



WINTER 2015

Get Out and Get Active This Winter

How are you going to enjoy winter? Whether you're looking for great spots to hike, sled, snowshoe, cross-country ski, ice skate or just launch a spontaneous snowball fight, you can easily find a Village Park near you. Savannah Park has an outdoor skate rink where you can practice your moves on the ice or try zooming down the sledding hills in Water Tower and Ripp Park. Cross country ski trails will be groomed this winter in our parks – check the Village website for up to date trail locations and conditions.

The Village Center also has a limited number of snowshoes and cross country skis for you to rent. Call us at 850-5992 for more details. Don't let the cold weather be an excuse for not getting out of the house to play this winter!! Embrace winter and check out the Waunakee Parks - you won't want to miss out on all the fun!!!



New Year, New You!

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 truly has something for everyone!

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Red Cross Blood Drive

The Waunakee Village Center is hosting a Red Cross Blood Drive from 12:00 p.m. to 5:00 p.m. on Tuesday, December 29, 2015. To sign up for an appointment or for eligibility questions please call 1-800-GIVE-LIF(E) or go to www.redcrossblood.org.

Volunteers are also needed to work 2 1/4 hour shifts aiding the donors. Shifts will begin at 11:45 a.m. and run through 6:00 p.m.

Consider donating snack foods or beverages if you are unable to volunteer your time. For more information call Kyna North at the Village Center 608-850-5992.

Date: Tuesday, December 29, 2015
Time: Noon to 5:00 p.m.

FIT Pass Information

Anyone is eligible to purchase a FIT Pass at the Waunakee Village Center. A variety of types of passes can be purchased at the Welcome Desk.

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

EFFECTIVE SINCE JANUARY 1, 2015

	RESIDENT RATE	NON-RESIDENT RATE
ANNUAL PASS (EFT)		
YOUTH (14 & UNDER)	\$9.75 PER MONTH	\$12.50 PER MONTH
HIGH SCHOOL (14-18)	\$15.00 PER MONTH	\$20.00 PER MONTH
ADULT (18-54)	\$27.00 PER MONTH	\$38.00 PER MONTH
Older Adult (55+)	\$15.00 PER MONTH	\$15.00 PER MONTH
FAMILY	\$47.50 PER MONTH	\$62.50 PER MONTH
*OPTION TO PAY IN FULL FOR THE YEAR		
6 MONTH PASS		
YOUTH (14 & UNDER)	\$60.00	\$80.00
HIGH SCHOOL	\$105.00	\$132.00
ADULT (18-54)	\$180.00	\$240.00
OLDER ADULT (55+)	\$105.00	\$105.00
FAMILY	\$300.00	\$385.00
3 MONTH PASS		
YOUTH (14 & UNDER)	\$33.00	\$43.00
HIGH SCHOOL	\$60.00	\$78.00
ADULT (18-54)	\$99.00	\$132.00
OLDER ADULT (55+)	\$60.00	\$60.00
FAMILY	\$155.00	\$205.00
1 MONTH PASS		
YOUTH (14 & UNDER)	\$13.00	\$18.00
HIGH SCHOOL	\$25.00	\$32.00
ADULT (18-54)	\$40.00	\$54.00
COLLEGE - WINTER BREAK ONLY	\$25.00	\$35.00
OLDER ADULT (55+)	\$25.00	\$25.00
FAMILY	\$60.00	\$78.00
DAILY PASS		
YOUTH (14 & UNDER)	\$3.00	\$5.00
HIGH SCHOOL	\$3.00	\$5.00
ADULT (18-54)	\$5.00	\$7.00
OLDER ADULT (55+)	\$3.00	\$3.00
FAMILY	\$10.00	\$15.00
DAILY TRACK PASS PUNCH CARD 10 VISITS - USE OF TRACK ONLY.		
ADULT/YOUTH	\$8.00	\$14.00
OLDER ADULT (55+)	\$8.00	\$8.00

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, Group Cycling, Piyo, TRX, Pound 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 13, 2015

Winter Session
 January 3, 2016 to March 19, 2016
 (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.

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

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. the 2nd Wednesday of every month.



Upcoming Presentations:

December 9, 2015

"How to Incorporate Yoga into Your Everyday Life"
 Sarah Dimick - Village Center

January 13, 2016

"Alleviating Stress"
 Dr. Chad Updike - Alignlife

February 10, 2016

"Breast Cancer Screening and Risk Assessment"
 Dr. Jennifer Steiman - UW Health

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.

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 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 \$90.00/NR \$100.00
 3 day - R \$80.00/NR \$90.00
 2 day - R \$55.00/NR \$65.00

Days: Monday, Tuesday, Thursday and Friday

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

Instructor: Karen Endres

December

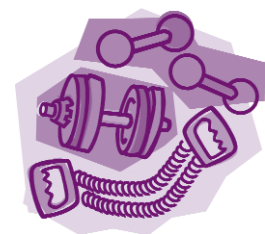
Course: 4 days/week #25402.116
Course: 3 days/week #25403.116
Course: 2 days/week #25404.116

January

Course: 4 days/week #25400.116
Course: 3 days/week #25401.116
Course: 2 days/week #25405.116

February

Course: 4 days/week #25406.116
Course: 3 days/week #25410.116
Course: 2 days/week #25411.116



SPEED

Student athletes looking to improve their strength, speed, core strength, agility and cardio will love the dynamic workouts of the SPEED program. We welcome anyone looking to prepare for their upcoming sport season to join us for our 8 week sports training program for spring athletics. The program developed by two experienced coaches and trainers will challenge the athletes to help them reach their goals.

Participants will receive personal training in a group setting at a fraction of the cost of hiring a personal trainer. The 55-minute workouts will include a dynamic warm-up, burst cardio training, core conditioning and strength training. Variety will challenge participant's muscles and keep them coming back.

Date: January 4 to February 25, 2016
No class:
February 15 and 16, 2016

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 \$220.00/NR \$230.00
Course: 25409.116

2 Day
Fee: R \$150.00/NR \$160.00
Course: 25408.116

Speed Jr. - Grades 4 to 7
Days: Tuesday and Thursday
Time: 3:50 p.m. to 4:45 p.m.

2 Day
Fee: R \$150.00/NR \$160.00
Course: 25407.116

We are on Facebook!

Stay up to date and follow our programs at the Village Center!
www.facebook.com/WaunakeeVillageCenter



Snowshoe - Cross Country Ski

Candlelight Snowshoe Hike

Experience the magic of snowshoeing and hiking on candle-lit trails. The trails of Castle Creek Conservancy will be lit with candles for this hike. Participants will be able to explore at their own pace on this self-guided hike. Bring your own snowshoes or borrow a pair from us. Don't want to wear snowshoes but still love hiking? Come out and join us! Registration is NOT required.

Stop by and enjoy the hike, a cup of hot cocoa, roasted marshmallows and a roaring bonfire. The hike will start at the Conservancy's entrance on Division Street. Get outside with the entire family and enjoy this enchanting event. If you can walk, you can snowshoe and hike! Be sure to dress for the weather.

Fee: Free
Ages: 5 and up*
Date: Saturday, February 20, 2016
Time: 6:00 p.m. to 8:00 p.m.
Location: Castle Creek Conservancy
*Children ages 5 to 10 must be accompanied by an adult.

Learn to Snowshoe in Village Park

Try our snowshoes for a day to see if you like them before buying your own. Your family will receive instruction on how to put them on, take them off, and walk with them on. When you are ready, you'll go hiking through Village Park. If you can walk, you can snowshoe!

Fee: R \$10.00/NR \$15.00
Ages: 5 and up*

Session 1
Date: Saturday, January 16, 2016
Time: 9:00 a.m. to 11:00 a.m.
Course: 12720.415

Session 2
Date: Saturday, January 30, 2016
Time: 9:00 a.m. to 11:00 a.m.
Course: 12721.415

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

Snowshoe Rental

Looking to try something new? Snowshoes are available to rent on a one-day basis at the Waunakee Village Center. The rental fees are \$10/day/pair for a resident of Waunakee and \$15/day/pair for a non-resident. 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@waunakee.com.

Snowshoes were provided by an Alliant Energy Foundation Grant.

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.

Cross Country Ski Rental

The Village Center has Cross-country ski equipment available to rent. Rental equipment includes cross-country skis, boots, and poles in varying sizes and lengths. The rental fees are \$15/day/pair for a resident of Waunakee and \$20/day/pair for a non-resident. That fee includes one set of skis, one set of boots and one set of poles. Skis must be reserved in advance by contacting Jeff Skoug at 850-5992 or jksoug@waunakee.com.

These skis were provided by a grant from the Endres Manufacturing Foundation.

National Ice Skating Month

Come to the Ice Pond to celebrate National Ice Skating Month with the Waunakee Skating School on Wednesday, January 6, 2016 from 6:20 to 7:35 p.m. This is a fun, free, event for new and longtime skaters. We'll have mini group lessons, drawings for prizes, give-a-ways and more!!

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.
- The Ice Pond has a limited number of skates available for free during Village Center lessons.



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.



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
Location: 1110 Prairie View Drive, Waunakee, WI

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.

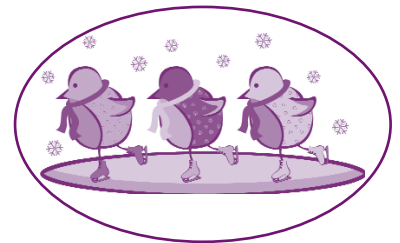
**Snowplow Sam students are beginner skaters that need assistance with basic movement on the ice.*

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

Hockey 1 - 3 **

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 stick. Skaters will learn the necessary fundamentals of hockey to be successful in game situations.

Early Bird



Registration

NOW THROUGH DECEMBER 30, 2015
 R \$153.00 / NR \$163.00

AFTER DECEMBER 30
 R \$168.00/NR \$178.00

WEDNESDAYS JANUARY 13 TO MARCH 16, 2016		
Course	6:20 p.m.	6:50 p.m.
Little Skaters	61730.415	
Sam 1	61731.415	
Sam 2	61732.415	
Sam 3	61733.415	
Basic 1	65730.415	
Basic 2	65731.415	
Basic 3	65732.415	
Basic 4		65733.415
Basic 5		65737.415
Basic 6		65738.415
Basic 7		65739.415
Basic 8		62739.415
Adult		63730.415
Freestyle		65734.415
Just Spin	62734.415	
Hockey 1	65736.415	
Hockey 2/3		65735.415

Holiday Break Fun!

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 Allie Taylor, Division I College Softball Player. All participants should bring a glove and a bat & helmet if they have one.

Fee: R \$10.00/NR \$15.00

Date: Tuesday, December 29, 2015

Grades 2 to 5

Time: 9:00 a.m. to 10:30 a.m.

Course: 42160.116

Grades 6 to 8

Time: 10:30 a.m. to Noon

Course: 42161.116

Cartwheel Clinic

Have you ever wanted to work on that cartwheel? If so, this is the clinic for you!! During this 1 hour clinic, your child will learn the progressions of how to complete a cartwheel. Our qualified instructors will help participants work on their skills and technique. Be prepared to sweat!

Level 1 is for the beginning gymnastics student, with no experience with gymnastics cartwheels. Level 2 is for continuing gymnastics students and those that want to improve their cartwheel.

Fee: R \$10.00/NR \$15.00

Date: Saturday, January 2, 2016

Level 1 - Ages 5 to 6

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

Course: 45162.415

Level 2 - Ages 7 to 12

Time: 10:40 a.m. to 11:40 a.m.

Course: 45163.415

Youth Dance Clinic

Our two day clinic will introduce the basic concepts of jazz and hip-hop dance. This is a fun and energetic way to explore movement and express your personality while learning the basics of different dance styles. Participants will learn basic steps, counting and a complete a holiday themed routine that they will perform at the end of the clinic. No experience necessary. Shoes required, tennis shoes are permitted.

Fee: R \$10.00/NR \$15.00

Date: Monday and Tuesday
December 28 and 29, 2015

Instructor: Emily Hasik

Ages 5 to 8

Time: 1:00 p.m. to 1:45 p.m.

Course: 11378.116

Ages 9 to 14

Time: 2:00 p.m. to 2:45 p.m.

Course: 11379.116

Holiday Open Gym Schedule

Wednesday, December 23, 2015	6:30 a.m. to 10:00 a.m. & Noon to 5:00 p.m.
Thursday, December 24, 2015	6:30 a.m. to 11:30 a.m.
Friday, December 25, 2015	Closed
Saturday, December 26, 2015	Noon to 3:00 p.m.
Sunday, December 27, 2015	1:00 p.m. to 4:30 p.m.

Monday, December 28, 2015	6:30 a.m. to 10:00 a.m. & Noon to 8:45 p.m.
Tuesday, December 29, 2015	Noon to 5:00 p.m.
Wednesday, December 30, 2015	6:30 a.m. to 10:00 a.m. & Noon to 5:00 p.m.
Thursday, December 31, 2015	6:30 a.m. to 1:45 p.m.
Friday, January 1, 2016	Closed

Free for FIT Pass Members, daily fees apply if not a FIT Pass Member.

Kids in the Kitchen

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 food to take home to freeze to help your mom/dad cook on busy nights to come.

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.mealswithanne.com.

Fee: R \$20.00/NR \$25.00

Ages: 5 to 10

Instructor: Anne Blackburn

Session 1

Date: Tuesday, December 29, 2015

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

Course: 12225.116

Session 2

Date: Sunday, February 28, 2016

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

Course: 12227.116

Session 3

Date: Thursday, March 3, 2016

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

Course: 12228.116

Jewelry Beading

In this hands-on class participants receive step-by-step instruction for beading, stringing and clasping their own unique jewelry. At the end of class you will have a finished bracelet you created from scratch. All materials will be provided. Taught by Celebrations Art Studio.

Fee: R \$42.00/NR \$52.00

Date: Thursday, January 21, 2016

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

Ages: 6 and up

Course: 12200.415

EFK - Engineering for Kids

Robotics - Robo Battles

In the LEGO Robotics Robo Battles class students create, program and control robots designed to perform challenges such as the SumoBots Challenge, the Jousting Challenge and the Catapult Challenge. Using the LEGO Robotics and a computer students learn principals of robotics, computer programming and teamwork.

Fee: R \$84.00/NR \$94.00

Date: Tuesdays
December 1 to 22, 2015

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

Grades: 6 to 8

Course: 12242.415

Robotics Mindstorms 101

In the Robotics 101 class students will learn the basics of designing, programming and controlling a fully functional robot. Using LEGO MINDSTORMS, mathematical concepts and engineering principals students will brainstorm, plan, test and modify sequences of instructions to accomplish specific tasks. Participants will also learn the sequence of communication between the robot and programmer by collecting and analyzing data using the robots sensors.

Fee: R \$84.00/NR \$94.00

Date: Tuesdays
December 1 to 22, 2015

Time: 4:30 p.m. to 6:00 p.m.

Grades: 2 to 5

Course: 12241.415

Chemical Engineering - Mix It Up

Students use the engineering design process to design, create, test and refine various mixtures and solutions that have different chemical properties. They manipulate the speed of chemical reactions, synthesize their own rocket fuel and investigate the secrets of polymers.

Fee: R \$110.00/NR \$120.00

Date: Wednesdays
January 6 to February 10, 2016

Time: 5:45 p.m. to 7:00 p.m.

Grades: 2 to 5

Course: 12240.415

Jr. Inventor's Workshop

We have opened up this workshop for a program of fun, creativity and of course - engineering! Over the course of this program students will invent new machines and explore creative design solutions using the engineering design process. Discover how a wind-up toy works and design your own drawing robot inside the Engineering for Kids Inventor's Workshop.

Fee: R \$95.00/NR \$105.00

Date: Wednesdays
January 6 to February 10, 2016

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

Grades: K to 1

Course: 11240.415

Youth Tennis - Indoor

The 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 \$39.00/NR \$49.00

Instructor: Betsy Zadra

Session 1/Ages 5 to 8

Date: Wednesday
January 6 to February 10, 2016

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

Course: 42011.116

Session 2/Ages 5 to 8

Date: Wednesday
February 17 to March 30, 2016

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

Course: 42016.116

Session 1/Ages 9 and up

Date: Wednesday
January 6 to February 10, 2016

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

Course: 42015.116

Session 2/Ages 9 and up

Date: Wednesday
February 17 to March 30, 2016

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

Course: 42012.116

Little Kickers Soccer

Learn the fundamentals of soccer with an emphasis on individual skills, teamwork and most of all fun! The program is led by coaches and players from the Wauaukee Area Soccer Club. Everyone will receive their own soccer ball and t-shirt.

Fee: R \$35.00/NR \$45.00

Date: Sunday, March 6 to 27, 2016
Age 4

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

Course: 42088.116

Age 5 & 6

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

Course: 42089.116

Little Dribblers

Parent/Child Basketball

The Little Dribblers program is for boys and girls who are 4 or 5 years old and not yet in Kindergarten. This 5-week program is designed to introduce players to the game and start the development of basic skills. The primary emphasis is placed on making sure players have FUN! Parents will be required to assist their children on the court. We will meet once per week.

Ages: 4 and 5 (Not in Kindergarten)

Fee: R \$25.00/NR \$35.00

Session 1
Date: Tuesday
January 12 to
February 9, 2016

Time: 10:00 to 10:45 a.m.

Course: 42135.116

Session 2
Date: Tuesday
January 12 to
February 9, 2016

Time: 1:00 to 1:45 p.m.

Course: 42136.116

Session 3
Date: Saturday
January 16 to
February 13, 2016

Time: 11:15 a.m. to Noon

Course: 42137.116

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.

Saturday January 9 to March 5, 2016	8:30 a.m. to 9:15 a.m. 9 week session	Course: 41380.415 Fee: R \$65.00/NR \$75.00
Monday January 4 to March 7, 2016	9:45 a.m. to 10:30 a.m. 10 week session	Course: 41381.415 Fee: R \$72.00/NR \$82.00
Thursday January 7 to March 10, 2016	10:30 a.m. to 11:15 a.m. 10 week session	Course: 41382.415 Fee: R \$72.00/NR \$82.00

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.

Saturday January 9 to March 5, 2016	9:20 a.m. to 10:15 a.m. 9 week session	Course: 41170.415 Fee: R \$83.00/NR \$93.00
Monday January 4 to March 7, 2016	8:45 a.m. to 9:40 a.m. 10 week session	Course: 41171.415 Fee: R \$92.00/NR \$102.00
Monday January 4 to March 7, 2016	1:00 pm. to 1:55 p.m. 9 week session	Course: 41172.415 Fee: R \$83.00/NR \$93.00
Thursday January 7 to March 10, 2016	9:30 a.m. to 10:25 a.m. 10 week session	Course: 41173.415 Fee: R \$92.00/NR \$102.00

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.

Saturday January 9 to March 5, 2016	10:20 a.m. to 11:15 a.m. 9 week session	Course: 42170.415 Fee: R \$88.00/NR \$98.00
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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.

Saturday January 9 to March 5, 2016	11:30 a.m. to 12:25 p.m. 9 week session	Course: 42171.415 Fee: R \$88.00/NR \$98.00
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2016 Youth Baseball and Softball

Wauaukee Area Little League (WALL) is a volunteer organization providing Little League Baseball and Softball to children living in the Wauaukee Area School District. WALL is coordinated through the Village Center. Wauaukee 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 CURRENT grade.

Register in person at the Village Center, via phone at 850-5992 or online at www.wauaukee/recreation.

• Early Bird Registration Period for Babe Ruth, Major and Minor Baseball Leagues is: January 31 to March 15, 2016.

• Early Bird Registration Period for T-Ball, Coach Pitch Baseball, Rookie League Baseball and all Softball is: January 31 to April 15, 2016.



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.



Program	Game Days	Course Number	Early Bird	Regular Fee
Little League Play is based on your child's <u>CURRENT</u> grade in Spring 2016				
Little Hitters Parent/Child T- Ball (Co-ed) 4 years	Mon 5:30 p.m.	42135.216	\$25.00	\$35.00
	Mon 6:30 p.m.	42136.216		
	Wed 5:30 p.m.	42133.216		
	Wed 6:30 p.m.	42137.216		
T- Ball(Co-ed) 5 years	Tues Thurs	42132.216 42134.216	\$36.00	\$46.00
Coach Pitch Baseball (Boys) Grade K	Mon and Wed	42151.216	\$45.00	\$55.00
Coach Pitch Baseball (Boys) 1st Grade	Mon and Wed	42138.216	\$45.00	\$55.00
Coach Pitch Softball (Girls) K and 1st Grade	Tues and Thurs	42141.216	\$45.00	\$55.00
Rookie League Baseball (Boys - pitching machine) 2nd Grade	Mon and Wed	42152.216	\$50.00	\$60.00
Rookie League Softball (Girls - pitching machine) 2nd Grade	Tues and Thurs	42146.216	\$50.00	\$60.00
Minor League Softball (Girls - live pitching) 3rd and 4th Grade	TBD	42142.216	\$55.00	\$65.00
Minor League A Baseball (Boys - live pitching) 3rd Grade	Tues and Thurs	42157.216	\$65.00	\$75.00
Minor League AA Baseball (Boys - live pitching) 4th Grade	Mon and Wed	42154.216	\$75.00	\$85.00
Major League Softball Girls 5th and 6th Grade	TBD	42143.216	\$65.00	\$75.00
Major League Baseball Boys 5th and 6th Grade	TBD	42158.216	\$82.00	\$92.00
Junior League Softball Girls 7th and 8th Grade	TBD	42144.216	\$65.00	\$75.00
Babe Ruth Baseball Boys 7th Grade	TBD	42155.216	\$235.00*	\$245.00*
Babe Ruth Baseball Boys 8th Grade	TBD	42156.216	\$235.00*	\$245.00*
Slow Pitch Softball Girls 9th - 11th Grade	TBD	42159.216	\$65.00	\$75.00
* Babe Ruth Fee includes all tournament fees and uniforms.				

US Baseball Academy

The Wauaukee Area Little League (WALL) will once again be sponsoring the US Baseball Academy in 2016. The academy will be held at the Wauaukee High School for six Sundays beginning January 31, 2016. To register and get complete details please go to the US Baseball website: www.usbaseballacademy.com or call US Baseball Academy at 1-866-622-4487.

Team Sponsorship

WALL had almost 900 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 sponsorship 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.

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, January 14 to March 3, 2016

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

Course: 11370.116

Grades 2 and 3

Date: Thursday, January 14 to March 3, 2016

Time: 4:30 p.m. to 5:00 p.m.

Course: 11371.116

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, January 14 to March 3, 2016

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

Course: 11372.116

Instructor: Caitlin Smith

Madison College Classes

Adult Enrichment Classes

Class Name	Fee	Day	Time	Start Date	End Date
Mixed Media Art #64430	\$87.50	Sun	1:00 p.m. to 4:00 p.m.	1/24	2/14
Painting for Pleasure #64357	\$160.50	Wed	1:00 p.m. to 4:00 p.m.	2/17	4/6
Painting for Pleasure #64358	\$160.50	Thurs	9:00 a.m. to Noon	2/18	4/7
Cooking with Rice #64367	\$58.88	Sun	1:00 p.m. to 4:00 p.m.	2/21	2/28
Stained Glass Suncatcher #64362	\$44.50	Sun	1:00 p.m. to 5:00 p.m.	3/6	3/6
Eggstraordinary Ideas #64366	\$58.88	Sun	1:00 p.m. to 4:00 p.m.	3/13	3/20
Herbs & Spices #64365	\$97.13	Sun	1:00 p.m. to 4:00 p.m.	4/17	5/1
Perfect Pies #64438	\$56.50	Tues	5:30 p.m. to 8:30 p.m.	4/19	4/26

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

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

Golf Lessons

Are you a beginner and looking to get in to golf, but not sure where to start? Are you an experienced golfer and looking to improve your swing this off-season? Winter golf lessons are available for both the beginning golfer, as well as the experienced golfer. Bo Sirianni, PGA Golf Instructor at Maple Bluff Country Club in Madison has over 10 years of teaching experience.

Bo is offering private and semi-private lessons at the Village Center this winter for all ages. Fees vary based on individual needs. Call us at 850-5992 to fill out an interest form to get started.



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, January 13 to February 17, 2016

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

Course: 13268.116

Session 2

Date: Wednesday, February 24 to March 30, 2016

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

Course: 13269.116

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, January 13 to February 17, 2016

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

Course: 13261.116

Session 2

Date: Wednesday, February 24 to March 30, 2016

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

Course: 13262.116

Cooking and Health

Quick and Easy Indian Cooking

Are you intrigued by Indian cuisine? Do you want to eat quick, healthy, homemade food, and stay on a budget?

Indian cooking does not need to be difficult, time consuming or expensive. In this two hour class you will learn to make a complete 3-course Indian meal. Class features: Lentil Stew, Mango Lassi, Fragrant Cumin Rice with Spinach-Lentil Daal and Potato Fry, Raita (dip) and Kheer (dessert). All materials are provided. Taught by Celebrations Art Studio.

Fee: R \$48.00/NR \$53.00

Date: Thursday, January 28, 2016

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

Ages: 13 and up

Course: 15220.415

Quick and Easy Indian Appetizers

Do you like Indian appetizers and find yourself heading to the restaurant often? Learn to make some of the popular Indian snacks that are typically made when you entertain guests, or just for a lazy weekend at home. These appetizers can be paired with a full menu but are also healthy breakfast options. All materials are provided. Taught by Celebrations Art Studio.

Fee: R \$42.00/NR \$52.00

Date: Thursday, February 18, 2016

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

Ages: 18 and up

Course: 15224.415

Essential Oils

Cold and Flu Roller 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, December 10, 2015

Time: 7:00 p.m. to 8:30 p.m.

Ages: 16 and up

Course: 13242.415

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, then the instructor will contact you with a list of veggies/proteins that you need to bring (an easy and simple grocery list is provided).

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

Fee: R \$35.00/NR \$45.00

Ages: 18 and up

Instructor: Anne Blackburn

Session 1*

Date: Tuesday, December 29, 2015

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

Course: 15220.116

Session 2*

Date: Tuesday, January 26, 2016

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

Course: 15222.116

Session 3*

Date: Wednesday, February 17, 2016

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

Course: 15223.116

Session 4*

Date: Thursday, March 3, 2016

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

Course: 15224.116

*There is a different menu each session.

Holiday Hours

Christmas Eve

Thursday - December 24, 2015
5:30 a.m. to Noon

Christmas Day

Friday - December 25, 2015
Closed

New Year's Eve

Thursday - December 31, 2015
5:30 a.m. to 2:00 p.m.

New Years Day

Friday - January 1, 2016
Closed



Waunakee "Treasure" Hunt

It's time to dust off your magnifying glasses and get out of the house. Dig out your craft supplies, old embarrassing photos and materials to recycle because it's time for the Waunakee "Treasure" Hunt. During the week before and the week of spring break you, your family and friends will be able to scour all over town in search of answers to our clues.

A list of clues will be emailed to all registered participants on Sunday, March 13, 2016 at 8:00 a.m. You'll collect the answers to the clues in a shoebox size container. After you have all your answers turn them in to the Village Center Welcome Desk on or before we close on Saturday, March 26, 2016. Don't forget to include your list of checked off clues. Extra credit points are earned if you decorate your treasure box. Winners will be notified on Friday, April 8, 2016.

Fee: \$5.00

Date: Sunday, March 13, 2016

Ages: All

Course: 35720.116

Reserve Your Park Shelter for the 2016 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.

Saturday, January 2, 2016 will be the first day to reserve shelters for 2016.

Shelter Rental Fees 2016

SHELTER	WEEKDAY FEE	WEEKEND FEE
	Monday to Thursday	Friday to Sunday
Centennial Park - North Shelter	\$60.00	\$70.00
Village Park - Shelter	\$60.00	\$70.00
Centennial Park - South Shelter	\$50.00	\$60.00
Hanover Park Shelter	\$50.00	\$60.00
Peaceful Valley Park Shelter*	\$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
Village Park - Gazebo	\$50.00	\$60.00
Westbridge Park Shelter*	\$50.00	\$60.00

There is an additional \$40.00 fee for non-residents.

* Additional fees apply for use of the concession area in these shelters.

Sales tax will be applied to all rentals.

Do You Have Time and Talent?

Are you looking for a unique way to get involved in the community? The Village Center is always looking for new program or activity ideas. If you have a fun idea or are interested in leading a program, please call Jeff, Kyna or Sue at 850-5992.

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!

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.