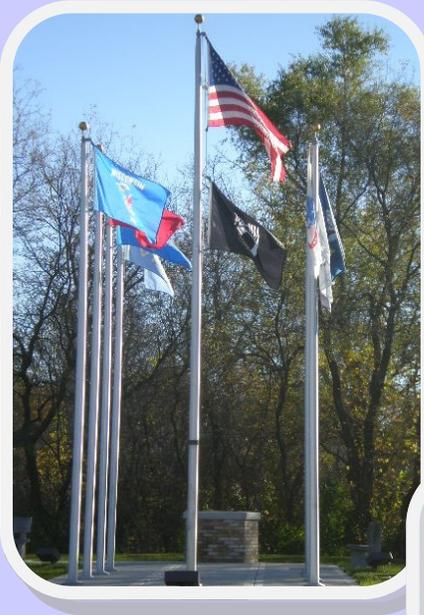


# DeForest Parks, Recreation & Natural Resources Recreation Program Announcement



Spring 2015

# SUMMER PLANNING

DeForest Parks, Recreation & Natural Resources

## Summer Baseball & Softball

*Ages as of Sept. 1, 2015*

**BLASTBALL! (3-4 YRS)**  
Thursday eve games, \$30

**COED T BALL (4-5 yrs)**  
Monday eve games, \$30

**ROOKIE GIRLS (6-7 yrs)**  
Wednesday eve games, \$30

**ROOKIE BOYS (6-7 yrs)**  
Wednesday eve games, \$30

**PLAYER PITCH GIRLS (8,9, 10 yrs)**  
Thursday eve games, \$30

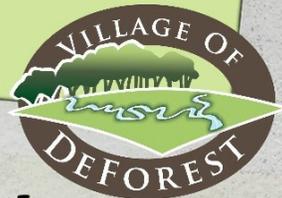
**PLAYER PITCH BOYS (8, 9, 10 yrs)**  
Tuesday eve games, \$30



For information on game season, practices, etc, please visit our website at [www.vi.deforest.wi.us](http://www.vi.deforest.wi.us)

Coaches Needed!

Head coaches will be credited their player's fee. Coaches must pass a background check.



**REGISTRATION DEADLINE! April 8.**  
After the deadline, a \$5 late fee applies and spaces will be filled as available.

# SUMMER PLANNING

DeForest Parks, Recreation & Natural Resources

All American ~~Day~~ Camp

Kidz Club!

Visit the website for enrollment details!

Sports Club  
Nature Club  
Art Club  
Messy Club  
Science Club  
Adventure Club



June 15-Aug 21  
Monday-Friday  
[vi.deforest.wi.us](http://vi.deforest.wi.us)



PARK & REC IS  
SPRING  
CLEANING!



Come and get it!

## WHEN?

SATURDAY, MAY 16

DEFOREST PUBLIC  
SERVICE BLDG

205 DEFOREST ST.

7:00 - 10:00 AM

## WHAT?

WE ARE GIVING AWAY OUR  
OLD SHIRTS, HELMETS, BALLS, BATS AND  
WHATEVER ELSE WE MIGHT DIG OUT OF  
THE OLE' BACK CLOSET...

DO YOU HAVE STUFF YOU WANT TO  
DONATE?

WE WILL ACCEPT GENTLY USED SPORTS  
EQUIPMENT. DONATIONS NEED TO BE  
DROPPED OFF TO VILLAGE HALL, 306  
DEFOREST STREET BY NOON ON MAY 1.



# PRESCHOOL & SCHOOL AGE

DeForest Parks, Recreation & Natural Resources

## Spring Dance with Miss Erin...

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

Mondays, March 16– May 18

Last class of the program will be a parent showcase.

\$50

**Reg. Deadline: March 2**

Discovery Dance 3-4	Discovery Dance 3-4	Ballet 5-6	Hip Jazz 5-6	Hip Poms 7-8	Hip Hop 8-10
March 16- May 18	March 16- May 18	March 16- May 18	March 16- May 18	March 16- May 18	March 16- May 18
4:30-5:00	5:00-5:30	5:30-6:00	6:00-6:30	6:30-7:00	7:00-7:30

## 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.

*Instructor: Meg Hessness*

DMB Windsor Neighborhood Center  
(4438 Windsor Road, Windsor)

Saturdays, April 25-May 23

3-5 yrs, 9:30-10:00 am

6-9 yrs, 10:15-11:00 am

\$25

**Reg. Deadline: April 3**

## 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 16

9:00-11:00 am

\$10 per child

**Reg. Deadline: May 4**



## Super Hero Party

You are invited to a Superhero party where we will play super fun games, enjoy a super snack and make super cool masks.

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

3-5 yrs: 10:45-11:30 am

6-9 yrs: 12:30-1:15 pm

Saturday, April 11

\$15

**Reg. Deadline: March 28**

## Story Theater

Wear your pajamas! 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!

*Instructor: Katie Moran*

DeForest Middle School  
Large Group Rm. 43

18 mos-4 yrs; with parent

6:45-7:15, Tuesdays

April 7-April 28

\$15, kiddos come in jammies!

**Reg. Deadline: March 24**

## Kids in the Kitchen

In this hands on class participants learn about kitchen safety, simple nutrition and have a chance explore recipes!

*Instructor: Katie Moran*

DMB Windsor Neighborhood Center  
(4438 Windsor Road, Windsor)

6-9 yrs

Mondays, April 20-May 11

5:30-6:15 pm

\$30

**Reg. Deadline: April 6**

## Garbage Art?!

Come, and learn to create art with disposable items, such as milk boxes, plastic cups, toilet paper rolls and metal caps; any item can be turned around and rediscovered! We will create fantastic sculptures out of trash! Mobiles and even prints! All materials included with workshop fee.

*Instructor: Patrizia Ferreira*

Yahara Elementary Art Room  
6-9 yrs

Tuesdays, May 12-26

6:00-6:45 pm

\$35, includes all supplies

**Reg. Deadline: April 28**



# SCHOOL AGE

## DeForest Parks, Recreation & Natural Resources

### 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. *Instructor Ellene Oehme "E"*

Holum Education Center Gym  
Mondays, March 16-April 27  
(No Class March 30th)  
4:00-5:00 pm  
Grades 3-5  
\$35  
**Reg. Deadline: March 2**

### 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 25-May 16  
\$35  
**Reg. Deadline: April 11**

Little Chippers	Drivers
6-8 yrs	9-12 yrs
9:00-9:45 am	10:00-10:45 am

### 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!

*Instructor: Jolene Endres*  
Eagle Point Gym  
5-10 yrs old  
Tuesdays, April 7-May 12  
5:10-5:40 pm  
\$15  
**Reg. Deadline: March 24**

## Rainbow Loom Party!



### Rainbow Loom Party

You are invited to a Rainbow Loom Party! Learn how to loom, try different bracelets and get creative! *Instructor: Katie Moran*

DeForest Area Community & Senior Center,  
Community Room  
(enter from side door)  
6-9 yrs  
Saturday, May 2  
10:45-11:30 am  
\$15  
**Reg. Deadline: April 20**

### 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. *Instructor: TBD*

DeForest High School Tennis Court  
Saturdays, April 25-May 16  
\$30, racquets provided  
**Reg. Deadline: April 10**

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



Young Rembrandts

### Young Rembrandts

Inspire your child's love of art with Young Rembrandts. Your child will choose from a bountiful selection of drawings and be introduced to the world of color, pattern, and design. For any repeat Rembrandts, there will be NEW lessons. *Instructor: Young Rembrandts Staff*

Tuesdays, April 7-April 28  
3-5 yrs...5:15-6:00 pm (Yahara Elementary Room 248)  
6-12 yrs...6:15-7:15 pm (Yahara Elementary Room 248)  
AFTER SCHOOL 6-12 yrs...3:05-4:05 pm (Windsor Elementary Cafeteria)  
\$40  
**Reg. Deadline: March 24**

### Birdwatching, page12 for details!!!



# TEEN PROGRAMS & SPECIAL EVENTS

## DeForest Parks, Recreation & Natural Resources



### FLASHLIGHT EGG HUNT

When the park gets dark, hundreds of eggs lie in wait and the hunt begins. Each participant leaves with a treat bag but only a few will find the lucky prize eggs! Bring a strong flashlight and bag to collect your eggs. The event is held rain or moonshine, so dress for the weather. Only registered participants will learn the secret location in DeForest. Watch your inbox before the event for details!

11-14 yrs  
Friday, April 10th  
7:30 pm  
\$10

**Reg. Deadline: March 27**

### Babysitting Certification

Participants learn to: care for children and infants, business of babysitting, how to be good leaders and role models, and how to handle emergencies such as illnesses, injuries and household accidents. All material is included, students need to bring a lunch. *Instructed by CPR Training Specialist, LLC, Licensed Training Partners (LTP) with the American Red Cross.*

DMS Large Group Room 43

11 -14 yrs +

Thursday, April 2

8:30-3:30 pm

\$90 per participant, bring a sac lunch

**Reg. Deadline: March 19**

## Chicago Fun Day

The DeForest Parks & Recreation Department and Sun Prairie Recreation Department are teaming-up to bring you this trip to Chicago. Registration fee includes chartered coach bus and professional tour director. Whether you are looking for a fun day trip for your family over spring break, a day of shopping on your own, or a day out with a friend, this trip has something for you! There will be drop-off points at the Museum Campus and Michigan Avenue shopping area to choose from. The Michigan Avenue drop-off location will be near the Museum of Contemporary Art. Participants must be picked up at the same location that they were dropped off at.

Monday, March 30 (SPRING BREAK)

\*Anyone under age 18 must be accompanied by a parent/guardian.

**\$38 per participant\* - excludes museum admission fees, meals, etc.**

**\*Registration/refund deadline 2/27**

Min 44 / Max 52

**Museum Campus:** Tour the Shedd Aquarium, Adler Planetarium, or the Field Museum. The Field Museum features dinosaurs, animals, wilderness, and more. For more information on the Field Museum, go to [www.fieldmuseum.org](http://www.fieldmuseum.org). The Aquarium/Oceanarium is the world's largest indoor aquarium with more than 6,000 aquatic animals. Learn more about the aquarium at [www.sheddaquarium.org](http://www.sheddaquarium.org). The Planetarium is the museum for astronomy and space exploration and a sky show makes the visit complete. Visit [www.adlerplanetarium.org](http://www.adlerplanetarium.org) for more details.

**Michigan Avenue – Chicago's Magnificent Mile:** Chicago's Magnificent Mile is the great Chicago shopping experience with an abundance and variety of boutiques and stores to spark every interest, meet every need and delight every visitor. The shops on The Magnificent Mile are as diverse as the goods they sell, with towering shopping centers, chic designer studios, intimate specialty retail shops, iconic department stores, lavish luxury boutiques and trendy favorites all within an easy stroll. For more information and to plan your shopping experience, visit [www.themagnificentmile.com/shopping](http://www.themagnificentmile.com/shopping).

#### Itinerary:

Bus Pick Up/Return Location	Address	Departure Time	Return Time
DeForest Fireman's Park Parking Lot	Stevenson Street	7:15 a.m.	8:00 p.m.
Sun Prairie Recreation Department (WCSB)	2598 W. Main Street	7:30 a.m.	7:45 p.m.

You will be on your own in Chicago until approximately 4:00 p.m. when the bus will pick you up and depart for home. Bring a brown bag supper or purchase food in Chicago to eat on the way home.

# ADULT PROGRAMS

## DeForest 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.

*Instructor: Lisa Lawrence*

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

16 yrs +

Wednesdays, 5:45-6:45 pm

Feb. 4-March 25

April 1-May 20,

\$40, Bring yoga mat

**Reg. Deadline: Jan. 21, March 18**

### Sunrise Yoga

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. *Instructor: Lisa Lawrence*

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

16yrs +

Saturdays, 9:15-10:15 am

March 7-April 25

May 2-June 20

\$40, Bring yoga mat

**Reg. Deadline: Feb. 20, April 17**

### 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!

*Instructor: Corie Hoffman*

Eagle Point Elementary Gym

16 yrs +

Tuesdays, 6:00-7:00 pm

Feb. 10-March 31

April 7-May 26

\$35

**Reg. Deadline: Jan. 27, March 24**

### 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 as Lezlie shares her new found energy to help you dig deep and get the best workout you can get in only 40 minutes. *Instructor: Lezlie Chicker*

DeForest Area Community & Senior Center  
Community Room

18 yrs +

Thursdays, 6:00-6:40 pm

March 12-April 30

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

**Reg. Deadline: April 16**

### Kettlebell AMPD

Kettlebell just got loud! That's right, Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves, and combines them into 45 minutes of calorie torching fun! Each song will focus on a main area, while still maintaining a whole body workout. And cue the music, making the workout fun, and you will be begging for more!

DeForest Area Community & Senior  
Center

Community Room  
(Enter from side door)

16 yrs+

Saturdays, 8:00-8:45 am

March 7-April 25

May 2 - June 20

\$35

**Reg. Deadline: Feb. 21, April 18**

### 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 25-May 16

11:00-12:00 pm

\$50

**Reg. Deadline: April 10**

### Dog Park Etiquette

Join us at the DeForest Dog Park for a fun 2 day workshop with dog trainer Jorge Melara of Divine K-9. This two day workshop will teach you the ins and outs of dog run etiquette for human and canine to make the trip to the park a fun and safe trip for all.

Jorge Melara, CPDT-KA is a 14-year veteran in the world of Force Free and Positive Reinforcement training who has made it his mission to spread the word about these techniques. He loves working with families and their dogs to create a harmonious household.



#### Part 1 (no dogs):

DeForest Area Library, Lower Level  
Saturday, April 25, 10:00-11:00 am

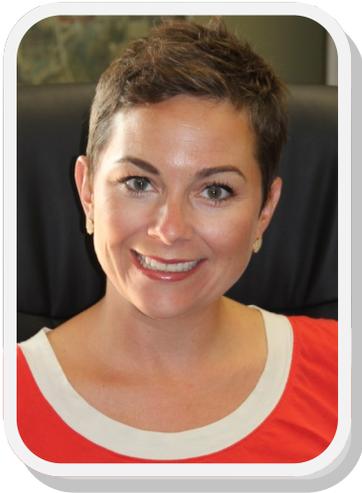
#### Part 2 (w/dogs):

Marvin & Marie Schweers Dog Park  
North of Firestone  
Saturday, May 2nd, 10:00-11:30 am  
\$15, per dog

**Reg. Deadline: April 13**

# MEET YOUR RECREATION TEAM!

DeForest Parks, Recreation & Natural Resources



Kelli Bialkowski

bialkowskik@vi.deforest.wi.us



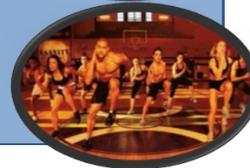
Nicole Moll

molln@vi.deforest.wi.us

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.



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

Passholder Name: Sample  
Pass ID #: Sample  
Expiration Date: Sample



3 Easy methods...

**Register online**

(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



We are  
**Hiring!**

## Summer Recreation Instructors & Kidz Club Counselors

We are looking for creative, outgoing, organized people to join our team!

Recreation instructors are needed to develop, lead and supervise a variety of programs that may include: science, games, sports, arts and crafts and any ideas you may have!

### Essential Job Duties:

- Must be able to work independently
- Plan, develop, and facilitate age appropriate activities using lesson plans.
- Communicate with parents and members of the community, positively reflecting the department.
- Maintain positive and cooperative environment.
- Successfully pass criminal background check.

### Qualifications:

- Experience working with youth.
- Experience developing activities for various populations.
- Enthusiastic, responsible and outgoing personality.

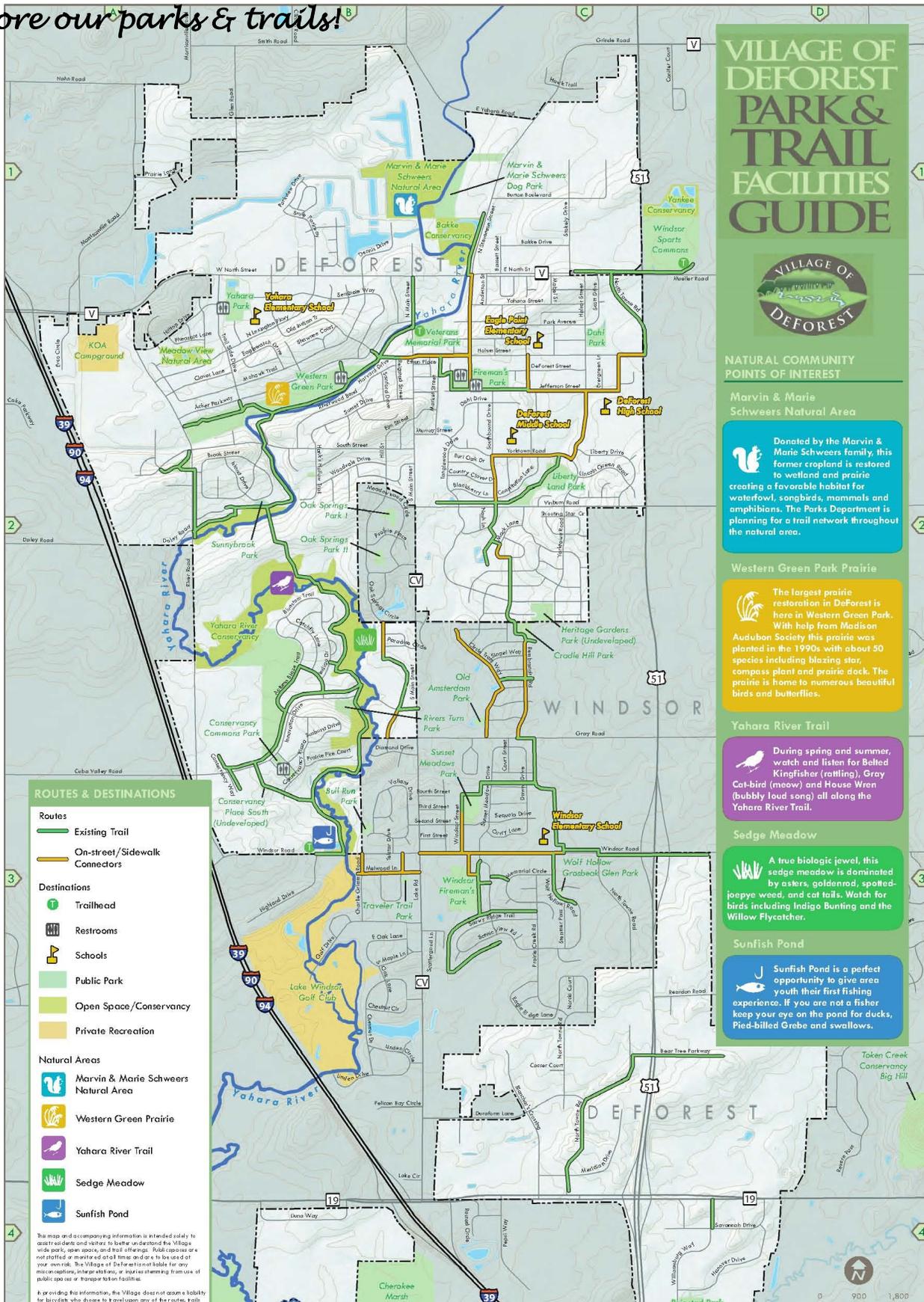
Give us a call to learn more or visit  
www.vi.deforest.wi.us!

608-846-6751



Be our guest!

Explore our parks & trails!



Find this map on our website at [www.vi.deforest.wi.us](http://www.vi.deforest.wi.us) or pick one up at Village Hall, 306 DeForest Street.



**Program Registration Form**  
 DeForest Parks, Recreation & Natural Resources Department  
 Completed registration and payment should be mailed to or dropped off at:  
 Village Hall, 306 DeForest St., DeForest, WI 53532 (608) 846-6751

Name/Parent/Guardian: \_\_\_\_\_ Email: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Day Phone: \_\_\_\_\_ Eye Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Relationship of Emergency Contact: \_\_\_\_\_  
 Day Emer. Phone: \_\_\_\_\_ Eye Emer. Phone: \_\_\_\_\_ Cell Emer. Phone: \_\_\_\_\_

Does participant have any allergies or health conditions, if so, state below:

*Please write shirt size in column below if applicable for your program:*  
 YS 6-8 YM 10-12 YL 14-16 Adult S

Program Name And Start Date	Participant Name	Sex	Date of Birth	Grade in 14-15 School Year	Shirt Size	Fee
<p><i>Please initial.</i> I have read and agree to the <b>CONCUSSION AGREEMENTS AND INFORMATION</b>. <u>Must be initialed for player to participate in sport programs.</u> (Please review agreement and information on our website <a href="http://www.vi.deforest.wi.us">www.vi.deforest.wi.us</a> - Recreation Programs)</p>						
<p>Additional Notes/Requests (Please limit your requests for teammates/coaches to no more than 2 per player)</p>						<p>Total \$ Due: Payable to Village of DeForest</p>

*Release of Liability & Photo*

By registering or participating, the registrant understands that individual accident insurance is not provided for The Village of DeForest Parks, Recreation and Natural Resource Programs and agrees to adhere to program rules. I do hereby, for myself, my heirs, executors, administrators, waive, release, and forever discharge any and all rights and claims for the damages that I may have or that may hereafter accrue to me arising out of or, in any way connected with my participation in the Village of DeForest Parks, Recreation and Natural Resources Program. Photos or film may be taken during program for educational and marketing purposes.

Parent/Registrants (if 18 yrs. or older): \_\_\_\_\_ Date: \_\_\_\_\_  
 Signature \_\_\_\_\_

**INTERESTED IN COACHING???**  
 \_\_\_\_\_ Please place an (\*) next to the participant for whom you wish to volunteer as HEAD coach. Your Name \_\_\_\_\_  
 \_\_\_\_\_ Please place an (+) next to the participant for whom you wish to volunteer as ASST. coach. Your Name \_\_\_\_\_

For Office Use Only: Cash: \_\_\_\_\_ Check#: \_\_\_\_\_ Amount: \_\_\_\_\_ Date: \_\_\_\_\_ Rec'd By: \_\_\_\_\_

*Join us!*

Local bird enthusiast, Ed Saur, will lead birders of all skill levels. Watch for Warblers, Flycatchers, Thrushes, Kinglets & more! Children 8yrs or older are invited to join as well.

Saturday, May 9  
7:00-9:00 am

Meet at Upper Yahara River Trail, Sunfish Pond  
Windsor Road  
FREE

Bring binoculars, water, insect repellent and sun block if needed. Wear good walking shoes.



*Get to know your park and rec department,  
the benefits are endless...*

In a nationwide study on the benefit of local recreation and park services, Pennsylvania State University shared the following:

- The vast majority of the American public uses local recreation and park services.
- Park and playground use is the most common use.
- Park and recreation service use continues through the life cycle. Recreational participation declines with age but park use does not.
- The majority of people that do not use parks and recreation services still perceive substantial benefit from them.

How do you use your park and rec department?