Whitewater Parks & Recreation
Fall Brochure 2013

www.wwparks.org

Sponsorship Recognition

Baseball, Softball, T-Ball & Rookie Ball

Burtness Chevy
DuVal Construction
Hawk Bowl
Whitewater Wal-Mart
Associated Bank
First Citizens State Bank
Whitewater Culvers
Aropa
LSM Chiropractic
Karen Mayer
Zingg Motors
Winchester True Value Hardware
Bellezza Hair Design
UWW Community Optimists
Animal Medical Center
Whitewater Country Club
Whitewater Toppers
Daniels Sentry
Strive
Dalee Water
Fort Community Credit Union of Whitewater

Adult League

Coyote Grill
Fat Jacks
Sherman Sanitation and Sunshine Gentetics
Rick's Eastside Pub and Grill
Pumpers & Mitchells
Aropa/Coyote Grill
Lakefront Pub
Husco International
Anderson Dairy Farm
S&S Transport
Denny K's
Zingg Motors
Fire Station 1
The Brass Rail
Whitewater Area Regional Ministry
First Citizens State Bank
Home Lumber

Concerts In The Park & Family Fun Nights

The Coburn Company
Seniors In The Park
Whitewater Wal-Mart
Dental Perfections
Commercial Bank
Home Lumber
Whitewater Snoseekers
Whitewater Culvers
Triebold Implement
Fairhaven

THANK YOU SPONSORS! The Whitewater Parks and Recreation Department is extremely grateful for all sponsorships and donations towards youth sports, family activities, facility up keep, adult sports, senior programs, and community events.

If you have an interest in sponsoring, but not sure how. Please contact Matt Amundson or Michelle

General Information

Who do I call regarding Parks and Recreation services?

- For information on weather related program cancellations, call 473-0520, Press 6 & 3
- To register for programs, reserve a park shelter, or park facility visit us online at www.wwparks.org
- For questions or concerns on programs for older adults and Seniors In The Park, contact Deb Weberpal
- For questions or concerns on recreation programs and special events, and holding a special event in the City, contact Michelle Dujardin
- For questions or concerns on forestry or tree related concerns, contact City Forester, Chuck Nass
- For questions or concerns regarding youth and adult sports contact Abby Schyvinch.
- For questions or concerns regarding city facilities, park maintenance, or park development, contact Matt Amundson

How to register for recreation programs:

Online: Anytime from home or kiosk available at Municipal Building 2nd floor
Mail*: Complete form on page 21 and send to 312 W Whitewater Street; Whitewater, WI 53190
Fax*: Complete form on page 21 and fax to 262-473-0509

*Mail & Fax registrations will be processed once per week, the best way to guarantee placement is online.

How to reserve shelters & facilities:

Online: Anytime from home or kiosk available at Municipal Building 2nd floor

Whitewater Parks and Recreation Team

Matt Amundson, CPRP	Parks & Recreation Director	262-473-0122	mamundson@whitewater-wi.gov
Chuck Nass	Parks/Streets Superintendent & City Forester	262-473-0542	cnass@whitewater-wi.gov
Michelle Dujardin, CPRP	Recreation & Community Events Programmer	262-473-0121	mdujardin@whitewater-wi.gov
Deb Weberpal, CPRP	Senior Coordinator	262-473-0535	dweberpal@whitewater-wi.gov
Abby Schyvinch	Sports Coordinator	262-473-0119	aschyvinch@whitewater-wi.gov
Dwight Slocum	Buildings Maintenance	262-473-0146	dslocum@whitewater-wi.gov
Kyle Cromos	Buildings Maintenance		kcromos@whitewater-wi.gov

Parks & Recreation Board

The Parks and Recreation Board is composed of seven members and one alternate. Three members are representatives of the City Council, WUSD, and UW-Whitewater. The other four seats are appointed by the City Council along with an alternate. The Parks and Recreation Board meets the 2nd Tuesday of the month at 5:00 p.m. and the public is welcome.

Brendon Knedler, Chairperson
Dr. Ken Kidd, City Councilmember
Jen Kaina, University Representative
Nate Jaeger, School District Representative
Bruce Parker
Teri Smith
Rachel DePorter
Kim Gosh, Alternate

Website News

We have a new home on the web! Our new Parks and Recreation URL is http://wwparks.org.
This will be a direct link to Parks & Recreation site.

Parks & Recreation Newsletter

A newsletter is sent out monthly via email, to be added to the listing to receive the most current and up-to-date department news, email Matt Amundson at mamundson@whitewater-wi.gov

Did you know that you can register for classes or reserve a facility, all from home?

You can now register **Online** with the new ActiveNet Software. By visiting the link from the Parks & Recreation website, you are able to create and manage your own account, register for classes, check on facility/class availability, and explore a majority of the programs we have to offer. The 1st step to register on-line is to create your family account. **Please note that a credit and/or debit card is required for all online transactions.**

Special Events

GWC

The Greater Whitewater Committee Presents

Register NOW

Discover Whitewater Series

Run. Walk. Fun

Half Marathon.5k.Fit Kid Shuffle

BE ACTIVE TODAY! W3 FIT KID SHUFFLE and 5K

September 22, 2013

USTAF Certified Course
Corralled Start for Half
Purse Race
Wheelchair Division

Free Pasta Dinner Sat. Night
Post-Race Events
Family Friendly
Scenic Route

Discover Whitewater Series
PO Box 41
Whitewater, WI 53190
info@runwhitewater.com
920-397-0601

RunWhitewater.com

2nd Annual Run for Trey

Sunday, October 13th
5k run/walk, start time 10am
Children's obstacle course to follow
Located at Starin Park

All are welcome to attend the 5k run/walk and children's obstacle course, Sunday October 13th. 5k run/walk start time is at 10am with children's obstacle course to follow, run will start at Starin Park in Whitewater WI. Brat Fray to follow. All proceeds to go to Treyton's Field of Dreams. Registration form on line at www.treysfield.org

If you are interested in volunteering or sponsoring this event, please email Carol Anason at carol54136@yahoo.com Call 920-475-2799

Save the Date!
Freeze Fest 2014
Saturday, February 15th

Cooking at Daniels Sentry

SEPTEMBER-MAY: Cooking with Daniels is also returning this September! Cooking demos will be taking place once per month within the store for $5 per session. This is a great opportunity to learn how to cook delicious and healthy recipes for a low cost and with ingredients you will find right in the store.

For more information on both of these events, visit the store at 1260 West Main Street or call 262-472-9455.

Special Events Listing

Looking for something to do???
http://www.wwparls.org/ParksandRecreation/SpecialEvents

Halloween In Whitewater

Youth Halloween Party

Saturday, October 26
6:00pm - 7:30 pm, Downtown Armory
Cost: One Food Item for the local food pantry or 50 cents
Join us for fun fair games and prizes geared for preschool and elementary age children. Admission into this event is a non-perishable food item to be donated to our local food pantry! Parents are encouraged to attend with their children and are free.

Trick or Treat the Triangle

Saturday, October 26, 2:00pm - 6:00 pm
First Street, In front of Ketterhagen Motors
2:00-4:00pm Trick or Treat Downtown Shops, 4:00-6:00pm There will be music, Sidewalk Chalk Art, Pumpkin Carving and more. Trick-or-treat the triangle and enjoy the 2000 luminaries throughout the downtown area. For more information contact the Downtown Whitewater.
Office at 262-473– 2200

Halloween Trick or Treat Hours

Thursday, October 31, 4:00pm-7:00pm
Trick or Treat Hours for the City of Whitewater

Ghouls Night Out

Thursday, October 24
4:00pm - 7:00 pm, Uptown Business District
The Whitewater Area Chamber of Commerce is calling all Ghouls, Zombies and their Mummies to come to Ghouls Night Out on Thursday, October 25. The event will be held in the Uptown business district located on Whitewater's west side from 4 PM – 7 PM.

There will be lots of activities, games, special sales, trick-or-treating and opportunities to win prizes for all ages throughout the businesses on Whitewater's west side. For more information contact the Whitewater Area Chamber of Commerce at 262-473-4005

Fear Fest

Whitewater Aquatic Center
www.whitewateraquatic.com

New Programs !

Zumbatomic®

Classes are high-energy fitness-parties that offer real results. Packed with specially choreographed routines and the latest music - like hip-hop and reggaeton - Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination. More than just a great way to stay active and healthy, Zumbatomic classes offer a welcoming and upbeat atmosphere for kids.

Zumbatomic

Zumbatomic is a kids' fitness class based on the popular Zumba workout. This class uses international children's songs to get the kids dancing and moving. Kids will play dance games to learn a dance routine in the time allotted. Parents, make sure to check out the adult Zumba classes we have to offer! Instructor: Lynnette Brown

September

DATES: Sept 5, 12, 19, 26
DAYS: Thursdays
TIMES: 4:30-5:00pm
AGES: 5-18
FEE: Resident $ 16.00
Non $20.00
CLASS #: 4457.39
LOCATION: Armory Gym

October

DATES: Oct 3, 10, 17, 24, 31
DAYS: Thursdays
TIMES: 4:30-5:00pm
AGES: 5-18
FEE: Resident $ 20.00
Non $25.00
CLASS #: 4457.35
LOCATION: Armory Gym

November

DATES: Nov 7, 14, 21
DAYS: Thursdays
TIMES: 4:30-5:00pm
AGES: 5-18
FEE: Resident $ 12.00
Non $15.00
CLASS #: 4457.36
LOCATION: Armory Gym

December

DATES: Dec 5, 12, 19
DAYS: Thursdays
TIMES: 4:30-5:00pm
AGES: 5-18
FEE: Resident $ 12.00
Non $15.00
CLASS #: 4457.37
LOCATION: Armory Gym

Pickle Ball

Pickle Ball is a fun, social, easy to learn game that is a cross between badminton, table tennis, and tennis. It's is played on a smaller court, with large paddles and a wiffle-like ball. It takes 15 minutes to learn and you can be playing well in 1-2 sessions. Youth and adults of all ages can play equally together, as you don't need to be athletic or strong to play. Check out this world wide sport. Please look on page 16 for more details.

Creative Writing

Creative Writing will tailored to your strengths as a writer. Throughout the six weeks, each student will focus on a writing project (short story, group of poems, etc.) that they will have critiqued by peers and the instructor each class period. Lessons will be based on the particular interest or writing concerns of and chosen by each student. Bring a notebook, a writing utensil, and let's write! Instructor: Katy Wimer

DATES: Sept 25 - Nov 6th
DAYS: Wednesdays
TIMES: 5:30pm-7:00pm
AGES: 16 & Above
FEE: Resident $45.00
Non $ 56.25
CLASS #: 4601.31
DEADLINE: Sept 14, 2013
MIN/MAX 5/10
LOCATION: Hamilton House, 328 W. Main Street. Whitewater

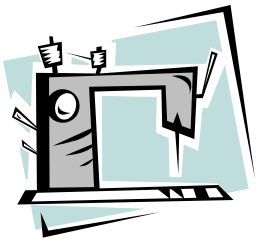
Meet the Creative Writing Instructor

Katy Daixon Wimer lives in Whitewater with her husband and two cats. She's a poet, owner and lead photographer of katy daixon photography, and hostess of local writing group, InkVine. Katy loves creativity in all of its forms and when others discover their voice.

New Programs

Basic Sewing Skills

This class offers basic sewing skills, including choosing the correct size, tracing and cutting patterns, selecting fabric, and assembling the patterns with the use of a sewing machine and hand stitching. You will build a pair of pajama pants, an apron, a drawstring backpack, a decorative pillow, a tote bag and a simple girls dress/boys vest. It's a hands on class that teaches a life-long skill! We will also have the opportunity to share craft ideas and make a few small crafts that don't involve sewing! Instructor: Julia Boarini



DATES: Oct 12th- Nov 23rd
DAYS: Saturdays
TIMES: 9:00am - 11:00am
AGES: 10 and Above
FEE: Resident $ 52.00
Non Resident $ 65.00
CLASS #: 4604.31
EQUIPMENT If you own a sewing machine and are capable of bringing it to and from the class, please do so. Purchase fabric for the final project along with notions such as buttons or zippers needed. Fabric for the other projects will be provided. If you have basic sewing tools (good scissors, seam rippers, pins, tape measures, etc.) please bring along as well.

DEADLINE: Oct 2, 2013
MIN/MAX 5/10
LOCATION: Cravath Lakefront Building

Week One: Introduction to basic sewing terms, learning to choose patterns, trace them, and cut them. Start sewing demo for pajama pants.

Week Two: Finish sewing pajama pants and start patterning/sewing aprons.

Week Three: Finish aprons. Make drawstring backpacks. Pattern/cut out pillows.

Week Four: Sew pillows. Pattern and cut out tote bags.

Week Five: Sew tote bags. Start patterning final projects.

Week Six: Cut and begin sewing final projects. Bring in your own craft ideas.

Week Seven: Finish final projects and personal crafts.

Depending on the class size and the number of sewing machines available, classes may be split up into rotation stations. That way, there won't be any down time. You will either be sewing, patterning, or working on a personal craft idea. Rotations will be timed, as to give everyone equal amounts of sewing time

Meet the Sewing Instructor: Julia Boarini

Julia Boarini graduated from UW Whitewater with a BFA in Theatrical Costume Design and Technology. She has designed costumes for many shows. She started sewing when she was very young and has really fallen in love with the craft. While in school, Julia constructed numerous character garments including Aladdin and Cinderella costumes. Since her graduation in December 2012, she has worked on four different theatrical productions, as well as flower girl dresses and smaller crafts such as dolls and aprons. Currently, Julia is working on costumes for UW-Rock County.

Register Online at:
http://activenet9.active.com/whitewater

Youth Gymnastics

Youth Gymnastics will be taking place at the Whitewater High School.

Please be sure to park on the South side of the building and use door number 19. Please be aware this entrance is tucked back with a driveway on the south side.

Gymnastics Class Rules

- No gum, beverage, or food are allowed in the gym
- Please remove your shoes/boots before walking on any of the mats
- If a child has a medical concern, please inform the coach so that accommodations are made during practice
- A child should not participate if she/he has head lice. ringworm, ect, until the child is healthy
- Please do not drop off students until the scheduled class time and pick up promptly after-wards.
- Please have gymnasts try and use the bathroom prior to class
- All non participants must remain off the tumbling floor and equipment

Gymnastics Level Descriptions

Tots	Must be at least 3 years old. Classes focus on basic motor movement through play and experience on various equipment in the gym
Level 1/2	Recommended age– 5 years. Little or no experience required. Classes build on fundamental of locomotors movement on all four apparatus.
Level 2/3 & Advanced	2+ years of experience preferred. Classes expand the skill level with the gymnasts confidence, flexibility, and strength. Gymnasts develop skills for the Level 3 routines on all four apparatus.

Gymnast's Attire

- Shorts with elastic waist band (no buttons, snaps, zippers)
- T-shirts
- Leotards
- Sweat suits
- Socks (no tights please- they are very slippery on the equipment)
- Hair should be out of the gymnasts face– up in ponytail or braids if possible)

Saturday Mornings

DATES: September 7, 14, 21, 28
October 5, 12, 19, 26

MIN/MAX: 6/12 Tots
8/18 Level 2/3 & Advanced

DEADLINE: Sept 5, 2013

LOCATION: Whitewater High School

Class Name	Class Number	Time	Cost
Tots	3601.31	8:00-8:30am	Res $18.00 Non $22.50
Level 1/2	3602.31	8:45-9:45am	Res $36.00 Non $45.00
Level 2/3 & Advanced	3603.31	10:00-12:00	Res $72.00 Non $90.00

Monday Evenings

DATES: September 9, 16, 23, 30
October 7, 14, 21, 28

MIN/MAX: 6/12Tots
10/18 Level 2/3

DEADLINE: Sept 5, 2013

LOCATION: Whitewater High School

Class Name	Class Number	Time	Cost
Tots	3601.32	4:15pm-4:45pm	Res $18.00 Non $22.50
Level 2/3 & Advanced	3603.32	5:00pm-7:00pm	Res $72.00 Non $90.00

Wednesday Evenings

DATES: September 11, 18, 25
October 2, 9, 16, 23, 30

MIN/MAX: 8/18 Level 2/3
8/18 Level 1/2

DEADLINE: Sept 5, 2013

LOCATION: Whitewater High School

Class Name	Class Number	Time	Cost
Level 1/2	3602.32	4:00pm-5:00pm	Res $36.00 Non $45.00
Level 2/3 & Advanced	3603.33	5:00pm-7:00pm	Res $72.00 Non $90.00

Youth Programs

Tae Kwon Do and Self-Defense

This is an introductory class for the art of Tae Kwon Do which loosely translates to the way of the foot and fist. In this course this kids will learn all the basic punches, kicks, and blocks through a variety of fun drills and games. In addition to the physical conditioning, the kids will learn basic tenets of martial arts such as respect and discipline. Besides Tae Kwon Do, the students will have the chance to learn and practice self-defense techniques that can be applied in real life situations. All skill levels are welcome. So if you are looking for a fun way for your kids to be active this summer, develop more self-confidence, and learn how to protect themselves, sign up for Tae Kwon Do. Geared for ages 6 - 12 Instructor: Peter Kulibert

Session 1:

DATES:	Sept 18th - Oct 25th	
DAYS:	Wednesday & Friday	
TIMES:	Wed: 5pm-6pm	
FEE:	Resident	$35.00
	Non Resident	$43.75
CLASS #:	3301.31	
DEADLINE:	Sept 8, 2013	
MIN/MAX	4/10	
LOCATION:	Armory Dance Studio	

Session 2:

DATES:	Nov 6th - Dec 20th (No Class 11/27 & 11/29)	
DAYS:	Wednesday & Saturday	
TIMES:	Wed: 5pm-6pm	
FEE:	Resident	$ 35.00
	Non Resident	$ 43.75
CLASS #:	3301.32	
DEADLINE:	Oct 28, 2013	
MIN/MAX	4/10	
LOCATION:	Armory Dance Studio	

Fall Start Smart Soccer

The skills focused on include trapping, dribbling, passing, and being a goalie. Each participant will receive a participant kit that includes two different size soccer balls, a set of youth shin guards, and 4 soccer cones to keep.

Session 1	Sept 17th– Oct 22nd
DAY:	Tuesdays
TIMES:	5:15 - 6:00 pm
CLASS:	1701.31
AGES:	3-5
MIN/MAX:	3/7
FEE:	Res $45.00
	Non $56.25
DEADLINE:	Sept 9, 2013
LOCATION:	Moraine View Park Soccer Fields

** If you have previously taken Start Smart Soccer and still have the supplies. Please bring all supplies to class and sign up using the following class number and cost.

CLASS:	1701.32
FEE:	Res $15.00
	Non $18.75
MIN/MAX:	3/7

Instructor: Peter Kulibert

My name is Peter Kulibert. I'm 23 years old and finishing my undergraduate degree in Health and Fitness at UW-Whitewater. I have been training in Tae Kwon Do and other martial arts for over 4 and 1/2 years and teaching it for 3 months. I have a great passion for teaching and working with kids.

Youth Dance

4 Top Benefits of Dance

- **Flexibility**

Flexibility is an important part of being healthy. Dance requires a great amount of flexibility.

- **Strength**

Strength is defined as the ability of a muscle to exert a force against resistance. Dancing builds strength by forcing the muscles to resist against a dancer's own body weight.

- **Endurance**

Dance is physical exercise. Exercise increases endurance. Endurance is the ability of muscles to work hard for increasingly longer periods of time without fatigue. Regular dancing is great for improving endurance, especially vigorous dancing such as line dancing.

- **Sense of Well-Being**

Dancing is a social activity. Studies have shown that strong social ties and socializing with friends contribute to high self-esteem and a positive outlook. Dancing provides many opportunities to meet other people.

Dance Classes

DATES: Sept 9 - Nov 15

FEE: Resident $ 49.50
Non Resident $ 61.88

DEADLINE: Sept 6, 2012
MIN/MAX 4/10
LOCATION: Armory Dance Studio
(Adult Classes on page 15)

Class Name	Class #	Day	Time	Age
Creative Movement	3104.31	Monday	3:30-4:30	3-4
Creative Movement	3104.32	Thursday	5:30-6:30	3-4
Creative Movement/ Pre-Ballet	3103.31	Monday	4:30-5:30	4-5
Creative Movement/ Pre-Ballet	3103.32	Friday	6:00-7:00	4-5
Ballet/Tap	3105.31	Wednesday	4:00-5:00	5-7
Ballet	3122.31	Monday	5:30-6:30	6-9
Beg Jazz/ Hip Hop	3109.31	Tuesday	4:00-5:00	5-7
Beg Irish Step	3130.31	Tuesday	5:00-6:00	6+
Continuing Jazz Hip/ Hop	3126.31	Tuesday	6:00-7:00	6+
Tap	3111.31	Wednesday	6:30-7:30	6+
* Irish Step Continued	3124.31	Monday	6:30-7:30	Based on Experience

**** Irish Step Continued Registration: You must have taken at least one session of Irish Step to enroll in continuing.**

Youth Dance

Class Descriptions

Creative Movement/Pre-Ballet: This class works on basic locomotor steps, and ballet positions of the feet and arms. Structured games and improvisational exercises are designed to inspire movement and rhythm in small children.

Ballet/Tap: ½ hour each of ballet and tap. Ballet will consist of working on basic locomotor steps, positions of the arms and feet, correct alignment, beginning barre work, short combinations, and exercises designed to encourage and spark freedom in moving and love for dance. Tap will work on basic steps, simple rhythms, and short combinations.

Creative Movement: Structured games and improvisational exercises are designed to inspire movement and rhythm in small children. This class works on basic locomotor steps.

Beginning Irish Step: Dancers will be introduced to the basic, fun, traditional, and upbeat styles of Irish Step Dancing. This class will focus on beginner non-competitive Irish Step dancing with an abundance of fresh choreography that includes jigs, reel, and figure dancing.

Ballet: The class will concentrate on proper alignment, ballet terminology, adagio, petite allegros, and grande allegros.

Jazz, Dance and Hip Hop: An upbeat class for the older student who has had some experience in either ballet, jazz or modern dance. The class will work on jazz warm-ups, simple isolations, locomotion steps across the floor, and basic steps to some hip and funky musical selections, (If no experience, it is recommended the student take the Ballet class in conjunction with the Jazz class)

Tap: This recreational tap class will develop rhythm, coordination, balance and general fitness. Tappers will be introduced to music awareness, rhythm movement, various tap steps and tap techniques. Step, stamp and stomp your way to a tappin' good time!

Fall Performance

The Fall Dance Program will have a Fall Performance in November. Final date and details will be presented to families the second week of classes.

Shoe Exchange

We realize dance shoes can be expensive for growing children.

We have started a shoe exchange program that allows you to donate your child's gently used dance shoes or utilize the shoes already donated. Please ask your instructor for more details .

Adult Tap Dance

A Tap class for the adult. Beginners or continuing Adult Tap students welcome.

DATES:
Sept 12 - Nov 14

DAY:
Thursdays

TIME:
6:30 - 8:00 pm

FEE:
Resident $50.00
Non $62.50

DEADLINE:
Sept 4, 2013

LOCATION:
Dance Studio

CLASS #:
4101.31

Zumba

Zumba Unlimited!!

Would you like to enjoy all the Zumba classes you can handle? With this unlimited option, you can visit any and all zumba classes offered in the Month of Sept, Oct, Nov, Dec, & Jan

September
CLASS #:
4455.35
FEE:
Resident: 40.00
Non: $50.00

October
CLASS #:
4455.36
FEE:
Resident: 45.00
Non: $56.25

November
CLASS #:
4455.37
FEE:
Resident: 40.00
Non: $50.00

December
CLASS #:
4455.38
FEE:
Resident: 40.00
Non: $50.00

January
CLASS #:
4455.39
FEE:
Resident: 40.00
Non: $50.00

Zumba

Zumba® Toning ? When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Instructor: Lynnette Brown

Zumba® Fitness – When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

Zumba Sentao™ – The Zumba Sentao™ workout takes the thrill of the fitness-party and partners it with explosive, chair-based choreography to strengthen, balance and stabilize your core, and step up your cardio work in a whole new way. Grab a chair, feel the beat and learn how to use your own body weight to enhance muscle strength, improve definition and endurance, and tone your physique. Strut, shake and shimmy as you work your core (and work the chair) in a high-energy fitness-party that will keep you on the edge of your seat!

Zumba Gold® – Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun. Zumba Instructor: Lynnette Brown

	September	October	November	December	January
Monday	Zumba: 16th-30th 4:45pm-5:45pm Armory Gym #4451.35 Res $15 Non $18.75	Zumba: 7th-28th 4:45pm-5:45pm Armory Gym #4451.36 Res $20 Non$25	Zumba: 11th –25th 4:45pm-5:45pm Armory Gym #4451.37 Res$15Non$18.75	Zumba: 2nd– 30th 4:45pm-5:45pm Armory Gym #4451.38 Res $25Non$31.25	Zumba: 6th– 27th 4:45pm-5:45pm Armory Gym #4451.39 Res $20Non $25
Tuesday	Zumba Sentao: 3rd-24th 7:30pm-8:30pm Dance Studio #4452.35 Res $20 Non $25	Zumba Sentao: 1st - 29th 7:30pm-8:30pm Dance Studio #4452.36 Res $25 Non$31.25	Zumba Sentao: 5th - 26th 7:30pm-8:30pm Dance Studio #4452.37 Res $20 Non $25	Zumba Sentao: 3rd - 17th 7:30pm-8:30pm Dance Studio #4452.38 Res $15 Non $18.75	Zumba Sentao: 7th - 28th 7:30pm-8:30pm Dance Studio #4452.39 Res $20 Non $25
Wednesday	Zumba: 4th - 25th 5:15pm-6:15pm Armory Gym #4454.40 Res $15 Non $18.75	Zumba: 2nd - 30th 5:15pm-6:15pm Armory Gym #4454.41 Res $25 Non $31.25	Zumba: 13th - 27th 5:15pm-6:15pm Armory Gym #4454.42 Res $15 Non$18.75	Zumba: 4th - 18th 5:15pm-6:15pm Armory Gym #4454.43 Res $15 Non $18.75	Zumba: 8th - 29th 5:15pm-6:15pm Armory Gym #4454.44 Res $20 Non $25
Thursday	Zumba Toning: 5th - 26th 5:00pm-6:00pm Armory Gym #4453.35 Res $20 Non $25	Zumba Toning: 3rd - 31st 5:00pm-6:00pm Armory Gym #4453.36 Res $25 Non $31.25	Zumba Toning: 7th - 21st 5:00pm-6:00pm Armory Gym #4453.37 Res $15 Non$18.75	Zumba Toning: 5th - 19th 5:00pm-6:00pm Armory Gym #4453.38 Res $15 Non $18.75	Zumba Toning: 9th - 30th 5:00pm-6:00pm Armory Gym #4453.39 Res $20 Non $25
Saturday	Zumba: 7th - 28th 9:15am-10:15am Dance Studio #4460.31 Res $20 Non $25	Zumba: 5th - 26th 9:15am-10:15am Dance Studio #4460.32 Res $20 Non $25	Zumba: 2nd - 30th 9:15am-10:15am Dance Studio #4460.33 Res $25 Non $31.25	Zumba: 7th - 28th 9:15am-10:15am Dance Studio #4460.34 Res $20 Non $25	Zumba: 4th - 25th 9:15am-10:15am Dance Studio #4460.35 Res $20 Non $25

Stay Active

Take off your training wheels!
7 week Indoor Cycling

Join this indoor cycling adventure that takes the road experience to the gym. It is a 1 hour non impact group exercise class that with the combination of good music, visualization, fitness education, and fun. Water bottle required. Instructor: Jen Kaina

DATES:	Saturdays
DAYS:	Feb 1st - March 22 (no class 2/22)
TIMES:	8:00am-9:00am
FEE:	Res $ 28.00 Non $35.00
CLASS #:	4439.31
DEADLINE:	Jan 23, 2013
MIN/MAX	10/18
LOCATION:	University Fitness, Wells Building.

* Please contact Michelle Dujardin for directions.

Hike or Snowshoe with BicycleWise

Hike or Snowshoe on Fridays at 3:30 pm in Nov.-Feb. Call BicycleWise for more info.

Mountain Bike Rides

Mountain bike rides on Fridays in Sept & Oct at 3:30 pm. Meet at the John Muir Trail Head. Helmets & trail pass required. Call 473-4730 for details.

Free Flat Classes at Bicyclewise

Free flat classes at BicycleWise on Saturdays in October at 1pm or by appointment. Best to bring your own bike but we will provide a bike if you don't have yours. Call 473-4730 for details.

Pole Walking Instruction

Turn your walk into a total body workout by using poles. Increase your cardio workout by 20% and calorie burn by up to 48% more! Lessen the impact on joints, and Walking with poles naturally aligns your spine and works your core. Save time, too! Thirty minutes of pole walking equals 50 minutes of regular walking.

Nordic Walking is perfect for any age!

For class or to try out Nordic Poles, please contact Deb Weberpal at 262-473-0535 for details

Ice Age Trail ranks in Runner's World Top 25

Runner's World Magazine ranks the Ice Age National Scenic Trail in the Southern Kettle Moraine area as one of the "crown jewels" of trail running in the United States.

The home to the Ice Age 50 and Kettle Moraine 100 Endurance Runs made the magazine's top 25 in a special edition focused on trails, runners and races. The featured section would be found from the trailhead off Highway 12, west of La Grange, or via the path from the Nordic Trails in the state forest.

Here's the Runner's World description: "...You'll find a mix of evergreen and deciduous groves interspersed with prairies, ponds, marshes and kettles left behind by long-ago ice floes."

Visit http://discoverwhitewater.org/calendar for detailed hiking times and location

5 Benefits of Walking to School

If you are able to walk your child to and from school, consider these five benefits of doing so:

- **Walking is great exercise** for you and your kid. If done regularly, even for 10 to 15 minutes, it can improve your health, your circulation and your mental concentration. And it can help you and your kid stay in shape and keep extra pounds off.
- **It's better for the environment** since walking doesn't release pollutants into the air. Also, pedestrians breathe cleaner air than drivers who end up inhaling emissions in their car for hours.
- Your daily walk will be **a good time to talk with your child** and get to know each other better. You can also meet other kids and parents walking to school.
- By walking, your child will **learn about safety in the street and how to navigate traffic**. Your child will also get to know the surroundings and the neighborhood better.
- You'll be **saving money on gas**, as well as avoiding headaches with traffic and parking. When walking, you set your pace, making it less stressful than driving.

www.thebeehive.org

Whitewater Aquatic Center

Fun Swimming Facts:

- An hour of vigorous swimming will burn up to 650 calories. It burns off more calories than walking or biking.
- Swimming strengthens the heart and lungs.
- Water's buoyancy make swimming the ideal exercise for physical therapy and rehabilitation or for anyone seeking a low-impact exercise.

Whitewater Aquatic & Fitness Center

Engaging the community in fun-filled wellness.

A 501(c)3 Charitable Organization

A place with something for everyone…

Buy a membership or pay only $6 per day.

Many fitness classes are included with your admission.

Check out our classes!

- Cardio Strength
- Chair Flex N Stretch
- Stretch It
- Step/.Bosu Interval Strength
- Cardio Karate
- Boot Camp for kids and adults
- Suspension Training
- Senior Strength and Balance
- Zumba
- Drums Alive for kids and adults
- Intro to Yoga, Yoga, Yin Yoga, Yoga Flow
- Cardio Salsa
- BURN: Fitness and Nutrition Group
- Dash and Splash Water Aerobics
- Golden Waves Water Aerobics
- Joints in Motion Water Aerobics
- Water Movement Water Aerobics
- After Work Water Aerobics
- Deep Water Workout
- Total Aqua Conditioning
- Private Water Therapy Sessions
- Personal Training
- Aqua Adult Swim Lessons
- Go For The Gold Middle/High School Swim Lessons
- American Red Cross Swim Lessons
- American Red Cross Lifeguard Training
- American Red Cross Water Safety Instructor
- American Red Cross First Aid/CPR
- American Red Cross Babysitter Training
- Masters Swim

Upcoming Special Events:

WACarnival

Saturday, September 21

1:00pm—4:00pm

American Red Cross Swimming Lessons

Choose from:
Monday/Wednesday, Tuesday/Thursday or Saturday Lessons

Watch for...

FEAR FEST

in October

American Red Cross Lifeguard Training

Sept 12 - 16

Watch for ...

TURKEY TROT

in November

DID YOU KNOW???

*The Whitewater Aquatic and Fitness Center has an 8 lane lap pool, Whirlpool and zero depth pool complete with a lazy river and 120 foot water slide?

*The Whitewater Aquatic and Fitness Center offers birthday parties and private rentals?

ALL FOR ONLY $6 A DAY!

Visit our website or call for more information!

www.whitewateraquatic.com 262-473-4900.

Youth Basketball

Youth Basketball Instruction

A skill building basketball experience for elementary children. An emphasis is placed on learning basketball skills, the game of basketball, and having fun! November practices will be instructional and December practices will include 3-on-3 games. Adjustable basket heights will be used in accordance to the age group. Each participant will receive a team jersey with a number.

DATES: November 9, 2013 - December 21, 2013 (no class on 11/30/13)
(all dates subject to gym availability)
DAY: Saturdays
MIN/MAX: 10/40
FEE: Resident $30.00
Non Resident $37.50
DEADLINE: October 21, 2013
LOCATION: Washington Elementary

CLASS #	TIME	GENDER	GRADES
1303.31	8:30– 9:30 am	Boys/Girls	4K/5K
1304.31	9:45– 10:45 am	Boys	1 & 2
1302.31	11:00 am– Noon	Girls	1 & 2

Youth Basketball League

The league is a joint effort between Eagle, Fort Atkinson, Johnson Creek, Palmyra, and Whitewater to offer a recreational basketball league for boys and girls in grades 3-6. Players will be assigned to a team and a volunteer coach and/or coaches. Game schedules will vary based on gym availability. Teams will practice once a week beginning the week of December 2nd.

DATES: January 4, 2014 - February 22, 2014
DAY: Saturdays
MIN/MAX: 8/20
FEE: Resident $40.00
Non Resident $50.00
DEADLINE: November 11, 2013
LOCATION: Various Local Gyms

CLASS #	GENDER	GRADES
1306.31	Boys	3rd & 4th
1307.31	Girls	3rd & 4th
1308.31	Boys	5th & 6th
1309.31	Girls	5th & 6th

Introduction to Basketball

It's about that time to dust of those tennis shoes and get ready for basketball! Our Introduction to Basketball program is geared towards maximizing participation and learning while teaching the fundamentals of the sport including dribbling, passing, shooting, and defense. Whether you are a newcomer to basketball or you have past experience, this program is a fun and enjoyable way to develop those fundamental skills. Participants will receive a t-shirt and basketball.

DATES: Sept. 24– Oct. 10
DAY: Tuesday, Wednesday, Thursdays
TIMES: 3:30-4:30 (K-2)
4:30-5:30 (3-5)
Grade: Kindergarten– 2nd
3rd– 5th
MIN/MAX: 8/20
FEE: **$20.00**
DEADLINE: Sept. 9, 2013
LOCATION: Various local schools

CLASS #:	K- 2nd	3rd- 5th
	1310.31	1311.31

Register Online at:
http://activenet9.active.com/whitewater

Community Happenings

Studio 84

A Creative Focus on the Abilities through the Arts

262-812-7560

www.studio84inc.org

info@studio84inc.org

Classes in art are open to all ages and abilities. Our staff specializes in working with people with disabilities. We believe in inclusion whenever possible. Students can sign up and schedule any time that is convenience with their schedule and can choose the medium they are interested in learning.

Registration is done through Studio 84.

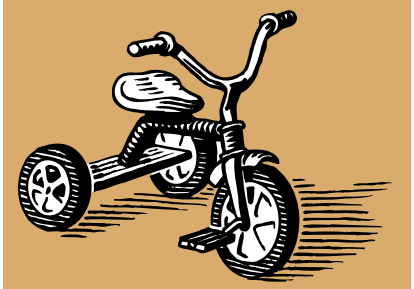
Community Organizations

Whitewater Aquatic & Fitness Center	whitewateraquatic.com	473-4900
Chamber of Commerce	Marie Koch	473-4005
Whitewater Tourism	Marie Koch	473-4005
Downtown Whitewater	Tami Brodnicki	473-2200
UW Williams Center (Rec Sports)		473-1544
Whitewater Youth Football www.wyflonline.com	Tom Grosinske	472-9872
Whitewater Youth Soccer www.whitewatersoccer.com	Mark Korf	608-883-6916
Whitewater Youth Basketball	Mike Schumacher msschoey@idcnet.com	
Whitewater Youth Baseball (Ages 15 & Up)	Candi Mass jcjj1993@live.com	473-8338
J-Hawk Aquatic Club	Cheri Zimdars	473-1800
Whitewater Youth Wrestling	Wendall Bean	473-8003
Irvin L. Young Library		473-0530
Walworth County Nutrition	Sue Chapman	473-0536
Whitewater Arts Alliance www.whitewaterarts.org		
Whitewater 4-H	Laurie Giorno	473-6065
Whitewater Raptors Wrestling Club	John Schimming jschimming@wwusd.org	

Messy Fest 2013

Playgroup for Tots

Looking for something for your youngsters to do on Fridays from 10am-Noon? Join this parent organized playgroup at the Downtown Armory for an after-noon of friends and fun! Contact Michelle Dujardin mdujardin@whitewater-wi.gov



Looking for a nice place to play catch, kick the ball, have a picnic or learn a little history?

Whitewater has 22 community parks with an array of amenities, green space, and history. Don't miss out on what Whitewater has to offer, check page 22 for park listings.

Parks & Recreation Life

Have you ever wondered what's its like to work for the Whitewater Parks & Recreation Department? Well, this job can get a little messy!

If you have a talent that you would like to share with the community or looking for current opportunities, please contact us and share your skills and knowledge.

For current opportunities available, please visit: www.whitewater-wi.gov

For future class ideas, please contact Michelle Dujardin at mdujardin@whitewater-wi.gov or call 262-473-0121

CPR

American Heart Association First Aid

Do you know what to do in an emergency? Learn basic first aid from American Heart Association certified instructors. An American Heart Association card is issued with successful completion and is valid for two years.

Date/Time: Tuesday, October 29; 6:00 pm—9:00 pm
Location: Starin Park Community Building
Class #: 4501.31
Deadline: October 19
Fee Resident: $25.00 includes book and completion card
Fee Non Res.: $31.25 includes book and completion card
$10.00 Whitewater Parks & Recreation Approved Youth Sport coaches

American Heart Association CPR/AED

Do you know what to do in an emergency? Learn basic adult and child CPR and automatic external defibrillation (AED) from American Heart Association certified instructors. An American Heart Association card is issued with successful completion and is valid for two years.

Date/Time: Tuesday, November 5; 6:00 pm—9:30 pm
Location: Starin Park Community Building
Class #: 4502.31
Deadline: October 26
Fee Resident: $25.00 includes book and completion card
Fee Non Res.: $31.25 includes book and completion card
$15.00 Whitewater Parks & Recreation Approved Youth Sport coaches

American Heart First Aid and CPR/AED

Both Classes:
Tuesdays, October 29 & November 5; 6:00—9:30 pm
Class #: 4503.31
Deadline: October 19
Fee Resident: $35.00 includes book and completion card
Fee Non Res.: $43.75 includes book and completion card
$17.00 Whitewater Parks & Recreation Approved Youth Sport coaches

Family And Friends CPR

Do you know what to do in an emergency? Learn and practice adult, child and infant CPR and automatic external defibrillation (AED) from American Heart Association certified instructors. This is not a certifying course. There is no test and no card is issued.

Date/Time: Monday, September 23; 6:30 pm Class #: 4504.31
Date/Time: Thursday October 24; 1:30 pm Class #: 4504.32
Date/Time: Wednesday November 6; 1:30 pm Class #: 4504.33
Deadline: 8 days prior to class
Location: Starin Park Community Building
Fee Resident: $5.00 includes book
Fee Non Res.: $6.25 includes book
Free: Whitewater Parks & Recreation Approved Youth Sport coaches and senior center volun-

Register Online at:
http://activenet9.active.com/whitewater

Adult Programs

Free Yoga

Sunrise Yoga with Brienne begins Monday, May 13th from 5:30-6:45am at Cravath Lakefront Park. 341 S. Fremont Street

Bring your own mat or you may practice on the grass. She recommends to drink a glass of water with lemon before and eat breakfast after class. Sunrise Yoga will happen Mondays and Wednesdays through the summer.

Yoga with Sharon will take place on Thursdays from 12-12:45pm on the second floor of the Ambrose Health Center at 710 West Starin Road.

Adult Tap Dance

A Tap class for the adult. Beginners or continuing Adult Tap students welcome.

DATES:	Sept 12 - Nov 14
DAY:	Thursdays
TIME:	6:30 - 8:00 pm
FEE:	Resident $50.00 Non $62.50
DEADLINE:	Sept 4, 20123
LOCATION:	Armory Dance Studio
CLASS #:	4101.31

Fall Softball Leagues

Competition is offered in men's and coed slow pitch softball leagues. Play is open to resident and non-resident players. All leagues play at the Starin Park Softball Diamond. Please review bat information available on the ASA website at www.softball.org.

Registration forms are available at www.whitewater-wi.gov. ***Don't miss the August 25th Registration Deadline!***

Leagues are being offered for men on Tuesdays and for coed on Wednesdays. All teams will be guaranteed six (6) games. League play includes a five (5) game regular season with a single elimination end of season tournament.

DATES:	September 3-October 23, 2013
TIMES:	6:00 - 10:00 pm
FEE:	$150.00
DEADLINE:	August 25, 2013
LOCATION:	Starin Park Softball Diamond
CLASS #:	2107.31 (Tuesday Mens)
	2108.31 (Wednesday Coed)

GREATER MADISON SENIOR SOFTBALL LEAGUE

An opportunity for men ages 55 and up to play organized slow-pitch softball in a fun, safe environment. Go to www.greatermadisonseniorsoftball.com or contact Ray Blum 608-663-5822, gmss@charter.net or Bob Ruhland 608-274-4857, pinbuster@charter.net.

Team Pictured: Beer Here (Fall 2012)

Adult Open Gym

Open Gym hours are provided at the Downtown Armory according to the following schedule:

Basketball	Sundays	6:00-8:00 pm
Basketball	Tuesdays	6:00-8:00 pm
Soccer	Tuesdays/Thursdays	8:00-10:00 pm
Volleyball	Fridays	7:00-11:00 pm

Specialty Programs & Updates

Department Policy Changes

Non-Resident Fees
Effective January 1, 2012 the Parks and Recreation Department has implemented a non-resident fee to all program participants who do not reside in the Whitewater Unified School District. This non-resident fee will be an additional 25% of the listed program fee.

Refunds

- A full refund will be credited/issued to the participant for any program cancelled by the Parks and Recreation Department.
- A full refund will be credited/issued to the participant if a program time, date, or location is changed by the Parks and Recreation Department and the participant is unable to attend because of the change.
- A team fee will be refunded until the deadline for the team registration. After the deadline, the team fee will be refunded only if there is another team willing to fill that spot in the league. Refunds will not be granted for any reason after the playing schedules are created by the Parks and Recreation Department.
- All refund requests not identified in Items 1-3, must be approved by the Parks and Recreation Board through a written request. The board will review the request at its next scheduled meeting after the department receives the refund request.
- All refund requests, if applicable, will be credited to the family account in the registration software program. Requests for a cash refund will be subject to a $10.00 processing fee for each participant and program unless the program was cancelled by the department.
- Late fees paid by either teams or individuals will not be refunded.
- Refunds of $5.00 or less will not be processed, but will be credited to the family account.

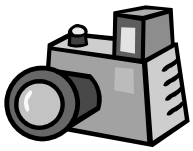
Furniture Reupholstery

Please call MATC directly at 1-800-628-6282 or 920-568-7200 for more information or to register for this course. Equipment needed: Project (chair size or smaller), pliers, tape measure, chisel or screwdriver, scissors, old sheet or blanket, container for tools to sit in. Course includes instruction in the use of tools and equipment, the selection, estimation, and application of fabric, basic construction processes such as webbing, springs, rolled frames and fillings. Heavy duty sewing machines are available.

Please call MATC for class offerings and schedule. 1-800-628-6282

Say Cheese!

For program promotion purposes, photographs may be taken of participants from time to time. If you do not wish to have your photo taken, please notify the photographer and/or class instructor. Photos may be used in publications and/or the website.



The Park Bench Television Show

The Seniors in The Park now have their own Cable TV show! The show features interesting topics and provides information about Seniors in the Park. The show airs on Cable 98 or Digital 990 on Tuesdays, Thursdays, and Fridays at 6:00 pm. Contact Seniors in the Park if you have an idea/topic for a show. Volunteers are still welcome to help with production.

Typo, Human Error, We Goofed....!?

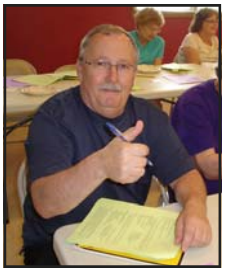
Occasionally there may be an error in days, times, registration requirements or fees in the brochure. When such errors occur, our staff will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

Parks & Recreation Newsletter

A newsletter is sent out weekly via email, to be added to the listing to receive the most current and up-to-date department news, email Matt Amundson at mamundson@whitewater-wi.gov.

www.whitewater-wi.gov

Seniors In The Park



Senior Centers—Experts at Living Well

Seniors in the Park has resources and tools which empower older adults to make choices that will enhance their lives and help them become Experts at Living Well. We offer a variety of health and fitness classes, lifelong learning opportunities and encourage involvement in the center and the community. Whether it's trying Tai Chi, attending a watercolor class, or enjoying a travel experience, these activities add richness to the lives of older adults in the community. Celebrate the programming and services that enable you to become an Expert at Living Well.

Activities and Programs

Activities take place at the Starin Park Community Building and are free of charge unless otherwise noted. Some events require preregistration, please call or email in advance. Detailed information on these and other activities can be found at www.whitewater-wi.gov, (Departments, Seniors in the Park), in the Park Bench newsletter which is available by email, at the Starin Park Community Building, the Irvin L Young Library, the Municipal Building, and businesses throughout Whitewater, by calling 262-473-0535, or sign up for our mailing list.

Surviving Aging Lecture Series

September 26: Susan Martin, writer and storyteller, reflects on "Lessons Learned' and shares her own personal practices for daily survival that can be put to use at any age. Class #5401.32

October 3: Kristin Arnett, CHHP, AADP, and BS in Nutrition, will reveal little known 'food facts' that maybe contributing negatively to your sleep patterns, inflammation and energy level. Hear a few, simple and very 'doable" tips for seniors. Class #5401.33

October 10: Reverend Joan Rogers, Ordained Minister of Spirit of Charity church, will address True Inner Peace. All of our experiences, whether positive or apparently negative, are included into our healing and rebirth as whole individuals. Class #5401.34

October 17: Sue Lancaster CYT, LMT, will share her knowledge of the healing qualities of massage and the role it can play in alleviating some of the symptoms of aging. She will be providing complimentary hand and arm massages. Class #5401.35

October 24: Laurie Asbeck, Reiki Practitioner and owner of All One Spirit Healing Center, will present Relaxation Techniques for Everyday Living and will be providing complimentary relaxation CD's. Class #5401.36

Day/Time: Thursdays, 1:00 pm
Fee: 5 Class series-$15.00 resident $18.75 non–resident
Single class- $5.00 resident $6.25 non-resident
Class #5401.31

Deadline for series: September 19
Deadline for single class: One week in advance

More American History Stories Lecture Series

October 2: Embattled Farmers, Loyalists, Redcoats, and Minutemen: The American Revolution and the New Nation
October 9: Speeches that Define America
October 16: "Disputed" Lands of the West: Native American Nations, the Lone Star Republic of Texas, Mexico, and the United States
October 23: Creating the American Nation: Thirty-Five Inspired Presidential Actions

Family Directed Home Funerals and Green Burials

Family-directed home funerals define how you or your loved one would like to be honored and handled upon passing and provides additional burial choices, allowing your final act to be one of kindness to our earth.

Day/Date: Monday, September 30
Time: 1:00-2:30 pm
Deadline: Monday September 23

Forgiveness: The Key to Happiness

Unforgiving thoughts and long-held grievances affect us on all levels of our peace and wellness. True freedom comes from understanding what grievances do to us and how healing them releases us to live a happier, more peaceful life. Answer that nagging question: Can I really forgive ?

Presenter: Rev. Joan Rogers
Day/Date: October 10
Time: 9:00-11:00 am
Fee: $5.00 resident
$6.25 non-resident
Deadline: October 2
Class #: 55402.31
Minimum/Max: 5/10

Seniors In The Park

You can now view the Seniors in the Park schedule of activities and register for classes online at http://schedulesplus.com/wwtr. We hope to add an online payment option after the first of the year.

Line Dance

Kick up your heels and have fun learning traditional and new lines dances.

Where:	Armory Dance Studio
Day/Time:	Wednesday, 2:00
Session 1:	October 9—November 13
Fee:	24.00 residents 30.00 non–residents
Class # :	5305.31
Session 2:	November 20-December 18 (No class November 27)
Fee:	$16.00 residents $20.00 non–residents
Class # :	5305.32
Deadline:	November 6, 2013

Pickleball

Pickleball is a fun, social, easy to learn game that is a cross between badminton, table tennis, and tennis. It's is played on a small court, with large paddles and a wiffle-like ball. You don't need to be athletic or strong to play. Check out this world wide sport.

Where: Downtown Armory
Day/Time: Tuesdays, 9:00—11:00 am
Monday, Wednesday, Friday
12:30—2:30 pm.

No Pickleball Sept 6-13, Sept. 20 & Nov. 1-6

Bowling League

Wednesdays, beginning September 4, 9:00 AM
Join this fun, recreational league at Hawk Bowl. League runs through mid-March. Questions, call Henry Malo at 262-472-0262.

Walk Away the Pounds

Wednesdays, 10:00 am

Low impact, easy to follow walking class. Walk anywhere from 1-4 miles indoors and firm up your midsection with facilitator Mona Baker and a walking DVD. This class is safe for all ages and fitness levels.

Ongoing Activities and Services

Bid Euchre—Mondays 1:00
Bingo—First, second and fourth Tuesday, 10:00 am
Blood Pressure Screening—Second and Fourth Tuesday at 11:00am.
Book Club—First Monday 10:30. Books available at Starin Park
Canasta—First, third and fifth Mondays, 1:30 pm
Chess—Wednesdays, 1:00 Beginners welcome
Core & More—Monday & Thursday 8:45 am. $30 for 10 class pass
Computer Tutoring—offered monthly
Dominoes—First Tuesday, 11:45
Foot Clinic—First Tuesday by appointment. Bring a towel. $15.00
'FUN'ctional Fitness—Monday & Thursday, 9:30 am, $1.00 per class
Mah Jong—Mondays 1:00 pm
Potluck—First Tuesday, 11:15. Bring a dish to pass
Our House Senior Living Movie—Second, Fourth, & Fifth Tuesday, 12:30 pm
Scrabble—First Thursday, 1:00 pm; Third Tuesday, 10:00 am
Senior Forum—First Monday at noon
Sheepshead—Tuesdays, 1:00 pm
Texas Hold 'em Poker—First & third Wednesday, 1:00 pm
Zumba Gold ® - Wednesdays 12:45 pm, Downtown Armory. Cost $40.00 for a 10 class pass or $5.00 walk-in. Must be paid for at Starin Park Community Bldg.

A Walk in the Park…

Can calm and restore you. Most of us know this intuitively and now science is proving it. Research is showing that walking in nature and spending time under leafy shade trees causes electrochemical changes in the brain. When measuring brain wave activity they found relaxed states, lower frustration, and a higher meditative state when moving into green space and just the reverse when moving out of it. It seems the experience of being in nature is transformative, and can cause a person's emotional state to be uplifted and mental balance to be restored. Being in nature is truly refreshing in a very deep, meaningful way. So take a hike, walk in the woods or sit by a stream and watch the water tumble over rocks.

Seniors In The Park

"Are You a Senior Center Snob"
As Time Goes By Blog, July 12, 2013
(Edited for space)

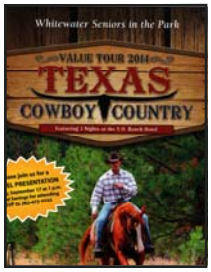
"I was a snob. Throughout my adulthood, when my ignorance of senior centers was total, they conjured never-ending bingo games in my mind, daycare for old people who hadn't the wit about them for anything more challenging. When I started studying aging, I made brief visits to a couple of senior centers. Nothing I saw changed my initial impression. But that was the result of my superficial survey, and falling for the media stereotype (which mostly continues today) of places where elders gather, accepting their assumption that nothing useful or worthwhile is going on there and so neither are the elders within worthy of attention.
Well, shame on me."

Travel Experiences: Extended Travel

Detailed itineraries are available at the Starin Park Community Building or online at www.whitewater-wi.gov, Departments tab, Seniors in the Park. Adults of all ages are welcome on trips. Travel is also a fundraiser for the center.

Holiday in Santa Fe
December 3-7, 2013
Santa Fe is famous for its holiday season decorations featuring a Southwestern flair, especially the Plaza featuring luminarias. Highlights include: tour of Santa Fe, including Loretto Chapel and the Palace of the Governor's, Albuquerque City-the Indian Pueblo Cultural Center, historic Old Town, San Felipe de Neri church, Taos, and El Santuario. Trip includes airfare out of Milwaukee, transportation to and from airport, tips while on the tour, 6 meals, admissions and sightseeing per the itinerary, and 6 nights at Inn of Governors, Santa Fe. **Trip Preview will be on Wednesday, Sept. 11 at 1:00 pm.**
Cost: $1275.00 pp/dbl
Deposit due with registration: $300
Final payment due September 20

Texas Cowboy Country—Mayflower Value Tour 2013
March 22—30, 2014
Trip Highlights: 3 nights at the Y.O. Ranch Hotel, tour the 40,000 acre Y.O Ranch, the National Cowboy & Western Heritage Museum, tour of San Antonio, including Mission San Jose and El Mercado, a narrated river cruise along the San Antonio River Walk, the Alamo, Guided tour of Fort Worth & Historic Stockyards, National Museum of the Pacific War, Lyndon B. Johnson Ranch Park, the Texas Civil War Museum, and Dinner at Cooper's Old Time Pit BBQ (a hill-country tradition since 1953)
Cost: Twin $1,349; Single $1,858
Down payment due with reservation: $210 with insurance; $150 without insurance
Trip Preview will be on Tuesday, Sept. 17 at 1:00 pm. Trip video available online.



California Rail Discovery
May 14-20, 2014
Featuring San Francisco, Lake Tahoe and the Napa Valley Wine Train
Your adventure begins in San Francisco with a city tour and cruise of the bay with views of the Golden Gate Bridge, Alcatraz and the city skyline. An optional tour of Monterey, Carmel, the17 -Mile Drive and Pebble Beach is available. Travel to Napa Valley for an excursion on the Napa Valley Wine Train and enjoy a Wine Tasting and Lunch on board. Overnight in Sacramento with time to wander "Old Town Sacramento". Board Amtrak for a Sierra Nevada Rail Journey through the mountains to the Reno/Lake Tahoe area, spending two nights at a resort. Visit the famous old west town of Virginia City, once the richest place in the world. Enjoy a Lake Tahoe Paddlewheeler Cruise. Trip includes airfare out of Milwaukee, 6 nights in first class hotels, 9 meals, admissions and sightseeing per the itinerary, hotel transfers and Tour Director. Premier World Discovery.
Cost: $2175.00 pp/dbl Deposit due with registration: $300 Deposit deadline: November 14
Final payment due February 28

Vietnam and Cambodia
Watch for more detailed information on this trip or call if interested. **Trip Preview will be on Wednesday, Sept. 11 at 1:00 pm.**

Volunteer Opportunities

Share your talents and expertise with us. Opportunities range from leading activities to van drivers to administrative assistance. Help is especially needed with accreditation renewal, Park Bench TV show, reception, travel planning, van drivers, crafts, and group discussion facilitation. Contact Deb Weberpal for detailed opportunities, 262-473-0535.

Forestry

Featured Fall Parks

Flat Iron Park

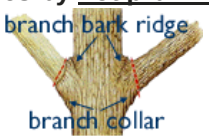
Flat Iron Park is home to the Birge Fountain, which was donated to the city by Julius Birge in 1903. The War Memorial, located near the point of the park, was erected in 1922 to recognize soldiers of all wars. The White Building on the site housed the City Library from 1904 until 1991. The White Building is now home to Whitewater Cable TV and the Whitewater Arts Alliance. Flat Iron Park is located 402 W Main Street.

Brewery Hill

The park received its name from a brewery that once stood on top of the hill. In 1859, George Streng established a brewery, later known as the Whitewater Brewing Co., on the corner of North and Jefferson Streets, which became known as Brewery Hill. The park now features a multipurpose trail and the Rotary Skate Park (pictured). The park is located at 116 W North Street.

How To Make Proper Pruning Cuts

Oak Wilt & Dutch Elm Disease continue to be killers of our elm and oak. As a landowner, you can help prevent or slow down the spread of these diseases by <u>not pruning</u> either species from <u>April 1st—Sept 1st</u>



Large trees aside, there are many pruning jobs that you can do on your own. In all cases, the key is to prune the unwanted branch while protecting the stem or trunk wood of the tree. Tree branches grow from stems at nodes and pruning always takes place on the branch side of a stem -branch node. Branches and stems are separated by a lip of tissue called a stem collar which grows out from the stem at the base of the branch. All pruning cuts should be made on the branch side of this stem collar. This protects the stem and the other branches that might be growing from it. It also allows the tree to heal more effectively after the prune. To prevent tearing of the bark and stem wood, particularly in the case of larger branches, use the following procedure:

1. Make a small wedge shaped cut on the underside of the branch just on the branch side of the stem collar. This will break the bark at that point and prevent a tear from running along the bark and stem tissue.

2. Somewhat farther along the branch, starting at the top of the branch, cut all the way through the branch leaving a stub end.

3. Finally, make a third cut parallel to and just on the branch side of the of the stem collar to reduce the length of the stub as much as possible.

Memorial Tree Planting Program

The City of Whitewater has a program that lets you honor a special person or persons through the living gift of a tree. You can request to "donate" a tree or trees that would be planted in the park of your choice as a memorial. For more details of this program, please call the City Forester Chuck Nass at 473-0542.

Memorial Bench Program

Are you interested in recognizing or memorializing a loved one? Consider a plaque on a park bench in a number of City Parks. For more details of this program, please contact Matt Amundson at 473-0122.

Park Services and Facilities

Reservations for city facilities can be made through the Parks and Recreation Department. All city parks are open from 6:00 am until midnight. Municipal facilities can be reserved from 6:00 am until 11:00 pm. No alcohol is allowed in city parks and facilities except by permit. Alcohol permits are $10.00 and must be applied for two weeks prior to the event. The reservation fees are listed below.
A security/damage deposit of $500.00 is required for all building reservations. Credit card use is acceptable for rentals and damage deposits. The use of Tent Structures must be approved at time of facility request submission.

			4 Hours or Less Fee		Per Hour Fee Over 4 Hours	
	Facility	**Capacity**	**Resident**	**Non-Resident**	**Resident**	**Non-Resident**
	Cravath Lake Community Center	100	$220.00	$275.00	$40.00	$50.00
	Starin Community Building	100	$150.00	$190.00	$30.00	$40.00
	Armory Gym w/ kitchen	300	$150.00	$190.00	$30.00	$40.00
	Armory Dance Studio	25	$150.00	$190.00	$30.00	$40.00
	Armory Activity/Meeting Room	25	$75.00	$95.00	$15.00	$20.00

			Daily Fee	
	Facility	**Capacity**	**Resident**	**Non-Resident**
	Cravath Lake Picnic Shelter	100	$60.00	$75.00
	Trippe Lake Shelter (beach)	100	$70.00	$90.00
	Trippe Lake Picnic Shelter	100	$50.00	$65.00
	Starin Picnic Shelter	100	$50.00	$65.00
	Starin Kiwanis Picnic Shelter	100	$50.00	$65.00

	Daily Fee (unless otherwise noted)		
	Facility	**Resident**	**Non-Resident**
	Cravath Lakefront Park (park area only)	$100.00	$125.00
	Cravath Lakefront Park (park area & picnic shelter)	$120.00	$150.00
	Cravath Lakefront Park (includes picnic shelter, community center for 4 hours, & park)	$285.00	$350.00
	Starin Park Ball Diamond (no lights)	$80.00	$100.00
	Starin Park Ball Diamond w/ lights (South Field only)	$150.00	$190.00
	Starin Park (community building for 4 hours & 1 ball diamond)	$175.00	$215.00
	Starin Park (all 3 ball diamonds)	$225.00	$275.00
	Moraine View Park Soccer Field	$80.00	$100.00
	Moraine View Park (all 7 soccer fields)	$420.00	$525.00
	Any City Park not listed above	$50.00	$65.00

Group	Description	Charge
1	Partner Organizations will not be charged a facility rental fee for their facility usage provided that their facility use is for the purposes of holding an organization meeting, practice, game, etc. Partner organizations provide a charitable good to the Whitewater community and have had a history of receiving free rentals for facility space. For a complete listing of partner organizations, please contact the Parks & Recreation office. Exception: Partner List members holding an event serving food or drink will require paying the entire rental fee. Exclusions: Optimist Breakfast w/ Santa & Kiwanis Pancake Breakfast Any event serving alcohol will be required to pay 100 % of rental fee.	None
2	University of Wisconsin-Whitewater Recognized Organizations, Groups, Schools, Athletics Private Events not serving food or beverages that are free to the public	50% of Published Fee
3	Private Event serving food and/or alcohol Private Event charging admission	100% of Published Fee

New Registration Options & Process

How to Register

Online

Register Online at: http://activenet9.active.com/whitewater or visit the link on the Parks & Recreation Website at www.whitewater-wi.gov

Mail– In/Fax

Mail registration by completing the registration form on the left and return to City Hall or address listed on the form. Checks are payable to: City of Whitewater. Payments using credit cards are accepted in person at the Municipal Center or via fax (262-473-0509).

In Person

Register In Person by visiting the Parks and Recreation office on 2nd floor of the Municipal Building at 312 W Whitewater. Our office hours are Monday-Friday, 8AM-5PM.
For your convenience a 24 hour drop box is located at the Municipal Center Whitewater Street

Register online to increase the chance of getting into the classes of your choice: http://activenet9.active.com/whitewater

How Do I know If I'm In A Class
If you mail in a complete registration form and payment, assume you are in the class. We will call you with any problems or questions we have. Anyone who provides an email address will receive an email receipt confirmation of all programs registered for.

Satisfaction Guarantee
You are important to us! Our department is committed to providing high-quality programs and services. If you are not satisfied with a class or program, please contact us. We will arrange for a transfer, refund, or credit. Trips are excluded from this reimbursement policy.

Class Cancellations
The Parks and Recreation Department reserves the right to cancel a class and make schedule changes when enrollment does not reach the minimum number. Notification will be made as soon as possible.

Charges, Fees and Refunds
Fees are established with an attempt to standardize cost according to the number of sessions, facilities, equipment and supervision. Full refunds will be given when the Parks and Recreation Department cancels a class or makes a change in the class schedule.

Recreation Sunshine Fund

The Whitewater Parks and Recreation Department believes in providing services and programs to all who wish to participate, regardless of financial status. A fund has been created to assist those who wish to participate in our programs but do not have the financial ability to do so.

Applicants must live within the Whitewater Unified School District boundaries and approved applicants will need to pay half of the program cost. To apply, please request a copy of the application from the Parks and Recreation Department. All requests are confidential. Applicants need to submit a request form for each request. Applications will not be accepted for program registrations that have previously been processed and the approval will be based on the availability of funds in the Recreation Sunshine Fund.

Recreation Inclusion
The City of Whitewater proudly complies with the Americans with Disabilities Act and will make reasonable modifications to support inclusive recreation participation. For answers to your questions about recreation inclusion, call Michelle Dujardin at 262-473-0121 or contact by email at mdujardin@whitewater-wi.gov

Late Fees!
Please read the deadline dates very carefully. A late fee of $10.00 will be enforced and assessed to each person and to each program

Registration Form

Fill out all parts of this form carefully. Incomplete or inaccurate information will delay your registration.

Step 1: Fill in information below as an individual or as a family.

Self or Adult Contact

_____
(if registering children) *Last Name* *First Name*

Home Phone _____ Cell Phone _____ Email Address _____

Address, City, State, Zip

_____
Address *City* *State* *Zip*

If registering children: Adult's full name _____ Adult's work phone _____
Adult's full name _____ Adult's work phone _____

In emergency, contact:

_____
Name *Relationship to Participant or Family* *Phone*

Allergies, Asthma and/or other medical conditions: _____

Step 2: Participant Information

Registrant's First & Last Name	Age	Sex	Birthdate	Class #	Program Name	Amount

**Add $1 or more to your total fees to help provide financial assistance for City of Whitewater Residents unable to afford program fees. Thanks for supporting the Sunshine Fund.*

Sunshine Program Mark Up** ***(Optional) **$**_____

Check/Cash **Total:** **$** _____

Step 3: Charge Information (Not necessary if paying by check or cash).

Credit Card Number	*Expiration Date*
Card Holder (print name)	*Payment Amount*
Authorized Signature	*Type of Card*

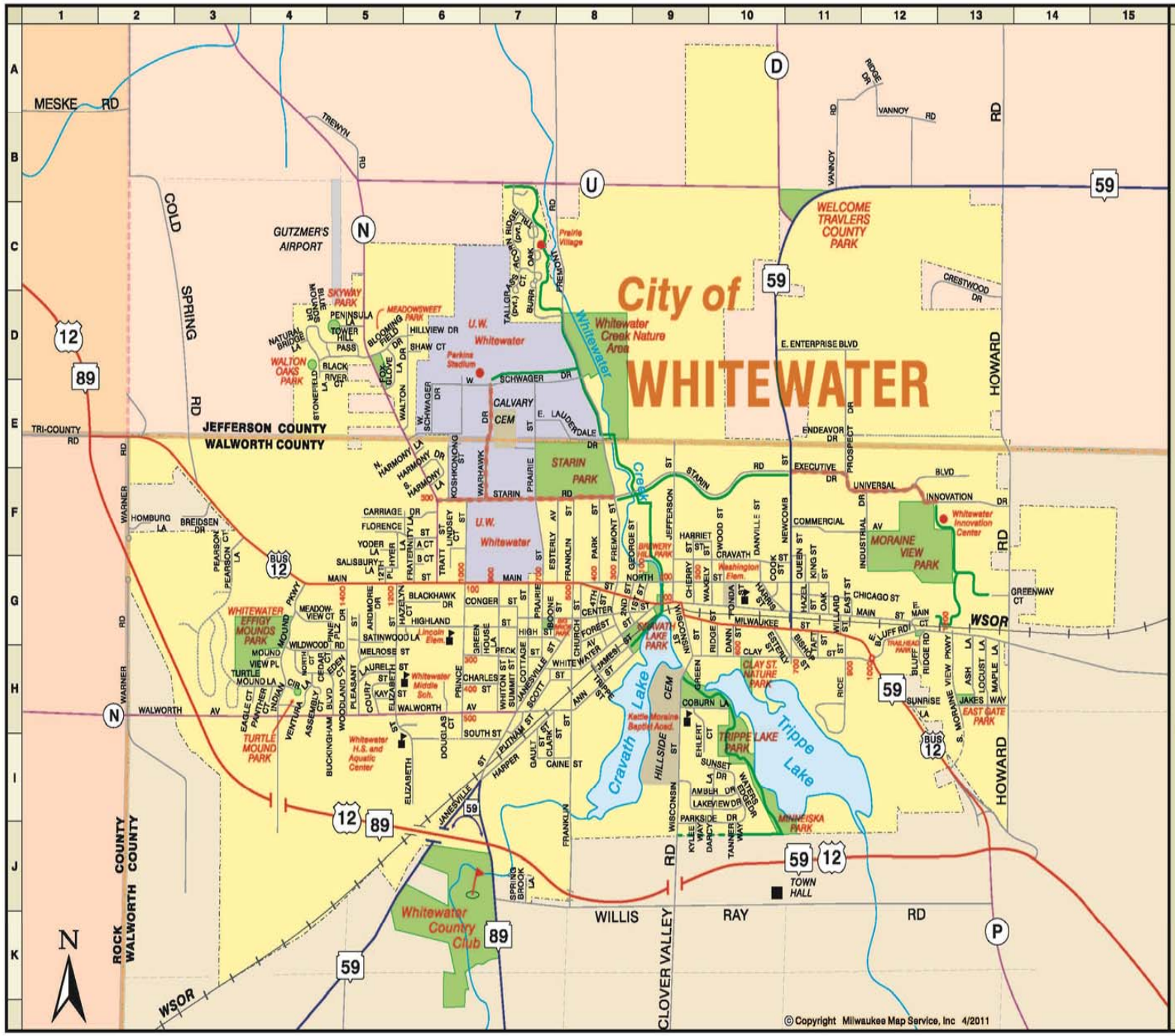
Step 4: Release of Liability

I agree to the unreserved use of my name and/or likeness (including photographs, videotapes, and other depictions) for publicizing Whitewater Parks and Recreation Department programs. I assume all risks and hazards of the program and release from responsibility any employee/agent/volunteer/organization associated with this activity. In case of injury, I do hereby waive all claims or legal actions, financial or otherwise, against the City of Whitewater, its organizers, sponsors, or any volunteer connected with the program unless injury is caused by the sole negligence of the City of Whitewater. In absence of signature, payment of fees and participation in the program shall constitute acceptance of the conditions set forth for any purpose.

Parent/Guardian Signature: _____ Date: _____

Park Services and Facilities

	Acres	Picnic Area	Enclosed Shelter	Open Shelter	Grills	Drinking Water	Restrooms	Playground Equipment	Boat Ramp	Fishing	Trails/Hiking	Ball Diamonds	Sand Volleyball Court	Cross-Country Skiing	Snowshoeing	Multi-purpose Area	Water Features	Ice Skating	Disc Golf	Skate Park	Pet Exercise Area
Community Parks																					
Starin 504 W Starin Road	34.6	•	•	•	•	•	•	•			•	•		•	•	•					
Trippe Lake 407 S Wisconsin Street	24.2	•		•	•	•	•	•	•	•	•			•	•	•	•				
Cravath Lakefront 341 S Fremont Street	6.1	•	•	•		•	•		•	•	•			•	•	•	•				
Moraine View 1201 E Innovation Drive	45.0	•									•					•					•
Whitewater Creek Nature Area 685 N Fremont Street	59.8	•								•	•			•	•		•				
Archeological Park																					
Whitewater Effigy Mounds Preserve 288 S Indian Mound Parkway	21.5	•									•										
Neighborhood Parks																					
Skyway 1302 W Tower Hill Pass	4.1	•						•								•					
Brewery Hill / Armory 116 W North Street	7.3	•				•					•					•	•			•	
Meadowsweet 601 N Tratt Street	4.0	•									•					•					
Minneiska Park 731 S Tanner Way	20.0										•					•	•				
Mini Parks																					
East Gate Park 1271 E Jakes Way	2.0							•								•					
Walton Oaks 654 N Stone Field Lane	2.6										•					•					
Clay Street Nature Park 511 E Clay Street	1.4	•								•						•					
Main Street Shoppes Courtyard 112 N First Street	0.1	•																			
Flat Iron 402 W Main Street	0.7															•					
Trailhead 1175 E Bluff Road	0.7																				
Ward 180 N Hyer Lane	2.9																				
Big Brick 611 W Center Street	1.1	•	•			•	•	•								•		•			
Mill Race 124 W Main Street	0.6	•								•											
Ray Trost Nature Preserve 130 E Starin Road	2.0										•										
Turtle Mound 1602 W Turtle Mound Circle	1.0	•	•	•				•								•					
Public School Facilities																					
Whitewater High School	69.3	•				•	•				•	•		•	•	•					
Whitewater Middle School	25.1	•				•	•					•				•					
Lincoln Elementary	10.3	•				•	•	•				•				•					
Washington Elementary	8.2					•		•				•	•			•					


City of
WHITEWATER
Whitewater Creek Nature Area
Whitewater
Cravath Lake
Tripp Lake
Cravath Lake Park
Tripp Lake Park
Clay St. Nature Park
Minkeiska Park
Starin Park
Moraine View Park
Welcome Travlers County Park
Gutzmer's Airport
Skyway Park
Walton Oaks Park
Meadowsweet Park
Parkins Stadium
U.W. Whitewater
Whitewater Innovation Center
Whitewater Effigy Mounds Park
Turtle Mound Park
Whitewater H.S. and Aquatic Center
Whitewater Middle Sch.
Whitewater Country Club
Calvary Cem
Brewery Hill Park
Washington Elem.
Lincoln Elem.
Kettle Moraine Baptist Acad.
Prairie Village
Trailhead Park
East Gate Park
Town Hall
Jefferson County
Walworth County
Rock County
Walworth County
Meske Rd
Cold Spring Rd
Howard Rd
Willis Ray Rd
Clover Valley Rd
Tri-County Rd
Vannoy Rd
Ridge Dr
Crestwood Dr
E. Enterprise Blvd
Endeavor Dr
Universal Blvd
Innovation Dr
Greenway Ct
Main St
Walworth Av
Starin Rd
Janesville St
Prairie St
Franklin St
Fremont St
Janesville St
Milwaukee St
Chicago St
Clay St
Sunset Dr
Sunrise La
Jakes Way
Ash St
Locust La
Maple La
S. Moraine View Pkwy
Bluff Rd
Ridge Rd
Wisconsin St
Hillside St
Coburn La
Kylee Way
Dandy Tr
Tanner Way
Parkside Dr
Lakeview Dr
Amber Dr
Sunset Dr
Ehlert Ct
Green St
Harris St
Cook St
Newcomb St
Prospect Dr
Executive Dr
Universal Dr
Industrial Dr
Commercial Av
Harriet St
Cravath St
Danville St
Queen St
King St
Hazel St
Oak St
Willard St
Bisbee Ct
Rice St
Estebly St
Clay St
Milwaukee St
Dann St
Ponda St
Cherry St
Wakely St
Jefferson St
Franklin St
Esterly Av
Prairie St
Boone St
Janesville St
Cottage St
Scott St
Putnam St
Harper St
Gault St
Clark St
Caine St
Elizabeth St
Douglas Ct
Whiton St
Summit St
Prince St
Peck St
Green House La
Charles St
Melrose St
Aurelia St
Kay St
Elizabeth St
Walworth St
South St
Walworth Av
Warner Rd
Warner Rd
Pearson Ct
Pearson La
Pearson Pkwy
Meadow View Ct
Wildwood Rd
Mound View Pl
Turtle Mound La
Cedar Ct
Eden Ct
Pine Plz
Eagle Ct
Panther Ct
Indian Cir
Ventura La
Assembly Blvd
Buckingham Blvd
Woodland Cy
Pleasant Ct
Court St
Elizabeth St
Highland Dr
Hazelyn Ct
Ardmore Dr
Hillside Dr
Blackhawk Dr
Highland Dr
Sinwood La
Melrose St
Aurelia St
Kay St
Elizabeth St
Walworth St
South St
Caine St
Janesville St
Spring Brook La
Franklin St