



Village Center of Waunakee

VILLAGE OF WAUNAKEE COMMUNITY SERVICES DECEMBER 2010

WINTER 2010

Red Cross Blood Drive

'Tis the season to give the gift of blood. The need for blood is constant, even during holidays. Join Village Center of Waunakee, along with the Red Cross by donating blood, your time, or food and beverages for this cause.

To sign up for a blood donation or for eligibility questions please call 1-800-448-3543 or go to www.givebloodgivelife.org.

We are looking for volunteers for 1-2 hours shifts starting at 10:30 a.m. and ending at 6:00 p.m. These volunteers will be aiding in general assistance, greeters, refreshment servers and donor aids.

If you are unable to donate your time, consider making donations of food or beverages. If you have any questions or would like to sign up to volunteer, please contact Heidi at 850-9552.

Date: Thursday, December 30, 2010

Time: 12:00 p.m. to 5:00 p.m.

Santa at the Village Center

He's making a list and checking it twice! We are going to find out who's naughty or nice at the Waunakee Village Center on Saturday, December 4, 2010. Santa Claus and Mrs. Claus will be making their way into Waunakee, to talk to the children about the North Pole and to share their wish lists. Parents are invited to take pictures of their children with Santa Claus.

Come share a cozy afternoon, making crafts, enjoying entertainment, candy canes, cookies, cider, and holiday fun! All ages are welcome to participate in this FREE event.

Date: Saturday, December 4, 2010

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

Fee: FREE

New Expanded Village Center Hours!

To better serve our customers, the Village Center has expanded our Sunday hours beginning December 5, 2010. We will now be open from 9:00 a.m. to 5:00 p.m. on Sundays.

Village Center Hours

Monday - Friday - 5:30 a.m. to 9:00 p.m

Saturday - 7:00 a.m. to 5:00 p.m.

Sunday - 9:00 a.m. to 5:00 p.m.

(effective December 5, 2010)

Tumbling

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 5 to February 23, 2011
Time: 10:20 a.m. to 10:50 a.m.
Course: 11388.111

Session 2

Date: Thursday
January 6 to February 24, 2011
Time: 10:20 a.m. to 10:50 a.m.
Course: 12386.111

Session 3

Date: Saturday
January 8 to February 26, 2011
Time: 9:00 a.m. to 9:30 a.m.
Course: 11387.111

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 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 \$60.00/NR \$70.00
Age: 5 to 9
Date: Saturday
January 8 to February 26, 2011
Time: 10:35 a.m. to 11:30 a.m.
Course: 12391.111

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 5 to February 23, 2011
Time: 9:30 a.m. to 10:15 a.m.
Course: 12384.111

Session 2

Date: Thursday
January 6 to February 24, 2011
Time: 9:30 a.m. to 10:15 a.m.
Course: 12387.111

Session 3

Date: Saturday
January 8 to February 26, 2011
Time: 9:35 a.m. to 10:20 a.m.
Course: 11389.111

Tumble Stars

Join us for this intermediate skill level class. Continue gymnastic development on bars, beam, vault and floor apparatus. 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 8 to February 26, 2011
Time: 11:35 a.m. to 12:30 p.m.
Course: 11392.111

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

Early Release

Elf Workshop

Join us for early release "Elf Workshop" program. This program offers a fun and entertaining opportunity for children in grades K-4 on afternoons when they have early release.

Activities include: festive music, games lead by Village Center staff, arts and crafts, and holiday 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: Monday, December 6, 2010
Time: 1:00 p.m. to 4:00 p.m.

Grades K - 2

Course: 12730.410

Grades 3 - 4

Course: 12731.410

Beach Party

Join us for early release "Beach Party" 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: tropical music, games lead by Village Center staff, arts and crafts, and a 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: Thursday, February 24, 2011
Time: 1:00 p.m. to 4:00 p.m.

Grades K - 2

Course: 12732.111

Grades 3 - 4

Course: 12733.111

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 a professional hooper 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, February 25, 2011
Time: 6:30 p.m. to 8:30 p.m.
Course: 12710.111
Instructors: Danielle Lee/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 29, 2010
Time: 1:00 p.m. to 3:00 p.m.
Course: 12720.410

Non-School Day Programs

AFTER SCHOOL will be offering special programs at the Village Center on non-school days and during holiday break periods. Please contact the AFTER SCHOOL office at 276-9782 for more information and registration materials.

2010

Monday through Thursday
 December, 27 - 30

2011

Monday, January 17
 Monday, January 24
 Friday, February 25
 Monday, February 28

Edible Science

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

Fee: R \$8.00/NR \$13.00
Ages: 6 to 11

Session 1

Date: Thursday, December 30, 2010
Time: 1:00 p.m. to 3:00 p.m.
Course: 12724.410

Session 2

Date: Saturday, February 26, 2011
Time: 1:00 p.m. to 3:00 p.m.
Course: 12723.111

Cartwheel Clinic with Jane Skoug

Have you ever wanted to perfect that cartwheel? If so, this is the clinic for you! During this clinic, your child will learn the progressions of how to successfully complete a cartwheel. Our qualified instructors and high school athletes will help participants work on their skills and technique. Be prepared to sweat!



Fee: R \$10.00/NR \$15.00
Ages: 6 to 14
Date: Tuesday, December 28, 2010
Time: 11:00 a.m. to Noon
Course: 45169.410

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! Meet at the Village Center 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.

Children ages 5-10 must be accompanied by an adult.

Fee: R \$10.00/NR \$15.00
Ages: 5 and up
Instructor: Joleen Stinson

Session 1

Date: Saturday, January 8, 2011
Time: 10:00 a.m. to Noon
Course: 12721.111

Session 2

Date: Saturday, February 19, 2011
Time: 10:00 a.m. to Noon
Course: 12722.111

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

Tweens and Teens

Teen Open Gym

Have you ever wanted the whole gym for you and your friends? Well now is your chance! Call and get your friends together to play basketball, volleyball, watch a movie and enjoy some pizza on your day off. This program is just for teens and will be supervised by the Village Center Staff.

Fee: R \$8.00/NR \$13.00
Grades: 7 - 8 - 9
Date: Monday, January 24, 2011
Time: 1:00 p.m. to 4:00 p.m.
Course: 13203.111

Cascade Mountain Tubing Trip

Snow tubing is an exciting outdoor activity. Imagine the thrill of sliding down a snowy, 800' long chute and then effortlessly riding a surface lift back up. Tubes are provided and no experience is needed. Just hop on a tube and enjoy the ride.

Fee: R \$35.00/NR \$45.00
Grades: 5 - 8
Date: Wednesday
 December 29, 2011
Time: 1:00 p.m. to - 5:00 p.m.
Course: 52001.410

Kids Cooking

Cookies for Santa

Santa loves cookies, especially if you decorate them with lots of love. Join us at the Village Center to decorate cookies to place by the tree for Santa on Christmas Eve. Each participant will get 12 cookies to decorate and take home with them. This is the perfect activity to get into the holiday spirit!

Fee: R \$10.00/NR \$15.00

Ages: 6 and up

Date: Thursday, December 16, 2010

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

Course: 12225.410

Around the World

Scones (England), Bauernfruhstuck (German breakfast), Sweet Potato cakes (Japan), and Chinese cabbage are some of the recipes that you will prepare in this taste of eating around the world. You will do the cooking and sampling. No experience needed. Everything is furnished. Receive a folder of information, recipes and get a gift for bringing a friend.

Fee: R \$19.00/NR \$24.00

Ages: 6 and up

Date: Monday, January 24, 2011

Time: 10:00 a.m. to Noon

Course: 12224.111

Instructor: Lydia Critchley
Creative Cooking LLC

Spring Goodies for Kids

Come to prepare and eat Cookie Pancakes, Chocolate Cookie Balls, Magic Cobbler Cake, Calico Veggie Dip and more in a tasty and fun cooking class. Bring friends; get gifts, and a folder of information and recipes. No experience needed, everything is furnished.

Fee: R \$19.00/NR \$24.00

Ages: 6 and up

Date: Friday, February 25, 2011

Time: 10:00 a.m. to Noon

Course: 12225.111

Instructor: Lydia Critchley
Creative Cooking LLC

Youth Theatre

Interactive Storytelling

Classwork will begin with interactive storytelling and eventually give children more freedom to make their own choices about what direction the story 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.

Fee: R \$50.00/NR \$60.00

Ages: 4 to 7

Date: Thursday

January 6 to

February 24, 2011

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

Course: 12343.111

Instructor: Alanna Reeves

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.

Fee: R \$50.00/NR \$60.00

Ages: 8 to 12

Date: Thursday

January 6 to

February 24, 2011

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

Course: 12344.111

Instructor: Alanna Reeves

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

Session 1 - Ages 5 - 8

Date: Wednesday

January 5 to February 9, 2011

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

Course: 42011.111

Session 2 - Ages 5 - 8

Date: Wednesday

February 16 to March 23, 2011

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

Course: 42011.211

Session 1 - Ages 9 and up

Date: Wednesday

January 5 to February 9, 2011

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

Course: 42012.111

Session 2 - Ages 9 and up

Date: Wednesday

February 16 to March 23, 2011

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

Course: 42012.211

Summit Family Night Movie Night

Grab your pillows, blankets and the family to join us at the Waunakee Village Center for movie night. Escape the winter weather and warm up with some hot chocolate and popcorn while enjoying a family friendly movie sponsored by Summit Credit Union. The movie will begin at 6:15 p.m. - but show up early for trivia, great prizes and music. The movie has yet to be determined.

Date: Friday, January 21, 2011

Fee: \$4.00/family - Resident

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

\$8.00/family - Non Resident

Free for Family FIT Pass Members

Free for Summit Credit Union Members



Children's Birthday Party

Celebrate your child's birthday this year at the Village Center!! With a variety of activities for all ages and abilities, you will enjoy a party that is as special as your child is! Parents may bring in decorations for the private party room and food and beverages to compliment the special day. The parties are designed for up to 15 guests (\$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 Heidi at 850-5992. Booking one month in advance is recommended.

Basic Party Package Includes:

- Use of the Private Party Room
- Organized games in the gym for 1 hour led by a Village Staff Member (birthday child chooses activities)
- No-fuss clean up

Fee: R \$120.00/NR \$150.00

Ages: 4 - 11

Theme Party Package Includes:

- Use of the Private Party 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 - 11

Theme Party Options:

Princess Royal Ball, Dinosaur Shin"dig", Outer Space Adventure, Art Extravaganza, Pirate Party, Rock Star, Superhero, Safari, Snowshoeing, and Cartoon Party.

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

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

Days: Friday - 9:30 a.m. to 11:30 a.m.

Fees: Free for Family Fit Pass Holders - \$4.00/R Family - \$8.00/NR Family

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.

Thank you 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: Chase Herman, Tamara Smith, Bailey Greiber, Gabriel Leonard and Hannah Dorn. Thank you for your time and efforts!

If you are interested in volunteering with the Village Center, please contact Heidi at 850-5992.

Swimming

The Waunakee Orcas of Wisconsin – WOW

Registration for WOW's winter session (December 6, 2010 - March 6, 2011) is ongoing. Swimmers of all abilities, ages 4 - 18, work with our experienced coaching staff. WOW offers one trial week for all new swimmers. All practice groups have flexible schedules. 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

"All ages, all levels, all speeds"- WRAT swim team is now accepting registrations for the winter session. that will run from November 15 until the end of February 2011. WRAT accepts swimmers throughout the session and it is never too late to join. WRAT has been serving the Waunakee community for over twenty years promoting water safety and a healthy lifestyle. Under the direction of Head Coach Wagner da Silva WRAT offers 7 different levels to meet the needs of all abilities.

Practice dates and times vary by group and are focused on teaching with a lot of FUN! Not sure WRAT or swimming is for you? WRAT offers a FREE week to give it a try! For more information, or to register on line visit www.waunakeeaquatics.org



Baseball and Softball

Little League Registration

Registration for the 2011 Little League season will begin February 1, 2011. 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 2011. Log on to: www.eteamz.com/WaunakeeAreaLittleLeague for more information on Little League.

US Baseball Academy

The Waunakee Area Little League will once again be sponsoring the US Baseball Academy in 2011. The academy will be held at Waunakee High School for six Sundays beginning January 23, 2011. 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.

Waunakee Wrestling Club Youth Registration

Boys and girls in grade K – 8 interested in having FUN and learning about the sport of wrestling, can register on-line at www.waunakeewrestling.com. No experience is required for the club.

Tournament Package - \$80.00 per wrestler. Includes the Basic Package plus entry to three extra featured tournaments and use of a Waunakee wrestling singlet.

Basic Package - \$55.00 per wrestler. Includes a Waunakee Wrestling T-shirt, USA Wrestling membership, entry to the Waunakee Youth Wrestling Tournament (February 27, 2011), end of the year pizza party, and a free pass to all high school home dual wrestling meets.

Practice will begin November 29, 2010 at the High School wrestling room. Details can be found at www.waunakeewrestling.com under club wrestling.

Questions? Email Mike Statz at mstatz@waunakeewrestling.com. or call him at 849-9765.

The Ice Pond at Waunakee is Now Open!

The Ice Pond at Waunakee is a brand new ice rink facility in Waunakee. The rink is home to several user groups including two youth hockey organizations and three high school hockey teams. Through hard work and generous donations this facility has become a reality.

Address: 1110 Prairie View Drive
Waunakee, WI 53597

Website: www.theicepond.com

Phone: 850-2828

Websites for User Groups

Wildcat Youth Hockey Association

www.waunakeehockey.org

DC Diamonds Girls Hockey

www.dcdiamondhockey.org

Adult Hockey League

Plans are in the works for a hockey league for players over the age of 18 who want to play hockey and have fun in a friendly atmosphere. Games will be played on Sundays, USA Hockey Rules and referees provided. Cost per player will depend upon interest. Please contact Brett at 850-2828 or brett@wdirinc.com for more information.



Public Skating Events

For updated public events schedule, please call 850-2828 or check our website at www.theicepond.com. Schedules will be posted approximately one month in advance.

Open Skate - Public skating session that is open to all ages.

Teen Skate - Skating session with music designed for students to have fun with friends at the rink.

Open Hockey - Session designated for hockey players to work on skills, have fun, and scrimmage. Full equipment is required to play including approved helmet. All players under 18 are required to wear approved full facial protection.

Open Freestyle - Ice time designed for figure skaters to practice their skills. (\$8.00/1hr, \$12.00/1.5hr)

Admission Rates

Per person: \$5.00
Children under 10 years: \$3.00
Skate Rental: \$2.00

Rental Information

Private Ice/Facility
Contact Brett Frizzell
608-850-2828
brett@wdirinc.com



Waunakee Skating School at The Ice Pond

We are thrilled to be offering the US Figure Skating Basic Skills Program at The Ice Pond at Waunakee! Plans are underway for lessons for all ages - day-time classes will begin in January, with daytime and evening classes planned to begin in March.

All classes include:

- Instruction by high-quality US Figure Skating instructors
- US Figure Skating membership including a membership card, record book and stickers, year patch and level patches for successful completion of each level.
- Free rental skates during lessons
- 30 Minutes of practice ice for each 30 minute class time

What to wear:

- Helmets are required for all Little Skaters and Snowplow Sam's and recommended for all students
- Skates with toe picks are required for all Snowplow Sam students, hockey skates allowed for Basic 1 - 4
- Wear gloves or mittens and warm, layered clothing (no jeans)



Little Skaters

Little Skaters is designed to help the youngest skater develop coordination on the ice with the use of games and toys. This is an entry level class for children who have not skated before - an adult must accompany each skater on the ice. Skates with toe picks and helmets are required. 30 minutes of practice ice is included each class day.

Fee: R \$112.00/NR \$122.00

Ages: 3 to 4

Date: Tuesday
January 11 to March 1, 2011

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

Course: 41733.411

Date: Tuesday
January 11 to March 1, 2011

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

Course: 41736.411

Snowplow Sam

The Snowplow Sam levels are designed to help the preschool skater develop preliminary coordination and strength necessary to maneuver on the ice. The focus is on fun and games while learning beginning skating skills. Skates with toe picks and helmets are required. 30 minutes of practice ice is included each class day.

Fee: R \$112.00/NR \$122.00

Date: Tuesday
January 11 to March 1, 2011

Ages: 4 to 6

Snowplow Sam 1

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

Course: 41731.411

Snowplow Sam 1

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

Course: 41734.411

Snowplow Sam 2

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

Course: 41732.411

Snowplow Sam 3

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

Course: 41735.411

You must complete Snowplow Sam 2 to move to this class

Basic 1 and 2

**** This daytime class is the perfect opportunity for home-school parents looking to fill PE requirements!**

The Basic Skills are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves, forward skating, stops, edges, crossovers, turns and mohawks. Upon completion of the Basic 1-8 levels, skaters will have the basic knowledge of the sport, enabling them to advance to the more specialized area of skating. To register for Basic 2 you must have successfully completed Basic 1. Helmets are recommended. 30 minutes of practice ice is included each class day.

Fee: R \$112.00/NR \$122.00

Ages: 7 to 17

Date: Tuesday
January 11 to March 1, 2011

Basic 1

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

Course: 42732.411

Basic 2

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

Course: 42732.411

Please Note: Evening classes for all levels of skaters will be offered in our spring session – scheduled to begin in March.

Adult 1 - 4

The adult curriculum is designed for the beginning skater. It promotes physical fitness as well as improve balance and coordination while learning proper skating techniques. Divided into four levels, skaters will progress at an individual rate while being challenged and motivated. This is an exciting program for people who look to skating as an enjoyable way to a fit and healthy lifestyle. 30 minutes of practice ice is included each class day.

Fee: R \$112.00/NR \$122.00

Ages: 17 and up

Date: Tuesday
January 11 to March 1, 2011

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

Course: 43731.411

Taekwondo - For Adults/Kids!

Taekwondo is an exciting and powerful martial art known for its dynamic kicking and hand techniques. Classes are not just about teaching self-defense but focus on the complete personal development of each student. Individual attention is a feature of each and every class. 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) 217-3585.

Fee: R \$50.00/NR \$60.00
Age: 4 and up
Time: 5:15 p.m. to 8:30 p.m.
Instructor: Siri Hammersley
www.waunakeeata.com

December - 45394.410

(December 2010 1/2 Price!)

(November 30 to December 16, 2010)

January - 45391.411

February - 45392.411



Adult Enrichment

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

Beginner 1 - Session 1

Date: Thursday
 January 6 to February 10, 2011

Time: 8:00 p.m. to 9:00 p.m.
Course: 13260.111

Beginner 1 - Session 2

Date: Thursday
 February 17 to March 24, 2011

Time: 8:00 p.m. to 9:00 p.m.
Course: 13260.211

Beginner 2 - Session 1

Date: Thursday
 January 6 to February 10, 2011

Time: 7:00 p.m. to 8:00 p.m.
Course: 13265.111

Beginner 2 - Session 2

Date: Thursday
 February 17 to March 24, 2011

Time: 7:00 p.m. to 8:00 p.m.
Course: 13265.211



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.	

To register for programs call 850-5992 or

Glass Fusion - Holiday Ornaments

Discover the creative possibilities of warm glass. Design unique ornaments for your own enjoyment or as the perfect holiday gift. 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. An additional material/kiln fee will be paid directly to the instructor, typically \$4.00 - \$8.00 per ornament, depending on size.

Fee: R \$20.00/NR \$25.00
Date: Wednesday, December 1, 2010
Time: 6:30 p.m. to 8:30 p.m.
Ages: 13 and up
Course: 13204.410

Historic Waunakee ... in pictures: A Slide Presentation

Join Sarah and Katie from Waunakee Public Library in a presentation of Waunakee history, from the first railroads, to development of schools and businesses, to some of Waunakee's famous inhabitants. The slides are part of Waunakee Library's new online historic photo collection, found at <http://picasa-web.google.com/WaunakeePublicLibrary>.



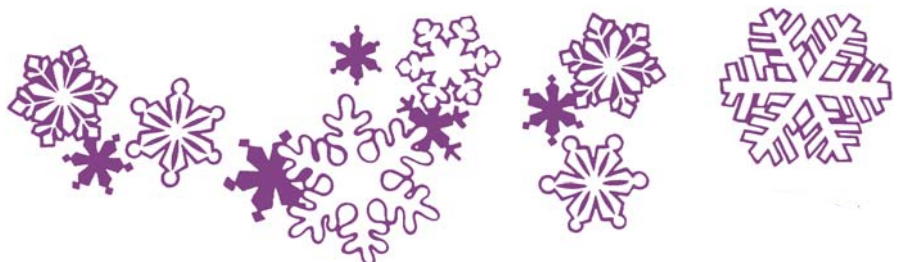
Sarah and Katie will be introducing the photos and their historical context, and viewers will have an opportunity to help add information about the photos or Waunakee history. If you have an interest in Waunakee history or are a longtime resident of Waunakee who could help us know more about the people, places, and things in the photographs, we would love to see you there.

Also, bring your historical Waunakee photos from any time period to the presentation, and library volunteers will scan your photos while you wait and add them to the online collection. Photos must be 5x7 or smaller.

Date: Wednesday, January 12, 2011
Time: 7:00 p.m.
Place: Village Center

MADC Classes					
Adult Enrichment Classes					
Class Name	Fee*	Day	Time	Start Date	End Date
Cake Decorating #68932	\$23.10	SA	9:00 a.m. to 1:00 p.m.	2/26	2/26
Cake Decorating #68934	\$23.10	SU	1:00 p.m. to 5:00 p.m.	3/20	3/20
Email Marketing Basics #66320	\$30.00	SA	9:00 a.m. to Noon	1/22	1/22
Grant Writing #66374	\$85.00	SA	9:00 a.m. to Noon	3/19	4/16
Painting for Pleasure #68786	\$62.93	M	6:30 p.m. to 9:00 p.m.	2/14	3/28
Painting for Pleasure #68788	\$62.93	W	1:00 p.m. to 3:30 p.m.	2/16	3/30
Painting for Pleasure #68896	\$62.93	R	9:00 a.m. to 11:30 a.m.	2/17	3/31
Painting for Pleasure #68898	\$62.93	R	1:00 p.m. to 3:30 p.m.	2/17	3/31
Perennial Gardens #70092	\$23.64	SA/SU	1:00 p.m. to 4:00 p.m.	4/30	5/1
Watercolors All Levels #68814	\$56.38	T	9:00 a.m. to Noon	3/15	4/12
Watercolors All Levels #68816	\$56.38	T	12:30 p.m. to 3:30 p.m.	3/15	4/12

* 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.



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

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.



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.

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

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.

“Your Own Pace” - Cardiovascular and Wellness Program

Do you have a history of coronary heart disease, heart attack, diabetes, high blood pressure, or elevated cholesterol? Has your doctor recommended you start an exercise program to prevent or reduce your risk for cardiovascular disease?

“Your Own Pace” Cardiovascular and Wellness Program is focused on your goals; whether you want to be able to walk a mile or improve your cholesterol. Regardless of your past experience with exercise you can feel confident and safe exercising under the direct supervision of staff trained in CPR and ACLS, Advanced Cardiac Life Support. We will track your heart rate, blood pressures, and exercise progression as well as any other goals you may have.

Now is the time to put your health first! “Your Own Pace” Program will offer you exercise guidance, motivation, and fun. “Your Own Pace” is a walking based wellness program that also provides stretching and basic weight training. The program will run from 5:45 a.m. to 7:30 a.m. on Tuesday and Thursday with guided weight lifting during the last half hour. There is no long term commitment required; you can purchase a punch card and attend when your schedule allows. Classes begin on December 7, 2010, with classes every Tuesday and Thursday from 5:45 a.m. to 7:30 a.m.

Questions or suggestions? Don't hesitate to call Alicia Madigan directly at 850-3795.

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 following dates.

Winter Session

January 2, 2011 to March 26, 2011
(12 weeks)

Winter Session Schedule

Available and Registration Starts
Sunday - December 12, 2010

5th Annual Community Health, Energy and Activity Fair

The Waunakee-Westport Lions Club and Waunakee Utilities along with the Village Center will be holding the 5th annual Community Health, Energy and Activity Fair on March 19, 2011 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 19, 2011

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

FREE!

Facility Rentals

The Waunakee Village Center is made available for use by all groups through the generosity of the residents of Waunakee. The Village Center is a 45,000 square foot building on two levels consisting of rooms of varying sizes and capacities. The park around the building may also be reserved for events. Reasonable rules and guidelines have been established to assure the maximum enjoyment of this facility. Reservations are accepted one year in advance of the reservation date.

Rooms on the Entry Level

- Conference Room
- Activity Room
- Computer Room

Rooms on Creek Level

- Community Room
(from 40 to 180 guests!)
- Catering Kitchen
- Regulation Size Gymnasium
- Studio
- Village Center Grounds

For more information on rates or to reserve a room please call the Village Center at 850-5992.

To view a video of our facility visit our website at:
www.vil.waunakee.wi.us

Reserve Your Park Shelter for the 2011 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.

Sunday, January 2, 2011 will be the first day to reserve parks for 2011.

Shelter Rental Fees 2011

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.

Holiday Hours

Christmas Eve
Friday - December 24, 2010
5:30 a.m. to Noon

Christmas Day
Saturday - December 25, 2010
Closed

New Year's Eve
Friday - December 31, 2010
5:30 a.m. to 2:00 p.m.

New Years Day
Saturday - January 1, 2011
Closed

