan's north country, during the peak of Fall. Discover a sense of place while incorporating readings, journaling, and photography and breathe taking views, as we hike through the Porcupine Mountains, Trap Hills and Slovenia Wilderness.

Renew your spirit with leader Jim Stephenson, author John Bates and his wife and renowned weaver, Mary Burns. Refine your photography skills and acquire insight of some of the best nature writing of our time. The trip will include lengthy day hikes, up to 8-9 miles per day, through mixed terrain. The group will interact each evening to respond to the day's activities and how the experience may affect your perspective of the need for wilderness.

Fees cover the leadership and reading material. Lodging, transportation, and meals will be participant's responsibility.

Fee: \$300.00
Date: Thursday, October 7
 to Sunday, October 10, 2010
Course: 53001.110

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, 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.

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 5 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 - Workshop
Fee: R \$100.00/NR \$110.00
Date: Monday, October 4
 to November 1, 2010
Time: 6:30 p.m. to 8:30 p.m.
Course: 13451.310

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: R \$27.00/NR \$37.00
Ages: 16 and up
Instructor: Terry Enge

Session 1

Date: Thursday, September 16
 to October 28, 2010
Time: 7:00 p.m. to 8:00 p.m.
Course: 13260.310

Session 2

Date: Thursday, November 4
 to December 16, 2010
Time: 7:00 p.m. to 8:00 p.m.
Course: 13260.410

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: Thursday, September 9, 2010
Time: 6:30 p.m. to 8:30 p.m.
Course: 13202.310

Session 2

Date: Tuesday, October 19, 2010
Time: 6:30 p.m. to 8:30 p.m.
Course: 13203.310

Session 3

Date: Tuesday, November 16, 2010
Time: 6:30 p.m. to 8:30 p.m.
Course: 13204.310

Guitar

Fee: R \$58.00/NR \$68.00
Date: Thursday, September 30 to November 4, 2010
Ages: 14 and up
Instructor: Keith Krinke

Beginning Guitar I

The Acoustic Guitar method teaches you to play guitar using techniques and songs of American roots music. Beginning with a few basic chords and strums, you will learn real music drawn from blues, folk, country, and bluegrass traditions. Working in standard music notation and tablature; learn how to find notes on the fingerboard by using them in particular song arrangements.

Requires an acoustic guitar, nylon or steel string. A commitment to practice at least one half hour per day is expected. A CD is included with the text to assist with practice. If you have questions about your guitar, please contact the instructor, Keith Krinke BEFORE signing up for the class at 849-5097.

Time: 6:00 p.m. to 7:00 p.m.
Course: 15341.110

Beginning/Intermediate Guitar 2

Graduates of Acoustic Guitar taught previously at the Village Center are welcome. You may also join with permission of the instructor. You should know a variety of open (first position) chords and strums, and a number of songs. Instruction on musical notation in the open position together with using tablature notation will be part of the course. You will learn how to alternate the bass notes in a country backup pattern, how to connect chords with classic bass runs, and how to play your first finger-picking patterns.

Requires an acoustic guitar, nylon or steel string. A commitment to practice at least one half hour per day is expected. A CD is included with the text to assist with practice. If you have any questions please contact the instructor, Keith Krinke BEFORE enrolling at 849-5097

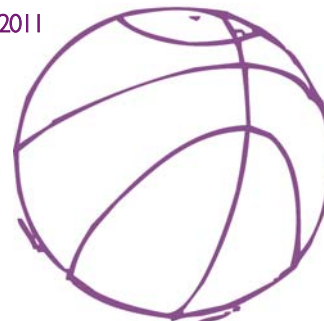
Time: 7:15 p.m. to 8:15 p.m.
Course: 15342.410

2010 - 2011 Men's Basketball League

The 2010-2011 Men's Basketball Season will begin on October 13, 2010 with a practice game. All players from the 2009/2010 season will have until September 18, 2010 to register. Beginning September 19, 2010 registration will be open to all new players. This is a draft league with players signing up as individuals and being drafted onto teams.

The draft will take place the first week of October.

Fee: \$70.00
Date: Wednesday, - October 13, 2010 to February 16, 2011
Time: 6:45 p.m. to 9:45 p.m.
Course: 43000.410
Location: Waunakee High School - Old Gym



MATC Classes

Adult Enrichment Classes

Class Name	Fee*	Day	Time	Start Date	End Date
Painting #40294	\$62.93	M	6:30 p.m. to 9:00 p.m.	9/20	11/1
Calligraphy Mixed Media #40554	\$62.93	W	4:00 p.m. to 6:00 p.m.	9/22	11/17
Painting #40362	\$62.93	R	9:00 a.m. to 11:30 a.m.	9/23	11/4
Painting #41785	\$62.93	R	1:00 p.m. to 3:30 p.m.	9/23	11/4
Painting #40356	\$62.63	W	1:00 p.m. to 3:30 p.m.	9/22	11/3
Watercolors All Levels #40308	\$56.38	T	9:00 a.m. to Noon	9/28	10/26
Watercolors All Levels #40364	\$56.38	T	12:30 p.m. to 3:30 p.m.	9/28	10/26
Floral Design #40460	\$37.10	S	9:00 a.m. to 1:00 p.m.	11/6	11/6

** 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 7

to

October 30, 2010

(8 weeks)

Fall Session I Schedule

Available and Registration Starts

Sunday - August 15, 2010

Fall Session II

October 31

to

December 23, 2010

(8 weeks)

Fall Session II Schedule

Available and Registration Starts

Sunday - October 10, 2010



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

This is a circuit based class that combines resistance training, core training, and aerobics into a fun and challenging hour.

MamaTone is taught by personal trainer, Dustin Maher. This is an excellent place to meet other mothers who are trying to shed their post baby weight. 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.

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 7

to November 11, 2010

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

Course: 23439.310

Instructor: Dustin Maher

Kick Start

Kick Start your fitness regime this fall with Sarah Homan, Certified Natural Trainer. This 8-week program will consist of weekly sessions including fitness workouts, nutritional counseling and important information to help you reach overall good health.

Learn proper techniques to working out, and find out how to change what you eat to be strong and healthy for a life time.

For more information contact Sarah Homan at 850-6469 or homan_sarah@hotmail.com. This is a \$360.00 value, for only \$260.00!



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.

Time: Monday - Friday
Times vary, please pick up schedule or call 850-5992 for information

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

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.

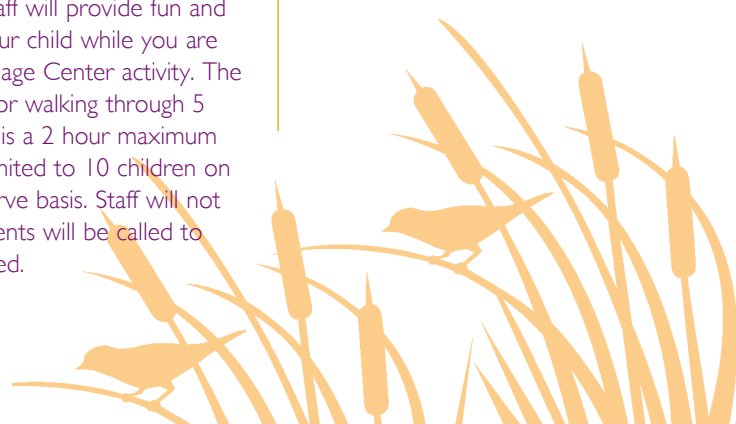
Fees:

- 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.



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.

- Basketball
- Youth Dance
- Youth Sports
- 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 Heidi, Jeff or Sue at 850-5992.

Adopt-A-Park-Sign

Park signs are often the first things that visitors and community members see when visiting our park. We are reaching out to the community to encourage you to make the signs look even better! Work with friends, family neighbors, colleagues from work, organizations or even by yourself. The Village of Waunakee will provide perennial flowers for you to plant around the park sign. You are encouraged to visit your sign once or twice a month to remove weeds and log the work you have done.

For more information or to adopt a sign, please contact Sandy Frankland at fgreenlawn@tds.net or Heidi Kluesner at the Village Center at 608.850.5992 or hkluesner@vil.waunakee.wi.us. Available Parks: Blue Ridge, Meadowbrook, Water Tower and Hanover Tennis Courts.

Holiday Closings

The Village Center will be closed the following Holidays:

Labor Day

Monday – September 6, 2010

Thanksgiving Day

Thursday – November 25, 2010

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

The Village Center is fortunate to have so many wonderful volunteers who enthusiastically volunteer their time to work with our programs. We would like to show our appreciation to the following individuals: Danielle Acker, Corinne Spiczenski, Alyssa Cynkar, Caroline Patz, Garret Stolen, Amy Sukowatey and Cole Sukowatey. Thank you for your time and efforts!

If you are interested in volunteering with the Village Center, please contact Heidi 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 1144 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, CMI, Johnson Block, Knights of Columbus, Physician's Plus, Culvers of Waunakee, Nord Gear, Grace Community Church of Waunakee, Premier Builders, The Thole House LLC, and HLW Builders LLC.

Thank you all for your support!!!

Lost & Found

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 - September 13, 2010 everything will be donated!