



VILLAGE OF WAUNAKEE COMMUNITY SERVICES December 2013

WINTER 2013

**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 7, 2013. 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 co-sponsored by the Waunakee Rotary Club.

**Date:** Saturday, December 7, 2013  
**Time:** 1:00 p.m. to 4:00 p.m.  
**Fee:** FREE

**Gift Certificates**

Treat your friends and family to a healthy gift with a Village Center FIT Pass or fitness class. Buy now in time for the holidays!



**Red Cross Blood Drive**

'Tis the season to give the gift of blood. The need for blood is constant, even during the holidays. Join the 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.give-bloodgivelife.org](http://www.give-bloodgivelife.org).

We are looking for volunteers for 1-2 hour 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 Kyna at 850-5992.

**Date:** Friday, December 27, 2013  
**Time:** 1:00 p.m. to 5:00 p.m.

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## Technology

### Microsoft Office 2010

#### Tips and Tricks

It is time to update/refresh your computer skills! Whether you want to return to the job market, or find a better/different job, or just want to learn for personal satisfaction this class is for you!

Have you used, Word, Excel and PowerPoint in the past? Did you learn it on your own or on the job? And are you doing the things you always did the hard way?

Through this class you will become more confident while using Excel and Word with less effort. Create a basic PowerPoint presentation with just one click. Create professional looking files with less effort. At the end of this class, you will be able to do these things and save time on your everyday tasks.

Bonus topics included: - Basic file management - Internet skills

Minimum knowledge/skill required for this class: You should know the basics of Microsoft Word, Excel and PowerPoint to enter this class.

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

**Ages:** 16 and up

**Date:** Thursday, January 30 to February 13, 2014

**Time:** 8:30 a.m. to 11:30 a.m.

**Course:** 12231.114

### Frugal is the New Cool

Learn how to put your smartphone and internet tools to work to save money and live better. Join our entertaining, energetic and knowledgeable instructor, Alka Mehta, as you learn how to use the technology that you already have to be a smart shopper.

"The art is not in making money, but in keeping it." - Dutch Proverb.

**Fee:** R \$29.00/NR \$34.00

**Date:** Wednesday, February 19, 2014

**Time:** 6:00 p.m. to 9:00 p.m.

**Ages:** 16 and up

**Course:** 12232.114

## Snowshoe

### Walk on the White Side Snowshoe Hike

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. We will meet at the bridge by Division St. No experience necessary-if you can walk, you can snowshoe! Be sure to dress for the weather.

**Fee:** R \$10.00/NR \$15.00

**Ages:** 5 and up\*

**Date:** Saturday, February 1, 2014

**Time:** 9:00 a.m. to 11:00 a.m.

**Course:** 12722.114

\*Children ages 5 to 10 must be accompanied by an adult.

### Learn to Snowshoe

Try our snowshoes for a day to see if you like them, before buying your own. Your family will receive about 15 minutes of instruction on how to put them on, take them off, and walk with them. When you're ready, go hiking on your own through Village Park. Sign up the entire family for this program!

**Fee:** R \$10.00/NR \$15.00

**Ages:** 5 and up\*

**Date:** Saturday, January 11, 2014

**Time:** 9:00 a.m. to 11:00 a.m.

**Course:** 12720.114

**Instructor:** Joleen Stinson

\*Children ages 5 to 10 must be accompanied by an adult

### Snowshoe Rental

Looking to try something new? Snowshoes are available for rent on a one-day basis at the Waunakee Village Center. Fees are R: \$10.00/NR \$15.00 per pair. If snowshoes are returned late, additional fees will be applied. Snowshoes are available in a variety of sizes, ranging from youth through adult. The snowshoes are recreational shoes with an aluminum frame and buckle bindings. For more information contact Kyna at 850-5992 or knorth@vil.waunakee.wi.us.

*No matter when you are snowshoeing, be sure to dress for the weather. Our programs will not occur if temperatures are below 5° F or if there is not enough snow. A limited number of adult and children's snowshoes are available. Snowshoes were provided by an Alliant Energy Foundation Grant.*

## MATC Classes

### Adult Enrichment Classes

| Class Name  | Fee     | Day | Time                    | Start Date | End Date |
|---|---------|-----|-------------------------|------------|----------|
| Painting for Pleasure<br>#63654                     | \$98.00 | W   | 1:00 p.m. to 3:30 p.m.  | 2/19       | 4/9      |
| Painting for Pleasure<br>#63565                     | \$98.00 | R   | 9:00 a.m. to 11:30 a.m. | 2/20       | 4/10     |
| Stained Glass Suncatcher<br>#66513                  | \$37.00 | U   | 1:00 p.m. to 5:00 p.m.  | 4/13       | 4/13     |
| Baking: Croissants and Breakfast Pastries<br>#64757 | \$35.00 | U   | 1:00 p.m. to 4:00 p.m.  | 5/18       | 5/18     |

Please phone (608) 258-2301 with class numbers above to register, or visit [www.madisoncollege.edu/courses](http://www.madisoncollege.edu/courses)

To register for programs call 850-5992

## Workshops on Wellness (WOW)

The Waunakee Village Center and the Waunakee-Westport Lions Club are pleased to offer Workshops on Wellness. The WOW program consists of monthly presentations to help improve healthy living. The presentations will be based on a wide variety of topics and each presenter will share information and answer your questions. The WOW program is free and will be offered at 7:00 p.m. monthly.



### Upcoming Presentations:

#### Thursday - December 12, 2013

Dr. William Ranum - Dean Clinic  
"How to Live Well and De-Stress During the Holidays"

#### Wednesday - January 8, 2014

Emily Niesen  
Nostalgic Nutrition & Well Being  
"Resolutions for A Lifetime"

#### Wednesday - February 12, 2014

Dr. Aimee M. D'Amour DDS  
Midwest Dental/Waunakee  
"Teeth are Important, But Why Should I Care About My Gums?"

## Pickleball

Pickleball is a fun, social, easy to learn game that is a cross between badminton, table tennis, and tennis. It's played on a small court, with large paddles and a wiffle-like ball. You don't need to be athletic or strong to play. Drop in and check out this world wide sport. No registration needed.

**Fee:** Free for members  
Daily fee for non-members  
**Date:** Mondays and Wednesdays  
**Time:** 10:00 a.m. to Noon

## 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 other classes. A complete schedule of classes will be available on the following date.

Winter Session Schedule  
Available and Registration Starts  
**Sunday - December 15, 2013**

Winter Session  
**January 5, 2014 to March 22, 2014**  
(11 weeks)



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  
Card good for 3 months  
If you are a SilverSneakers FIT Pass Holder the classes are free.

**Current class schedules are available at the Welcome Desk**

## 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? 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 we offer 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.

**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, Thursday and Friday  
**Time:** 5:35 a.m. to 6:20 a.m.  
**Instructor:** Karen Endres

**December**  
**Course:** 4 days/week #25404.413  
**Course:** 3 days/week #25407.413  
**Course:** 2 days/week #25405.413

**January**  
**Course:** 4 days/week #25404.114  
**Course:** 3 days/week #25407.114  
**Course:** 2 days/week #25405.114

**February**  
**Course:** 4 days/week #25403.114  
**Course:** 3 days/week #25402.114  
**Course:** 2 days/week #25401.114

## 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.

## 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.

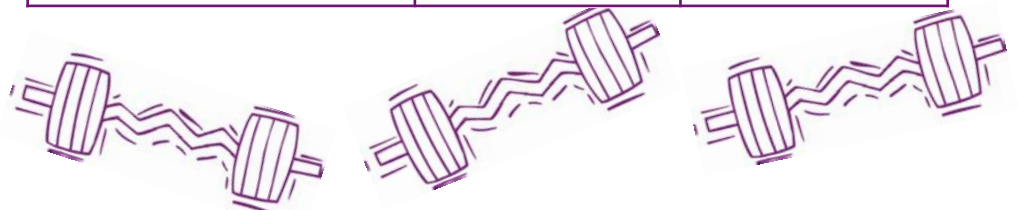
### Do You Carry Dean,Unity, Group Health, or Physicians Plus for Your Health Insurance?

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

| <u>Pass Classification</u>  | <u>Resident Rate</u> | <u>Non-Resident Rate</u> |
|---|----------------------|--------------------------|
| <b>ANNUAL PASS (EFT)</b>  |                      |                          |
| 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                               |                      |                          |
| <b>6 MONTH PASS</b>   |                      |                          |
| 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                 |
| <b>3 MONTH PASS</b>   |                      |                          |
| Youth   | \$30.00              | \$39.00                  |
| High School (14-18)   | \$55.00              | \$71.00                  |
| Adult (18-54)   | \$90.00              | \$120.00                 |
| Older Adult (55+)   | \$55.00              | \$55.00                  |
| Family  | \$155.00             | \$205.00                 |
| <b>1 MONTH PASS</b>   |                      |                          |
| Youth   | \$12.00              | \$16.00                  |
| High School (14-18)   | \$22.50              | \$29.00                  |
| Adult (18-54)   | \$37.50              | \$49.00                  |
| College - Winter Break  | \$25.00              | \$35.00                  |
| Older Adult (55+)   | \$22.50              | \$22.50                  |
| Family  | \$60.00              | \$78.00                  |
| <b>DAILY PASS</b>   |                      |                          |
| 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                  |
| <b>DAILY TRACK PASS PUNCH CARD</b> 10 visits - use of track only. |                      |                          |
| Adult/Youth   | \$6.00               | \$12.00                  |
| Older Adult (55+)   | \$6.00               | \$6.00                   |



## SPEED

All student athletes looking to improve their strength, speed, core, agility and cardio through fun, dynamic workouts will enjoy our SPEED Class. The program is developed by two experienced coaches/certified trainers and will challenge your athlete physically and improve their self-confidence to help them reach their goals. Participants receive personal training in a fun, group setting at a fraction of the cost of hiring a personal trainer. This class is perfect for athletes preparing for a spring sport.

**Date:** January 13 to February 27, 2014

**Grades 8 to 12\***

*\*or with instructor approval*

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

**Time:** 3:50 p.m. to 4:45 p.m.

**3 Day**

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

**Course:** 25409.114

**2 Day**

**Fee:** R \$99.00/NR \$109.00

**Course:** 25400.114

**Grades 4 to 7**

**Date:** Tuesday & Thursday

**Time:** 3:50 p.m. to 4:45 p.m.

**Fee:** R \$99.00/NR \$109.00

**Course:** 25406.114

**Instructors:** Karen Endres/Jen Grabarski

## Hula Hooping

### All Around Fun

#### Hoop Making Workshops

Join us for an exploration of creativity, movement and all-around connectivity! This awesome class will be led by Breezi Purdue, an ever-delighted hooper and child development specialist. Every student will create and decorate their own high quality hoop that fits their own size and originality. After hoop making, the class will whirl themselves into learning some tricks and finish up with a free-expression hoop jam.

**Fee:** R \$33.00/NR \$43.00

**Date:** Sunday, December 15, 2013

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

**Ages:** 4 and up

**Course:** 15320.413

### Hoop Dance Fitness

Hula hooping is not simply one of the worlds most comprehensive, and all-around beneficial exercises, but hula hooping is a dance. Hoop dance goes above and beyond standard exercise, and does not tell your brain you ARE exercising. Engage in a dynamic and ever-expansive aerobic and anaerobic exercise while achieving greater rhythm, balance, coordination, muscular strength, stamina, and most importantly a brain-body connection.

The fee includes the cost of a hoop which you will get the first class.

[www.hulahooping.com/hoop-fitness](http://www.hulahooping.com/hoop-fitness).

**Fee:** R \$105.00/NR \$115.00

**Date:** Wednesday, January 15

to February 19, 2014

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

**Ages:** 16 and up

**Course:** 12321.413

### Never-ending Hoopiness

Hoopiness is one of the world's most overall beneficial activities a person can engage in. In 60 minutes your child will explore the many offerings of hula hooping in a nurturing and exciting environment. Led by Miss Breezi, a child development specialist and professional hula hooper, this class will fuel your child's creative juices. To begin your child's adventures into hula hooping we kick-off the first class with a hoop making workshop.

**Fee:** R \$105.00/NR \$115.00

**Date:** Wednesday, January 15 to February 19, 2014

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

**Ages:** 5 to 9

**Course:** 62440.413

## Martial Arts Adults/Kids!

Moh's Martial Arts provides martial arts training for the entire family! We use traditional taekwondo and other forms of modern martial arts styles to instill valuable life-skills like self-defense, respect, and discipline in our students.

These classes will help your family become more confident, healthier, and focused! Come visit a class and see what all the excitement is all about!

**Fee:** R \$50.00/NR \$60.00

**Instructor:** Michael Moh

[www.mohsmartialarts.com](http://www.mohsmartialarts.com)

Tiny Tigers - Ages 4 to 6

Youth and Teen - 7 to 14

Adults - 15 and up

| TUESDAY   | THURSDAY   | SATURDAY   |
|---|--|--|
| Tiny Tigers<br>Ages 4+<br>5:15 p.m. to 5:45 p.m.  | Tiny Tigers<br>Ages 4+<br>5:15 p.m. to 5:45 p.m.     | Tiny Tigers<br>Ages 4+<br>8:30 a.m. to 9:00 a.m.         |
| White - Yellow<br>All Ages<br>5:45 p.m. to 6:25 p.m.  | White - Yellow<br>All Ages<br>5:45 p.m. to 6:25 p.m. | White - Yellow<br>All Ages<br>9:30 a.m. to 10:10 a.m.    |
| Camo - Red<br>All Ages<br>6:25 p.m. to 7:05 p.m.  | Camo - Red<br>All Ages<br>6:25 p.m. to 7:05 p.m.     | Camo - Red<br>10:10 a.m. to 10:50 a.m.                   |
| Black Belts<br>All Ranks<br>7:05 p.m. to 7:45 p.m.  | Black Belts<br>All Ranks<br>7:05 p.m. to 7:45 p.m.   | BBC Training<br>All Ranks<br>10:50 a.m. to 11:30 a.m.    |
| Adult Class<br>All Ranks<br>7:45 p.m. to 8:25 p.m.  | Adult Class<br>All Ranks<br>7:45 p.m. to 8:25 p.m.   | Black Belts Only<br>All Ages<br>11:30 a.m. to 12:10 p.m. |
| <p><b>Basic Members:</b> Attend any 2 classes per week excluding BBC Training class.<br/> <b>BBC/Leadership Members:</b> Attend unlimited classes per week.<br/> <b>Please arrive 5 minutes before your class focused for training.</b></p> |  |  |

## Ice Skating at the Ice Pond - Tuesdays

### Lessons Include:

- Instruction by high quality U.S. Figure Skating Instructors.
- U.S. Figure Skating membership, membership card, and record book and stickers, year patch and level patch for completion of each level.
- Free rental skates during lessons, while supply lasts. There are a limited amount available.
- 30 minutes of practice ice for each 30 minute class time.

### What to wear:

- Helmets are required for all Little Skaters/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).

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

**School Director:** Jean Calzavara-Uhlmann

**Program Coordinator:** Kyna North

### Little Skaters

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 - 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. Each level must be taken and passed in order to move on.

### 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

### Adult 1 - 4

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.

### Freestyle 1 - 6

Each Freestyle 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.

### Just Spin

Open to skaters enrolled in Freestyle 1 and above. This class will feature spin variations from broken leg to haircutter and everything in between. 50% off fee if enrolled in both Freestyle and Just Spin together.



| Course         | 6:20 p.m. | 6:50 p.m. |
|----------------|-----------|-----------|
| Little Skaters | 41730.114 |           |
| Sam 1          | 41731.114 |           |
| Sam 2          |           | 41732.114 |
| Sam 3          |           | 41733.114 |
| Basic 1        | 45730.114 | 45736.114 |
| Basic 2        | 45731.114 |           |
| Basic 3        | 45732.114 |           |
| Basic 4        | 45733.114 |           |
| Basic 5        | 45737.114 |           |
| Basic 6        |           | 45738.114 |
| Basic 7        |           | 45739.114 |
| Basic 8        |           | 42739.114 |
| Adult          |           | 43730.114 |
| Freestyle      |           | 45734.114 |
| Just Spin      | 42734.114 |           |

JANUARY 7 TO MARCH 18, 2014

**Save the Date!**  
**Spring Skate Exhibition**  
**March 18, 2014**

## Little Kickers Soccer

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 soccer teams. Everyone will receive their own soccer ball and t-shirt.

**Fee:** R \$35.00/NR \$45.00

**Date:** Sunday  
 March 2 to 23, 2014

**Ages 4**

**Time:** 4:00 p.m. to 4:45 p.m.  
**Course:** 42088.214

**Ages 5 & 6**

**Time:** 5:00 p.m. to 5:45 p.m.  
**Course:** 42089.214



To register for programs call 850-5992

## Open Gym

### Softball and Baseball

The Village Center gym will be available to work on your baseball/softball skills before the season begins. Participants will work on batting, fielding and throwing. Volunteer coaches are needed.

**Fee:** R \$16.00/NR \$26.04

#### Softball

**Date:** Monday, January 6 to February 24, 2014

#### Grades 3 to 5

**Time:** 6:30 p.m. to 7:30 p.m.  
**Course:** 42168.114

#### Grades 6 to 8

**Time:** 7:30 p.m. to 8:30 p.m.  
**Course:** 42169.114

#### Baseball

**Date:** Friday, January 10 to February 28, 2014

#### Grades 3 & 4

**Time:** 6:30 p.m. to 7:30 p.m.  
**Course:** 42163.114

#### Grades 5 & 6

**Time:** 7:30 p.m. to 8:30 p.m.  
**Course:** 42164.114

### Softball Holiday Clinic

Learn the fundamentals of softball in a non-competitive, non-league setting. Improve your fielding, throwing, hitting, position play and knowledge of game situations. The clinic will be led by former Waunakee High School players and area coaches. All participants should bring a glove, and a bat & helmet if you have one.

**Fee:** R \$15.00/NR \$25.00

**Date:** Monday, December 30, 2013

#### Grades 3 to 5

**Time:** 10:00 a.m. to Noon  
**Course:** 42160.114

#### Grades 6 to 8

**Time:** 12:30 p.m. to 2:30 p.m.  
**Course:** 42161.114

## Youth Tennis - Indoor

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 to a comfortable size for young children.

Emphasis is placed on learning basic movement and skills. Participants should bring their own racquets.

**Fee:** R \$49.00/NR \$59.00

**Instructor:** Betsy Zadra

#### Ages 5 to 8

**Date:** Wednesday  
January 8 to February 26, 2014

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

**Course:** 42011.114

#### Ages 9 and up

**Date:** Wednesday  
January 8 to February 26, 2014

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

**Course:** 42012.114

## Home School Physical Education

Our Home School physical education classes are a great way to incorporate physical education into your child's curriculum. Participants will experience group games, organized sports, and fitness/wellness activities in a relaxed, non-threatening atmosphere. The activities will be designed to teach sportsmanship and teamwork while allowing the participants to develop self-confidence. No class Thursday, November 28, 2013.

**Fee:** R \$60.00/NR \$70.00

**Date:** Thursday, January 9 to March 27, 2014

**Time:** 1:00 p.m. to 2:00 p.m.

**Ages:** 5 to 13

**Course:** 12070.114

## Cheerleading

### Cheer Waunakee

A fun introduction to the exciting sport of cheerleading. Participants are introduced to basic cheer tumbling, simple cheers, chants, dances and jumps, and learn age appropriate cheerleading skills. 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.

**Fee:** R \$50.00/ NR \$60.00

**Ages:** 8 to 13

**Date:** Saturday, January 11 to March 15, 2014

**Time:** 1:30 p.m. to 2:30 p.m.

**Course:** 12371.114

### Holiday Cheer Clinic

Cheerleading is a dynamic blend of tumbling, dance, and performance all in one sport! It develops strength, flexibility, spunk and power and teaches life lessons in teamwork, commitment, responsibility and camaraderie. All participants will learn a short routine which will include simple cheers, chants, dances and jumps and learn age appropriate skills.

Family and friends are invited to the last portion of the clinic to see the routine we have learned!

**Fee:** R \$10.00/NR \$15.00

**Date:** Friday, December 27, 2013

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

**Ages:** 7 to 14

**Course:** 11383.413

## We are on Facebook!

Stay up to date and follow our programs at the Village Center!  
[www.facebook.com/WaunakeeVillageCenter](http://www.facebook.com/WaunakeeVillageCenter)



## 2014 Waunakee Area Youth Baseball and Softball

Waunakee Area Little League (WALL) is a volunteer organization providing Little League Baseball and Softball to children living in the Waunakee Area School District. WALL is coordinated through the Village Recreation Department. Waunakee Area Little League is chartered with Little League International. The goal of WALL is to provide an activity that develops the qualities of sportsmanship, teamwork, responsibility, and discipline under the leadership of adult volunteer role models. *Level of play is based on your child's grade in the fall 2014.*

Register in person at the Village Center, via phone at 850-5992 or online at [www.waunakee/recreation](http://www.waunakee/recreation).

• **Early Bird Registration Period for Babe Ruth, Major and Minor Baseball Leagues is: January 31 to March 15, 2014.**



• **Early Bird Registration Period for T-Ball, Coach Pitch Baseball, Rookie League Baseball and all Softball is: January 31 to April 15, 2014.**

Players MUST be registered by these dates to be guaranteed a spot on a team. Anyone not registered by the end of the early bird period will be accepted based on availability.

Some leagues will be provided uniforms that need to be returned at the end of the season.

*Anyone who does not return their village issued uniform at the end of the season will be charged a \$20.00 replacement fee.*

| Program  | Game Days  | Course Number                                    | Early Bird | Regular Fee |
|--|--|--|------------|-------------|
| Little League Play is based on your child's grade in the Fall of 2014. |  |  |            |             |
| Little Hitters Parent/Child T- Ball<br>(Co-ed) 4 years                 | Tues 5:30 p.m.<br>Tues 6:30 p.m.<br>Thurs 5:30 p.m.<br>Thurs 6:30 p.m. | 42135.214<br>42136.214<br>42133.214<br>42137.214 | \$25.00    | \$35.00     |
| T- Ball<br>(Co-ed) Entering Kindergarten                               | Tues<br>Thurs  | 42132.214<br>42134.214                           | \$36.00    | \$46.00     |
| Coach Pitch Baseball<br>(Boys) 1st Grade                               | Mon and Wed  | 42151.214  | \$45.00    | \$55.00     |
| Coach Pitch Baseball<br>(Boys) 2nd Grade                               | Mon and Wed  | 42138.214  | \$45.00    | \$55.00     |
| Coach Pitch Softball<br>(Girls) 1st and 2nd Grade                      | Tues and Thurs   | 42141.214  | \$45.00    | \$55.00     |
| Rookie League Baseball<br>(Boys - pitching machine) 3rd Grade          | Mon and Wed  | 42152.214  | \$50.00    | \$60.00     |
| Rookie League Softball<br>(Girls - pitching machine) 3rd Grade         | Tues and Thurs   | 42146.214  | \$50.00    | \$60.00     |
| Minor League Softball<br>(Girls - live pitching) 4th and 5th Grade     | TBD  | 42142.214  | \$55.00    | \$65.00     |
| Minor League A Baseball<br>(Boys - live pitching) 4th Grade            | Mon and Wed  | 42157.214  | \$65.00    | \$75.00     |
| Minor League AA Baseball<br>(Boys - live pitching) 5th Grade           | Mon and Wed  | 42154.214  | \$75.00    | \$85.00     |
| Major League Softball<br>(Girls - live pitching) 6th and 7th Grade     | TBD  | 42143.214  | \$65.00    | \$75.00     |
| Major League Baseball<br>(Boys - live pitching) 6th and 7th Grade      | Tues and Thurs   | 42158.214  | \$82.00    | \$92.00     |
| Junior League Softball<br>(Girls - live pitching) 8th and 9th Grade    | TBD  | 42144.214  | \$65.00    | \$75.00     |
| Babe Ruth Baseball<br>(Boys - live pitching) 8th Grade                 | TBD  | 42155.214  | \$225.00*  | \$235.00*   |
| Babe Ruth Baseball<br>(Boys - live pitching) 9th Grade                 | TBD  | 42156.214  | \$225.00*  | \$235.00*   |
| *Babe Ruth Fee includes all tournament fees.                           |  |  |            |             |

### US Baseball Academy

The Waunakee Area Little League (WALL) will once again be sponsoring the US Baseball Academy in 2014. The academy will be held at the Waunakee High School for six Sundays beginning February 9, 2014. To register and get complete details please go to the US Baseball website – [www.usbaseballacademy.com](http://www.usbaseballacademy.com) or call US Baseball Academy at 1-866-622-4487.

### Team Sponsorship

WALL had almost 1200 children from the ages of 4 to 16 participate in our baseball/softball leagues last year. Many have helped us by sponsoring a team with their company name and logo. Team sponsorships are \$300.00.

Throughout the season hundreds of people will see your logo on uniforms. If you or your business are interested in sponsoring a team please contact Jeff Skoug at 850-5992.



# Gymnastics

## TUMBLE BUGS WITH PARENT - AGES 18 MONTHS TO 4

Tumble Bugs is a preschool gymnastics program. Come explore landscapes, sing songs, play silly games with the parachute and much more. Join our 18 month to 4 year olds, as they 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.

|  |                          |  |
|--|--------------------------|--|
| Saturday<br>January 4 to February 22, 2014 | 8:30 a.m. to 9:15 a.m.   | <u>Course:</u> 41382.114<br><u>Fee:</u> R \$42.00/NR \$52.00 |
| Monday<br>January 6 to February 24, 2014   | 9:30 a.m. to 10:15 a.m.  | <u>Course:</u> 41380.114<br><u>Fee:</u> R \$42.00/NR \$52.00 |
| Thursday<br>January 9 to February 27, 2014 | 10:30 a.m. to 11:15 a.m. | <u>Course:</u> 41381.114<br><u>Fee:</u> R \$42.00/NR \$52.00 |

## LEAPIN LIZARDS - AGES 3 YEARS 3 MONTHS TO 6

Leapin Lizards classes are designed for the 3 years 3 months to 6 years and the advancing Tumble Bug. This class is for children who are comfortable without their parents participating. Begin learning skills on bars, beam, floor and vault. Each day's class will emphasize independence, confidence, fine and gross motor skills, strength, flexibility and socialization. This is the perfect class for the increasingly active child. For any child younger than 3 years 3 months, one session of Tumble Bugs is HIGHLY recommended.

For safety reasons, participants must reach age requirement on the first day of class.

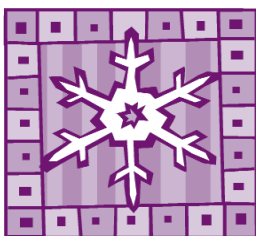
|  |                         |  |
|--|-------------------------|--|
| Saturday<br>January 4 to February 22, 2014 | 9:20 a.m. to 10:15 a.m. | <u>Course:</u> 41173.114<br><u>Fee:</u> R \$53.00/NR \$63.00 |
| Monday<br>January 6 to February 24, 2014   | 8:30 a.m. to 9:25 a.m.  | <u>Course:</u> 41170.114<br><u>Fee:</u> R \$53.00/NR \$63.00 |
| Monday<br>January 6 to February 24, 2014   | 1:00 pm. to 1:55 p.m.   | <u>Course:</u> 41171.114<br><u>Fee:</u> R \$53.00/NR \$63.00 |
| Thursday<br>January 9 to February 27, 2014 | 9:30 a.m. to 10:25 a.m. | <u>Course:</u> 41172.114<br><u>Fee:</u> R \$53.00/NR \$63.00 |

## ROCK N ROLLERS - AGES 5 1/2 TO 12

Discover the foundations of gymnastics as a Rock N Roller. This Kindergarten through 5th grade school age class is for participants who are between the ages of 5 1/2 years to 12 years old. Handstands, cartwheels and bridges, are just a few of the fun skills that are included in these lessons. More skills on bars, beam, vault and floor exercise will be included. This class emphasizes both independent and group work. It's a great class for the advancing Leapin Lizard Participants are grouped by age and skill level during class. For safety reasons, participants must reach age requirement on the first day of class. Please no exceptions.

|  |                          |  |
|--|--------------------------|--|
| Saturday<br>January 4 to February 22, 2014 | 10:20 a.m. to 11:15 a.m. | <u>Course:</u> 42170.114<br><u>Fee:</u> R \$57.00/NR \$67.00 |
|--|--------------------------|--|

Sunday - December 15, 2013 is the first day you can enroll in this session of gymnastics. 6:00 a.m. online, 9:00 a.m. phone/in person.



## Friday Fun Zone

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

## Youth Crafts

### Rubber Band Bracelets

The rubber band bracelet craze has hit Waunakee. We'll make multiple styles of these fun and colorful bracelets.

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

**Ages:** 7 to 15

**Date:** Sunday, December 1, 2013

**Time:** 1:30 p.m. to 2:30 p.m.

**Course:** 12716.413

### Homemade Musical Instruments

Percussion instruments from ancient Egypt, Africa and the Americas have been played for thousands of years. They are played all over the world by many types of musicians. These homemade versions will now be yours to play whenever the mood strikes.

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

**Date:** Sunday, February 16, 2014

**Time:** 1:30 p.m. to 3:00 p.m.

**Ages:** 5 to 9

**Course:** 12711.114

### No Sew "Sewing"

The focus is on fabric crafts that do not require a sewing machine. Hats, blankets, pillow cases and bags are some of the options you can make.

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

**Date:** Sunday, January 19, 2014

**Time:** 1:30 p.m. to 3:00 p.m.

**Ages:** 7 to 13

**Course:** 12710.114

### Upcycled T-shirts

Don't just recycle - Upcycle! In this class we will upcycle T-shirts that you no longer wear. Bring in 3 T-shirts and create something totally new. Turn your favorite old T-shirt into a bag you can take with you everywhere you go. Need funky new decorations for the den? We've got that covered too!

**Fee:** R \$12.00/NR \$22.00

**Date:** Sunday, February 2, 2014

**Time:** 1:30 p.m. to 3:00 p.m.

**Ages:** 14 and up

**Course:** 15710.114

## 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. Our unique and proven method was developed by an artist and educator.

We deliver a top quality experience that is fun, engaging, educational and affordable. All classes are held at the Village Center unless otherwise noted.

### Preschool - Ages 3 1/2 to 5

**Fee:** R \$43.00/NR \$53.00

**Date:** Tuesday, January 21  
to February 18, 2014

**Time:** 4:30 p.m. to 5:15 p.m.

**Course:** 11340.413

### Drawing - Ages 6 to 12

**Session 1 - 6 wks R\$66.00/NR\$76.00**

**Date:** Thursday, December 5, 2013  
to January 16, 2014

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

**Course:** 12340.413

**Session 2 - 5 wks R\$55.00/NR\$65.00**

**Date:** Thursday, January 23  
to February 20, 2014

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

**Course:** 12340.114

### Cartooning - Ages 6 to 12

**Session 1 - 6 wks R\$69.00/NR\$79.00**

**Date:** Thursday, December 5, 2013  
to January 16, 2014

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

**Course:** 12343.413

**Session 2 - 5 wks R\$58.00/NR\$68.00**

**Date:** Thursday, January 23  
to February 20, 2014

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

**Course:** 12343.114

### Drawing Ages - 6 to 12 at Prairie Elementary

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

**Date:** Tuesday, January 21  
to February 25, 2014

**Time:** 2:50 p.m. to 3:50 p.m.

**Course:** 12346.114

## EFK - Engineering for Kids

### Jr LEGO WeDo Robotics

The Jr. LEGO WeDo Robotics class is the perfect mixture of fun and learning. Using LEGO WeDo Robots and a laptop children will learn to program and operate their creations. They will build a dancing bird, a smart spinner and drumming monkey robots out of LEGO bricks.

**Fee:** R \$115.00/NR \$125.00

**Date:** Wednesday, January 8  
to February 12, 2014

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

**Ages:** 4 to 6

**Course:** 11243.114

### LEGO Robotics Mindstorms

In the LEGO Robotics Mindstorms class students will learn to design, program and control fully functional robotic models. The life-like robotic behaviors will come from software that allows students to plan, test and modify instructions sequences. Sensors on the robots will provide the opportunity to collect and analyze data.

**Fee:** R \$126.00/NR \$136.00

**Date:** Wednesday, January 8 to  
February 12, 2014

**Time:** 6:30 p.m. to 8:00 p.m.

**Ages:** 7 to 14

**Course:** 12242.114

### Jr. Mechanical Engineering

The Jr. Mechanical Engineering classes introduce our youngest engineers to fundamental concepts of energy, materials and movement. Through open and focused exploration, students explore and construct their own roller coasters, catapults and more.

**Fee:** R \$75.00/NR \$85.00

**Date:** Wednesday, February 19  
to March 12, 2014

**Time:** 5:15 p.m. to 6:00 p.m.

**Ages:** 4 to 6

**Course:** 11242.114

## Empowering Young Women

### You are Beautiful!

Designed to empower young women and girls to boost their self-esteem and improve their body image. This class will expose the ugly truths and discuss how the pressure to be beautiful is robbing young women of their self-esteem. A low self-esteem can leave them plagued by feelings of shame and worthlessness and is linked to poor performance in school and on the job, vulnerability and depression. Let us break these chains and promote a healthy and happy life!

**Fee:** R \$40.00/NR \$50.00

**Date:** Saturday, December 21, 2013

**Time:** 10:00 a.m. to 1:30 p.m.

**Ages:** 12 and up

**Course:** 12461.413

### Leadership

Designed to empowering young women and girls to explore and find their leadership style. Participants will engage in a variety of interactive and engaging activities that build self-esteem, confidence and leadership skills. These skills will open doors and opportunities for young women in a changing world.

**Fee:** R \$40.00/NR \$50.00

**Date:** Saturday, January 18, 2014

**Time:** 10:00 a.m. to 1:30 p.m.

**Ages:** 12 and up

**Course:** 12465.413

## 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. Fee covers the first 15 children (\$5.00 for each additional child, maximum of 20 children).

For more info or to book your event, call Kyna at 850-5992. Booking more than 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, and Superhero Party.

## Mind Your Manners

### It's A Party!

Children will learn what Etiquette means and how it applies to being a party host and a guest. Class will cover topics including: Invitations, RSVP's, choosing the perfect gift, receiving a gift, thank you notes and so much more!

**Fee:** R \$35.00/NR \$45.00

**Date:** Monday, December 9, 2013

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

**Ages:** 6 to 11

**Course:** 12463.413

### Children's Restaurant Etiquette

This is a 75-minute course providing hands-on instruction on proper restaurant etiquette and table manners. The skills are applicable to the home and restaurant dining experience. Is this my water glass or yours? Elbows off the table! Which fork am I supposed to use? Stay in your seat! Use your inside voice! Chew with your mouth closed please. Children will also learn and discuss the importance of dining with family and friends, proper table conversation and respecting oneself and others.

**Fee:** R \$35.00/NR \$45.00

**Date:** Monday, January 20, 2014

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

**Ages:** 6 to 11

**Course:** 12462.413

## Early Release

### Outdoor Winter Fun

We will spend the afternoon outside enjoying winter with snowshoes, sleds, and snow angels for this early release program. Then we'll come inside and warm up with a cup of hot cocoa and a snack. Transportation to the Village Center will be provided. **Parents must pick up their children by 4:00 p.m.**

This program needs a minimum of 15 participants, enrolled, by February 7th in order to run. Enrollments after February 7th will pay \$20.00.

**Fee:** \$15.00

**Date:** Friday, February 21, 2014

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

**Grade:** K to 4

**Course:** 12724.114

## 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 8 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.

## Holiday Hours

### Christmas Eve

Tuesday - December 24, 2013  
5:30 a.m. to Noon

### Christmas Day

Wednesday - December 25, 2013  
Closed

### New Year's Eve

Tuesday - December 31, 2013  
5:30 a.m. to 2:00 p.m.

### New Years Day

Wednesday - January 1, 2014  
Closed



## Waunakee "Treasure" Hunt

The Waunakee scavenger hunt is back for a second year. This treasure hunt will take you all over the village to places new and old. A list of clues will be emailed to all registered participants on Sunday, March 16, 2014. Look for the answers as a group, a pair or a family. Collect as many items from the list as you can before the deadline. Don't forget to decorate your treasure box for extra points. Submit your collection and a checked-off list to the Village Center Welcome Desk on or before Saturday, March 29, 2014. Winners will be notified on April 4, 2014

**Fee:** \$5.00

**Date:** Sunday, March 16, 2014

**Ages:** All

**Course:** 35720.114

## Reserve Your Park Shelter for the 2014 Season!

Are you planning a family reunion, office picnic, birthday party, or a special event? To make a shelter reservation, come to the Village Center in person or call the Welcome Desk at 850-5992.

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.

**Thursday, January 2, 2014 will be the first day to reserve shelters for 2014.**

### Shelter Rental Fees 2014

| SHELTER  | *WEEKDAY FEE       | *WEEKEND FEE     |
|--|--------------------|------------------|
|  | Monday to Thursday | Friday to Sunday |
| Centennial Park - New Shelter                              | \$60.00            | \$70.00          |
| Village Park Shelter                                       | \$60.00            | \$70.00          |
| Village Park Gazebo  | \$50.00            | \$60.00          |
| Centennial Park - Old Shelter<br>Between the Ball Diamonds | \$50.00            | \$60.00          |
| Hanover Park Shelter                                       | \$50.00            | \$60.00          |
| Peaceful Valley Park                                       | \$50.00            | \$60.00          |
| Ripp Park Shelter - North                                  | \$50.00            | \$60.00          |
| Ripp Park Shelter - South                                  | \$50.00            | \$60.00          |
| Savannah Park Shelter                                      | \$50.00            | \$60.00          |
| Tierney Park Shelter                                       | \$50.00            | \$60.00          |
| Westbridge Park  | \$50.00            | \$60.00          |

\*There is an additional \$40.00 fee for non-residents.  
Sales Tax will be applied to all rentals.

## Waunakee Nordic Ski Club Youth Information Clinic

The Village Center will be hosting an informational meeting and clinic for the Waunakee Nordic Ski Club. The focus of this club is on fun, exercise and learning basic cross country ski skills for grades 1 - 4. This initial clinic is designed to give potential participants information on this club and allow those that have never skied before the opportunity to try it out.

Andrew Poffenberger from the Central Cross Country Ski Association will be on hand to talk about the many opportunities to XC ski in the Dane county area. Based on the interest from this meeting we hope we will be able to start up with weekly instructional sessions beginning in January.

We are also looking for volunteer instructors to help with this program. If you have any questions, please contact Jeff Skoug at the Village Center at 850-5992. This clinic is free but we do request that you register in advance through the Village Center.

**Date:** Sunday, December 15, 2013

**Time:** 1:00 p.m. to 2:30 p.m.

**Course:** 12729.414