



Fall 2014  
recreation  
PROGRAM ANNOUNCEMENT

# PRE-SCHOOL & SCHOOL AGE

## Parks, Recreation & Natural Resources



### HELLO KITTY PARTY

You're invited!  
To a perrr-fect Hello  
Kitty Party!

We'll play silly games, get creative with crafty projects, read a story and enjoy tasty Hello Kitty Treats.

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

Saturday, Oct .4

3-5 yrs: 9:00-9:45 am

6-9 yrs: 10:00-11:00 am

\$10

**Reg. Deadline: Sept. 18**

### FIT FRIENDS

What do you get when you have taste tests, fitness scavenger hunts, bootcamp challenges, trivia Q & A's? Fit friends! Come along and see how fun it is to be the best you!

DeForest Middle School , Room 43

Tuesdays, Sept. 23-Oct. 14

6-9 yrs

5:45-6:30 pm

\$20

**Reg. Deadline: Sept. 9**

### ALPHABET SOUP

Songs, crafts and games will make alphabet recognition a blast for pre-schoolers!

DeForest Area Community & Senior Center

Community Room, Enter from side door

Saturdays, Nov. 1-15

3-5 yrs w/ caretaker

10:00-10:30 am

\$20

**Reg. Deadline: Oct. 23**

### LEGO CLUB

Come have fun with all things legos! We will have lego games, lego activities, related books, and, oh yeah, we will build with legos!

DMS Large Group Room 43

Tuesdays, Oct. 21-Nov. 25

6:00-6:45 pm

6-9 yrs

\$25

**Reg. Deadline: Oct. 7**



### ZUMBA KIDS

Zumba kids classes 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.

Holum Education Center

Thursdays, Sept. 25-Oct. 30

5-10 yrs

5:10-5:40 pm

\$15

**Reg. Deadline: Sept. 11**



### SUPER HERO TRAINING CAMP

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Do you have what it takes to be a crime fighter? We will test your super power abilities through games and challenges.



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

Saturday, Oct. 4

3-5 yrs: 9:00-9:45 am

6-9yrs: 10:15-11:15 am

\$10

**Reg. Deadline: Sept. 25**

**NORSKI SPIRIT DAY WITH DHS POM SQUAD** Come join the DHS Pom squad in a Norski Spirit event. Attendees will be taught a short dance and make a cool Go Norskies! sign. At 10:45 parents are invited to watch their child perform with the DHS Poms Squad.

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

10:00-11:00 am

\$10

Saturday, Sept. 27

5-9 yrs

**Reg. Deadline: Sept. 12**

# PRE-SCHOOL & SCHOOL AGE

## Parks, Recreation & Natural Resources

### MECHANICAL ENGINEERS: MASTER MACHINES

Design, create, test, and refine a variety of machines & mechanical systems. Learn basics of design and engineering concepts while constructing roller coasters, egg-drop vehicle, and air powered dragster you get to keep!

The MAC, 697 S. Main Street  
Sundays, 3:45-5:00 pm  
September 14-October 19  
7-12 yrs  
\$105  
**Reg. Deadline: Sept. 2**

### JR AEROSPACE ENGINEERING

Introduce our youngest engineers to concepts of aircraft and spacecraft design. Engineers explore and construct airplanes, rockets, hot air balloons and more!

The MAC, 697 S. Main Street  
Sundays, 2:30-3:15 pm  
September 14-October 19  
4-6 yrs  
\$105  
**Reg. Deadline: Sept. 2**

### FALL DANCE WITH MISS ERIN

DeForest Area Community & Senior Center, Community Room,  
Enter from side door .  
Mondays, Sept. 22– Nov. 24  
\$50, **Reg. Deadline: Sept. 9**

**Discovery Dance (3-4 yrs, 4:30-5:00 pm)**...An introduction to dance & spatial movement centered around fun dance activities to allow dancers to explore their space through creative movement.

**Discovery Dance (3-4 yrs, 5:00-5:30 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, 5:30-6:00 pm)**...Introduction to the position, movements, terms and ballet etiquette through practicing technique and games.

**Hip Jazz (5-6, 6:00-6:30pm)**...A fun, upbeat fusion of hip hop and jazz movements.

**Hip Poms (7-8 yrs, 6:30-7:00pm)**...Dancers enjoy the latest pop tunes in this fusion of hip hop and poms.

**Hip Poms (9-10 yrs, 7:00-7:30 pm)**...Dancers enjoy the latest pop tunes in this fusion of hip hop and poms.

# ADULT

## Parks, Recreation & Natural Resources

### 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 +  
Eagle Point Elementary Gym  
Tuesdays, 6:00-7:00 pm  
Aug. 26-Oct. 14  
Oct. 21-Dec 9  
\$35  
**Reg. Deadline: Aug. 12 & Oct. 7**

### FALL CO-ED KICKBALL

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

Must be 18 yrs+  
Fireman's Park Diamonds  
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 players.  
**Reg. Deadline: Aug. 14**

### SUNRISE YOGA—NEW!

Rise & Shine! 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.

16yrs +  
DeForest Area Library Lower Level  
Saturdays, 9:15-10:15 am  
Sept. 20-Nov. 8  
Nov. 15-Jan. 3  
\$35  
**Reg. Deadline: Sept. 4 & Oct. 30**

### SUGAR BLUES

Find out what types of sugar are making us sick and overweight and why. Emily Niesen, Certified Holistic Health Coach, will help you understand sugar on a deeper level while keeping it simple enough to incorporate into your daily lives.

DeForest Area Library Lower Level  
Monday, Nov. 10  
6:15-7:30 pm  
\$15  
**Reg. Deadline: Oct. 27**

# ADULT

## Parks, Recreation & Natural Resources

### 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.

16yrs+  
DeForest Area Community & Senior Center  
Community Room (Enter from side door)  
Wednesdays, 5:45 - 6:45 pm  
Sept. 24-Nov. 12  
Nov. 19-Jan. 28  
\$35, bring yoga mat  
**Reg. Deadline: Sept. 10 & Nov. 5**

### INSANITY

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 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, 6:00-6:40 pm  
Sept. 4-Oct. 23  
October 30-Jan 8, *No class 11.27, 12.25, 1.1 .15*  
\$35, bring mat, towel, water and attitude!  
**Reg. Deadline: Aug. 21 & Oct. 16**  
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### SMART NUTRITION FOR BUSY PEOPLE

Whether you have picky eaters, you are a one woman army, or need help incorporating clean eating in your daily regimen, you will want to come to this workshop. Emily Niesen, Certified Holistic Health Coach, reminds us how our refrigerator should be our pharmacy and that eating healthy can be fun!

18 yrs+  
DeForest Area Library Lower Level  
Monday, Oct. 13  
6:15-7:30 pm  
\$15  
**Reg. Deadline: Sept. 30**

Like Variety?  
Busy Schedule?

Try our

## Fit Pass

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

Work out when it "fits" your schedule.



### MY BOOTCAMP

Looking to get back in shape or lose a few pounds? Or maybe you are looking for a more intense workout? Certified athletic trainer and strength and conditioning specialist, Scott Cole will be your guide. My Bootcamp is a total body circuit training workout twice a week and a self challenge day on Fridays. Workouts will be adapted to fit your experience level and strength. A new beginning starts today!

16 yrs +  
DeForest High School North Gym  
Mon-Wed-Fri  
5:30-6:30 am  
Session 1: Sept. 8 –October 17  
Session 2: Oct. 20– December 5  
( No Class 11.24, 11.26, 11.28)  
\$105  
**Reg. Deadline: Aug. 26; Oct. 7**



save the date!  
SATURDAY, SEPT. 13

## Yahara riverfest

YAHARARIVERFEST.COM



3 EASY METHODS...

- ✓ REGISTER ON LINE ([WWW.VI.DEFOREST.WI.US](http://WWW.VI.DEFOREST.WI.US))
  - ✓ MAIL OR WALK-IN REGISTRATION FORM
  - ✓ AFTER HOURS DROP BOX (306 DEFOREST STREET)
- REGISTRATION FORMS ARE AVAILABLE ON OUR WEBSITE AT [WWW.VI.DEFOREST.WI.US](http://WWW.VI.DEFOREST.WI.US)