

# Spring 2014

Parks, Recreation & Natural Resources  
Recreation Program Announcement



# SUMMER PLANNING STARTS NOW!

## Youth Baseball & Softball Register Now!

Ages as of September 1, 2014

Registration Deadline: April 9th!!! After the deadline, a \$5 late fee applies and spaces will be filled as available.

Blastball	T-ball	Rookie Girls	Rookie Boys	Player Pitch Girls	Player Pitch Boys
3-4 yrs (Co-Ed)	4-5 yrs (Co Ed)	6-7 yrs	6-7 yrs	8,9, 10 yrs	8,9, 10 yrs
Thursdays	Mondays	Wednesdays	Wednesdays	Thursdays	Tuesdays
\$25	\$30	\$30	\$30	\$30	\$30

\*Practices are determined by our volunteer coaches. Field locations will vary in the DeForest-Windsor area. Games start the week of June 2nd. Game start times range from 5:15-6:30 pm. Players will hear from their coaches by the end of May.

NEW! Player Development Day. We will host a fun day of drills and skill work for rookie and player pitch leagues. More information to come.

NEW! End of season tournament for Rookie and Player Pitch Leagues: Weekend of July 25-27 More information to come.

**WANTED!**

**MOMS & DADS, we need you!** Head coaches and Asst. Coaches are needed. Head coaches will be credited their player fee. Coaches must pass a background check. The policy is viewable on our website. Coaching resources will be provided through our website and other materials. Please indicate your desire to coach on your registration form online or paper copy.

# All American Day Camp!



## Rockin' through the Summer!

2014 Summer Enrollment Is Opens Feb. 3

\*\*10% pay in full discount by March 26\*\*

Enrollment Deadline: May 5 (Spaces fill, do not wait!)

Monday-Friday, June 9-August 22 (Flexible Enrollment Options Available), 7:15 am - 5:15 pm

DeForest Area Middle School, 404 Yorktown Rd

K-7th Grade (2014-2015 School Year)

Fee schedule & Enrollment Packet available at [www.vi.deforest.wi.us](http://www.vi.deforest.wi.us)



Mature, trained staff with First Aid & CPR Certifications

Field Trips

Moving Mondays, Thrillin' Thursdays, Festival Fridays,

Green Thumb Gardening

Local adventures to library, bowling, pool, and gymnastics

Weekly newsletters to keep you informed

Watch our day camp video for a glimpse inside camp!

[www.vi.deforest.wi.us](http://www.vi.deforest.wi.us)

# Pre-K & School Age Programming

## Spring Dance with Miss Anna (NEW programs!)....Program will conclude in an end of the season recital!

DeForest Area Community & Senior Center, Community Room, Enter from side door

Mondays, April 7-June 16 \$50 **Reg. Deadline: March 24**

**Discovery Dance (3-4 yrs, 5:00-5:45 pm)**...An introduction to dance & spatial movement centered around fun dance activities to allow dancers to explore their space through creative movement.

**Ballet (5-6 yrs, 5:45-6:15 pm)**...Introduction to the position, movements, terms and ballet etiquette through practicing technique and games.

**Hip Jazz (5-6, 6:00-6:45 pm)**...A fun, upbeat fusion of hip hop and jazz movements.

**Hip Poms (7-8 yrs, 6:45-7:15 pm)**...Dancers enjoy the latest pop tunes in this fusion of hip hop and poms.

**Hip Poms (9-10 yrs, 7:15-7:45 pm)**...Dancers enjoy the latest pop tunes in this fusion of hip hop and poms.

## Lego Club

Lego Builders get ready to explore our own community and travel around town. Each week kids will learn about and build a different landmark from our own town including the police station, library, fire station, grocery store and more.

DeForest Area Community Library

Community Room-Lower Level

5 yrs+

Wednesdays, Wednesdays, April 9-May 14

6:00-7:00 pm

\$20

**Reg. Deadline: March 26**

## Family Fishing Frenzy

DNR education fishing anglers will be demonstrating technique, and show you how to fish. Prizes will be awarded for biggest and smallest fish. Poles are provided. *Thanks to our Sponsor: Friends of the Yahara Rivers Headwaters*

Sunfish Pond

(Located on North Side of Windsor Road)

Saturday, May 17

9:00-11:00 am

\$8 per child

**Reg. Deadline: May 2**

## Pink-A-Delicious Party!

Read a Pink-a-licious story, make a pink-a-yummy snack and create a pink-a-riffic craft!

DeForest Area Community & Senior Center Community Room—Enter from side door

4-7 yrs

Saturday, April 26

10:30-11:30 am

\$10

**Reg. Deadline: April 11**

## Los Ninos

The youth Spanish program will introduce children to topics such as the alphabet, colors, numbers, animals, food, greetings, and much more! Children will become engaged in the Spanish language through a variety of games, projects, books, and songs.

DeForest Area Community & Senior

Center Community Room, Enter from side door

Saturdays, April 19-May 24

3-5 yrs, 10:00-10:30 am

6-9 yrs, 10:45-11:45 am

\$25

**Reg. Deadline: April 4**

## Story Theater

Wear your pajamas! Instructor Nicole Moll is excited to inject this program with a new zest! We will jump into books and make them come alive! We've chosen four of the best children's books to create in our own classroom! Lots of crafts, fun, and imagination!

DeForest Middle School, Room 43

2-4 yrs with parent

Wednesdays, April 9-April 30

7:05-7:35 pm

\$15

**Reg. Deadline: March 26**

## Wild Rumpus Party!

Let your imagination soar! We will read 'Where the Wild Things Are' and have a terrible snack and create a terrible craft at this terribly imaginative party.

DeForest Area Community & Senior Center

Community Room—Enter from side door

4-7 yrs

Saturday, April 19

10:30-11:30 am

\$10

**Reg. Deadline: Friday, April 4**

## Youth Tennis Lessons

This is an excellent opportunity to get involved in a lifetime activity. Instruction will be provided for ALL skill levels. Participants will be taught basic rules of the game, along with working on the forehand & backhand ground strokes, serve and volley.

DeForest High School Tennis Court

Saturdays, April 26-May 17

\$30, racquets provided

**Reg. Deadline: April 11**

## Girls Volleyball Camp

Learn the skills of volleyball with coach "E." We will be using games and drills to help your child understand the game. Come join in on the fun.

Holum Education Center Gym

Mondays, March 17-April 28

4:30-5:30 pm

Grades 3-5

\$35

**Reg. Deadline: March 3**

## Youth Golf Lessons

Participants will learn safety, sportsmanship and etiquette, while being introduced to the fundamentals of golf. Participants will be able to show off their skills in contests (putting, chipping, driving) on the final day. Golf clubs provided.

Lake Windsor Golf Club

Saturdays, April 26-May 17

\$35

**Reg. Deadline: April 11**

5-6 yrs	7-8 yrs	9-10 yrs	11-13 yrs
8:50-9:20 am	9:30-10:20 am	10:30-11:20 am	11:30-12:30 am

6-8 yrs	9-12 yrs
9:00-9:45 am	10:00-10:45 am

# Pre-K & School Age Programming

## Zumba Kids

Zumba Kids class is rockin, high energy fitness parties packed with choreographed, kiddo friendly routines. Zumba Kids increases focus, self-confidence, and coordination. Bring your water bottle! Comfy clothes and shoes too!

Eagle Point Gym  
5-10 yrs old  
Thursdays, April 10-May 15  
5:10-5:40 pm  
\$15  
Reg. Deadline: March 27

## Jumpin Gymnastics!

Instructors at Jump Around Gymnastics will introduce your child to gymnastics! They will learn basic gymnastic skills on Olympic gymnastics apparatus while gaining strength, balance, flexibility and agility.

Jump Around Gymnastics (805 Burton Blvd)  
Wednesdays, March 5-April 30 (No class on March 26 & April 2)  
\$50  
Reg. Deadline: Feb 19

3-4 yrs	5:30-6:00 pm
5-7 yrs	6:15-6:45 pm
8-10 yrs	7:00-7:30 pm

## Red Cross Babysitting Clinic...!! yrs +

DeForest Middle School, Large Group Room 43  
\$100

Become a certified babysitter. Bring a brown bag lunch.  
Friday, April 4, 8:30-3:30 pm (No School Day)  
Reg. Deadline: March 21

# Adult Fitness

## Insanity-NEW!

Join Lezlie for a 40 minute, fast paced, heart racing workout that pushes you to find your own Level 10. With plenty of modifications to support any fitness level as Lezlie shares her new found energy to help you dig deep and get the best workout you can get in only 40 minutes.

18 yrs +  
Thursdays, March 6-May 1 (no class 4/3)  
Eagle Point Gym,  
Thursdays, May 8-June 26  
DeForest Area Community & Senior Center Community Room (enter side door)  
6:00-6:40 pm  
\$35, bring mat, towel, water and attitude!  
Reg. Deadline: Feb. 20, April 24

## Cardio Kickboxing

Cardio kickboxing blends self-defense, dance and kickboxing with today's hottest music. Self-paced instructors, guide you through a variety of punches, kicks, knees, elbows, calisthenics, and stretching exercises based on your own fitness level.

Karate America, 318 N. Main St.  
16 yrs +  
Feb. 15-April 5  
April 12-May 31  
Saturdays, 8:00-9:00 am  
\$25  
Reg. Deadline: Jan. 31, March 28

## Yoga

Lisa Lawrence will lead this yoga class to increase flexibility, strengthen and lengthen muscles, increase circulation, aid digestion and lower stress. Lisa brings 33 years of experience. Her style is upbeat and filled with humor.

DeForest Area Community & Senior Center Community Room (Enter from side door)  
16 yrs +  
Feb 12-April 2  
April 9-May 28  
Wednesdays, 5:45-6:45 pm  
\$35, bring yoga mat  
Reg. Deadline: Jan. 29, March 26

## Saturday AM Zumba

Zumba is a fusion of Latin and international music-dance themes that create a dynamic, exciting, effective fitness system. Join in on the party!

DeForest Area Community & Senior Center Community Room (Enter from side door)  
16 yrs +  
March 1-April 19  
Instructor Taysheedra Allen  
April 26-June 14  
Instructor Taysheedra Allen  
Saturdays, 7:45-8:45 am  
\$32  
Reg. Deadline: Feb. 21, April 11

## Tuesday PM Zumba

Corie Vogeler leads this session of Zumba. Zumba is a fusion of Latin and international music-dance themes that create a dynamic, exciting, effective fitness system. Join in on the party!

Eagle Point Gym  
16 yrs +  
March 4-April 29  
May 6-June 24  
Tuesdays, 6:00-7:00 pm  
\$32  
Reg. Deadline: Feb 18, April 22

## Functional Fitness

Classes focus on using bands, medicine and balance balls, and free weight to tone and sculpt muscles. This self-paced class will also incorporate some cardio exercises and will be set to music with no complicated choreography to memorize.

Karate America, 318 N. Main St.  
16 yrs +  
Feb. 15-April 5  
April 12-May 31  
Saturdays, 9:00-10:00 am  
\$25  
Reg. Deadline: Jan. 31, March 28

# Adult Fitness & Activities

## Total Fitness Training

Midwest Professional Karate  
 18 yrs +  
 Feb. 18-April 12  
 April 15-June 7  
 8 classes for \$35  
 16 classes for \$55  
 24 classes for \$74  
 Reg. Deadline: Feb. 4, April 1

Tues.	Thurs.	Sat.
7:00-8:00 pm	7:00-8:00 pm	8:00-9:00 am
R.I.P.P.E.D Resistance, interval, power, pylometrics, endurance	Alternate between super circuit and kick boot/ cross fit	Alternate between super circuit and kick boot/ cross fit

## Adult Golf

The program will cover basic instruction of the game of golf, including rules, etiquette, grip, set-up, stance, swing, short games and putting.

Lake Windsor Golf Club, 4628 Golf Road, Windsor  
 16 yrs+  
 Saturdays, April 26-May 17  
 11:00-12:00 pm  
 \$50  
 Reg. Deadline: April 11

## Birdwatching...FREE!

Birders of all skill levels invited, including children 8 and above. Birds we might see include: migrating and nesting songbirds including warblers, flycatchers, thrushes, kinglets, woodpeckers & more. Also some waterfowl, herons, hawks, & a few shorebirds.

Upper Yahara River Trail  
 Meet at Sunfish Pond Trailhead (Windsor Rd)  
 Saturday, May 10  
 7:00-9:00 am  
 Free  
 No registration required!  
 Bring binoculars, water, wear good walking shoes; insect repellent & sun block, if needed

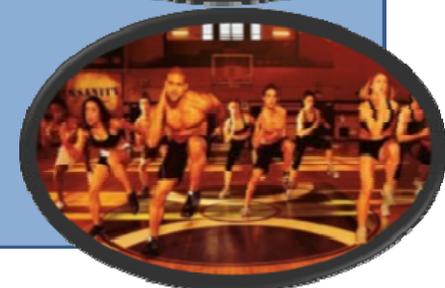
## Couch to 5K

This training program aims to prepare you slowly to run a 5K race. The secret is that it's a gentle introduction to getting the body moving, starting off alternating between walking and running small distances, and slowly building up until after 9 weeks, you're ready to run a 5K. Program will include nutritional, strength training and stretching information. Participants will then be prepared to run the DMB Freedom Run in DeForest. Registration and race fees are separate and completed by the individual.

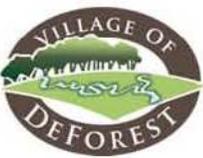
Meet at Conservancy Commons Park (6822 Yellowwood Lane)  
 18 yrs+  
 Thursdays, May 8-July 3  
 5:30-6:30 am  
 \$85  
 Reg. Deadline: April 24

Like Variety?  
 Busy Schedule?

Try our **Fit Pass**



8 Punch



**DeForest Fit Pass**  
[www.vi.deforest.wi.us](http://www.vi.deforest.wi.us)  
 If found please call: 608-846-6751

Passholder Name: Sample  
 Pass ID #:  
 Expiration Date:

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Don't sign up for just one fitness class, try them all!

Work out when it "fits" your schedule.



*Be our guest!*

*Explore our parks & trails!*

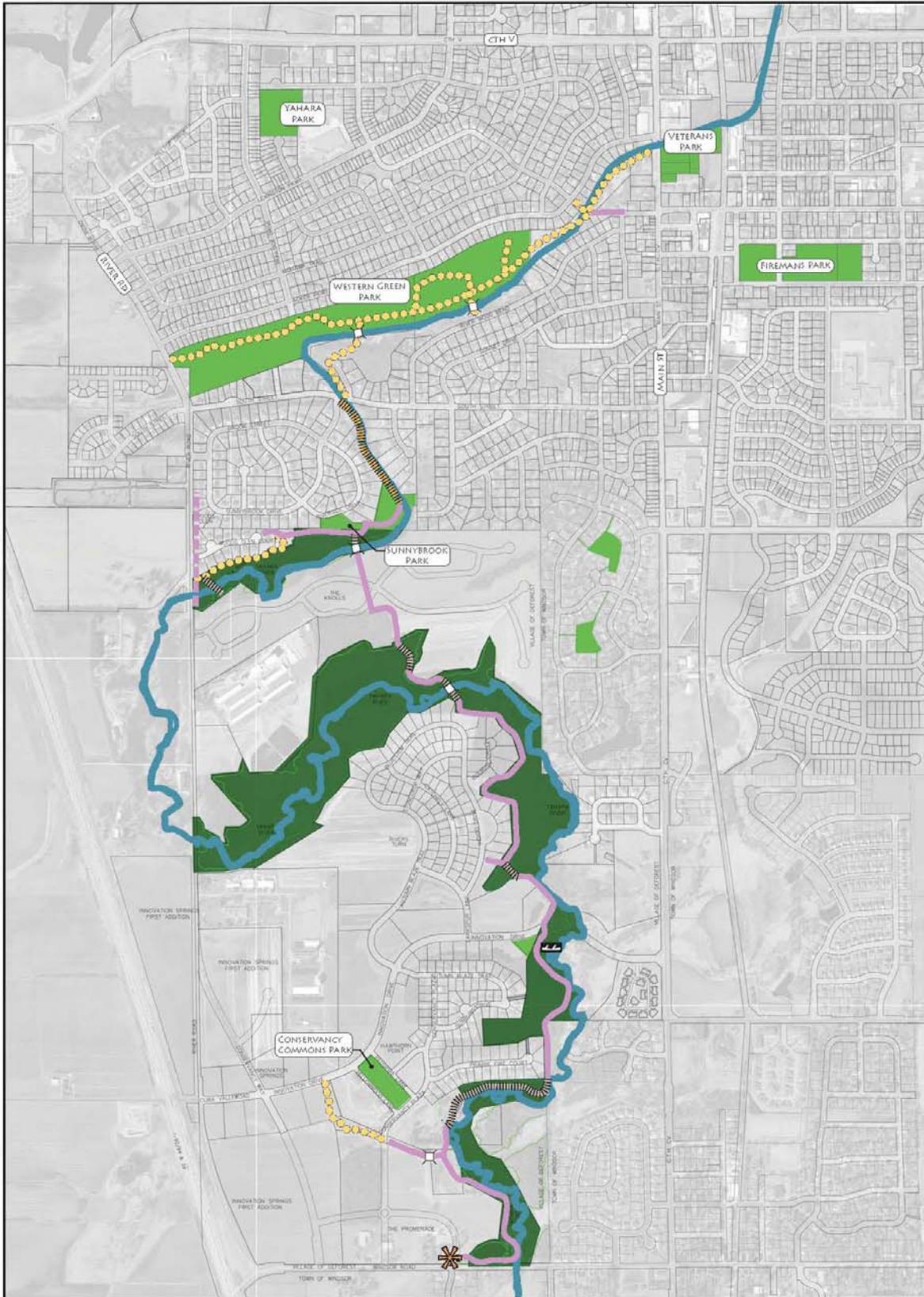
Village of DeForest Parks & Natural Resources

Bakke Conservancy	12.5 acres	West of North Stevenson Street. Forest, grassland and wet meadow.
Conservancy Commons Park	3 acres	Yellowwood Lane. Accommodations include shelter, splash pad, play equipment, restrooms.
Dahl Park	4 acres	Halsor Street. Accommodations include play equipment and picnic tables.
Fireman's Park	11 acres	Jefferson Street. Accommodations include shelters, restrooms, concessions, play equipment, ball diamonds, parking.
Hank's Hollow Park	.3 acres	Hank's Hollow Trail. Accommodations include play equipment, picnic tables.
Liberty Land Park	10 acres	Yorktown Road. Accommodations include play equipment, shelter, picnic tables, trail.
Marvin & Marie Schweers Natural Area	40 acres	West of North Stevenson Street. Wetland and prairie restoration currently underway. Future plans include a trail network and northern water trail access site.
Marvin & Marie Schweers Dog Park	5 acres	West of North Stevenson Street. Dog Park includes a parking area, 4 acres of dog exercise area, 1 acre of timid dog area, pet waste stations and benches. Permit required.
River's Turn Park	4 acres	Innovation Drive. Accommodations include fitness system, shelter, picnic tables, water trail access nearby.
Sunfish Pond	2 acres	Windsor Road, Entrance to Upper Yahara River Trail. Available for fishing or just contemplation and picnic. ADA fishing dock is under construction and ready for summer 2014 use.
Sunnybrook Park	4 acres	Riverside Drive. Accommodations include shelter, picnic tables, access to Upper Yahara River Trail.
Upper Yahara River Corridor	142 acres	South of Riverside Drive to North of Windsor Road. Wooded and open natural communities flanking a stretch of the Yahara River.
Veteran's Memorial Park	3.5 acres	N. Main Street. Accommodations include picnic tables, shelter, water trail access, memorial walk.
Western Green Park	34 acres	Acker Parkway. Accommodations include prairie, trail, shelter, restrooms, play equipment, picnic tables, water trail access.
Yahara Park	8 acres	Trailside Drive. Youth softball diamonds, shelter, restrooms, play equipment.



Be our guest!

Explore our parks & trails!



### UPPER YAHARA RIVER TRAIL MAP

JANUARY 2014



#### LEGEND

- LIMESTONE TRAIL
- ASPHALT TRAIL
- BOARDWALK
- PROPOSED BOARDWALK
- UPPER YAHARA RIVER PARKLAND
- PARK
- TRAILHEAD/PARKING LOT
- FUTURE CANOE LAUNCH SITE

- YAHARA RIVER
- BRIDGE
- DELINEATED WETLAND LINE



GRAPHIC SCALE FEET  
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**vierbicher**  
planners | engineers | advisors

REEDSRUB - MADISON - PRAIRIE DU CHIEN  
400 Viking Drive Reedsville, Wisconsin 53959  
Phone: (608) 524-6448 Fax: (608) 524-8218



# WE'RE HIRING!

- \* Day Camp Lead Counselor & Day Camp Counselors (must be 18 yrs)
- \* Recreation Specialists
- \* Parks Seasonal, Part Time Laborer
- \* Volunteers needed as program assistants.



For more information on any of these, please visit the Village Employment tab on our website  
([www.vi.deforest.wi.us](http://www.vi.deforest.wi.us))

## Program

### Registration

Registration forms are available on our website [www.vi.deforest.wi.us](http://www.vi.deforest.wi.us) or at

Village Hall, 306 DeForest Street

### Three Methods:

- Online (\$2.95 convenience fee)
- Mail or Walk-In Registration Form (306 DeForest St)
- After Hours Drop Box (306 DeForest St)

## Now Accepting...



Payment Type	Recreation Programs	All Other Payments
Fee	\$2.95 (flat fee)	2.75% (+ \$.50 if under \$100)

### You Snooze... You Lose

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrants by a certain date, the program may be cancelled. Registering on the day of the class will not save the class. Please register by the registration deadline.

### Weather Cancellations

Wondering if your program is still running due to weather? If school is cancelled, our programs will also be cancelled. Please check our Facebook Fan Page, your email, or our cancellation hotline for updates.

Cancellation Hotline: 846-6666

## Why Register Online?

### Convenient

24/7

Flexibility to register and pay at your convenience. Anytime. Anywhere.

### Easy



Create an account, choose your programs, and register.

### Saves Time



In less than five minutes you can setup your account and enroll in a program.

### Environment



Make less trips to register in-person, and save paper.

## Register Online!

Three easy steps to get you started!

[www.vi.deforest.wi.us](http://www.vi.deforest.wi.us)



### Create an Account

Visit the Village website and click "online payments." Choose Recreation Programs, and click "Account." Enter your information and click Submit.



### Choose a Program

Browse through our online catalog and find a program that you want to enroll in. Click on "Register."



### Enjoy the Convenience

View schedules, print receipts, reserve shelters, and get email updates. Use your saved account information to quickly register for programs again in the future.

### Department Staff

Director of Parks, Recreation & Natural

#### Resources:

Kelli Bialkowski CPRP

Recreation Coordinator:

Sam Rodriguez

Registration/Reservation Customer Support:

Brandi Cooper

Debbie Meinert

Julie McHugh

Sandy Olhoff

Parks Crew:

Joleen Stinson, Parks & Natural Resources

Supervisor CPRP

Chris Cooper

Keith Kohl