

WINTER 2014

PARKS, RECREATION & NATURAL RE-SOURCES



PRE-K & SCHOOL AGE PROGRAMMING

WINTER DANCE WITH MISS ANNA.... NEW SATURDAY MORNING FOR 3-4 YRS! NEW HIP HOP FOR 8-10 YRS!

DeForest Area Community & Senior Center, Community Room
Please enter from side door
Mondays, Jan. 6 - March 10
Saturdays, Jan. 4 - March 8 (3-4yrs Ballet & Jazz only)
Program will conclude in an end of the season recital!
\$50

Reg. Deadline: Dec 20

**PROGRAM CONFIRMATIONS
ARE NOT SENT!**

If you do not hear from the department, please plan for your program as scheduled! If there are changes to programs, you will be contacted.

Monday Ballet 3-4	Monday Jazz 3-4	Saturday Ballet 3-4	Saturday Jazz 3-4	Monday Ballet 5-6	Monday Jazz 5-6	Monday Poms 7-8	Monday Hip Hop 8-10
4:45-5:15 pm	5:15-5:45 pm	9:00-9:30 pm	9:30-10:00 pm	5:45-6:15 pm	6:15-6:45 pm	6:45-7:15 pm	7:15-7:45 pm

LEGO CLUB

Get ready Lego builders for a trip across the United States. Each week kids will learn about and build a different U.S. landmark including Washington D.C., New York City, Disney World, the Grand Canyon and more.

DeForest Area Library
Lower Level-Community Room
5 yrs +
Wednesday, Feb. 5-March 12
6:00-7:00 pm
\$20

Reg. Deadline: Jan. 22

FIT FRIENDS

Through a variety of games everyone will be running, jumping, laughing and challenged all while getting exercise. Each week we will learn and play new physical fitness games to get us up and moving. We will end the class discussing tips to stay fit and enjoy a healthy snack.

Holum Education Center Gym
6-9 yrs
Tuesdays, Jan. 7-Feb. 11
6:05-6:50 pm
\$20

Reg. Deadline: Dec. 23

JEWELRY MAKING

Necklaces, bracelets, and rings, oh my! Come make jewelry with Counselor Bridget and take home a unique piece you've created each week. Highlights include using resin and creating jumbo friendship bracelets.

DeForest Middle School Art Room 42
6-10 yrs
Thursdays, Jan. 23-Feb. 13
5:30-6:30 pm
\$30

Reg. Deadline: Jan. 9

ZUMBA KIDS!

Zumbatomic classes are high energy fitness parties packed with choreographed, kiddo friendly routines. Zumbatomic increases focus, self-confidence, and coordination. Bring your water bottle, comfy clothes & shoes.

Eagle Point Gym
5 yrs +
Thursdays, Feb. 20-March 27
5:10-5:40 pm
\$15

Reg. Deadline: Feb. 6

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!

DeForest Middle School Room 43
2-4 yrs with parent
Thursdays, Jan. 23-Feb. 13
6:45-7:15 pm
\$15

Reg. Deadline: Jan. 9

INTRO TO WRESTLING

Norksi Middle School coach, Sam Rodriguez, will introduce your child to one of the oldest and most exciting sports; wrestling. Ideal for beginners. Participants should wear shorts and a t-shirt. Wrestling shoes a plus, but NOT required.

DeForest Middle School Wrestling Room
K-4 Grades
Mondays & Thursdays, Jan 6-Jan 23
5:15-6:00pm
\$30

Reg. Deadline: Dec. 26

DINO MATES

Travel back in time to the land of Dinosaurs. Each week we will explore a different dinosaur through games, books, crafts and activities.

Eagle Point Art Room
3-5 yrs
Tuesdays, March 18-April 15
(no class April 1)
6:00-6:45 pm
\$20

Reg. Deadline: March 4

CREATURE CREATION

Bring the creatures in your imagination to life! Come ready to explore building sculptures, paper crafts, and painting. We will create a new crafty creature each week.

DeForest Middle School Art Room 42
6-10 yrs
Thursdays, Feb. 20-March 13
5:30-6:30 pm
\$30

Reg. Deadline: Feb. 6

JUMPIN GYMNASTICS!

Jumpin Gymnastics will introduce your child to the fun and exciting sport of gymnastics! They will learn basic gymnastics skills on all of the Olympic gymnastics apparatus while gaining strength, balance, flexibility and agility.

Jump Around Gymnastics (805 Burton Blvd)
Wednesdays, Jan. 8-Feb. 26
\$50

Reg. Deadline: Dec. 27

3-4 yrs	5:30-6:00 pm
5-7 yrs	6:15-6:45 pm
8-10 yrs	7:00-7:30 pm

PRE-K & SCHOOL AGE PROGRAMMING

SATURDAY MANIA BOWLING LEAGUE

Come join the fun! This is not your typical bowling league. Weekly themes, including glow in the dark bowling, bumper bowling, pajama party and 8-pin Olympics. Each week participants will receive instruction and then bowl two games.

Rude's Lanes (210 E. Holum)
5-13 yrs
Saturdays, Jan 11-Feb 15
\$45, includes games, instruction and a pizza party!

Reg. Deadline: Dec 27

5-9 yrs	9:00 - 10:30 am
10-13 yrs	11:00 - 12:30 pm

Jan. 11	Glow in the dark
Jan. 18	Strikes & Staches (wear a mustache!)
Jan. 25	80's music
Feb. 1	Bumper Bowling
Feb. 8	Pajama Party
Feb. 15	Pizza Party – 8-pin Olympics

SAFETY SATURDAYS

Come and get a first hand tour of the DeForest Area Fire Department and the DeForest Police Department. In addition to the tours, we will do an activity, read a related story and have a snack.

Meet in the Public Safety Courtroom (305 E. Holum Street)
2-4 yrs with caretaker
Saturday, March 15 (Police Department)
Saturday, March 22 (Fire Department)
10:00-10:30 am
\$10 for both days

Reg. Deadline: Feb. 28

ADULT PROGRAMMING

YOGA

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. Her style is upbeat and filled with humor.

DeForest Area Community & Senior Center Community Room (Enter from side door)
16 yrs +
Dec. 4-Feb. 5 No class Dec. 25
Feb. 12-April 2
Wednesdays, 5:45-6:45 pm
\$35, bring yoga mat
Reg. Deadline: Nov. 20; Jan. 29

TUESDAY PM ZUMBA

Corie Vogeler leads this session of 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!

Eagle Point Gym
16 yrs +
Oct. 29-Dec. 17
Jan. 7-Feb. 25
March 4-April 29
Tuesdays, 6:00-7:00 pm
\$32
Reg. Deadline: Oct 15; Dec 23; Feb 18

SATURDAY AM 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!

DeForest Area Community & Senior Center Community Room (Enter from side door)
16 yrs +
Oct. 29-Dec. 17
Jan. 4-Feb. 22
Instructor: Jolene Endres
March 1-April 19
Instructor Taysheedra Allen
Saturdays, 7:45-8:45 am
\$32
Reg. Deadline: Oct. 15, Dec. 20; Feb. 21

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.

Eagle Point Gym
18 yrs +
Thursdays, Jan 9-Feb 27
Thursdays, March 6-May 1 (no class 4/3)
6:00-6:40 pm
\$35, bring mat, towel, water and attitude!
Reg. Deadline: Dec. 26; April 17

CARDIO KICKBOXING

Cardio kickboxing blends self-defense, dance and kickboxing with today's hottest music. Self-paced instructors guide you through a variety of punches, kicks, knees, elbows, calisthenics, and stretching exercises based on your own fitness level.

Karate America, 318 N. Main St.
16 yrs +
Oct. 26-Dec. 14, **Reg. Deadline: Oct. 11**
Dec. 21-Feb. 8, **Reg. Deadline: Dec. 6**
Feb. 15-April 5, **Reg. Deadline: Jan. 31**
Saturdays, 8:00-9:00 am
\$25

FUNCTIONAL FITNESS

Classes focus on using bands, medicine and balance balls, and free weight to tone and sculpt muscles. This self paced class will also incorporate some cardio exercises and will be set to music with no complicated choreography to memorize.

Karate America, 318 N. Main St.
16 yrs +
Oct. 26-Dec. 14, **Reg. Deadline: Oct. 11**
Dec. 21-Feb. 18, **Reg. Deadline: Dec. 6**
Feb. 15-April 5, **Reg. Deadline: Jan. 31**
Saturdays, 9:00-10:00 am
\$25

PARTNER YOGA-VALENTINE'S DAY WORKSHOP

This workshop is a great opportunity to do something different with your significant other on Valentine's Day. You'll try some interesting, but not too difficult, yoga poses, that serve to deepen the bond between you. There will be music, laughter, and chocolate. What's not to like? The class is early enough in the evening to give you enough time to get dressed up and go out to a romantic dinner afterwards. No previous yoga experience necessary.

DeForest Area Community & Senior Center Community Room (Enter from side door)
18 yrs + Friday, Feb. 14 5:45-6:45 pm \$25 **Reg. Deadline: Jan. 31**



ADULT PROGRAMMING

PHOTO COMPOSITION

No matter what camera you use, better composition will make for better pictures. In this program, you will learn to edit the images you already have and take better ones in the future. The items covered will not only help you in photography, but equally in drawing, painting and most art forms.

DeForest Middle School Room 47

18 yrs +

Tuesdays, Nov. 14 & 21

5:30-8:30 pm

\$35

Reg. Deadline: Oct. 31

TOTAL FITNESS TRAINING

Midwest Professional Karate

18 yrs +

Oct. 29-Dec. 21

Dec. 23-Feb. 15

Feb. 18-April 12

8 classes for \$35

16 classes for \$55

24 classes for \$74

Reg. Deadline: Oct. 15,

Dec. 9, Feb. 4

Tues.	Thurs.	Sat.
7:00-8:00 pm	7:00-8:00 pm	8:00-9:00 am
R.I.P.P.E.D Resistance, interval, power, pyometrics, endurance	Alternate between super circuit and kick boot/ cross fit	Alternate between super circuit and kick boot/ cross fit

CANDLE LIGHT HIKE-NEW!

A twinkling hike for all ages! Enjoy a bonfire, hot chocolate and smores! If conditions permit, snowshoes will be available to try! River's Turn Park (4601 Innovation Drive)

Friday, December 6

4:30-6:30 pm

Sponsored by:



Weather Cancellations

Wondering if your program is still running due to weather? If school is cancelled, our programs will also be cancelled. Please check our Facebook Fan Page, your email, or our cancellation hotline for updates.

Cancellation hotline: 846-6666

Refund Policy

We reserve the right to cancel programs with insufficient 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.

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 Olhoff

Lynette Raether

Parks Crew:

Joleen Stinson, Parks & Natural Resources

Supervisor CPRP

Chris Cooper

Keith Kohl

Why Register Online?

Convenient

24/7

Flexibility to register and pay at your convenience. Anytime. Anywhere.

Easy



Create an account, choose your programs, and register.

Saves Time



In less than five minutes you can setup your account and enroll in a program.

Environment



Make less trips to register in-person, and save paper.

PROGRAM REGISTRATION

Registration forms are available on our website www.vi.deforest.wi.us or

at the

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)

Register Online!

Three easy steps to get you started!

www.vi.deforest.wi.us



Create an Account

Visit the Village website and click on "online payments." Choose Recreation Programs, and click on "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.