



# Village Center of Waunakee

VILLAGE OF WAUNAKEE COMMUNITY SERVICES SEPTEMBER 2012

FALL 2012

## Cars in the Park

All makes, models, and years car show. This fourth annual event is open to car enthusiasts 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 concession 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 or Sheldon Hamilton at 712-5994.

Where: Village Park

Date: Saturday, September 15, 2012

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

## Halloween at Schumacher Farm

The Friends of Schumacher Farm and the Village Center of Waunakee would like to present Halloween at Schumacher Farm on Saturday, October 27, 2012 from 6:00 p.m. to 8:30 p.m.

Events will include:

- Special guest: Ken Lonquist
- Bonfire - Fortune Teller
- Games in the Barn - Crafts
- Concessions for sale
- Haunted Hayrides

(13 and up \$3.00, 4-12 \$2.00, 3 and under Free)

Don't miss out on the Halloween fun! For questions please contact Schumacher Farm at 849-4559 or [www.schumacherfarmpark.org](http://www.schumacherfarmpark.org).

## Fall Into Fitness at the Village Center

The Village Center is the perfect place to get into shape this fall! We have FIT Pass options for everyone. Our friendly staff will work with you to find just the right plan for you and your family.

The Village Center has a complete circuit of strength equipment, cardio equipment with personalized TV's, a walking/jogging track and a full size gymnasium to shoot hoops or play ball with your family. In addition to the work out areas, we also have a full schedule of group fitness classes.

### 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. 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.

## Pre-School Fun!

### Mini Music Makers

Bring your mini maestro to this exciting new program. In this parent participation class, different instruments will be used in song and rhythmic movement - set to original scores and traditional children's songs. Each week will also include a simple craft project to go along with the beautiful music.

Our instructor is Bonnie Smith, she has taught many drama, rhythmic movement and music classes over her 30 year career!

**Fee:** R \$34.00/NR \$44.00  
**Ages:** 18 months to 3 years

#### Session 1

**Date:** Thursday, September 13 to October 11, 2012  
**Time:** 8:45 a.m. to 9:30 a.m.  
**Course:** 11340.312

#### Session 2

**Date:** Tuesday, November 20 to December 18, 2012  
**Time:** 8:45 a.m. to 9:30 a.m.  
**Course:** 11341.312

### Building Stories with Bonnie

Bring your little one to this exciting new program. In this parent participation class, Miss Bonnie will read stories and help everyone build a craft project related to the story. Each week will be a different story and craft.

**Fee:** R \$34.00/NR \$44.00  
**Ages:** 18 months to 3 years

#### Session 1

**Date:** Tuesday, October 16 to November 13, 2012  
**Time:** 8:45 a.m. to 9:30 a.m.  
**Course:** 11342.312

*Note: 11-6-12 class will be held on 11-7-12 due to elections.*

#### Session 2

**Date:** Thursday, November 29 to December 27, 2012  
**Time:** 8:45 a.m. to 9:30 a.m.  
**Course:** 11343.312

### Games, Games, Games

Miss Bonnie will introduce your youngsters to the world of activity and fitness. She will teach the importance of being active through fun activities, silly movements and traditional games. The emphasis is on teamwork, sportsmanship and being active. Come and join us for a fun filled class!!!

**Fee:** R \$34.00/NR \$44.00  
**Date:** Tuesday, September 11 to October 9, 2012  
**Time:** 10:00 a.m. to 10:45 a.m.  
**Ages:** 18 months to 3 years  
**Course:** 11000.312  
**Instructor:** Bonnie Smith

### Super-fun!

Wowza!!! Ready for exciting, extraordinary fun? This is it! A combination of experiments, games, creativity, crafts, art and of course, loads of FUN; Join Miss Bonnie for this new program.

**Fee:** R \$34.00/NR \$44.00  
**Date:** Thursday, October 18 to November 15, 2012  
**Time:** 8:45 a.m. to 9:30 a.m.  
**Ages:** 18 months to 3 years  
**Course:** 11720.312

### Halloween - Little Ones Costume Party

Celebrate Halloween with a party especially for the little ones in your family. Dress up in your Halloween costume and come to the Village Center for fun games, music and activities that won't be too scary. A parent is needed to attend with child.

**Fee:** R \$8.00/NR \$18.00  
**Date:** Wednesday, October 31, 2012  
**Time:** 9:00 a.m. to 10:30 a.m.  
**Ages:** 18 months to 5 years  
**Course:** 11344.312



### Rhythm and Movement - Preschool Dance

Rhythm and Movement is a beginning class to introduce concepts of dance to children ages 3 - 5. Children will have the opportunity to express themselves with fun dance combinations, music, and choreography. In this class participants will learn a variety of dance styles. This class will be fun and relaxing. No experience necessary.

**Fee:** R \$38.00/NR \$48.00  
**Ages:** 3 to 5

#### Session 1

**Date:** Monday, September 10 to October 22, 2012  
**Time:** 2:00 p.m. to 2:30 p.m.  
**Course:** 11370.212

#### Session 2

**Date:** Monday, October 29 to December 10, 2012  
**Time:** 2:00 p.m. to 2:30 p.m.  
**Course:** 11370.312

## Friday Fun Zone

Escape to the gym and let your little ones bum 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

## Art...

### Young Rembrandts

Drawing is the fundamental skill of the visual arts. Young Rembrandts® teaches drawing skills while developing learning skills that give an academic advantage in the classroom. Young Rembrandts' unique and proven method was developed by an artist and educator.

We deliver a top quality experience that is fun, engaging, educational and affordable.

#### Preschool

**Fee:** R \$53.00/NR \$63.00

**Ages:** 3 ½ to 5 years

#### Session 1

**Date:** Thursday, September 13 to October 11, 2012

**Time:** 3:00 p.m. to 3:45 p.m.

**Course:** 12326.312

#### Session 2

**Date:** Thursday, October 18 to November 15, 2012

**Time:** 3:00 p.m. to 3:45 p.m.

**Course:** 12327.312

#### Drawing

**Fee:** R \$55.00/NR \$65.00

**Ages:** 6 to 11

#### Session 1

**Date:** Thursday, September 13 to October 11, 2012

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

**Course:** 12323.312

#### Session 2

**Date:** Thursday, October 18 to November 15, 2012

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

**Course:** 12324.312

#### Cartooning

**Fee:** R \$58.00/NR \$68.00

**Ages:** 6 to 11 years

#### Session 1

**Date:** Thursday, September 13 to October 11, 2012

**Time:** 5:15 p.m. 6:30 p.m.

**Course:** 12320.312

#### Session 2

**Date:** Thursday, October 18 to November 15, 2012

**Time:** 5:15 p.m. to 6:30 p.m.

**Course:** 12321.312

## Nature...

### Nuts for Nature with Project Learning Tree

Using the Project Learning Tree curriculum we are introducing a new program for 3 - 6 year olds. We will focus on connecting and exploring nature. Parents and children will experience it through stories, touch, sight, movement, art, and songs. This class will go outside so dress for the weather.

**Fee:** R \$24.00/NR \$34.00

**Ages:** 3 to 6 years

**Instructor:** Bonnie Smith

#### Session 1

**Date:** Wednesday, September 12 to October 5, 2012

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

**Course:** 11710.312

#### Session 2

**Date:** Wednesday, October 10 to October 31, 2012

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

**Course:** 11711.312

### Outdoor Wisconsin

Stephanie Williams will lead participants in this two part program. Participants will learn fundamentals of Wisconsin's geology and various local rocks as well as an introduction to birding using the Audubon Society's Bird Mentor Program. Part of each class will be outside so dress for the weather.

**Fee:** R \$18.00/NR \$28.00

**Date:** Fridays, October 5 & 12, 2012

**Time:** 4:15 p.m. to 5:45 p.m.

**Ages:** 7 to 12

**Course:** 12711.312

### Mammals of Wisconsin

Joleen Stinson is back at the Village Center for these three classes about nature. Come join her for games, crafts and activities. Topics will include Wonderful World of Bats, Preparing for Winter and Tracking Animals.

**Fee:** R \$18.00/NR \$28.00

**Ages:** 7 to 10

**Date:** Saturdays

10/13, 11/17 and 12/15, 2012

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

**Course:** 12710.312

## Early Release

We offer a fun and entertaining opportunity for children in grades K-4 on afternoons where they are released from school early. The school district provides transportation to the Village Center. Register early, this program fills up fast!

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

### Art and Nature

Activities include: nature themed games led by Village Center staff, arts and crafts. A snack will be provided

**Fee:** \$15.00

**Date:** Friday, September 21, 2012

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

#### Grades K - 2

**Course:** 12722.312

#### Grades 3 - 4

**Course:** 12723.312

### Halloween Harvest

Activities include: spooky music, games led by Village Center staff, arts and crafts. A scary snack will be provided.

**Fee:** \$15.00

**Date:** Thursday, October 25, 2012

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

#### Grades K - 2

**Course:** 12720.312

#### Grades 3 - 4

**Course:** 12721.312

### Ice Pond

The school district will provide transportation to the Ice Pond. Activities include ice skating, games led by Village Center staff, and arts-n-craft. A snack is provided. Please bring warm clothes.

**Fee:** \$15.00

**Date:** Tuesday, November 20 2012

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

#### Grades K - 2

**Course:** 12725.312

#### Grades 3 - 4

**Course:** 12724.312

# Gymnastics

## TUMBLE BUGS WITH PARENT - AGES 18 MONTHS TO 3

Come explore landscapes, sing songs, play silly games with the parachute and much more. Participants work on their fine and gross motor skills with an emphasis on coordination, strength, balance and socialization, through the use of fun and kid friendly gymnastics equipment. This parent participation class is a wonderful first step class for any youngster.

### SESSION 1

Monday September 10 to October 22, 2012	9:20 a.m. to 9:50 a.m.	Course: 11380.312 Fee: R \$39.00/NR \$49.00
Thursday September 6 to October 18, 2012	10:35 a.m. to 11:05 a.m.	Course: 11382.312 Fee: R \$39.00/NR \$49.00
Saturday September 8 to October 20, 2012	8:30 a.m. to 9:00 a.m.	Course: 11384.312 Fee: R \$39.00/NR \$49.00

### SESSION 2

Monday November 5 to December 10, 2012	9:20 a.m. to 9:50 a.m.	Course: 11381.312 Fee: R \$33.00/NR \$43.00
Thursday November 1 to December 13, 2012	10:35 a.m. to 11:05 a.m.	Course: 11383.312 Fee: R \$33.00/NR \$43.00
Saturday November 3 to December 15, 2012	8:30 a.m. to 9:00 a.m.	Course: 11385.312 Fee: R \$33.00/NR \$43.00

## LEAPIN LIZARDS - AGES 3 TO 5

Come learn more about tumbling and gymnastics as a Leapin Lizard. This class is for children who are comfortable without their parents participating. Circuits and games will be set up each day to emphasize independence, confidence, fine and gross motor skills, strength, flexibility and socialization. This is the perfect class for the increasingly active child.

### SESSION 1

Monday September 10 to October 22, 2012	8:30 a.m. to 9:15 a.m.	Course: 12386.312 Fee: R \$49.00/NR \$59.00
Monday September 10 to October 22, 2012	1:15 p.m. to 2:00 p.m.	Course: 12387.312 Fee: R \$49.00/NR \$59.00
Thursday September 13 to October 18, 2012	9:45 a.m. to 10:30 a.m.	Course: 12380.312 Fee: R \$49.00/NR \$59.00
Saturday September 8 to October 20, 2012	9:05 a.m. to 9:50 a.m.	Course: 12383.312 Fee: R \$49.00/NR \$59.00

### SESSION 2

Monday November 5 to December 10, 2012	8:30 a.m. to 9:15 a.m.	Course: 12384.312 Fee: R \$42.00/NR \$52.00
Monday November 5 to December 10, 2012	1:15 p.m. to 2:00 p.m.	Course: 12385.312 Fee: R \$42.00/NR \$52.00
Thursday November 1 to December 13, 2012	9:45 a.m. to 10:30 a.m.	Course: 12381.312 Fee: R \$42.00/NR \$52.00
Saturday November 3 to December 15, 2012	9:05 a.m. to 9:50 a.m.	Course: 12382.312 Fee: R \$42.00/NR \$52.00

**No class - Saturday, November 10, 2012**

To register for programs call 850-5992 or

# Gymnastics

## ROCK N ROLLERS - AGES 6 TO 9

Come discover the foundations of gymnastics as a Rock N Roller. Handstands, cartwheels, bridges, bars, beam, vault and floor exercises are just a few of the fun skills that are included in these lessons. This is a great class for the advancing Leapin Lizard.

### SESSION 1

Saturday September 8 to October 20, 2012	9:55 a.m. to 10:50 a.m.	Course: 12388.312 Fee: R \$53.00/NR \$63.00
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### SESSION 2

Saturday November 3 to December 15, 2012	9:55 a.m. to 10:50 a.m.	Course: 12389.312 Fee: R \$46.00/NR \$56.00
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## TUMBLE STARS - MUST COMPLETE ROCK N ROLLERS

This class requires coaches recommendation to register.

### SESSION 1

Saturday September 8 to October 20, 2012	12:05 p.m. to 1:00 p.m.	Course: 11386.312 Fee: R \$53.00/NR \$63.00
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### SESSION 2

Saturday November 3 to December 15, 2012	12:05 p.m. to 1:00 p.m.	Course: 11387.312 Fee: R \$46.00/NR \$56.00
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## FLYERS

This class requires coaches recommendation to register.

### SESSION 1

Saturday September 8 to October 20, 2012	11:05 p.m. to Noon	Course: 11388.312 Fee: R \$53.00/NR \$63.00
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### SESSION 2

Saturday November 3 to December 15, 2012	11:05 p.m. to Noon	Course: 11389.312 Fee: R \$46.00/NR \$56.00
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**No class - Saturday, November 10, 2012**

## 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.

For more info or to book your event, call Kyna at 850-5992. Booking one month in advance is recommended.

### Basic Party

R \$120.00/NR \$150.00

### Theme Party

R \$150.00/NR \$180.00

**Theme Options:** Princess Royal Ball, Dinosaur Shin-dig, Outer Space Adventure, Art Extravaganza, Pirate Party, Rock Star, Superhero, and Ice Skating Party.



## Dance, Cheer and Sports!

### Beginning Hip Hop Dance

Join this class to learn basic concepts of the hip-hop dance style. The art form of hip-hop dance has become popular world-wide and is a fun and energetic way to express personality. Children will learn basic steps, counting, and moves. This will be a fun and relaxed atmosphere. No experience necessary

**Fee:** R \$42.00/ NR \$52.00

**Ages:** 5 to 9

#### Session 1

**Date:** Monday, September 10 to October 22, 2012

**Time:** 3:50 p.m. to 4:35p.m.

**Course:** 11378.312

#### Session 2

**Date:** Monday, October 29 to December 10, 2012

**Time:** 3:50 p.m. to 4:35p.m.

**Course:** 11378.412

### Beginning Jazz Dance

In beginning Jazz you will learn the basic concepts of jazz dance including basic jazz-dance moves, rhythmic counting, and a choreographed routine. This will be a fun and relaxed atmosphere. No experience necessary

**Fee:** R \$42.00/NR \$52.00

**Ages:** 5 to 9

#### Session 1

**Date:** Monday, September 10 to October 22, 2012

**Time:** 3:00 p.m. to 3:45 p.m.

**Course:** 11376.312

#### Session 2

**Date:** Monday, October 29 to December 10, 2012

**Time:** 3:00 p.m. to 3:45 p.m.

**Course:** 11376.412

### Cheer Waunakee

Cheer Waunakee is a fun introduction to the exciting sport of cheerleading. Cheer Waunakee Cheerleaders are introduced to basic cheer tumbling, simple cheers, chants, dances and jumps, and learn age appropriate cheerleading skills to prepare for local performances. Performances may include parades, festivals, and possibly a fun competition at the end of the session.

Cheerleading is a dynamic blend of tumbling, dance, and performance all in one sport! Cheerleading develops strength, flexibility, and power, but also teaches life lessons in teamwork, commitment, responsibility and camaraderie.

Our teams have no bench - with every member an important participant. We believe that every child is a star! This program is administered by Cheer Wisconsin, located in Sun Prairie. Cheer Wisconsin is owned and operated by Jerry Wheeler, currently the Head Coach for the University of Wisconsin-Madison Cheerleaders!

*In addition to the program fee there will be a one-time \$50.00 uniform fee for each participant. This fee will include a practice uniform and a performance uniform. This fee will be collected after the session begins and more information will be handed out by the instructors.*

**Fee:** R \$150.00/NR \$160.00

**Date:** Monday and Wednesday  
September 24 to  
December 12, 2012

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

**Ages:** 8 to 14

**Location:** Arboretum School Gym

**Course:** 12370.312

### 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

**Date:** Sunday

November 4 to 25, 2012

#### Ages 4

**Time:** 4:00 p.m. to 4:45 p.m.

**Course:** 42088.312

#### Ages 5 & 6

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

**Course:** 42089.312

### 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 7 to December 19, 2012

No class November 21, 2012

**Instructor:** Betsy Zadra

**Location:** Village Center

#### Ages 5 to 8

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

**Course:** 42011.312

#### Ages 9 & up

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

**Course:** 42012.312

### 4th Annual New Balance Girls On The Run - 5K

This is a community Run/Walk event! Join us for a 5K Certified run or walk on Saturday, November 10, 2012. Feel free to run, jog, walk, skip or simply come cheer on our amazing girls! Register online at: [www.girlsontherundaneco.org](http://www.girlsontherundaneco.org). Early registration is encouraged to guarantee your long-sleeve race t-shirt.

**Fee:** \$25.00 individual - Family discount available

**Date:** Saturday, November 10, 2012

**Time:** 10:00 a.m. start

**Location:** Waunakee Village Park



# Ice Skating at the Ice Pond - Tuesday Classes

Course	6:20 p.m.	6:50 p.m.
Little Skaters		SESSION 1 - 41730.312 SESSION 2 - 41734.312
Sam 1	SESSION 1 - 41731.312 SESSION 2 - 41735.312	
Sam 2	SESSION 1 - 41732.312 SESSION 2 - 41736.312	
Sam 3	SESSION 1 - 41733.312 SESSION 2 - 41737.312	
Basic 1	SESSION 1 - 42730.312 SESSION 2 - 42740.312	
Basic 2		SESSION 1 - 42731.312 SESSION 2 - 42741.312
Basic 3		SESSION 1 - 42732.312 SESSION 2 - 42742.312
Basic 4 - 8		SESSION 1 - 42733.312 SESSION 2 - 42743.312
Adult 1 - 4		SESSION 1 - 43730.312 SESSION 2 - 43734.312
Free Skate	SESSION 1 - 42738.312 SESSION 2 - 42758.312	
SESSION 1 - SEPTEMBER 11 TO OCTOBER 16, 2012 FEE: R \$90.00/NR \$100.00 SESSION 2 - OCTOBER 23 TO DECEMBER 18, 2012 FEE: R \$135.00/NR \$145.00		

## Little Skaters

This class is designed for ages 3 to 4 years old and will 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.

## Snowplow Sam 1

This class is designed for ages 4 to 6 years old and will help develop preliminary coordination and strength necessary to maneuver on the ice. The focus is on fun and games while learning beginning skating skills.

## Snowplow Sam 2

This class is designed for ages 4 to 6 and will help develop preliminary coordination and strength necessary to maneuver on the ice. The focus is on fun and games while learning beginning skating skills. You must complete Snowplow Sam 1 to move on to this class.

## Snowplow Sam 3

This class is designed for ages 4 to 6 years old and will help develop preliminary coordination and strength necessary to maneuver on the ice. The focus is on fun and games while learning beginning skating skills. You must complete Snowplow Sam 2 to move on to this class level.

## Basic 1 - 8

This class is designed for ages 7 and older to learn the fundamentals for the sport. The eight levels of the program will introduce the fundamental moves: forward skating, stops, edges, crossovers, turns and mohawks. You must have successfully completed Basic 1 to register for classes 2 through 8.

*Session 2 will include a Holiday Exhibition!*

### Lessons Include:

- Instruction by high quality U.S. Figure Skating Instructors
- U.S. Figure Skating membership and a membership card, record book and stickers, year patch and level patch for completion of each level.
- Free rental skates during lessons (limited amount)
- 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 are allowed for Basic 1-4
- Wear gloves or mittens and warm layered clothing (no jeans)

**School Director:** Jean Calzavara-Uhlmann

**Program Coordinator:** Kyna North

## Adult 1 - 4

This class is designed for the beginning adult skater. It will promote physical fitness as well as improve balance and coordination while learning proper skating techniques. Divided into four levels, adult skaters will progress at an individual rate while being challenged and motivated. This is the program for people who look at skating as an enjoyable way for a fit and healthy lifestyle.

## Free Skate

Each Free Skate level is divided into four sections: moves in the field, spins, dance/footwork sequence and jumps. The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating. This class is for participants who have completed Basic 1 - 8.

## 2012/2013 Youth Basketball

These recreational leagues are organized and administered by the Village's Recreation Department with the assistance of the high school coaches and players along with parent coaches. The season runs from December 2012 through February 2013. Fees vary by league; all players receive a reversible jersey and basketball. Register at the Village Center, online or by phone at 850-5992.

Boys and Girls in grades K to 8 are invited to participate in this program. This program consists of skills, scrimmages and league games based on grade level. Kindergarten through 2nd grade focuses on skill development through fast and fun stations working into scrimmages. Players in grades 3 to 4 will also have the opportunity to play games. 5th - 8th grade teams will play area teams in the "Big 10 Recreational Basketball League". Players in the 4th - 8th grade levels will be required to do some traveling. Practices for the 5th - 8th grade teams begin in November. All other grades will begin practice in December. Specific game locations and times will be identified in late November.

*Registration deadline: Grades K - 4 Monday, November 12, 2012  
Grades 5 - 8 Friday, October 19, 2012*

<b>GIRLS - WAUNAHOOPS</b>				
<u>Grade</u>	<u>Course</u>	<u>Location</u>	<u>Fee</u>	<u>Course</u>
Kindergarten	9:00 a.m./Saturday	Arboretum School	\$39.00	42116.412
1st Grade	10:00 a.m./Saturday	Arboretum School	\$39.00	42117.412
2nd Grade	11:00 a.m./Saturday	Arboretum School	\$39.00	42118.412
3rd Grade	12:00 p.m./Saturday	Arboretum School	\$43.00	42119.412
4th Grade	Games - Saturday TBD Practices - Monday TBD	Arboretum School Middle School	\$47.00	42009.412
5th Grade	Games - Saturday TBD Practices - Monday TBD	Prairie School Middle School	\$60.00	42008.412
6th Grade	Games - Saturday TBD Practices - Monday TBD	Prairie School Middle School	\$60.00	42006.412
7th and 8th Grade	Games - TBD Practices - TBD	Arboretum School Village Center	\$60.00	42004.412
<b>BOYS - LITTLE WARRIORS</b>				
<u>Grade</u>	<u>Course</u>	<u>Location</u>	<u>Fee</u>	<u>Course</u>
Kindergarten	10:00 a.m./Saturday	Middle School	\$39.00	42110.412
1st Grade	9:00 a.m./Saturday	Middle School	\$39.00	42111.412
2nd Grade	8:00 a.m./Saturday	Middle School	\$39.00	42112.412
3rd Grade	11:00 a.m./Saturday	Middle School	\$43.00	42113.412
4th Grade	Games - Saturday TBD Practices - Thursday TBD	Middle School Arboretum School	\$47.00	42114.412
5th Grade	Games - Saturday TBD Practices - Tuesday TBD	Prairie School Arboretum School	\$60.00	42115.412
6th Grade	Games - Saturday TBD Practices - Tuesday TBD	Prairie School Arboretum School	\$60.00	42007.412
7th and 8th Grade	Games - TBD Practices - TBD	Arboretum School Village Center	\$60.00	42005.412
<p><u>4th - 8th grade boys and girls</u> - play games against teams from Cottage Grove, Fitchburg, Maple Bluff, Middleton, Monona, and Verona.</p>				



## Taekwondo 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 questions to the instructor at (608) 469-6051.

### September

Ages 4 to 6 Course: 45391.312  
7 and up Course: 45390.312

### October

Ages 4 to 7 Course: 45399.412  
7 and up Course: 45390.412

### November

Ages 4 to 6 Course: 45392.412  
7 and up Course: 45396.412

MONDAY	WEDNESDAY	SATURDAY
Tiny Tigers Ages 4 to 6 White - Yellow 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.	Tiny Tigers Ages 4 to 6 White - Yellow 8:30 a.m. to 9:00 a.m.
Beginner 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.	- Break - 9:00 a.m. to 9:05 a.m.
- Break - 6:30 p.m. to 6:35 p.m.	- Break - 6:30 p.m. to 6:35 p.m.	Beginner Class Ages 7 and Up White - Yellow 9:05 a.m. to 9:50 a.m.
Intermediate & Advance Class Ages 7 and Up Camo - Red 6:35 p.m. to 7:20 p.m.	Intermediate & Advance Class Ages 7 and Up Camo - Red 6:35 p.m. to 7:20 p.m.	Intermediate & Advance Class Ages 7 and Up Camo - Red 9:50 a.m. to 10:35 a.m.
- Break - 7:20 p.m. to 7:25 p.m.	- Break - 7:20 p.m. to 7:25 p.m.	- Break - 10:35 a.m. to 10:40 a.m.
Black Belt Class Ages 7 and Up Rec. Black and Black 7:25 p.m. to 8:10 p.m.	Black Belt Class Ages 7 and Up Rec. Black and Black 7:25 p.m. to 8:10 p.m.	Leadership Ages 7 and Up All Ranks 10:40 a.m. to 11:10 a.m.
<b>Fee:</b> R \$50.00/NR \$60.00 <b>Age:</b> 4 and up <b>Time:</b> See schedule <b>Instructor:</b> Michael Plessel <a href="http://www.waunakeeata.com">www.waunakeeata.com</a>		Black Belt Class Ages 7 and Up Rec. Black and Black 11:10 a.m. to 11:55 a.m.

## 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 13 to October 18, 2012

**Time:** 7:00 p.m. to 8:00 p.m.

**Course:** 13266.312

#### Session 2

**Date:** Thursday, October 25 to December 6, 2012

**Time:** 8:00 p.m. to 9:00 p.m.

**Course:** 13267.312

No class November 22, 2012

### Beginning 2 (Intermediate)

This class 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. The class is taught by Terry Enge, certified ballroom dance instructor. Partners preferred.

**Fee:** R \$27.00/NR \$37.00

**Ages:** 16 and up

**Date:** Thursday, October 25 to December 6, 2012

**Time:** 7:00 p.m. to 8:00 p.m.

**Course:** 13268.312

No class November 22, 2012

## 2012 - 2013 Men's Basketball League

The 2012-2013 Men's Basketball Season will begin on October 10th with a practice game. All players from the 2011-2012 season will have until Sept. 18th to register. Beginning Sept. 19th 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:** \$72.00

**Date:** Wednesdays, October 10, 2012 to February 20, 2013

**Time:** 6:45 p.m. to 9:45 p.m.

**Course:** 43000.412

**Location:** Waunakee High School

No games October 31, November 21, or December 26, 2012



If you have AARP, Humana or WPS 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.

## Power Circuit by Inspire 4 Fitness

Looking for a class that focuses on strength, core and cardio conditioning that will keep you moving and having fun? Then Power Circuit is for you. Come join this new class led by an experienced trainer and coach that will help you meet your fitness and/or weight loss goals. Designed for all fitness levels it offers men and women constantly changing exercises that challenge your mind and body in a supportive, positive environment. We will never do the exact same workout twice.

All participants will receive a weekly email with a healthy recipe, fitness tips and inspirational stories or thoughts. Don't miss your opportunity to join this innovative class this fall.

**Fee:** 4 day - R \$85.00/NR \$95.00  
3 day - R \$75.00/NR \$85.00  
2 day - R \$50.00/NR \$60.00

**Days:** Monday, Tuesday, Wednesday and Thursday

**Time:** 5:35 a.m. to 6:20 a.m.

**Instructor:** Karen Endres

**October**

**Course:** 4 days/week 25400.412  
3 days/week 25409.412  
2 days/week 25401.412

**November**

**Course:** 4 days/week 25402.412  
3 days/week 25408.412  
2 days/week 25403.412  
*No class November 21, 2012*

**December**

**Course:** 4 days/week 25404.412  
3 days/week 25407.412  
2 days/week 25405.412

## 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

Are you thinking about participating in a group exercise class or working out at the Village Center – but don't know what to do with your toddler?

Your child will have a great time in Kidcare! 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.

## 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](http://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 4**  
 to  
**October 27, 2012**  
 (8 weeks)

Call the Welcome Desk at 850-5992 to check class availability for Session I.

**Fall Session II**  
**October 28**  
 to  
**December 22, 2012**  
 (8 weeks)

Fall Session II Schedule  
Available and Registration Starts  
 Sunday - October 7, 2012



## 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.

## 90 Day Fitness Challenge

"The 90 Day Fitness Challenge" is designed for you based on your goals and current level of health and fitness. This program will teach you the fundamentals of how you can use food and exercise to create a healthier life. You will have all the tools you'll need to live a healthier lifestyle, lose fat and keep it off. As part of this program you will get a personalized fitness program, body fat evaluations, and multiple weekly fitness classes. This program will be led by Sarah Homan, Certified Natural Trainer. More information on this program will be available in mid September at the Welcome Desk. If you are interested you can sign up by calling Sarah at 850-6469.

## Did you know...

A minimum number of participants are required for all Village Center Programs? So please do not wait until the last second to sign up. If you want to participate in a program sign up now and call your friends!

## 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: Haley Miller and Lindsay Denu. Thank you for all your time and efforts!

We would also like to thank local businesses that helped support our programs. They include: Zoe's Pizzeria, Piggly Wiggly, Half Price Books, Waunakee Public Library and North Ridge Church. Your participation is essential in our community outreach.

If you are interested in volunteering with the Village Center, please contact Kyna 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 1100 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: Waunakee Utilities, CMI, Empire Photography, Chad's Carpentry, Knights of Columbus, Physician's Plus, Culvers of Waunakee, Nord Gear, Premier Builders, Geomar Heavy Duty Inc., Cousin Subs of Waunakee, Stevens Construction, American Family - Mike Kittoe Agency PARR Appraisal and Consulting, and HLW Builders LLC.

Thank you all for your support!!!

## Goin' Lupi Gardening

It's time to start Goin' Lupi at the Village Center! Tina Lupiezowiec will lead this three part program. Sign up for one or all three workshops. You're goin' love it!

Check out the Goin' Lupi website at [www.goinlupi.com](http://www.goinlupi.com) for more information on Tina.

**Fee:** R \$1800/NR \$28.00

**Time:** 11:00 a.m. to 12:30 p.m.

**Ages:** 7 to 13



### Composting

If you have an interest composting and rain collecting then come join us.

**Date:** Saturday, September 22, 2012

**Course:** 12712.312

### Raised Beds

In this class we will be building a raised garden bed.

**Date:** Saturday, September 29, 2012

**Course:** 12713.312

### Raised Beds Plantings

In this class we will be planting the raised garden bed we built last week.

**Date:** Saturday, October 6, 2012

**Course:** 12714.312

### Genealogy

"What on Earth is Genealogy?" (a class to help you start your search) and "Using Standard Histories to Find Elusive Relatives" (a follow up class on using non-traditional search documents) will be led by genealogist George Findlen.

**Fee:** R \$15.00/NR \$20.00

**Date:** Sundays, November 4 and November 11, 2012

**Time:** 2:00 p.m. to 3:00 p.m.

**Ages:** Any

**Course:** 15234.312

### Beginning Guitar I

Beginning with a few basic chords and strums, you will learn real music drawn from blues, folk, country, and bluegrass traditions. Learn how to find notes on the fingerboard by using them in familiar 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.

**Fee:** R \$58.00/NR \$68.00

**Date:** Thursday, September 6 to October 11, 2012

**Time:** 6:15 p.m. to 7:30 p.m.

**Course:** 15341.112

**Ages:** 14 and up

**Instructor:** Keith Krinke

## MATC Classes

Class Name	Fee*	Day	Time	Start Date	End Date
Art Workshop #37000	\$69.01	T	6:00 p.m. to 9:00 p.m.	9/11	10/9
Painting for Pleasure #33668	\$77.13	M	6:30 p.m. to 9:00 p.m.	9/17	10/29
Painting for Pleasure #33669	\$77.13	W	1:00 p.m. to 3:30 p.m.	9/19	10/31
Painting for Pleasure #37006	\$77.13	TH	9:00 a.m. to 11:30 a.m.	9/20	11/1
Water Colors All Levels #37010	\$69.01	T	9:00 a.m. to Noon	9/25	10/30
Forest Garden Design #35422	\$12.13	M	6:00 p.m. to 8:00 p.m.	11/12	11/12
Apple Harvest Cake Decorating #33585	\$31.25	U	1:00 p.m. to 5:00 p.m.	11/18	11/18
Edible Native Plants #34521	\$28.38	M	6:00 p.m. to 8:30 p.m.	11/19	11/26
Turning Conflict into Collaboration #36805	\$30.00	W	6:00 p.m. to 9:00 p.m.	12/5	12/5
Christmas Fantasy Cake Pops #36920	\$33.25	W	1:00 p.m. to 4:00 p.m.	12/8	12/8

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, or visit [www.matcmadison.edu](http://www.matcmadison.edu).

\*Students 60 years and older will receive a discount of approximately 20%.