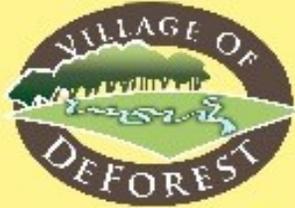


Summer 2016

DeForest Parks, Recreation &
Natural Resources



Recreation Program Announcement



ONE DAY WONDERS

Parks, Recreation & Natural Resources

Park Parachute Party!

Join us in the park for some parachute fun! We will play lots of entertaining parachute games that will get your kiddos running, laughing and enjoying summer. A snack will be provided.

DeForest Fireman's Park
Tuesday June 17th
2-5 years old...9:30-10:15 am
\$15

Reg. Deadline...June 7th

Summer Shopkins Party!

Calling all shoppers! You are invited to a shopkins party where we will play super fun games, get creative with an interactive craft and enjoy lovely treats. Once you shop you can't stop!

DMB Windsor Neighborhood Center
Saturday June 25th
3-5 years...9:00-9:45am
6-9 years...10:00-10:45am
\$15

Reg. Deadline...June 23rd



Puppy Party!

We are having a paw-ty and you are invited! Come and stay while we play lots of fun games, get our paws dirty with interactive activities and enjoy a paw-fectly good treat!

DMB Windsor Neighborhood Center
Saturday, July 23rd
3-5 years old...9:00-9:45 am
6-9 years old...10:00-10:45 am
\$15

Reg. Deadline... July 21st

Intro to BMX- Beginner

Learn BMX from the experts at the Madtown BMX facility in DeForest. 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 or training wheels). Helmet, long pants & shirt are required. This is a full day event so please bring a bag lunch.
Visit: madisonbmx.com for more info.

BMX Facility, 7072 Hickory Lane,
DeForest
4+ years
Saturday June 4th
9:00 am- 3:30 pm
\$25

Reg. Deadline...June 1st



Intro to BMX- Intermediate

This Intermediate level BMX program is for riders 8 years and older who have either raced BMX before or have been through the beginner clinic. This session will focus on race techniques involving gate starts, corner line choice, passing and maintaining speed. Limited bikes will be provided or bring your own 20" or 24" wheel BMX bike (no kickstand or trick pegs). Helmet, long pants & shirt are required. This is a full day event so please bring a bag lunch.

Visit: madisonbmx.com for more info.

BMX Facility, 7072 Hickory Lane,
DeForest
8+ years
Saturday August 20th
9:00 am- 3:30 pm
\$25

Reg. Deadline...June 1st

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 material is included.

DMS Room 49

11 yrs+

Session 1: Friday, June 10th

Session 2: Friday, July 8th

8:30-3:30 pm

\$100, bring a sack lunch.

Reg. Deadline... May 27th & June 24th

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!

Saturday, 9:00-11:00 am

May 14th OR June 18th

3-9 years old

Sunfish Pond (Windsor Road)

\$8 per child

Reg. Deadline...May 6th & June 10th

Dory Where Are You?

Help us find Dory! Kiddos will work together playing fun games and participating in interactive activities to find Dory. Make sure to wear your swim gear, we may get wet!

DeForest Splash Pad
Friday, August 5th
2-4 yrs, 9:30-10:15 am
5-7 yrs, 10:30-11:15 am
\$15 per child

Reg. Deadline...August 3rd



PRESCHOOL & SCHOOL AGE

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 Center
Thursdays, July 14, 21, 28
7+ years...7:00-7:45 pm
\$25
Reg. Deadline... July 12th

Spectacular Summer Explosions

Boom, pop, wow! Join us each week for a new spectacular explosion as we explore the wonder of science.

DMS Art Room 103
Tuesdays July 19-August 9th
5-7 years...9:00-9:45 am
8-10 years...10:00-10:45 am
\$20
Reg. Deadline... July 15th



Hula Hoop-La

Hula hoops are a blast! Besides their intended use they are also very versatile for play and learning. Let's have some fun in the park with hula hoops!

Fireman's Park— Large Shelter
Wednesdays June 15-June 29th
3-5 years...9:30-10:00 am
6-9 years...10:15-10:45 am
\$15
Reg. Deadline... June 13th

Wacky Summer Olympics

Join us for the 2016 DeForest Wacky Summer Olympics! Kiddos will participate in wacky fun games such as the hilarious hula, dizzy discus and more.

Conservancy Commons Park
Tuesdays July 12–August 2nd
3-5 yrs, 5:45-6:15 pm
6-9 yrs, 6:30-7:00 pm
\$15
Reg. Deadline... July 8th



CSI

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 13th
10:30-12:00pm
\$10, includes pizza lunch
Reg. Deadline... July 11th



Itty Bitty Einstein's

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

DMS Art Room 103
3-5 yrs w/caretaker
Session 1: Mondays, 10:00-10:30 am
July 11-August 1
Session 2: Thursdays, 4:15-4:45 pm
July 14– August 4th
\$20
Reg. Deadline... July 7th

First Kicks Camp

#1 soccer camp in the US & Canada!
Sign up online at www.challengersports.com by May 6 and get a cool game jersey FREE!
Fee includes ball & shirt.

Sunset Meadows Park (6786 Windsor St)
3-4 yrs
M - F, June 20-24th
9:00-10:00 am
\$88
Reg. Deadline... June 9

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 knows what else!

DMS Art Room 103
3-5 yrs with caretaker
Session 1: Mondays, 4:00-4:30 pm
June 20-July 18th (no class July 4)
Session 2: Thursdays, 10:00-10:30 am
June 23-July 14th
\$20
Reg. Deadline... June 16th

Join us for a summer of
laughter, memories, fun and
more at Kidz Club!
Enroll now
www.vi.deforest.wi.us

KIDZ CLUB

PRESCHOOL & SCHOOL AGE

Parks, Recreation & Natural Resources

Summer 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 (7-10 yrs, 6:30-7:00pm)...

Dancers enjoy the latest pop tunes in this fusion of hip hop and poms.

DeForest Area Community & Senior Center, 505 N Main Street
Mondays, June 13– August 8 (no class July 4)
\$50

Reg. Deadline: June 9th

Colorful Cooking

Food can be as colorful as a painting! Join us as we create 2 colorful meals and a snack for you and your family. This fun cooking workshop will introduce you to delicious foods all different colors of the rainbow. You'll help prep 2 dinners to take home to your family, freeze, and help your mom/dad/caregiver cook on busy nights to come!

DMB Windsor Neighborhood Center
Tuesday July 19th
3-5-years (with caregiver)...9:30-10:15 am
6-10 years...10:45-11:30 am
\$30

Reg. Deadline: July 12th

Jumping Beans

Jumping Beans is a strength-based class with lots of jumping, lunges, twisting and laughing! Your little jumping bean will be using their imagination and having fun growing big and strong!

DeForest Area Community Center
2-4 years
Thursdays August 4-25th
5:15-5:45 pm
\$20
Reg. Deadline: August 1st



Ball-o-Fun Bowling League

Strike or Spare, we don't care, just as long as you are there! You are invited to join us for bowling fun this summer at Rude's Lanes. Kiddos will receive instruction and work on their bowling skills while also enjoying glow in the dark bowling on Thursdays and pizza party on the last day.

Rude's Lanes
210 E. Holum Street, DeForest
Tuesdays & Thursdays, July 12th-August 4th
5-9 years...1:00-2:30 pm
10-13 years...3:00-4:30 pm
\$45

Includes shoes, games, instruction and pizza party on the last day.

Reg. Deadline: July 7th

Kids in the Kitchen

Join us as we mix, stir, and prep 2 meals and a snack for you and your family! Come to this fun meal workshop where you'll help prep 2 dinners to take home to your family, freeze, and help your mom/dad/caregiver cook on busy nights to come! This is a fun and affordable way to make meal time easy, healthy, and delicious.

DMB Windsor Neighborhood Center
Tuesday August 9th
3-5-years (with caregiver)...9:30-10:15am
6-10 years...10:45-11:30 am
\$30

Reg. Deadline: August 2nd

ART CART!

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 +.

FREE, Children should be accompanied by
Saturday, June 25th 10:00am-Noon
Fireman's Park Large Shelter



Strength & Conditioning has moved!!
Strength & Conditioning is now being offered through DeForest Area School District Summer School Program.

For more information visit: <https://goo.gl/nJ1I1O>

www.deforestschoools.org
Contact: Mike Minick, 842-6804
email: mminick@deforestschoools.org

SCHOOL AGE

Parks, Recreation & Natural Resources

Intro to Computer Programming with Minecraft

A five day camp that will introduce your child to programming in Java! Using the award winning game Minecraft - students will become familiarized with one of the most prominent programming tools used by over 8 million software developers. Throughout this class students create their own custom code to modify (or "mod") Minecraft® to control aspects of the game's behavior; using real-world skills and computer science concepts to overcome challenges relevant to them. Absolutely no prior computer programming experience necessary!

DeForest Middle School Cafeteria
8-14 yrs
Monday-Friday June 13th-17th
1:30-4:30 pm
\$175
Reg. Deadline... May 31st



Cartoon Adventures in Space

Join Young Rembrandts as we travel to the galaxy in our *Cartoon Adventures in Space* workshop. Futuristic scenes of other worldly adventures highlight the spectacular drawings kids will produce. Not only will kids learn how to illustrate science fiction-inspired characters and moments, but they will also strengthen their drawing and coloring skills.

DeForest Area Middle School
6-12 years old
Monday-Friday June 13-17th
9:00-11:00 am
\$89
Reg. Deadline... June 10th



Young Rembrandts

Animal Cartoon Drawing Camp

Laugh-out-loud-funny! Mind-bendingly -adorable! Awesome-beyond-belief! These are just some of the words that best describe our *Cartoon Animals Workshop*. If your child is a fan of cuddly animals and funny cartoons, this drawing workshop is especially for them. Kids will learn how to draw animals of all shapes, sizes, and colors. They will learn how to personify ordinary animals, transforming them into fully-realized cartoon characters.

DeForest Area Middle School
6-12 years old
Monday-Friday August 8-12th
9:00-11:00 am
\$89
Reg. Deadline... August 5th

Anime & Manga Drawing Camp

Why sit in front of the TV and watch cartoons when you can draw amazing characters and awesome scenes of your very own? Join us for five, action-packed days as Young Rembrandts hosts a wonderful *Anime and Manga Drawing Workshop*. Kids will create dazzling illustrations that are influenced by popular Japanese anime and manga themes. Colorful characters with expressive personalities jump off of the page.

DeForest Area Middle School
6-12 years old
Monday-Friday July 11-15th
9:00-11:00 am
\$89
Reg. Deadline... July 8th

Fashion Runway 2- Royal Princess Drawing Camp

For every girl who dreams of being a princess, Young Rembrandts offers its "Medieval Fashion" Workshop. Kids will draw portraits showcasing medieval headwear, clothing will be explored, learn basic figure drawing and illustrate medieval-themed fashion accessories.

DeForest Area Middle School
6-12 years old
Monday-Friday June 27-July 1st
9:00-11:00 am
\$89
Reg. Deadline... June 24th

MinecraftEDU: Traveling into the Future

Join us in an apocalyptic future, one where the earth has been ravaged by a series of natural disasters. Each day, students rely on the engineering design process to solve a series of challenges such as building a city on a series of islands, escaping from a bunker on Mt. Everest, and even building a rocket to land on the moon! Through application of engineering principles, students solve numerous challenges as they make their virtual world of Minecraft a safe place for humanity once again.

DeForest Middle School
3rd-7th Grade
Monday-Friday June 20-24th
1:30-4:30 pm
\$175
Reg. Deadline... June 6th



Jr. Engineers: Travel Adventures

Everyone has to travel, and engineers are involved in all the steps of designing different modes of transportation as well as inventing and designing tools that aid in travel. During this camp, students will travel to a new destination every day by a different means! They will engineer their mode of transportation using robotics as well as hands-on building and designing.

DeForest Middle School
K-2nd Grade
Monday-Friday June 20-24th
9:30am-12:00 pm
\$150
Reg. Deadline... June 6th

Refund Policy...

We reserve the right to cancel programs without sufficient enrollment. 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.

ACTIVE PROGRAMMING

Parks, Recreation & Natural Resources

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 14-July 14th
9:30-10:30 am
\$35
Reg. Deadline... June 10th

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 13-July 18th (No class July 4)
9:30-10:30 am
\$35
Reg. Deadline... June 9th

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-Friday, June 8-10th
9:00-11:30 am
\$35
Reg. Deadline... June 6th

Half Day Soccer Camp

#1 soccer camp in the US & Canada!
Sign up online at www.challengersports.com by May 6 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
Monday-Friday, June 20-24th
\$135
Reg. Deadline... June 9th

Mini Soccer Camp

#1 soccer camp in the US & Canada!
Sign up online at www.challengersports.com by May 6 and get a cool game jersey FREE!
Fee includes ball & shirt.

Sunset Meadows Park
(6786 Windsor St)
5-6 yrs
Monday-Friday, June 20-24th
10:30 am-12:00 pm
\$99
Reg. Deadline... June 9th

Yoga for Kids

Join Carolann as she leads kids and encourages them to find a deeper sense of body awareness and self-control with balancing poses, breathing exercises, and relaxation techniques. This class will be a fun and positive way for kids to be introduced to the practice of yoga.

DeForest Area Community Center
5-10 years old
Wednesdays July 6-July 27th
4:45-5:15 pm
\$20
Reg. Deadline... July 1st

Golf Lessons- Little Chippers

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
6-8 yrs
Session 1: Mondays, & Wednesdays
9:15-10:00 am
June 6- June 22

Session 2: Tuesdays & Thursdays
1:00-1:45pm
July 12- July 28th
\$45
Reg. Deadline... June 1 & July 7th

Golf Lessons- Drivers

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
9-12 yrs
Session 1: Mondays, & Wednesdays
10:15-11:00 am
June 6- June 22

Session 2: Tuesdays & Thursdays
2:00-2:45 pm
July 12- July 28th
\$45
Reg. Deadline... June 1 & July 7th

KidFit

KidFit combines upbeat music and a fun mix of fitness styles such as, cardio, circuit training, balance and core strengthening. KidFit kiddos are sure to be engaged and excited to grow strong and proud of their abilities!

DeForest Area Community Center
5-10 years old
Thursdays August 4-25th
6:00-6:30 pm
\$20
Reg. Deadline: August 1st



ACTIVE PROGRAMMING

Parks, Recreation & Natural Resources

Boys 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. Lacrosse sticks will be available.

Liberty Land Park, DeForest
Grades 2-8
Monday - Thursday, July 18-21st
5:30-7:00 pm
\$35
Reg. Deadline... July 13th

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
Session 1:
M & W, June 13-July 20th
(No class July 4)
5-6 yrs, 8:50-9:20am
7-8 yrs, 9:30-10:20 am
9-10 yrs, 10:30-11:20 am
11-12 yrs, 11:30-12:20pm

Session 2:
T & Th, June 14-July 21st
5-6 yrs, 8:50-9:20am
7-8 yrs, 9:30-10:20 am
9-10 yrs, 10:30-11:20 am
11-12 yrs, 11:30-12:20pm

Session 3:
T & Th, June 14-July 21st
5-7 yrs, 4:30-5:20pm
8-10 yrs, 5:30-6:20pm
11-13 yrs, 6:30-7:20pm

\$45
Reg. Deadline... June 9th

Girls 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. Goggles and balls will be provided. Lacrosse sticks will be available.

Liberty Land Park, DeForest
Grades 2-8
Monday - Thursday, July 18-21st
5:30-7:00 pm
\$35
Reg. Deadline... July 13th

Track N Field Clinic

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

DeForest High School Track
8-14 yrs
Monday- Thursday, June 13-July 14th
10:45-11:45 am
\$50
Reg. Deadline... June 9th

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 11-July 15th
5-7 yrs, 9:00-9:45 am
8 yrs+, 10:00-11:00 am
\$25
Reg. Deadline...July 7th

Cheer Camp

Learn cheer skills including motions, jumps, cheers, basic stunts. Program culminates with a parent performance at a Player Pitch Softball Game at Fireman's park Diamond #3 at 5:15 pm on June 23.

Holum Education Center Gym
Monday-Thursday, June 20-23rd
4-5 yrs, 10:00-10:30 am
6-8 yrs, 10:30-11:15 am
9 yrs+, 11:15-12:00 pm
\$25
Reg. Deadline... June 16th

Now renting...

Bean Bag Toss Bocce Ball

Having a birthday party or picnic?
Are you renting a park?

Spice things up with bean bag toss
or bocce ball!

\$20 rental fee
\$50 deposit
Call to check on availability!

Reservations must be made!

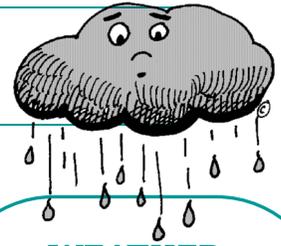
Equipment pick up: Monday - Friday
Return: Following Monday
Pick Up & Return During Office Hours
Monday - Thursday: 7:30 am - 4:30 pm
Friday: 7:30 - 2:00 pm
Village Hall: 306 DeForest Street
846-6751

www.vi.deforest.wi.us

VILLAGE OF
DEFOREST

LEAGUES

Parks, Recreation & Natural Resources



WEATHER CANCELLATION NOTICES

846-6666 after 3 pm

Facebook.com/
deforestparkandrec

Twitter.com/@VillageDeForest

Spring Only Soccer League- NEW!

Games are played at various fields in the DeForest/Windsor area.
Grades are based off of 2016/2017 School Year.
Spring Dates: Week of April 3-May 20th, 2017

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 spring season and shirt/jersey).

Players must wear shin guards.

\$30

Registration Opens this Fall when our Winter Rec Guide is released!

Fall Flag Football League

Games are played at various fields in the DeForest/Windsor area.
Grades are based off of 2016/2017 School Year.
Fee: \$40, includes t-shirt/jersey. Players must purchase mouth guard.

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

K-1 League:

Tuesdays, Games at 5:30 pm

Sept 6-October 11th

2-3 League:

Thursdays, Games at 5:30 pm

Sept. 8-Oct. 13th

4-5 League:

Mondays, Games at 5:30 pm

Sept. 12-Oct. 17th

Early Bird Discount...\$30

After July 12th...\$40



**Did you miss the youth
baseball-softball deadline?**

**After April 8: \$40, until
spaces are full.**

**Call to check availability.
846-6751**

Adult 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.

Must be 18 yrs+

Thursdays, Sept. 1-Oct. 6

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... August 12th

Like Variety?
Busy Schedule?

Try our

Fit Pass



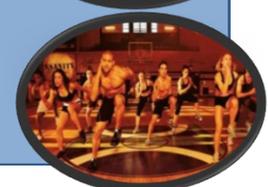
DeForest Fit Pass
www.vi.deforest.wi.us
If found please call: 608-846-6751

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



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

Work out when it
"fits" your schedule.



ADULT PROGRAMMING

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 - 6:30 pm,
April 27- June 15th
June 29th-August 17th
DeForest Area Community & Senior Center
Bring yoga mat
\$40
Reg. Deadline... April 25th & June 27th

Power Yoga

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.

16 yrs+
Wednesdays, 6:40 - 7:40 pm,
April 27- June 15th
June 29th-August 17th
DeForest Area Community & Senior Center
Bring yoga mat
\$40
Reg. Deadline... April 25th & June 27th

PiYo

PiYo, a low impact high intensity workout, combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

16 yrs+
Saturdays, 8:00-8:45am
June 25-August 13th
August 20-October 8th
DeForest Area Community Center
\$40, Bring yoga mat.
Reg. Deadline: June 23 & August 18th

Drums Alive

Using rhythm as a source of inspiration, Drums Alive combines cardio fitness with music. Using a fitness ball and drum sticks Kathy will lead you through this upbeat, fun fitness class. All fitness skill levels and abilities welcome!

16 yrs+
Mondays, 6:00-6:45pm
March 7– April 25th
May 2– June 27th (no class May 30)
Eagle Point Elementary Gym
\$40, Bring yoga/fitness ball.
Reg. Deadline: March 3rd & April 28th

Kettlebell AMPD

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.

16 yrs+
Thursdays, 6:00-6:45pm
June 23-August 11th
August 18– October 6th
\$40, Bring yoga mat & water
Reg. Deadline... June 20th & August 15th

CIZE

The future of exercise is here. Its time to work your workout with CIZE, a revolutionary new dance workout. Unlike most cardio dance classes this isn't just about shuffling your feet. CIZE provides non-stop movement to the hottest music.

16 yrs+
Saturdays, 9:00-9:45am
June 25-August 13th
August 20-October 8th
DeForest Area Community Center
\$40
Reg. Deadline: June 22nd & August 17th

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 17– July 5th
5/17-6/7 at EP Gym
6/14-7/5 at DHS North Gym
July 12-August 30th
DHS North Gym
\$40
Reg. Deadline... May 13th & July 7th

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. 10. This program also includes nutritional, strength training and stretching tips. Race registration not included.

16 yrs +
July 15-Sept. 9th
Fridays. 6:00-6:45 am
Conservancy Commons Park Shelter
\$85, includes a shirt to wear on race day
Reg. Deadline... July 12th

Golf Lessons

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

Tuesdays, June 7-June 28th
Beginner-5:15-6:15 pm
Intermediate-6:30-7:30 pm
Lake Windsor Golf Club
\$50
Reg. Deadline... June 1st

SWIMMING LESSONS

Parks, Recreation & Natural Resources

2016 Summer Swim Lessons! REGISTRATION INFORMATION

DeForest Area High School Pool

Session 1 & 2 Registration Opens Monday April 18th at 8:00 AM

Session 3 & 4 Registration Opens Thursday June 30th at 8:00 AM

Fee: \$30, RECREATION PROGRAMMING CREDITS WILL NOT BE ACCEPTED FOR SWIM LESSONS.

REGISTRATION WILL NOT BE ACCEPTED AT THE POOL.

Reg. Deadlines:

Session 1: Thursday, June 9 by NOON

Session 2: Thursday, June 23 by NOON

Session 3: Thursday, July 7 by NOON

Session 4: Thursday, July 21 by NOON

Online registration is
encouraged.

Registration and payment questions please contact the Village Office @ 846-6751.

Programming related questions related to staffing, curriculum, absence please contact Sue Winckler @ 842-6850, swinckler@deforestschools.org (Email communication is preferred)

Registrations can be made online at www.vi.deforest.wi.us, via mail or at the Village Office, 306 DeForest Street, DeForest.

An individual may only register for ONE class per session.

Same Great Swim Program, A New Way to Register!



Parent/Tot: Ages 8 months – 4 yrs. Parent and child work on water adjustment skills together. Limited to 8 parent/child pairs per instructor.

Tiny Tot: Ages 3 – 4. Students work with instructor on water adjustment skills. Limited to 5 students per instructor.

***Levels 1 – 6 are limited to 8 students per instructor. A minimum age of 5 is required for students entering any level above Tiny Tot.**

Introduction to Water Skills (Level 1): Orientation in the water. Learn to fully submerge, demonstrate breath control, demonstrate supported kicking on front and back, and become familiar with alternating arm action.

Fundamental Aquatic Skills (Level 2): Students should already be able to hold breath under water for 5 secs. They will retrieve underwater objects, perform flutter kick on front and back, perform alternating arm stroke with flutter kick and rhythmic breathing. Learn unsupported floating on front and back.

Stroke Development (Level 3): Students should already be able to swim a width of the pool with alternating arm strokes and head in water. Learn coordinated front (with rotary breathing) and back crawl, introduced to butterfly, treading water, and learn head-first entries.

Stroke Improvement (Level 4): Should be able to coordinate arm stroke for front crawl with breathing on the side for 25 yards (length of the pool). Will build endurance and improve technique in strokes learned in Level 3, learn basics of breaststroke, elementary backstroke, and sidestroke. Learn turn basics.

Stroke Refinement (Level 5): Should be able to swim front and back crawl correctly. Perform elementary backstroke (without scissors kick). Continue to refine butterfly, breaststroke and sidestroke. Introduce flip turns, and increase knowledge of safety skills.

Swimming and Skill Proficiency (Level 6): Should be able to perform breaststroke and sidestroke with their proper kicks. Will be perfecting strokes learned at previous levels and enhance their efficiency, as well as exploring other aquatic activities, diving, Personal Water Safety, and Fitness Swimming.

Conditioning and Pre-lifeguarding: For ages 11 and up. The focus of this group will be to refine strokes and build endurance. This class is designed for middle school students who have mastered lessons, but would like to continue with in-water conditioning. Students will also be introduced to pool safety measures through Lifeguard Readiness training.

SWIMMING LESSONS

Parks, Recreation & Natural Resources

DeForest Area School District 2016 Summer Swim Lessons!

Session 1: June 13-24

Session 2: June 27-July 8 (no class July 4)

Session 3: July 11-July 22

Session 4: July 25– August 5

Registration Opens

Session 1 & 2: April 18, 8:00 AM

Session 3 & 4: June 30, 8:00 AM

Online registration is encouraged.

Morning Lessons

9:30 AM	Level 1	Level 2	Level 3	Level 4	Level 5
10:00 AM	Tiny Tot	Level 2	Level 3	Level 4	Level 6
10:30 AM	Tiny Tot	Level 1	Level 2	Level 3	Level 5
11:00 AM	Tiny Tot	Level 1	Level 2	Level 4	Conditioning/ Pre-Lifeguard



Afternoon/Evening Lessons

4:30 PM	Level 2	Level 3	Level 4	Level 5	Conditioning/ Pre-Lifeguard
5:00 PM	Tiny Tot	Level 1	Level 2	Level 4	Level 6
5:30 PM	Tiny Tot	Level 1	Level 2	Level 3	Level 5
6:00 PM	Parent/Tot	Tiny Tot	Level 1	Level 3	Level 5
6:30 PM	Parent/Tot	Tiny Tot	Level 2	Level 3	Level 4

For all swimming/lesson related questions please contact:

Sue Winckler

608-842-6850

swinckler@deforestschoools.org (email preferred)



SPECIAL EVENTS

Parks, Recreation & Natural Resources

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 7th
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.



Bike Rodeo

Get hands-on bike safety training.

Saturday, May 14

5-11yrs, bring your bike and helmet!

9:00-11:00 am, raffle to follow, must be present to win!

SPECIAL EVENTS

Parks, Recreation & Natural Resources



Thanks to our season sponsor!



Fireman's Park

Tuesdays, 3:00-6:00 pm

May 24-Oct 25, 2016

Special Events! Entertainment!
Food carts!
Art & Craft Fairs!

Follow us on Facebook!



You are invited to...

PJ's & Popcorn!

Friday April 8th
DeForest Area Community & Senior Center
Activities start @5:15pm, Movie @6:00pm

\$3 Per Person

Space is Limited!

Purchase tickets online or at the Village Office.

Ticket price includes activities & movie. Concessions available to purchase.

Wear Your Jammies!

Disney PIXAR
INSIDE OUT

Thank you to our sponsor:
DeForest Area School District

SAVE THE DATE

Yahara RiverFest
Saturday September 10th
Conservancy Commons Park
Fun for the Family!

PARK TOWNE

CONSERVANCY PLACE

YAHARA RIVERFEST
DEFOREST, WI

Building Community. Respecting Nature.



Save The Dates!!!

Friday June 17th- Fireman's Park

Friday July 15th- Conservancy Commons Park

Friday August 12th- Yahara Park

Free Family Fun!

Activities start @ 7pm

Movie @ Dusk

Concessions available for purchase.

SPECIAL EVENTS

Parks, Recreation & Natural Resources

Fireman's **POP-UP** Park Event

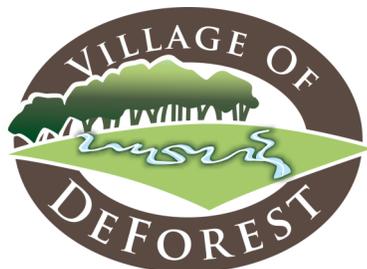
Join us as we bring the new park plans to life!
Showcasing Live Music, Beer & Food Trucks
Saturday August 6th, 4-9pm

VIEW
Draft park plans
Vi.deforest.wi.us
Community projects

Rain date
Sunday,
August 7, 11-4 pm

Fireman's Park DeForest

Brought to you by:



Let's
Eat
Out!





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: _____ Eve Emer. Phone: _____ Cell Emer. Phone: _____

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

Program Name And Start Date	Participant Name	Sex	Date of Birth	Grade in 16-17 School Year	Shirt Size	Fee

Please initial. I have read and agree to the CONCUSSION AGREEMENTS AND INFORMATION. Must be initialed for player to participate in sport programs. (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)

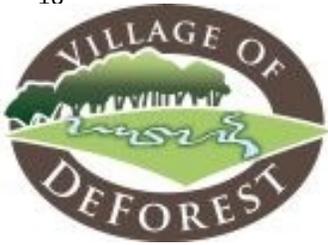
Total \$ Due: _____
 Payable to Village of DeForest

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 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/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: _____ Date: _____ Rec'd By: _____



Postal Customer

DeForest, WI 53532

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PAID
EDDM RETAIL

DeForest Park, Recreation & Natural Resources 2016 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 Public Services
(Operations & Administration)**

Kelli Bialkowski, CPRP

Recreation Supervisor:

Nicole Moll

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



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

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)