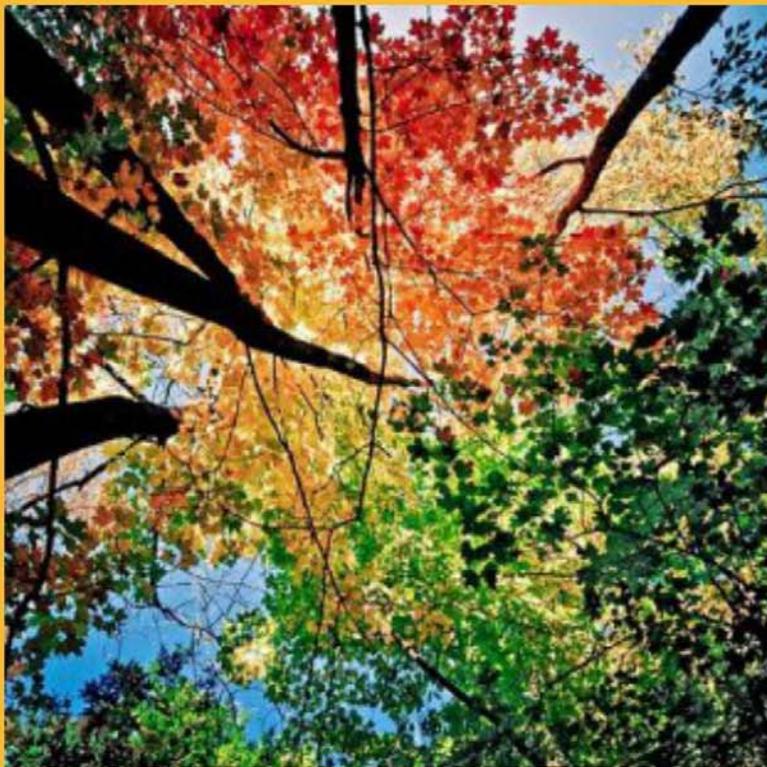


**Fall 2015
Recreation Program
Announcement**



**DeForest Parks, Recreation &
Natural Resources**

www.vi.deforest.wi.us

PRE-SCHOOL & SCHOOL AGE

Parks, Recreation & Natural Resources



YOU'RE INVITED!

Minion Madness

Calling all Minions! Join us for a minion madness party where we will play funny games, do hands-on activities and enjoy yummy minion treats.

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

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

Saturday, Oct 3

DMB Windsor Neighborhood Center

\$15

Reg. Deadline: Sept 18

MOVIN' & GROOVIN'

This high energy interactive class will keep your kiddo movin' and groovin'. Through games, activities and music, kiddos will shake their energy out!

2-5 years old

Tuesdays, Oct 6– 27

6:00-6:30pm

Holum Education Center

\$25

Reg. Deadline: Sept 22

UNDER CONSTRUCTION

In this hands-on class participants will build and create with a variety of building materials including Legos, straws, blocks, cups and more! Each week there will be a new theme and building challenges.

6-9 years old

Thursdays, Oct 22– Nov 19

6:00-6:45pm

DeForest Middle School

Large Group Room

\$25

Reg. Deadline: Oct 8

NORSKI SPIRIT DAY WITH DHS POMS

Come join the DHS Poms squad in a Nor-ski Spirit event. Attendees will be taught a short dance and make a cool Go Nor-skies! sign.

At 10:45, parents may come and watch their child perform with the DHS Poms squad.

5-9 years old

Saturday, Sept 19

10:00-11:00am

DeForest Area Community Center

\$10

Reg. Deadline: Sept 4

EXPLORE ARCHERY- NEW!

Explore Archery is an innovative education program focused on introducing beginners of all ages and abilities to the lifelong sport of archery. This program will be taught by a USA Archery certified instructor and all equipment is provided.

<http://www.teamusa.org/USA-Archery>

3rd Grade+... 9:00-10:00am

Saturdays Sept 26-Oct 24

Fireman's Park– Large Shelter

\$50

Reg. Deadline: Sept 11

KIDS & K9'S- NEW!

This fun, hands on workshop will educate children about the responsibility and great rewards of dog ownership. Children will learn how to properly greet a dog, play with their furry friend and prevent bites. Class will wrap up with a DIY dog toy activity.

6-13 years old... 9:30-11:00am

Saturday, Oct 17

DeForest Area Senior & Community Center

\$25

Reg. Deadline: Oct 2



FALL DANCE WITH MISS ALLIE

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

Hip Jazz (5-6 yrs, 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, 7:00-7:30pm)...Dancers enjoy the latest pop tunes in this fusion of hip hop and poms.

Mondays, Sept 21– Nov 23

DeForest Area Community & Senior Center, 505 N Main Street
Community Room- Enter from side door .

\$50

Reg. Deadline: Sept 7

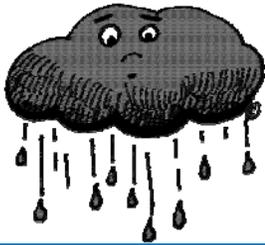
PRE-SCHOOL & SCHOOL AGE

Parks, Recreation & Natural Resources

Red Cross Babysitting

Become a certified babysitter through this American Red Cross one day clinic where you will learn to care for infants and children, learn about the business of babysitting, how to be a good leader and what to do in an emergency situation. All materials are included.

11 yrs+
Friday, Oct 30
8:30am-3:30pm
DMS Room 49
\$100
Bring a sack lunch.
Reg. Deadline: Oct 16



WEATHER CANCELLATION NOTICE
608-846-6666 after 3pm
www.facebook.com/deforestparkandrec

Did you miss the youth flag football deadline?

After July 16, there is a \$5 late fee and spaces are filled as available. Call to check availability.

846-6751



Yahara RiverFest

Saturday, Sept 12

Conservancy Commons Park-Fun for the whole family!

SAVE THE DATE



vierbicher
planners | engineers | advisors



HAPPY BIRTHDAY

Birthday Party Kits

Give your kiddos their best birthday memory yet!
We will do the preparations and running while you get ready for the fun!

Choose from one of our available party themes, select the number of party guests and pick up your kit!

Party Kit includes:

*Invitations - Tableware - Decorations
2 Party Games/Activities - Party Favors*



Available Party Themes...

~Superhero Party
~Lego Party
~Princess Party
~Art Party
~Puppy Party

Party Kit Prices...

6 guests...\$50
12 guests...\$100
18 guests...\$150

Kits must be purchased 2 weeks

prior to requested pick up day.
Kits need to be picked up from the Village Office,
306 Deforest Street
Order online or fill out form!

Check out a local non-profit giving birthday parties to kids in need!
www.boxofballoons.org

ADULT

Parks, Recreation & Natural Resources

ALIGNMENT YOGA

Carolann is a graduate of Alignment Yoga's 200-hour Registered Yoga Teacher program and is registered with Yoga Alliance at the 200-RYT level. Carolann teaches gentle, progressive yoga to beginners and experienced yogis seeking a restorative practice. Classes focus on building strength, cultivating balance and inviting relaxation to body and mind.

16 yrs+
Wednesdays, 5:30- 6:30pm
Sept 2-Oct 21
Oct 28-Dec 16
DeForest Area Community & Senior Center Community Room (Enter from side door)
\$40, Bring yoga mat.

Reg. Deadline: Aug 19 & Oct 14

POWER YOGA- NEW!

This class combines the mindfulness of alignment yoga with the energizing movement of flow yoga. Build strength, encourage flexibility and find balance through a progressive series of postures and breath work. Join Carolann for this new yoga class!

16 yrs+
Wednesdays, 6:40-7:40pm
Sept 2-Oct 21
Oct 28-Dec 16
DeForest Area Community & Senior Center Community Room (Enter from side door)
\$40, Bring yoga mat.

Reg. Deadline: Aug 19 & Oct 14

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+
Thursdays, 6:00-6:40pm
Sept 3-Oct 22
(Oct 1 at Community Center)
Oct 29-Dec 17 (no class Nov 26)
Eagle Point Elementary Gym
\$40. Bring mat, towel, water and attitude!

Reg. Deadline: Aug 20 & Oct 15

ESSENTIAL OILS 101- NEW!

Essential Oils are all the buzz right now but did you know they have been around for centuries providing people with a natural alternative. Join us for an informative workshop where you will learn the history of essential oils, basic uses and benefits. We will wrap up the workshop with a DIY roller bottle for you!

18 yrs+
DeForest Middle School- Room 49
Thursday, Oct 15
6:30-8:00pm, \$25

Reg. Deadline: Oct 1

KETTLEBELL

Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves, and combines them into 45 minutes of calorie torching fun!

DeForest Area Community Center
16 yrs+ Saturdays
Aug 29-Oct 24 (no class Sept 5)
Oct 31-Dec 19
8:00-8:45am
\$40 Bring yoga mat & water.

Reg. Deadline: Aug 14 & Oct 9

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+
Thursdays, Sept 3-Oct 8
Games at 6:00 & 7:00 pm
Fireman's Park Diamonds
Register by team (\$125) or player (\$20)
*Teams must have minimum of 10 players.

Reg. Deadline: Aug 13

TUESDAY PM ZUMBA

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

16 yrs+
Tuesdays, 6:00-7:00pm
July 28- Sept 22
Sept 29 - Nov 17
Eagle Point Elementary Gym
\$40

Reg. Deadline: July 14 & Sept 8

Busy Schedule?

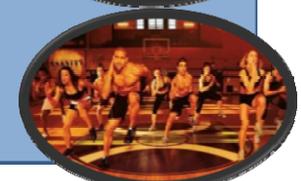
Try our

Fit Pass



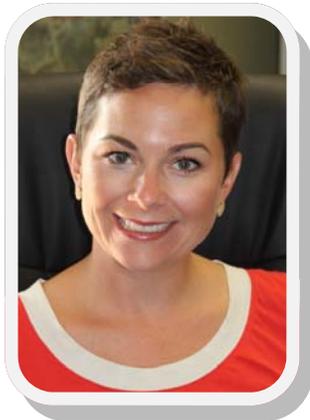
Don't sign up for just one fitness class, try them all!

Work out when it "fits" your schedule.



MEET YOUR RECREATION TEAM!

DeForest Parks, Recreation & Natural Resources



Kelli Bialkowski
bialkowskik@vi.deforest.wi.us



Nicole Moll
molln@vi.deforest.wi.us

Where is your program???

DeForest Community & Senior Center

505 N Main Street, DeForest

Holum Education Center

520 E Holum Street, DeForest

DeForest Middle School (DMS)

404 Yorktown Road, DeForest

Eagle Point Elementary School

201 N Cleveland Ave, DeForest

DMB Windsor Neighborhood Center

4438 Windsor Road, Windsor

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



Recreation Instructors

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.
- Positively reflect the department when communicating with parents and community members.
- Maintain a positive and cooperative environment.
- Successfully pass a criminal background check.

Qualifications:

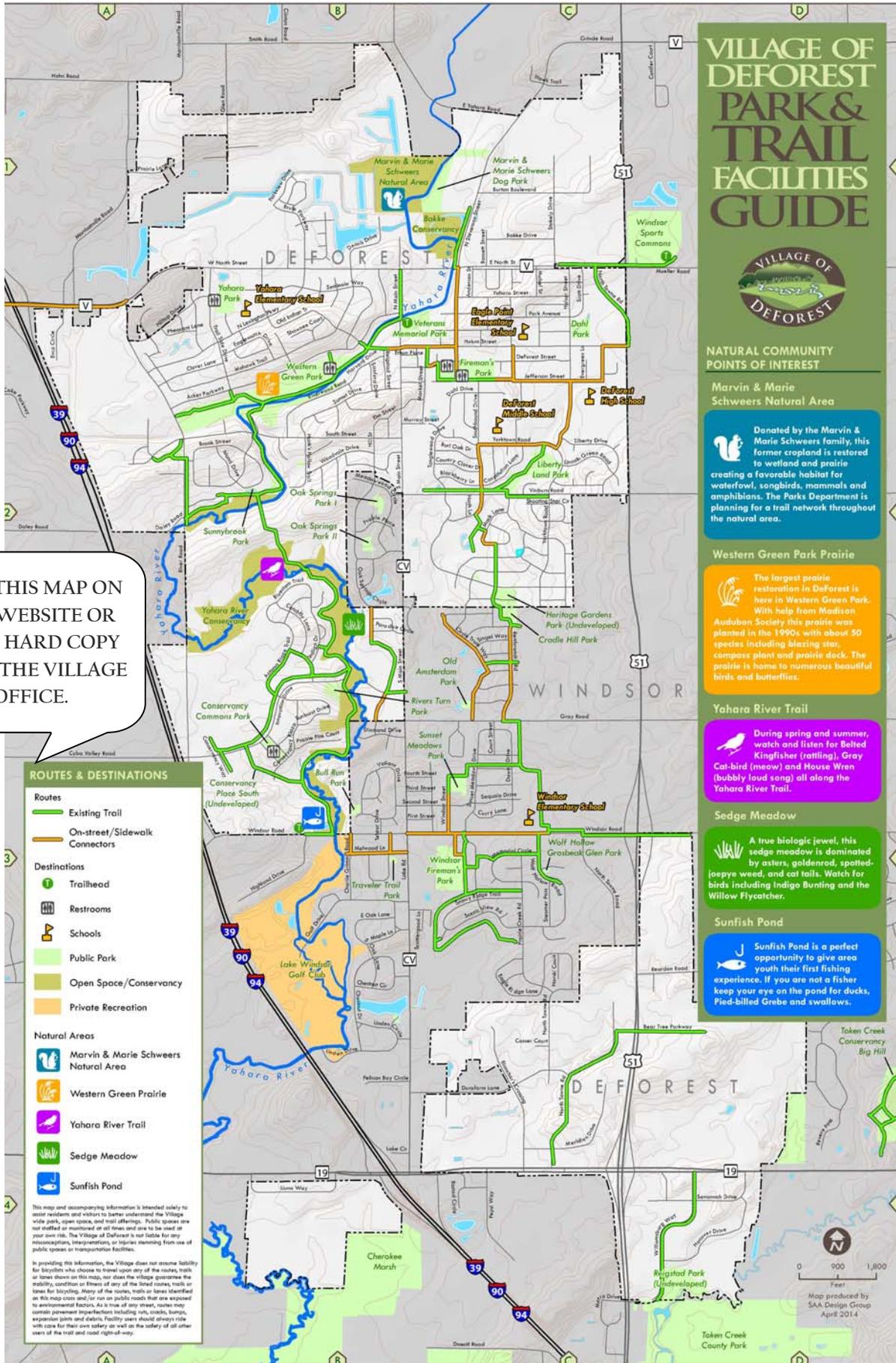
- Experience working with youth.
- Experience developing activities for various populations.
- Enthusiastic, responsible and outgoing personality.

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



EXERCISE YOUR PARKS & REC DEPARTMENT!

DeForest Parks, Recreation & Natural Resources



FIND THIS MAP ON OUR WEBSITE OR GET A HARD COPY FROM THE VILLAGE OFFICE.

EVENTS

DeForest Parks, Recreation & Natural Resources



Community Garden Meet and Greet

Sunday, August 23 from 3 - 5 PM

Liberty Land Park, Constitution Lane

Check out the beautiful community garden, meet gardeners and Master Gardener Volunteers, socialize and exchange gardening tips and recipes.



Annual River Clean-up

Saturday, September 26

9:00 AM

Meet at Veterans Memorial Park

Help clean the Yahara River of trash and woody debris.

Equipment provided. A light lunch will be served to all volunteers. Please join us!

Email info@yaharariver.org for more information or to sign up.



DeForest Area Farmers' Market

Veterans Memorial Park

North Main Street

Tuesdays from 3 to 6 PM

May 12 - October 20

Weekly entertainment

Special Event Schedule:

July 28	Scavenger Hunt
Aug 4	Meriter's "Back to School" Wellness
Aug 11	Artist and Crafters Day
Sept 15	Artist and Crafters Day
Sept 22	Norske Nook Pie Day
Oct 13	Artist and Crafters Day
Oct 20	Creepy, Crawly Halloween Market



Contact the Market Manager:

farmermarket@vi.deforest.wi.us

608-509-5324



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 15-16 School Year	Shirt Size	Fee
Please initial. I have read and agree to the CONCUSSION AGREEMENTS AND INFORMATION. <u>Must be initialed for player to participate in sport programs.</u> (Please review agreement and information on our website www.vi.deforest.wi.us - Recreation Programs)						
Additional Notes/Requests (Please limit your requests for teammates/coaches to no more than 2 per player)						Total \$ Due: Payable to Village of DeForest

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 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/Participant (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: _____ Amount: _____ Check#: _____ Date: _____ Rec'd By: _____