



# Village Center of Waunakee

VILLAGE OF WAUNAKEE COMMUNITY SERVICES SEPTEMBER 2015

FALL 2015

## Fall Into Fitness at the Village Center!

With kids back to school and holidays on the way, it may be a challenge to find time to exercise. Challenge, however, is at the very heart of staying fit, particularly with the long days of winter to come. Getting started now can help you generate enough momentum to make it through the coming seasons!

Achieving your health and fitness goals starts with the proper tools and a plan. The Village Center has just what you need to get started. Join a class, take out a membership, meet with a personal trainer, or attend a Workshop on Wellness!!!

The Village Center offers a complete schedule of group exercise classes that are designed to accommodate all levels of participation. In addition to the classes the Village Center offers a full circuit of strength equipment, treadmills, ellipticals, upright bikes and recumbent bikes. For those that prefer to walk indoors, the suspended walking track is the perfect fit. Memberships are available for all ages and allow for flexible schedules and terms.

Come on in and check it out!!! The Village Center truly has something for everyone!!!

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## Little Ones Costume Party

Dress up in your Halloween best and come to the Village Center for fun party games, music and activities designed specifically for the little ones in your family. An adult must attend with their child.



**Fee:** R \$9.00/NR \$14.00  
**Date:** Thursday, October 29, 2015  
**Time:** 9:00 a.m. to 10:30 a.m.  
**Ages:** 18 months to 5 years  
**Course:** 11344.315

## Friday Fun Zone

Escape to the Village Center gym and let your little ones burn off energy on tumbling equipment and toys! Parent supervision is required.

**Ages:** 5 and under  
**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



## Kids in the Kitchen

### Eat the Colors of the Rainbow

Join us in the kitchen to explore the wonderful colors of the rainbow with your food. Kids will enjoy preparing and eating their food creations. We'll explore our senses of sight, hearing, smell, touch, and taste while we prepare and have fun with cooking in the kitchen. We'll scoop, stir, and mix up some treats. You will love making snacks that are tasty, but also good for you.

**Fee:** R \$15.00/NR \$20.00  
**Ages:** 3 to 5  
**Instructor:** Anne Blackburn

#### Session 1

**Date:** Tuesday, October 6, 2015  
**Time:** 9:00 a.m. to 9:45 a.m.  
**Course:** 12221.415

#### Session 2

**Date:** Tuesday, October 6, 2015  
**Time:** 12:30 p.m. to 1:15 p.m.  
**Course:** 12222.415

## Meals for School Aged Kids

Join us as we mix, stir, and prep 2 meals and a snack for you and your family. Come to this simple, healthy workshop where you'll help prep 2 dinners to take home to your family, freeze, and help your mom/dad/caregiver cook on busy nights to come. This is a fun and affordable way to make meal time easy, healthy, and delicious.

Protein substitutions and allergies or special diets accommodations can be made. We'll be using the Wildtree products to prep your meals. Wildtree is a 100% all-natural, certified organic and gluten-free food line. [www.mealswith-anne.com](http://www.mealswith-anne.com).

**Fee:** R \$20.00/NR \$25.00  
**Date:** Sunday, November 1, 2015  
**Time:** 3:00 p.m. to 4:00 p.m.  
**Ages:** 5 to 10  
**Course:** 12223.415  
**Instructor:** Anne Blackburn

## Improv

### Giggling Group Games

Do you love to laugh and be silly? Do you enjoy performing and being creative? This is the class for you! You will explore improv comedy basics through cooperative play. Last day of class will include a performance for family and friends. Taught by a veteran of Comedy City/Sportz and past Destination Imagination coach.

**Fee:** R \$28.00/NR \$38.00  
**Instructor:** Caitlin Smith

#### Grades K and 1

**Date:** Thursday, October 1 to December 3, 2015  
**Time:** 4:00 p.m. to 4:30 p.m.  
**Course:** 11370.415  
 \*No class October 15, 2015

#### Grades 2 and 3

**Date:** Thursday, October 1 to December 3, 2015  
**Time:** 4:30 p.m. to 5:00 p.m.  
**Course:** 11371.415  
 \*No class October 15, 2015

### Improv Comedy Theater

Do you love to laugh and be silly? Do you enjoy performing and being creative? This is the class for you! You will learn improvisational comedy games that encourage you to work as a team and think on your feet. Last day of class will include a performance for family and friends. Taught by a veteran of Comedy City/Sportz and past Destination Imagination coach!

#### Grades 4 to 6

**Fee:** R \$38.00/NR \$48.00  
**Date:** Thursday, October 1 to December 3, 2015  
**Time:** 5:00 p.m. to 6:00 p.m.  
**Course:** 11372.415  
**Instructor:** Caitlin Smith  
 \*No class October 15, 2015

# Ice Skating at the Ice Pond

**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.

**What to wear:**

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

**School Director:** Michelle Riederer

**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.



*\*Snowplow Sam students are beginner skaters that need assistance with basic movement on the ice.*

*\*\*Hockey 1 & 2 students must be able to move around and fall/get back up on their own, with no assistance.*

## 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 Freestyle and Just Spin together.

## Hockey 1 - 2 \*\*

The hockey curriculum is designed to teach the fundamentals of hockey skating - how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus. All elements will be taught without a puck or sticks. Skaters will learn the necessary fundamentals of hockey to be successful in game situations.

SESSION 1		
SEPTEMBER 8 TO OCTOBER 20, 2015		
FEE: R \$119.00/NR \$129.00 (7wks)		
Course	6:20 p.m.	6:50 p.m.
Little Skaters	61730.215	
Sam 1	61731.215	
Sam 2	61732.215	
Sam 3	61733.215	
Basic 1	65730.215	
Basic 2	65731.215	
Basic 3	65732.215	
Basic 4		65733.215
Basic 5		65737.215
Basic 6		65738.215
Basic 7		65739.215
Basic 8		62739.215
Adult		63730.215
Freestyle		65734.215
Just Spin	62734.215	
Hockey 1	65736.215	
Hockey 2		65735.215

SESSION 2		
OCTOBER 27 TO DECEMBER 1, 2015		
FEE: R \$85.00/NR \$95.00 (5wks)		
Course	6:20 p.m.	6:50 p.m.
Little Skaters	61730.315	
Sam 1	61731.315	
Sam 2	61732.315	
Sam 3	61733.315	
Basic 1	65730.315	
Basic 2	65731.315	
Basic 3	65732.315	
Basic 4		65733.315
Basic 5		65737.315
Basic 6		65738.315
Basic 7		65739.315
Basic 8		62739.315
Adult		63730.315
Freestyle		65734.315
Just Spin	62734.315	
Hockey 1	65736.315	
Hockey 2		65735.315

## Pre-School - Gymnastics

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

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 3 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.

*\*No class November 26, 2015*

<u>Monday - Session 1</u> September 14 to November 2, 2015	9:30 a.m. to 10:15 a.m. 8 weeks	<u>Course:</u> 41381.315 <u>Fee:</u> R \$58.00/NR \$68.00
<u>Thursday - Session 1</u> September 17 to November 5, 2015	8:30 a.m. to 9:15 a.m. 8 weeks	<u>Course:</u> 41382.315 <u>Fee:</u> R \$58.00/NR \$68.00
<u>Saturday - Session 1</u> September 19 to November 7, 2015	8:30 a.m. to 9:15 a.m. 8 weeks	<u>Course:</u> 41380.315 <u>Fee:</u> R \$58.00/NR \$68.00
<u>Monday - Session 2</u> November 9 to December 14, 2015	9:30 a.m. to 10:15 a.m. 6 weeks	<u>Course:</u> 41383.315 <u>Fee:</u> R \$44.00/NR \$54.00
<u>*Thursday - Session 2</u> November 12 to December 17, 2015	8:30 a.m. to 9:15 a.m. 6 weeks	<u>Course:</u> 41385.315 <u>Fee:</u> R \$37.00/NR \$47.00
<u>Saturday - Session 2</u> November 21 to December 19, 2015	8:30 a.m. to 9:15 a.m. 5 weeks	<u>Course:</u> 41384.315 <u>Fee:</u> R \$37.00/NR \$47.00

### LEAPIN LIZARDS - AGES 3 YEARS 3 MONTHS TO 5 YEARS 6 MONTHS

This preschool class is designed for the 3 years 3 months to 5 years 6 months old 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 class will emphasize independence, confidence, fine and gross motor skills, strength, flexibility and socialization. This is the perfect class for the increasingly active child. Any child younger than 3 years 3 months must pass one session of Tumble Bugs before joining Leaping Lizards.

For safety reasons, participants must reach age/experience requirement on the first day of class. Please no exceptions.

*\*No class November 26, 2015*

<u>Monday - Session 1</u> September 14 to November 2, 2015	8:30 a.m. to 9:25 a.m. 8 weeks	<u>Course:</u> 41171.315 <u>Fee:</u> R \$74.00/NR \$84.00
<u>Monday - Session 1</u> September 14 to November 2, 2015	1:00 p.m. to 1:55 p.m. 8 weeks	<u>Course:</u> 41172.315 <u>Fee:</u> R \$74.00/NR \$84.00
<u>Thursday - Session 1</u> September 17 to November 5, 2015	9:20 a.m. to 10:15 a.m. 8 weeks	<u>Course:</u> 41173.315 <u>Fee:</u> R \$74.00/NR \$84.00
<u>Saturday - Session 1</u> September 19 to November 7, 2015	9:20 a.m. to 10:15 a.m. 8 weeks	<u>Course:</u> 41170.315 <u>Fee:</u> R \$74.00/NR \$84.00
<u>Monday - Session 2</u> November 9 to December 14, 2015	8:30 a.m. to 9:25 a.m. 6 weeks	<u>Course:</u> 41175.315 <u>Fee:</u> R \$56.00/NR \$66.00
<u>Monday - Session 2</u> November 9 to December 14, 2015	1:00 p.m. to 1:55 p.m. 6 weeks	<u>Course:</u> 41176.315 <u>Fee:</u> R \$56.00/NR \$66.00
<u>*Thursday - Session 2</u> November 12 to December 17, 2015	9:20 a.m. to 10:15 a.m. 5 weeks	<u>Course:</u> 41177.315 <u>Fee:</u> R \$47.00/NR \$57.00
<u>Saturday - Session 2</u> November 21 to December 19, 2015	9:20 a.m. to 10:15 a.m. 5 weeks	<u>Course:</u> 41174.315 <u>Fee:</u> R \$47.00/NR \$57.00

FIRST DAY TO ENROLL IN SESSION 1 IS SUNDAY, AUGUST 30, 2015 - 7:00 A.M. ON LINE - 9:00 A.M. IN PERSON/PHONE

FIRST DAY TO ENROLL IN SESSION 2 IS SUNDAY, NOVEMBER 1, 2015 - 7:00 A.M. ON LINE - 9:00 A.M. IN PERSON/PHONE

To register for programs call 850-5992 or



## School Age - Gymnastics

### ROCK N ROLLERS 1 - AGES 5 YEARS 6 MONTHS TO 12 YEARS

Discover the foundations of gymnastics as a Rock N Roller. This Kindergarten through 5th grade age class is for participants who are between the ages of 5 years and 6 months 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, balance beam, vault and floor exercise will be included. This class emphasizes both independent and group work. It's a great class for the advancing Leaping Lizard and the beginning gymnast.

Participants are grouped by age and or ability during class. For safety reasons, participants must reach the age requirement on the first day of class. Please no exceptions.

<u>Saturday - Session 1</u> September 19 to November 7, 2015	10:20 a.m. to 11:15 a.m. 8 weeks	<u>Course:</u> 42170.315 <u>Fee:</u> R \$78.00/NR \$88.00
<u>Saturday - Session 2</u> November 21 to December 19, 2015	10:20 a.m. to 11:15 a.m. 5 weeks	<u>Course:</u> 42172.315 <u>Fee:</u> R \$49.00/NR \$59.00

### ROCK N ROLLERS 2 - AGES 7 YEARS 6 MONTHS TO 12 YEARS

This grade school age class is for participants who are between the ages of 7 years 6 months to 12 years old. For safety reasons, participants must meet the age requirement and have completed one session of Rock N Rollers 1 to enter this class.

Please no exceptions.

<u>Saturday - Session 1</u> September 19 to November 7, 2015	11:30 a.m. to 12:25 a.m. 8 weeks	<u>Course:</u> 42171.315 <u>Fee:</u> R \$78.00/NR \$88.00
<u>Saturday - Session 2</u> November 21 to December 19, 2015	11:30 a.m. to 12:25 a.m. 5 weeks	<u>Course:</u> 42173.315 <u>Fee:</u> R \$49.00/NR \$59.00

## 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 room with a theme of your choice and bring in food and drinks to compliment your party. Parties must have at least 2 - 4 adults to assist with supervision. Party fee covers up to 15 children - \$7.00 for each additional child, maximum of 20.

Your event can be booked by calling Kyna at 850-5992 or in person at the Village Center. Booking one month in advance is recommended.

#### Basic Party

R \$135.00/NR \$165.00

#### Theme Party

R \$165.00/NR \$195.00

## Toddler Games and Sports

Game based program for toddlers and parents to explore the world of sports and fitness. The importance of being active through fun games, silly movements and traditional sports. The emphasis is on teamwork, sportsmanship and being active. Come and join others for a fun filled class!!!

Fee: R \$29.00/NR \$39.00

Date: Wednesday  
September 9 to 30, 2015

Time: 8:45 a.m. to 9:30 a.m.

Ages: 1 1/2 to 3 yrs 11 mos

Course: 11000.315

## Gifts for Your Family

These art projects have the perfect touch of classic charm, country home feel and stylish appeal for everyone. Grandparents, aunts and uncles, cousins, neighbors, teachers and of course mom and dad will love receiving one of these homemade gifts.

Fee: R \$12.00/NR \$17.00

Date: Sunday, November 22, 2015

Time: 2:00 p.m. to 3:30 p.m.

Ages: 4 to 12

Course: 15271.315



## 2015 - 2016 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 2015 through February 2016. Fees vary by league; all players receive a reversible jersey and basketball. Register at the Village Center, online or by phone at 850-5992.

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 3rd grade will also have the opportunity to play games. 4th - 8th grade teams will play area teams in the "Big 10 Recreational Basketball League" and will be required to do some traveling.

Practices for the 5th - 8th grade teams may begin in late November. All other grades will begin practice on December 5, 2015. Specific game locations and times will be announced.

**Registration deadline:**  
**Monday, November 9, 2015**

\* K - 3 Grade Programs do not meet December 19, December 26, 2015 or January 2, 2016

<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	\$42.00	42116.415
*1st Grade	10:00 a.m./Saturday	Arboretum School	\$42.00	42117.415
*2nd Grade	11:00 a.m./Saturday	Arboretum School	\$42.00	42118.415
*3rd Grade	12:00 p.m./Saturday	Arboretum School	\$46.00	42119.415
4th Grade	Games - Saturday TBD Practices - Monday TBD	Middle School	\$60.00	42009.415
5th Grade	Games - Saturday TBD Practices - Monday TBD	Prairie School Middle School	\$60.00	42008.415
6th Grade	Games - Saturday TBD Practices - Monday TBD	Prairie School Middle School	\$60.00	42006.415
<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	\$42.00	42110.415
*1st Grade	9:00 a.m./Saturday	Middle School	\$42.00	42111.415
*2nd Grade	8:00 a.m./Saturday	Middle School	\$42.00	42112.415
*3rd Grade	11:00 a.m./Saturday	Middle School	\$46.00	42113.415
4th Grade	Games - Saturday TBD Practices - Thursday TBD	Middle School Arboretum School	\$60.00	42114.415
5th Grade	Games - Saturday TBD Practices - Tuesday TBD	Prairie School Arboretum School	\$60.00	42115.415
6th Grade	Games - Saturday TBD Practices - Tuesday TBD	Prairie School Arboretum School	\$60.00	42007.415
7th and 8th Grade	Games - TBD Practices - TBD	Arboretum School Village Center	\$60.00	42005.415
4th - 8th grade boys and girls - play games against teams from Cottage Grove, Cross Plains, Fitchburg, Maple Bluff, Middleton, Stoughton, and Verona.				

**To register for programs call 850-5992 or**

## 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 Soccer Club. Each participant will receive their own soccer ball and t-shirt.

**Fee:** R \$35.00/NR \$45.00  
**Date:** Sunday  
 November 8 to 29, 2015



**Ages 4**  
**Time:** 4:30 p.m. to 5:15 p.m.  
**Course:** 42088.415

**Ages 5 to 6**  
**Time:** 5:30 p.m. to 6:15 p.m.  
**Course:** 42089.415

## 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 whiffle-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

**Age:** 16 & up

**Day/Time:**

Monday - 10:00 a.m. to Noon  
 Tuesday - 6:00 p.m. to 7:30 p.m.  
 Wednesday - 10:00 a.m. to Noon  
 Friday - 10:00 a.m. to Noon  
 Saturday - 9:00 a.m. to 11:00 a.m.

## 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 \$39.00/NR \$49.00  
**Date:** Wednesday, November 4 to December 16, 2015  
 \*No class November 25, 2015

**Instructor:** Betsy Zadra  
**Location:** Village Center

**Ages 5 to 8**  
**Time:** 3:15 p.m. to 4:05 p.m.  
**Course:** 42011.415

**Ages 9 & up**  
**Time:** 4:10 p.m. to 5:00 p.m.  
**Course:** 42012.415

## Table Tennis League

The Waunakee Table Tennis League is open to all interested in table tennis - newcomers, beginners, and advanced players. We offer weekly open play where players will have opportunities to improve their skills, meet other players and have fun.

We will add some tournaments within these league nights to offer opportunities to compete with people at your skill level.

**Fee:** \$25.00  
**Date:** Wednesday, November 4, 2015 to February 17, 2016

**Time:** 7:00 p.m. to 8:30 p.m.  
**Course:** 42046.514  
**Location:** Waunakee High School

## 2015 - 2016 Men's Basketball League

The 2015-2016 Men's Basketball season will begin on October 7 with a practice game. All players from the 2014/2015 season will have until September 18 to register. Beginning September 19 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:** \$75.00  
**Date:** Wednesday, October 7, 2015 to February 17, 2016

**Time:** 6:45 p.m. to 9:45 p.m.  
**Course:** 43000.514  
**Location:** Waunakee High School



## Men's Basketball

### Open Gym at the High School

Open gym is available to all registered men's basketball players beginning on Saturday, October 10. The gym will be available most Saturdays from 7:00 a.m. to 9:00 a.m. Please check the schedule carefully, as the location and time varies on some dates. There is no charge for this open gym program. The schedule can be picked up at the Village Center or found online at [www.waunakee.com/recreation](http://www.waunakee.com/recreation).

## Natural Soap

Have you ever wanted to make your own soap? Whether you want to learn a new craft, create homemade natural soap for your family and friends or learn how to start up your own soap business, this class offers something for everyone! In this fun interactive class we will be making a large batch of cold process soap. You will learn how to personalize your batch by adding herbs, scents and color. Participants will go home with soap made in class along with instructions and recipes. All materials will be supplied.

**Fee:** R \$39.00/NR \$49.00  
**Date:** Sunday, October 11, 2015  
**Time:** 2:00 p.m. to 4:00 p.m.  
**Ages:** 16 & up  
**Course:** 13240.315\*

## Game Plan Parenting

Parenting can be one of the most challenging, yet most rewarding experiences you'll ever have. Wouldn't it be great if you could design your own parenting "playbook" based on your family's values and goals? Game Plan Parenting is all about supporting and empowering parents. We'll touch on current child development and parenting theory, and through a coaching framework you will be able to create your own unique family playbook. You will come away with the tools, support and structure you need to navigate through every phase of parenting. We'll meet 4 times, 2 hours each and establish an on-line community where you can communicate with the instructor and other participants to ask questions, throw out ideas and support one another throughout the course.

**Fee:** Single R \$99.00/NR \$109.00  
 Couple R \$150.00/NR \$160.00  
**Date:** Tuesday, September 22 to November 3, 2015  
**Time:** 6:30 p.m. to 8:30 p.m.  
**Ages:** 16 and up  
**Course:** 13461.315

## Natural Healing Salve

Harness the power of plants in a natural healing salve. Are you looking for an alternative to pharmaceutical medicines and want to learn about plants that are anti-bacterial, antiseptic and aid in the healing of injuries? Many plants have been known for centuries to be a natural alternative to store bought medicines. There are many plants that you see every day and may think of as weeds but have tremendous healing capabilities if they're harnessed and preserved the right way in a salve. Learn which plants have chemicals that can aid in healing and make an easy salve that you can take home with you. All materials will be supplied.



**Fee:** R \$19.00/NR \$24.00  
**Date:** Sunday, October 25, 2015  
**Time:** 2:00 p.m. to 4:00 p.m.  
**Ages:** 16 & up  
**Course:** 13244.315\*

*\*A minimum of 6 participants are required for this class. Please note - participants 11 to 15 years may enroll if an adult enrolls with them. Call the Village Center at 850-5992 to make these arrangements.*

## Essential Oils

### Cold and Flu Bomb

You and your family can be better prepared for cold and flu season, using natural solutions with essential oils. Create this cold and flu "bomb" and keep it on hand for the cold and flu season. Participants will also receive some basic education on the health supporting properties of essential oils and the multiple applications and uses that they offer.

**Fee:** R \$24.00/NR \$29.00  
**Date:** Thursday, September 17, 2015  
**Time:** 7:00 p.m. to 8:30 p.m.  
**Ages:** 16 & up  
**Course:** 13241.315

### Festive Fall Sugar Scrub

Sugar scrubs are a great way to exfoliate and soften your skin. This festive fall sugar scrub is gentle on your skin and has a delicious spicy, fall aroma. Learn how to make this all natural scrub to pamper yourself or give as a gift.

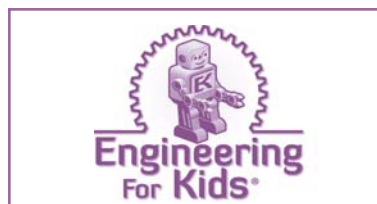
**Fee:** R \$14.00/NR \$19.00  
**Date:** Thursday, October 1, 2015  
**Time:** 7:00 p.m. to 8:30 p.m.  
**Ages:** 16 & up  
**Course:** 13242.315

## EFK: Engineering for Kids

### Jr. Robotics Club

This class is a perfect mix of fun and learning. It involves open and structured build time using LEGO Bricks. Students will build, program and learn to operate fire trucks, airplanes, alligators and more.

**Fee:** R \$126.00/NR \$136.00  
**Date:** Monday, September 21 to November 9, 2015  
**Time:** 4:00 p.m. to 5:30 p.m.  
**Ages:** 5 to 14  
**Course:** 12241.315



### Electronic Game Design: Platform Games

Throughout this class students will use Multimedia Fusion 2 to create their own video games. A platform game is a side scrolling game where students program characters and a two dimensional obstacle course. They attempt to avoid or overcome enemies and reach an end goal on multiple levels. Students take home a copy of the game they create.

**Fee:** R \$158.00/NR \$168.00  
**Date:** Monday, September 21, to November 9, 2015  
**Time:** 5:30 p.m. to 7:45 p.m.  
**Ages:** 7 to 14  
**Course:** 12240.315



## Everyday Meals for Busy People

Tired of making the same meals over and over and over? Do busy nights force you to grab take-out more than you care to admit? We have the answer! Come to this Wildtree simple healthy workshop and prep 6 dinners to take home, freeze, and cook on busy nights to come! This is a fun, affordable way to make meal time easy, healthy, and delicious. Each meal feeds 4-6 adults. Here is how it works: First, you register for the program, and then the instructor will contact you with a list of veggies/proteins that you need to bring (easy and simple grocery list provided).

Once at the class, you will create the meals using Wildtree products (peanut-free, certified organic) and direc-



tions by the instructor. Protein substitutions and allergies/special diets accommodations can be made. Wildtree is a 100% all-natural, certified organic and gluten-free foodline. [www.mealswithanne.com](http://www.mealswithanne.com).

**Instructor:** Anne Blackburn

### Session 1\*

**Fee:** R \$35.00/NR \$45.00  
**Date:** Wednesday, October 21, 2015  
**Time:** 6:30 p.m. to 8:00 p.m.  
**Ages:** 18 and up  
**Course:** 15221.415

### Session 2\*

**Fee:** R \$35.00/NR \$45.00  
**Date:** Wednesday  
 November 18, 2015  
**Time:** 6:30 p.m. to 8:00 p.m.  
**Ages:** 18 and up  
**Course:** 15222.415

\*There is a different menu each session.

## Learn Piano With Chords

### Basic

Have you always had the desire to study how to play piano but simply don't have the time? Piano with chords is designed for new players to learn your favorite melodies quickly and easily. Specifically for beginners to understand simple music theory, learn most commonly used notes and a few easy chord tricks. This hands on workshop will have you playing songs in no time!

**Fee:** R \$60.00/NR \$70.00  
**Date:** Wednesday  
 September 23, 2015  
**Time:** 6:00 p.m. to 9:00 p.m.  
**Ages:** 12 & up  
**Course:** 15341.315



### Intermediate

Do you know HOW to play traditional piano but it seems very overwhelming to learn new music? Have you been looking for an easier way to learn? This "hands on" workshop of learning to play using chords will take the complexity out of music and teach you a few tricks to immediately start playing and enhancing your favorite songs. In this session we will play variations on basic patterns (walking bass, swing bass, arpeggios, inverted etc.) with both hands. All this can be a great template to apply to all your songs

**Fee:** R \$60.00/NR \$70.00  
**Date:** Thursday, October 15, 2015  
**Time:** 6:00 p.m. to 9:00 p.m.  
**Ages:** 12 & up  
**Course:** 15342.315

## Eco Printing on Paper Notecard Workshop

Learn to create beautiful note cards with flowers and plants from your own backyard! You will receive instructions and materials to create 10 note cards (with envelopes) during the class, plus information to go so you are able to create more cards on your own. Bring a variety of leaves or flowers from your garden, trees, or florist to fit on 10 notes cards (card size is 5" X 6.5") for imprinting. Expect the unexpected, as you may get precise imprints with the natural pigments or beautiful, flowy colors that mimic watercolor art. This class will be led by graphic designer/textile artist Katherine Hartline McMahon.

**Fee:** R \$24.00/NR \$34.00  
**Date:** Thursday, September 17, 2015  
**Time:** 6:30 p.m. to 8:30 p.m.  
**Ages:** 14 & up  
**Course:** 13321.315

## Thank you!

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 900 kids that participated this summer.

We would also like to thank the local businesses that assisted our Little League this year by sponsoring teams: JFAhem, CMI, Culver's Waunakee, Dick's Sporting Goods, Empire Photography, H & H Surgical Technologies LLC, Hellenbrand Rabideaux Chiropractic LLC, Knights of Columbus Council 6371, Leap Academy, Local Coupons LLC, Maier Farms LLC, Piggly Wiggly of Waunakee, Raven Management, Smart Toyota, Waunakee Utilities, and Waunakee Lions.

Thank you all for your support!!!

## 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 Young Park, ballroom dance instructor and owner of Social Life Dance Center of Madison. Partners preferred.

**Fee:** R \$37.00/NR \$47.00

**Ages:** 16 and up

#### Session 1

**Date:** Wednesday, September 16 to October 21, 2015

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

**Course:** 13268.415

#### Session 2

**Date:** Wednesday, October 28, to December 2, 2015\*

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

**Course:** 13269.415

### 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 Young Park, ballroom dance instructor and owner of Social Life Dance Center of Madison. Partners preferred.

**Fee:** R \$37.00/NR \$47.00

**Ages:** 16 and up

#### Session 1

**Date:** Wednesday, September 16 to October 21, 2015

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

**Course:** 13261.415

#### Session 2\*

**Date:** Wednesday, October 28, to December 2, 2015\*

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

**Course:** 13262.415

\*No class November 25, 2015



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.

**Current class schedules and detailed information on Silversneakers is available at the Welcome Desk**

## 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

The service is available for walking through 11 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.

## Workshops on Wellness (WOW)

The Waunakee Village Center and the Waunakee Lions Club are pleased to offer

Workshops on Wellness. The WOW program consists of monthly presentations to help promote 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 is offered at 7:00 p.m. on the 2nd Wednesday of every month at the Village Center.



### Upcoming Presentations:

#### **September 9, 2015 – 7:00 p.m.**

“Finding the Underlying Cause of Disease with the use of Naturopathic Medicine”

Dr. Rebecca Georgia,  
Naturopathic Doctor

Family Clinic of Natural Medicine

#### **October 14, 2015 – 7:00 p.m.**

“Men’s Health in 2015”

Dr. David Paolone MD

Dr. Granville Lloyd MD

UW Health

#### **November 11, 2015 – 7:00 p.m.**

“Dining with Diabetes”

Krista Kohls

Meriter - UnityPoint Health Dietitian

Michelle Miller

Meriter - UnityPoint Health

Bistro Operations Manager

## 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. Renews automatically after one year.
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.

## 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 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.

**Days:** Monday, Tuesday, Wednesday and Thursday  
**Time:** 5:35 a.m. to 6:20 a.m.  
**Instructor:** Karen Endres

September 14 to 30, 2015  
 4 days/week 25408.315  
 3 days/week 25409.315  
 2 days/week 25401.315

September Fee:  
 4 day - R \$42.50/NR \$52.50  
 3 day - R \$37.50/NR \$47.50  
 2 day - R \$25.00/NR \$35.00

October  
 4 days/week 25400.415  
 3 days/week 25409.415  
 2 days/week 25401.415

November  
 4 days/week 25402.415  
 3 days/week 25403.415  
 2 days/week 25404.415

October/November 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

## 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 - [www.waunakee.com/village-center](http://www.waunakee.com/village-center), then click Group Fitness Schedules
- 3) Call 850-5992 and we will be happy to mail you one

### Group Exercise Timeline

**Fall Session 1**  
**September 8**  
 to  
**October 31, 2015**  
**(8 weeks)**

*Call the Welcome Desk at 850-5992 to check class availability for Session 1.*

**Fall Session 2**  
**November 1**  
 to  
**December 19, 2015**  
**(7 weeks)**

*Fall Session 2 Schedule Available and Registration Starts Sunday - October 11, 2015*

## 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.

## More Thanks!

As summer programs wrap up we would like to thank all the wonderful community members that have volunteered time and materials for our events. We would like to thank Diane Endres Ballweg and Endres Manufacturing Foundation for allowing us to have one of our youth F3 programs with their goats. They were so much fun!

### Red Cross Drive

There were nearly 40 donors for the June blood drive which means we could help up to as many as 114 people in need. The aid these donations provide can literally save lives.

### Big Rig Gig

Hundreds of kids were thrilled when they saw the dump truck, ginormous tractor, fire engine, Med Flight helicopter and all the other great rigs that were at our event!

Thank you to all of our event participants for helping to make this a very special day! Waunakee Streets and Parks, Waunakee Police, Waunakee Fire, Waunakee Area EMS, Waunakee Utilities, J.H. Findorff & Sons, Parisi Construction, Carl F. Statz and Sons, UW Med Flight, Bill's Towing and Potratz Concrete Pumping.

### Live From the Park

Six weeks of concerts and food carts in Village Park was a smashing success in the first year of what clearly must become a tradition in Waunakee. Thank you to the following sponsors for helping make this event possible: Dane Arts, Endres Manufacturing Foundation, American Family Insurance, North American Mechanical, Inc., Waunakee Rotary, Livable Communities by Don Tierney, 1st National Bank and many, many generous concert-goers.

### Chalk Walk Waunakee

The day was filled with color and fun for all ages. Thank you to our sponsors for making this second annual event so special! TDS – Movie, Art Party Place – Photo Booth, Waunakee Lion's Club – Dance Party & Concessions and Endres Manufacturing Foundation.

## Madison College Classes

### Adult Enrichment Classes

Class Name	Fee	Day	Time	Start Date	End Date
Painting for Pleasure #35231	\$109.50	Wed	1:00 p.m. to 3:30 p.m.	9/16	11/4
Painting for Pleasure #35230	\$109.50	Thurs	9:00 a.m. to 11:30 a.m.	9/17	11/5
Knitting: Lace Intro #35043	\$57.00	Sun	1:30 p.m. to 4:30 p.m.	9/20	10/18
Saute & Stir-Fry Essentials #35130	\$50.38	Sun	1:30 p.m. to 4:30 p.m.	9/27	10/4
Cooking: Mediterranean Cuisine #35173	\$51.38	Sun	1:30 p.m. to 4:30 p.m.	10/18	10/18
Cooking: Knife Skills & Safety #35105	\$32.25	Sun	1:30 p.m. to 4:30 p.m.	11/8	11/8
Cooking: All Things Chowder #35019	\$52.00	Sun	1:30 p.m. to 4:30 p.m.	11/15	11/22

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

## 7th Annual Girls on the Run - 5K

This is a community event! Join us for a non-timed, family-fun run or walk on Saturday, November 15, 2015. 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. Presented by Whyte Hirschboeck Dudek.



**Fee:** \$30.00 individual/\$75.00 for 3 thru 10/20/15

**Date:** Saturday, November 15, 2015

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

**Location:** Waunakee Village Park

## Cars in the Park

All makes, models and years. This seventh annual event is open to car enthusiasts entering their vehicle in the show and 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. There is no fee for spectators, but donations for the local food pantry are encouraged. Cars will be judged by participants choice and awards will be presented at 3:00 p.m.

There will be a DJ, concessions and door prizes. Free shuttle to and from Wauktoberfest! For more information contact Chris Neumaier at 849-7760 or Sheldon Hamilton at 712-5994.

**Date:** Saturday, September 19, 2015

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

**Location:** Waunakee Village Park