

# Summer

**Parks, Recreation & Natural Resources  
Recreation Program Announcement**



# ONE DAY WONDERS

## Parks, Recreation & Natural Resources

### Chalk Party!

This isn't your everyday sidewalk chalk program! Party goer's will have fun with constellation art, fizzy chalk, splat chalk with water balloons and more!

Fireman's Park Large Shelter  
 Wednesday, June 18  
 5-7 yrs: 10:00-10:30 am  
 8 yrs+: 10:45-11:45 am  
 \$10  
**Reg. Deadline: June 4**

### T-Shirt Design Workshop

You're the designer! Come and make your own shirt. You bring the shirt, we provide instruction, supplies, fun and friends!

DMS Art Room 103  
 Wednesday, July 16  
 5-7 yrs: 10:00-10:30 am  
 8 yrs+: 10:45-11:45 am  
 \$10  
**Reg. Deadline: July 2**

### Family Night Hike

Embark on a trail hike at dusk. Allow your senses to be your guide. Search for fireflies, shades of green and listen to the sounds of the night. Enjoy a story, snack and more!

River's Turn Park (Innovation Drive)  
 Friday, August 15  
 3-6 yrs w caretaker/family: 7:30-8:15 pm  
 7-10 yrs caretaker/family: 8:30-9:30 pm  
 \$10 per child  
**Reg. Deadline: August 1**



### Washi Tape Workshop!

Bring your school supplies!

Bring your school supplies and we will inspire you to put your own unique personality on your new school supplies using washi tape. We provide inspiration and washi tape, you provide your own supplies.  
 (examples: notebooks, glue, folders, pens, pencils)

DMS Art Room 103  
 Wednesday, August 20  
 5-7 yrs: 10:00-10:30 am  
 8 yrs+: 10:45-11:45 am  
 \$15, bring school supplies  
**Reg. Deadline: August 6**

### Future Firefighters of DeForest

See what firefighter really do! Dress up like a firefighter, use a fire hose, perform search and rescue and more. Program is capped with a fire truck ride and lunch at the fire station.

7-10 yrs  
 Saturday, August 9  
 10:00-12:00 pm  
 \$10, includes pizza lunch  
**Reg. Deadline July 25**

### Family Fishing Frenzy

Kick back, relax and fish. 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 (Windsor Road)  
 All ages with parent  
 Saturday, June 21  
 9:00-11:00 am  
 \$8  
**Reg. Deadline: June 13**

### Red Cross Babysitting

Become a certified babysitter through this one day clinic by Red Cross.

DMS Room 49  
 11 yrs+  
 Session 1: Friday, June 13  
 Session 2: Friday, July 11  
 8:30-3:30 pm  
 \$100, bring a sack lunch.  
**Reg. Deadline: May 30 & June 27**

### CSI DeForest

Investigator Berg needs your help to solve a crime scene! Learn crime scene processing, fingerprinting and more!

Firemen's Park Large Shelter  
 7-10 yrs  
 Wednesday, July 9  
 10:30-12:00 pm  
 \$10, includes pizza lunch  
**Reg. Deadline: June 25**

### Spa Day by Norski Cheerleaders

Get your hair and nails done and face painted by the DeForest High School cheer squad.

5-10 yrs Windsor Neighborhood Center Thursday, June 26  
 11:00-12:00 PM \$10 **Reg. Deadline: June 10**

# PRE K PROGRAMMING

## Parks, Recreation & Natural Resources

### Spanish

This 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)  
3-5 yrs  
Thursdays, June 12-July 24  
4:00-4:30 pm  
\$25  
**Reg. Deadline: May 29**

### Preschool Picassos

Picassos will take imagination to new heights. Using untraditional methods of painting we will create projects with balloons, rubber bands, ping pongs and who know what else!

DMS Art Room 103  
3-5 yrs with caretaker  
Session 1: Mondays, 10:00-10:30 am  
June 23-July 14  
Session 2: Thursdays, 4:15-4:45 pm  
June 19-July 10  
\$15  
**Reg. Deadline: June 5**

### Cheer Camp

Learn cheer skills including motions, jumps, cheers and basic stunts. Program will conclude with cheering for a local youth softball game.

Holum Education Center Gym  
Monday-Thursday, June 23-26  
4-5 yrs, 9:30-10:00 am  
6-8 yrs, 10:00-10:45 am  
9 yrs+, 11:00-11:45 am  
\$25

**Reg. Deadline: June 9**

\*Participants of all ages will cheer for a local youth game eve of June 26. Normal programming will be held the day of.

### Itty Bitty Einsteins

DMS Art Room 103  
3-5 yrs w/caretaker  
Session 1: Mondays, 10:00-10:30 am  
July 21-August 4  
Session 2: Thursdays, 4:15-4:45 pm  
July 17-July 31  
\$15  
**Reg. Deadline: July 3**



### Itty Bitty Einsteins!

Perfect for the curious kiddo!

Explore the fascinating corners of science! We will paint with ice, change the colors of flowers, and make a cloud in bottle to name a few.

### First Kicks Camp

#1 soccer camp in the US & Canada!  
Sign up online at  
[www.challengersports.com](http://www.challengersports.com) by May 9  
and get a cool game jersey FREE! Fee  
includes ball & shirt.

Sunset Meadows Park (6786 Windsor St)  
3-4 yrs  
M - F, June 23-27  
9:00-10:00 am  
\$84  
**Reg. Deadline: June 13**

### Karate Clinic

Learn the basics of martial arts. Emphasis on respect, following directions, and developing focus.  
Karate America (605 S Main St)  
3-5 yrs  
Mondays & Wednesdays, July 7-23  
10:00-10:30 am  
\$25  
**Reg. Deadline: June 23**

### Summer Dance with Miss Anna ...Program will conclude in an end of the season recital!

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

Mondays, June 30-Sept. 8 (No class 9/1) \$50

**Reg. Deadline: June 16**

**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.

# PRE K & SCHOOL AGE PROGRAMMING

## Parks, Recreation & Natural Resources

### 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, June 11-July 30

3-4 yrs, 5:30-6:00 pm...Introduction to preschool gymnastics. Children will bounce, swing and tumble around our facility  
5-7 yrs, 6:15-6:45 pm... Introduction to gymnastics. Children will swing, balance and bounce around our gymnastics facility.  
8-10 yrs, 7:00-7:30 pm... Introduction to gymnastics. Children will be introduced to different gymnastics apparatus and basic gymnastics skills.

\$50

**Registration Deadline: May 28**

### Summer Dance with Miss Anna ...Program will conclude in an end of the season recital!

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

Mondays, June 30-Sept. 8 (No class 9/1) \$50

**Reg. Deadline: June 16**

**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.

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

### Art in the Park

6-9 yrs

\$25

Saturdays, 10:00-11:00 am

**Reg. Deadline: June 13**

**June 28**

Fireman's Park Large Shelter

**July 26**

Western Green Shelter

**August 23**

Conservancy Commons Shelter



ART IN THE PARK



Create projects at local favorite parks, then take and post a photo and invite your friends to come see your work!

### Colorful Cooking

Food can be as colorful as a painting. Join us and create fun and delicious food based on different color themes each class.

DMS Room F/CE

7 yrs +

Tuesdays, July 1-July 22

11:30-12:30 pm

\$25

**Reg. Deadline: June 3**

### Edible Rainbows

Each class we focus on the rainbow. There are so many kids recipes out there with the rainbow such as rainbow cake, rainbow Rice Krispies®, rainbow cookies, and rainbow jello.

DMS Room F/CE

7 yrs +

Tuesdays, July 29-August 19

11:30-12:30 pm

\$25

**Reg. Deadline: July 16**

### Zumba Kids

Zumba Kids class is rockin, high energy fitness party 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, June 12-July 17

12:30-1:00 pm

\$15

**Reg. Deadline: May 29**

# ENRICHMENT PROGRAMMING

## Parks, Recreation & Natural Resources

### Stars over DeForest

How well do you know the night sky? In this class, you'll learn the names of the brightest stars and constellations you can see in Wisconsin, create a star map for each season, discover how to tell time using the stars, and more!

DeForest Area Community & Senior Center  
Community Room (Enter from side door)

7 yrs +

Thursdays, July 17, 24, 31

7:00-7:45 pm

\$25

**Reg. Deadline: July 1**

### Spanish

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)

6-9 yrs

Wednesdays, June 11-July 23

4:45-5:30 pm

\$25

**Reg. Deadline: May 28**

### Poms Camp

Leap, kick, jump and dance your way into this energetic camp led by Norski Pom Squaders.

Holum Education Center Gym  
Monday-Friday, July 14-July 18

5-7 yrs, 9:00-9:45 am

8 yrs+, 10:00-11:00 am

\$25

**Reg. Deadline: June 30**

### Summer Science Camp

Science is far more than acids, bases and compounds. Join us as we create, experiment and test our way through this week long camp.

DMS Room 507

Monday-Friday, Aug. 4-8

Session 1: 6-9 yrs, 9:00-10:00 am

Session 2: 10-13 yrs, 10:15-11:15 am

\$20

**Reg. Deadline: July 21**

### Cheer Camp

Learn cheer skills including motions, jumps, cheers and basic stunts. Program will conclude with cheering for a local youth softball game.

Holum Education Center Gym

Monday-Thursday, June 23-26

4-5 yrs, 9:30-10:00 am

6-8 yrs, 10:00-10:45 am

9 yrs+, 11:00-11:45 am

\$25

**Reg. Deadline: June 9**

\*Participants of all ages will cheer for a local youth game eve of June 26. Normal programming will be held the day of.

### Drama Camp

Learn the fundamentals of theater and the art of conversation making through theater games and writing. We will also have fun exploring improvisation and simple scene making.

DMS Choir Room 48

Monday-Thursday

July 28-August 7

5-7 yrs, 1:00-1:45 pm, \$30

8-11 yrs, 2:00-3:15 pm, \$35

**Reg. Deadline July 14**

### Park Scavenger Hunt

Do you know all the hidden secrets about your local parks? This program will lead you on a scavenger hunt and highlight the unique features of each park. We will make sure we leave some play time at each park too!

Sundays

3-6 yrs w/caretaker, 3:00-3:45 pm

7-10 yrs, 4:00-5:00 pm

July 13- Fireman's Park Large Shelter

July 20-Western Green Park Shelter

August 3-Conservancy Commons

Shelter

\$20 for all 3 days

**Reg. Deadline: May 30**

### Passport Around the World

Explorers will map their way across the 7 continents while learning about the rich cultures of Mexico, Ethiopia, France, and Laos. Experience a variety of music, art, games, and food.

DeForest Area Community & Senior Center  
Community Room (Enter from side door)

Community Room (Enter from side door)

Thursdays, July 31-Aug. 28

6-9 yrs, 4:00-4:30 pm

10-14 yrs, 4:45-5:30 pm

\$25

**Reg. Deadline: July 17**



PASSPORT AROUND THE WORLD

Buckle up for an exciting ride around the globe!

# ACTIVE PROGRAMMING

## Parks, Recreation & Natural Resources

### Girls Volleyball Camp

Volleyball for the small! Instructor "E" will teach the basic skills of volleyball through games and drills.

DMS 5/6 Gym  
Grades 3-5  
Wednesday, June 11-13  
9:00-11:30 am  
\$35  
**Reg. Deadline: May 28**

### Track N Field Clinic

This program will encourage a healthy, fit lifestyle. Individual instruction is provided for participants of all skill levels.

DHS Track  
8-14 yrs  
Monday- Thursday, June 16-July 17  
10:45-11:45 am  
\$50  
**Reg. Deadline: June 3**

### Golf Lessons

Lake Windsor Golf Club professionals will cover safety, sportsmanship & etiquette, while being introduced to the fundamentals of the game of golf. Clubs provided.

Lake Windsor Golf Club  
\$45  
**Reg. Deadline: May 27 & June 24**

	Session 1	Session 2
Little Chippers (6-8 yrs)	M & W 6/9-6/25 5:15-6:00 pm	T & TH 7/8-7/24 1:00-1:45 pm
Drivers (9-12 yrs)	M & W 6/9-6/25 6:15-7:00 pm	T & TH 7/8-7/24 2:00-2:45 pm

### Beginner Boys Basketball

This program will cover instruction in ball handling, shooting, passing, rebounding and defense. Toward the end of the session, participants will be divided based on age to put their skills to work in a game setting.

DMS 5/6 Gym  
7-12 yrs  
Tuesdays & Thursdays, June 17-July 17  
9:30-10:30 am  
\$35  
**Reg. Deadline: June 3**

### Mini Soccer Camp

#1 soccer camp in the US & Canada!  
Sign up online at [www.challengersports.com](http://www.challengersports.com) by May 9 and get a cool game jersey FREE! Fee includes ball & shirt.

Sunset Meadows Park (6786 Windsor St)  
5-6 yrs  
Monday-Friday, June 23-27  
10:30 am-12:00 pm  
\$94  
**Reg. Deadline: June 13**

### Karate Clinic

Learn the basics of martial arts. Emphasis on respect, following directions, and developing focus.

Karate America (605 S Main St)  
6 yrs+  
Mondays & Wednesdays, July 7-23  
10:30-11:00 am  
\$25  
**Reg. Deadline: June 23**

### Beginner Girls Basketball

This program will cover instruction in ball handling, shooting, passing, rebounding and defense. Toward the end of the session, participants will be divided based on age to put their skills to work in a game setting.

DMS 5/6 Gym  
7-12 yrs  
Mondays & Wednesdays, June 16-July 16  
9:30-10:30 am  
\$35  
**Reg. Deadline: June 3**

### Half Day Soccer Camp

#1 soccer camp in the US & Canada!  
Sign up online at [www.challengersports.com](http://www.challengersports.com) by May 9 and get a cool game jersey FREE! Fee includes ball & shirt.

Sunset Meadows Park (6786 Windsor St)  
6-9 yrs, 9:00 am-12:00 pm  
10-14 yrs, 1:00-4:00 pm  
\$127  
**Reg. Deadline: June 13**

### Intro to BMX

Learn from Madtown BMX experts! Sessions will focus on starting, balance, riding and coordination skills. Limited bikes will be provided or bring your own 16", 20" or 24" wheel BMX bike (no kickstand). Helmet, long pants & shirt are required. Visit: [madi-sonbmx.com](http://madi-sonbmx.com) for more info.

BMX Facility, 7072 Hickory Lane, DeForest  
Ages: 4-6 yrs; 7-9 yrs; 10-14 yrs; 15 yrs+  
Mondays, June 16, 23, & 30  
5:30-7:30 pm  
\$25  
**Reg. Deadline: June 2**

**Class confirmations are not sent! If you do not hear from us, please plan for your program as scheduled.**

# ACTIVE PROGRAMMING

## Parks, Recreation & Natural Resources



### Tennis Lessons

Participants will be taught basic rules of the game, along with forehand and backhand strokes and serve and volley. Age appropriate tennis racquets and balls will be provided. Participants should wear tennis shoes and bring a bottle of water to every class.

DeForest High School Tennis Courts

Dates: Session 1: M & W, June 16-July 23

Session 2: T & Th, June 17-July 24

Session 3: T & Th, June 17-July 24

\$45

**Reg. Deadline: June 2**

	5-6	7-8	9-10	11-12
Session 1	8:50-9:20 am	9:30-10:20 am	10:30-11:20 am	11:30-12:20 am
Session 2	8:50-9:20 am	9:30-10:20 am	10:30-11:20 am	11:30-12:20 pm
	5-7	8-10	11-13	
Session 3	4:30-5:20 pm	5:30-6:20 pm	6:30-7:20 pm	

### Norski Summer Speed, Agility & Strength

Work out with teammates and friends! Reach your goals! Reduce risk of injury.

June 11-July 25 (No class on July 4)

**Session 1...Grades 10-12 (\$50)**

Monday-Friday 8:00-10:00 am

**Session 2...Grade 9 (\$45)**

Monday-Friday 10:00-11:00 am

**Session 3...Grade 7-8 (Functional Strength & Fitness) (\$40)**

Monday-Thursday 11:15-12:15 pm

**Session 4...Grades 5-6 (Functional Strength & Fitness) (\$35)**

Monday-Wednesday 12:15-1:15 pm

**Reg. Deadline: May 28**

### Refund Policy...We reserved the right to cancel

programs within sufficient enrollment or last minute logistical occurrences. Refunds would then be given in full. Refunds will only be given in cases of serious injury or illness preventing participation in at least 25% of the program.

### Did you know?

One in three children in America are overweight or obese.

In total we are eating 31% more calories than we were forty years ago.

Eight to 18-yr old adolescents spend an average of 7.5 hours a day using entertainment media.

Only one-third of high school students get the recommended level of physical activity.

Children should get 60 or more minutes of physical activity each day.

### We are here to help!

### Lacrosse Camp

Through fun, fast paced drills Norski Lacrosse club members will lead participants through fundamentals of the game including passing, catching, cradling, scooping and shooting the ball. Helmets and balls will be provided. Limited Lacrosse sticks will be available.

Western Green Park Shelter

Grades 3-8

Monday - Thursday, July 21-24

5:30-7:00 pm

\$30

**Reg. Deadline: July 7**

### Youth Bowling

Come join the fun! This is not your typical bowling league. Participants will get instruction and work on skills each Tuesday and then play games with weekly themes on Thursdays.

Rude's Lanes

Tuesdays & Thursdays, July 8-August 7

5-9 yrs, 9:00-10:30 am

10-13 yrs, 11:00 -12:30 pm

\$45

**Reg. Deadline: June 24**

### ACTIVATE DEFOREST

Obesity now effects 17% of all children and adolescents. DeForest businesses, schools and the Park & Rec Department are fighting back! ACTIVATE DEFOREST will introduce participants to various lifetime activities that will keep kids active! Participants will spend time swimming, learning karate, cardio-kickboxing, Zumba, and golf. Participants will be able to earn a free smoothie from Cutting Edge Nutrition!

6-8 yrs...12:30-1:00 pm

9-11 yrs...1:15 -2:00 pm

**Mondays, June 23-July 21 (some times may vary)**

Information on location and activity specifics will be emailed to participants closer to the start of the program.

\$5

**Reg. Deadline: June 9**

**Thank you to our Sponsors:** Cutting Edge Nutrition, X-Per-T's, Karate America, Midwest Professional Karate, Lake Windsor Golf Club, Jolene Endres (Zumba Kids), & DeForest Area High School Pool

**Learn more about our Financial Assistance policy on our website.**

# LEAGUES

## Parks, Recreation & Natural Resources

### Soccer League

Games are played at various fields in the DeForest/Windsor area. Grades are based off of 2014/2015 School Year. League includes two seasons, fall 2014 and spring 2015.

Fall Dates: Week of August 11, 2014

Spring Dates: Week of April 6, 2015

**Registration Deadline: June 17-\$5 late fee will be assessed after this date. As teams fill, your child will be added to a waiting list.**

#### U6 League: 4-5 yrs

Thursdays: Practice at 5:30 pm, Games at 6:00 pm

#### U8 League: 5-7 yrs

Mondays, Games at 5:30 pm

(includes fall and spring season and shirt/jersey).

**\$40, Players must wear shin guards.**



***Oops!*** Did you miss the youth baseball-softball deadline? After April 9th there is a \$5 late fee and spaces are filled as available. Call to check availability. 846-6751.

**[ Coaches Needed! ]**

Head & Assistant 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 are provided.

### Flag Football League

Games are played at various fields in the DeForest/Windsor area. Grades are based off of 2014/2015 School Year.

Fee: \$40, includes t-shirt/jersey. Players must purchase mouth guard.

**Registration Deadline: -July 17, \$5 late fee will be assessed after this date.**

**As teams fill, your child will be added to a waiting list.**

#### K-1 League:

Tuesdays, Games at 5:30 pm  
Sept 9-October 14

#### 2-3 League:

Thursdays, Games at 5:30 pm  
Sept. 11-Oct. 16

#### NEW! 4-5 League:

Mondays, Games at 5:30 pm  
Sept. 8-Oct. 13

**WEATHER  
CANCELLATION  
NOTICES**

846-6666 after 3 pm

[Facebook.com/deforestparkandrec](https://www.facebook.com/deforestparkandrec)

[Twitter.com/@VillageDeForest](https://twitter.com/VillageDeForest)

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.**

# SPECIAL EVENTS

## Parks, Recreation & Natural Resources



### BIRDWATCHING

Free, Saturday, May 10, 7:00-9:00 am  
Meet at Sunfish Pond, Upper Yahara River Trail

*Bring binoculars, water, walking shoes, & insect repellent*

Birders of all skill levels invited, including children 8 and above. Possible birds to be seen: Migrating and nesting songbirds including Warblers, Flycatchers, Thrushes, Kinglets, Woodpeckers & more. Also some waterfowl, Herons, Hawks, & a few shorebirds.



**New & Improved!**



**MOVIES IN THE PARK...**

#### Movie Dates & Locations

- Friday, June 13 Fireman's Park
- Friday, July 11 DMB Community Stadium
- Friday, August 8 Conservancy Commons Park
- 7:00 pm Family fun activities, movie at dusk

### ART CART!

#### Thank you to our sponsors!

- Conservancy Place-Park Towne LLC
- DMB Community Bank
- Golden Triangle Drifters Club
- Genesis Hair & Day Spa
- MG&E

The Madison Museum of Contemporary Art's free outdoor art program is on the road again. Art Cart offers free art programs for kiddos 3 yrs+. Children should be accompanied by an adult.

Saturday, July 26 2:00-4:00 pm  
Fireman's Park Small Shelter



## Bike Rodeo

Get hands-on bike safety training.

Saturday, May 17  
5-11yrs , bring your bike and helmet!  
9:00-11:00 am, raffle to follow, must be present to win!  
Fireman's Park Large Shelter

**Don't forget your bike!**

# ADULT PROGRAMMING

## Parks, Recreation & Natural Resources

### Golf Lessons

Golf lessons will cover basic instruction of the game including rules, etiquette, set-up, stance, swing, short game, and putting.

Lake Windsor Golf Club

June 10-July 1

Tuesdays

Beginner-5:15-6:15 pm

Intermediate-6:30-7:30 pm

\$50

**Reg. Deadline: May 27**

### Couch to 5K

Are you interested in running your first 5K? Join Jamie Adcock, Madison's Running Diva Mom, for this gentle introduction to running. Jamie's program slowly and painlessly prepares your mind and body to run a 5K race in a supportive community environment. We'll slowly build up endurance over the course of nine weeks, so you're ready to run 5 kilometers - or 30 minutes non-stop for the Yahara Riverfest Trail Tromp 5K Race on Saturday, Sept. 13. This program also includes nutritional, strength training and stretching tips. Race registration not included.

Conservancy Commons Park Shelter

18 yrs +

July 17-Sept. 11

Thursdays, 5:30-6:30 am

\$85, includes a shirt to wear on race day

**Reg. Deadline: July 3**

### Tuesday PM 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!

16 yrs +

Tuesdays, 6:00-7:00 pm

**May 6-June 24**

5/6-5/27 at EP Gym

6/3-6/24 at DHS North Gym

**July 1-Aug 19**

DHS North Gym

\$32

**Reg. Deadline: April 22 & June 17**

### 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.

16 yrs +

DeForest Area Community & Senior Center Community Room (enter side door)

Thursdays, May 8-June 26

Thursdays, July 10-August 28

6:00-6:40 pm

\$35, bring mat, towel, water and attitude!

**Reg. Deadline: April 24 & June 26**

### Yoga for all levels

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 in kundalini yoga. Her style is upbeat and filled with humor.

16 yrs+

DeForest Area Community & Senior Center Community Room (Enter from side door)

Wednesdays, 5:45 - 6:45 pm

June 4-July 23

July 30-September 17

\$35, Bring yoga mat.

**Reg. Deadline: May 21 & July 16**

### Fall Co-Ed Kickball League

Grab your friends and come play in this recreational league! Team packets can be picked up from the Village Office, 306 DeForest Street.

Fireman's Park Diamonds

Must be 18 yrs+

Thursdays, Sept. 4-Oct. 9

Games at 6:00 & 7:00 pm

Register by team (\$125) or player (\$20)

\*Teams must have minimum of 10 plyrs.

**Reg. Deadline: August 14**

### Ornamental Container

#### Gardening

Containers are a great way to dress up your patios, deck or balcony. In this workshop, master gardener Nancy Schoenmann will teach the basics of plant selection, soil, pruning and fertilizer how to's. We'll uncover everything you need to know to make your pots the envy of the neighborhood. Take home a 12" potted container that you designed!

Conservancy Commons Park Shelter  
Saturday, May 17

10:00-11:30 am

\$35, includes price of

planter you will take home

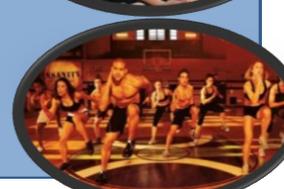
**Reg. Deadline: May 2**



Like Variety?  
Busy Schedule?

Try our

## Fit Pass



DeForest Fit Pass

www.vi.deforest.wi.us  
If found please call: 608-846-6751

Passholder Name:  
Pass ID #:  
Expiration Date:

Sample

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

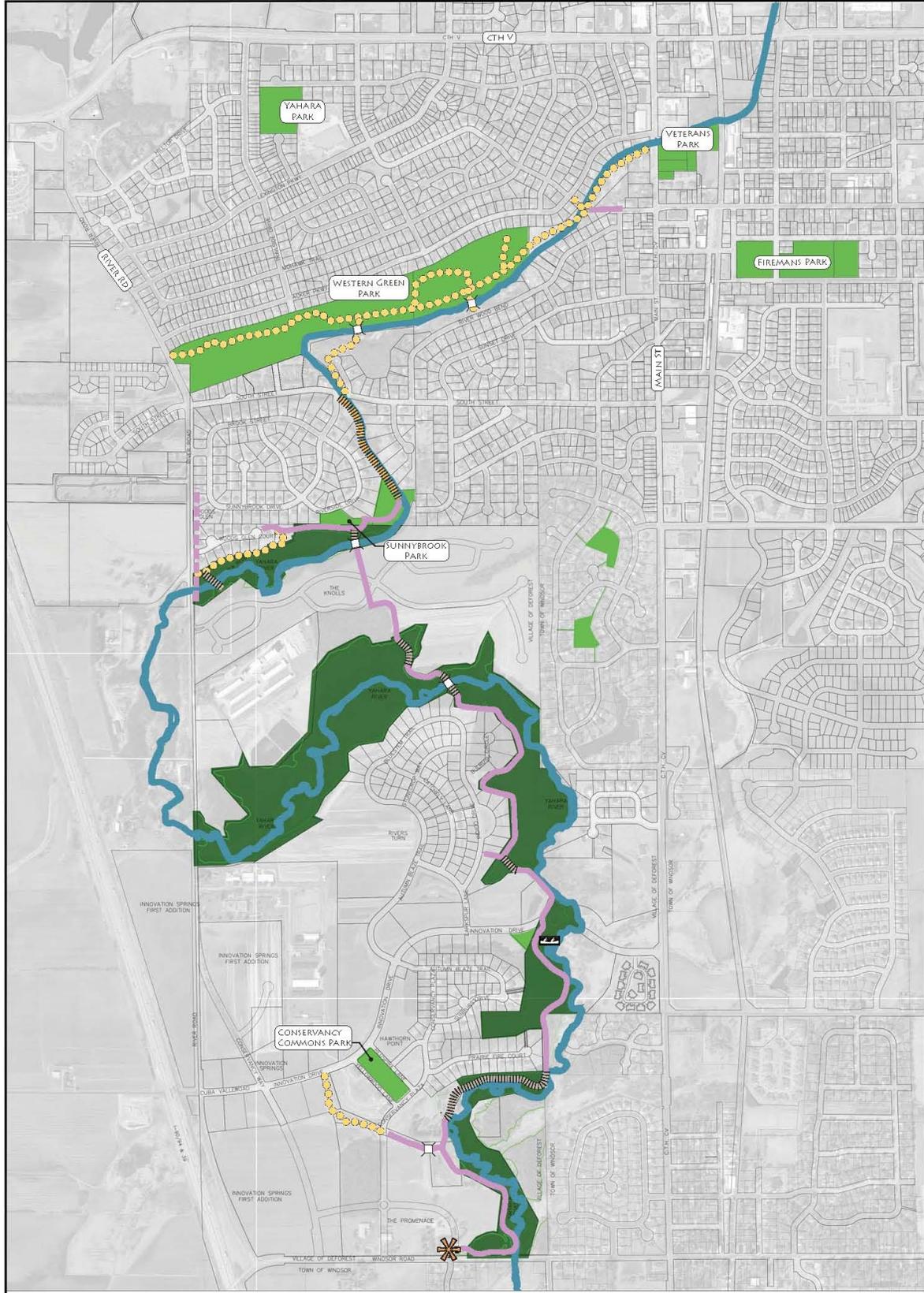
Work out when it "fits"  
your schedule.





Be our guest!

Explore our parks & trails!



### UPPER YAHARA RIVER TRAIL MAP

JANUARY 2014



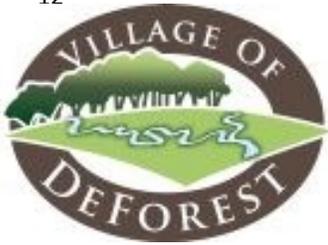
- LEGEND**
- LIMESTONE TRAIL
  - ASPHALT TRAIL
  - BOARDWALK
  - PROPOSED BOARDWALK
  - UPPER YAHARA RIVER PARKLAND
  - PARK
  - TRAILHEAD/PARKING LOT
  - FUTURE CANOE LAUNCH SITE

- YAHARA RIVER
- BRIDGE
- DELINEATED WETLAND LINE



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## DeForest Park, Recreation & Natural Resources

# 2014 Summer Program Announcement

**Please note: The Summer Program Announcement is the only publication that is direct mailed. To ensure you get all program announcements, please sign up for De-News-Recreation.**

### 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 Ollhoff

#### Parks & Natural Resources Supervisor:

Joleen Stinson, CPRP

#### Parks Crew:

Chris Cooper

Keith Kohl

**608-846-6751**

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

## Register Online!

Three easy steps to get you started!



### 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.

Now Accepting...



Payment Type	Recreation Programs	All Other Payments
Fee	\$2.95 (flat fee)	2.75% (+ \$0.50 if under \$100)

## 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)

