

# *Experience* The City of Whitewater

## Parks & Recreation Fall 2012 Guide



City Website:  
[www.whitewater.wi.gov](http://www.whitewater.wi.gov)

To Register Visit:  
<http://activenet9.active.com/whitewater>



**FREE ADMISSION!**

**STATE CHAMPIONSHIP  
BBQ COMPETITION**

**BEER  
TASTING**

**PIG  
ROAST**

**LIVE MUSIC  
ALL DAY!**

**MOTORCYCLE  
SHOW**

**ARTS & CRAFTS**

**5K RUN**

**KIDS  
ACTIVITIES**

**PIG  
IN THE  
PARK**



**COME ON DOWN**  
**Friday Sept. 21: 6-10pm**  
**Saturday Sept 22nd: 10am-11pm**

**CRAVATH LAKEFRONT PARK**  
**WHITEWATER, WI**

**FOR MORE INFORMATION & MUSIC LINEUP VISIT**

**WWW.PIGINTHEPARK.NET**

**PRESENTED BY: DOWNTOWN WHITEWATER INC., CITY OF WHITEWATER, W3, AND  
THE UNIVERSITY OF WISCONSIN-WHITEWATER**

**~GRILL IT ~ TASTE IT ~ GROOVE IT ~ SIP IT ~ OINK WITH IT! ~**

# General Information

## Special Events Listing

Looking for something to do???

[http://www.whitewater-wi.gov/  
ParksandRecreation/SpecialEvents](http://www.whitewater-wi.gov/ParksandRecreation/SpecialEvents)

## Community Organizations

Whitewater Aquatic & Fitness Center	<a href="http://whitewateraquatic.com">whitewateraquatic.com</a>	473-4900
Chamber of Commerce	Deb Williamson	473-4005
Whitewater Tourism	Tracy Fader	473-4005
Downtown Whitewater	Tami Brodnicki	473-2200
UW Williams Center (Rec Sports)		473-1544
Whitewater Youth Football <a href="http://www.wyflonline.com">www.wyflonline.com</a>	Tom Grosinske	472-9872
Whitewater Youth Soccer <a href="http://www.whitewatersoccer.com">www.whitewatersoccer.com</a>	Mark Korf	608-883-6916
Whitewater Youth Basketball	Mike Schumacher <a href="mailto:msschoey@idnet.com">msschoey@idnet.com</a>	
Whitewater Youth Baseball (Ages 15 & Up)	Candi Mass <a href="mailto:icji1993@live.com">icji1993@live.com</a>	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 <a href="http://www.whitewaterarts.org">www.whitewaterarts.org</a>		
Whitewater 4-H	Laurie Giorno	473-6065
Whitewater Raptors Wrestling Club	John Schimming <a href="mailto:jschimming@wwusd.org">jschimming@wwusd.org</a>	

## 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.**



L-R: Dujardin, Nass, Stanford, Slocum, Hilgen, Cromos, Weberpal, Amundson

## 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 contact Nancy Stanford
- 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, contact Michelle Dujardin
- For questions or concerns on forestry or tree related concerns, contact Chuck Nass
- For questions or concerns regarding youth and adult sports, city facilities, park maintenance, or park development, contact Matt Amundson

## Whitewater Parks and Recreation Team

Matt Amundson, CPRP	Parks & Recreation Director	262-473-0122	<a href="mailto:mamundson@whitewater-wi.gov">mamundson@whitewater-wi.gov</a>
Chuck Nass	Parks/Streets Superintendent & City Forester	262-473-0542	<a href="mailto:cnass@whitewater-wi.gov">cnass@whitewater-wi.gov</a>
Michelle Dujardin, CPRP	Recreation & Community Events Programmer	262-473-0121	<a href="mailto:mdujardin@whitewater-wi.gov">mdujardin@whitewater-wi.gov</a>
Deb Weberpal, CPRP	Senior Coordinator	262-473-0535	<a href="mailto:dweberpal@whitewater-wi.gov">dweberpal@whitewater-wi.gov</a>
Nancy Stanford	Administrative Assistant	262-473-0101	<a href="mailto:nstanford@whitewater-wi.gov">nstanford@whitewater-wi.gov</a>
Debbie Hilgen	Administrative Assistant	262-473-0103	<a href="mailto:dhilgen@whitewater-wi.gov">dhilgen@whitewater-wi.gov</a>
Dwight Slocum	Buildings Maintenance	262-473-0146	<a href="mailto:dslocum@whitewater-wi.gov">dslocum@whitewater-wi.gov</a>
Kyle Cromos	Buildings Maintenance		<a href="mailto:kcromos@whitewater-wi.gov">kcromos@whitewater-wi.gov</a>

# Sponsorship Recognition

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.

## Baseball, Softball, T-Ball & Rookie Ball

Burtness Chevy	Zingg Motors
DuVal Construction	Winchester True Value Hardware
Hawk Bowl	La Belle Portrait Studio
Whitewater Wal-Mart	UWW Community Optimists
Bray Orthodontics	Good Morning Advertiser
First Citizens State Bank	Whitewater Country Club
Whitewater Culvers	Whitewater Toppers
Aropa	Daniels Sentry
LSM Chiropractic	
Fort Community Credit Union of Whitewater	



## Concerts In The Park & Family Fun Nights

The Coburn Company	Dale's Bootery
Seniors In The Park	Whitewater Snoseekers
Whitewater Wal-Mart	Whitewater Culvers
Dental Perfections	Triebold Implement
Commercial Bank	Fairhaven
Tri-County Cooling & Heating	

## Adult League

First United Methodist	Coyote Grill
Standard Process	LakeFront Pub
Ricks Eastside Pub	Rosa's Pizza
Anderson Farms	Pumpers and Mitchells
Fat Jacks	Beer Here
Station 1	Zingg Motors
Denny K's	



## Special Events Listing

Looking for something to do???

<http://www.whitewater-wi.gov/ParksandRecreation/SpecialEvents>

Interested in being a Whitewater Parks & Recreation Sponsor? Opportunities are available year round, please be sure to contact Matt Amundson or Michelle Dujardin for details.

# Special Events



## W3 Fit Kid Shuffle

Saturday, September 22nd  
Check In Ends: 9:15am, Event Begins 9:30am

Whitewater is calling all kids to Cravath Lakefront Park to participate in this one mile fun run, walk or stroll event. The Fit Kid Shuffle is for all levels, and the use of wagons, strollers and wheelchairs is encouraged. Bikes and rollerblades are not allowed. The Fit Kid Shuffle begins at 9:30am and will start and end at Cravath Lakefront Park Arch. The age limit for participants is 14 years and younger (excluding escorts). For more information about the Working for Whitewater's Wellness (W3) Coalition go to [www.w3wellness.org](http://www.w3wellness.org).

Pre-registration Deadline: September 15, 2012  
On-Site Registration is Available Cost: FREE!  
To register online, visit  
[www.w3wellness.org](http://www.w3wellness.org) or [www.runrace.net](http://www.runrace.net)

## W3 Be Active TODAY! 5k Run/Walk

Saturday, September 22nd  
Check In starts at 6:30am: Event Begins at 8:00am

Enjoy Whitewater's trail system at this year's 5k event. The W3 Be Active TODAY! 5k will begin at 8:00am followed by the Fit Kid Shuffle at 9:30am. This event is for all levels, and the use of strollers and wheelchairs is encouraged. Bikes, rollerblades and wagons are not allowed. Both races will start and end at Cravath Lakefront Park Arch. Pre-registration guarantees a t-shirt. Proceeds will benefit Working for Whitewater's Wellness (W3) Coalition to promote wellness and connect community ([www.w3wellness.org](http://www.w3wellness.org)). Pre-registration Deadline: Sept 15th

Age 17 and Under

Pre-registration \$10 (Guaranteed t-shirt), Day of registration \$15

Age 18 and Over

Pre-registration \$20 (Guaranteed t-shirt), Day of registration \$25

To register online, visit  
[www.w3wellness.org](http://www.w3wellness.org) or [www.runrace.net](http://www.runrace.net)

\*\*\* All pre registrants will receive a raffle ticket to win valuable prizes at the conclusion of the event.

## 2nd Annual Run for Trey

Sunday, October 14th  
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 14th. 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](http://www.treysfield.org)

If you are interested in volunteering or sponsoring this event, please email Carol Anason at  
[carol54136@yahoo.com](mailto:carol54136@yahoo.com) call 920-475-2799

Pre-registration \$20.00  
Day of registration \$25.00

## Pedal for a Cause

Looking for a way to get out of the cold and enjoy a cycling class? Join us as we pedal for a cause. Select one of the following causes and get ready to ride. 1 & 2 hour classes are available. Please bring your monetary donation to class. Sign up is free and required. Water bottle required. Instructor: Jen Kaina

### 1 HOUR RIDE

DATE: September 30, 2012  
DAY: Sunday  
TIME: 8:30am-9:30am  
FEE: \$10 Minimum Donation  
CLASS #: 4454.31  
DEADLINE: September 20, 2012  
MIN/MAX 10/18  
LOCATION: University Fitness, Wells Building.

### 2 HOUR RIDE

DATE: December 9, 2012  
DAY: Sunday  
TIME: 8:30am-10:30am  
FEE: \$20 Minimum Donation  
CLASS #: 4455.31  
DEADLINE: November 21, 2012  
MIN/MAX 10/18  
LOCATION: University Fitness, Wells Building.

Pedal for a cause:

- Treyton Kilar Field of Dreams
- Ray Trost Nature Preserve
- Touched by a Paw
- W3
- Whitewater Food Pantry

\* Please contact Michelle Dujardin for directions.



**Save the Date!**  
**Freeze Fest 2013**  
**Saturday, February 16th**

# New Programs !

## Pickle Ball

Pickle Ball is a fun, social, easy to learn game that is a cross between badminton, table tennis, and tennis. It's 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. Note: 9—10 am priority given to lessons/ beginners.

Where: Trippe Lake Park

Day/Time: Tuesdays, 9 am—noon, Open Play  
Wednesdays, 9 am—noon, Open Play  
Thursdays, 3:00 pm—5:00 pm. Youth  
Open play and lessons

Dates: Tuesday, September 4—  
Thursday, October 25

Watch for Pickle Ball indoors at the Armory in the winter.

## Taste the New Treasures of Whitewater

Did you know that new restaurants have opened in Whitewater? Sign up with a few friends or come to meet new people as we taste the new treasures of Whitewater. Sign up is free and checks will be separated for each individual.

### Whitewater Lakefront Pub

262-473-2920  
111 West Whitewater St

Wednesday, September 19th  
6:00pm—TBD  
Class # 6226.31

Wednesday, November 14th  
6:00pm—TBD  
Class# 6226.32

### The Black Sheep

www.eatatblacksheep.com  
210 West Whitewater St

Wednesday, October 17th  
6:00pm—TBD  
Class # 6225.31

Wednesday, December  
12th  
6:00pm—TBD  
Class# 6625.32



## Dance Lessons

Are you getting married soon? Attending a wedding or party and want to wow the guests, or just want to learn a few steps as a couple?

Ralph Giorno will provide private and small group lessons to get you ready for your big day. A partner is required.

\*\* Please contact Michelle Dujardin for available times, costs, and dance options.  
mdujardin@whitewater-wi.gov or  
262-473-0121



## Edible Art

Get ready to play with your food! Create your favorite sculpture out of mashed potatoes, do a self portrait in chocolate pudding or build your dream house out of marshmallows.

**DATES:** Oct 18 - Nov 15  
**DAYS:** Thursdays  
**TIMES:** 5:30pm— 6:30pm  
**AGES:** 3-6  
**FEE:** Resident \$ 15 Non \$ 18.75  
**CLASS #:** 3407.31  
**DEADLINE:** October 8, 2012  
**MIN/MAX** 10/18  
**LOCATION:** Armory Basement Art Room

# Youth Programs

## Youth Basketball Instruction & League

A skill building basketball experience for elementary children. An emphasis is placed on learning basketball skills, the game of basketball, and having fun! The first 45 minutes each week will focus on skill development and fundamentals. The remaining 30 minutes will be used for basketball related competition and games. Adjustable basket heights will be used in accordance to the age group. Each participant will receive a team t-shirt with a number.

**DATES:** November 3, 2012 - January 26, 2013  
(no class on 11/24 & 12/29)  
(all dates subject to gym availability)

**DAY:** Saturdays

**MIN/MAX:** 10/40

**FEE:** Resident \$35.00  
Non Resident \$43.75

**DEADLINE:** October 14, 2012

**LOCATION:** HS Aux Gym

<u>CLASS #</u>	<u>TIME</u>	<u>SEX</u>	<u>GRADES</u>
1304.31	8:30-9:30 am	Boys	1 & 2
1302.31	9:45-10:45 am	Girls	1 & 2
1303.31	11am-12:00pm	Boys/Girls	4K/5K

## 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 November 26th.

**DATES:** January 5, 2012 - February 23, 2013

**DAY:** Saturdays

**MIN/MAX:** 8/20

**FEE:** \$30.00

**DEADLINE:** November 18, 2012

**LOCATION:** Various Local Gyms

<u>CLASS #</u>	<u>SEX</u>	<u>GRADES</u>
1306.31	Boys	3rd & 4th
1307.31	Girls	3rd & 4th
1308.31	Boys	5th & 6th
1309.31	Girls	5th & 6th

## Start Smart Basketball

Developmentally appropriate introductory program for children three to five years old that prepares them for organized basketball in a fun, non-threatening environment. This program prepares children and their parents for organized basketball programs without the threat of competition or the fear of getting hurt. Please remember that in this program the parent is the primary instructor.

**DATES:** Nov 3- Dec 15  
(excl 11/24)

**DAY:** Saturdays

**TIMES:** 10:15am - 11:00am

**AGES:** 3-5

**MIN/MAX:** 8/15

**FEE:** Resident \$15.00  
Non Resident \$18.75

**DEADLINE:** Oct 24, 2011

**LOCATION:** Lincoln Elementary

**CLASS #:** 1301.31

## Weekend Art

A fun weekend art class that will be exploring all different mediums including painting, drawing, and sculpture. Be prepared to get messy and have fun making some great projects.

Instructor: Deanna Weber

**DATES:** Oct 6 - Nov 10

**DAYS:** Saturdays

**TIMES:** 10:00am- Noon

**AGES:** 6-10

**FEE:** Resident \$ 20.00  
Non \$ 25.00

**CLASS #:** 3510.31

**DEADLINE:** October 1, 2012

**MIN/MAX:** 10/18

**LOCATION:** Armory Basement Art Room



<http://activenet9.active.com/whitewater>

Register Online at:



# Youth Gymnastics

## 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	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.
Level 4/5	Consent of instructor required. Gymnasts continue their development of skills to perform USGF Level 4 routines and higher. The focus of this class is development of confidence and skills of competition.

### SESSION 1

#### Saturday Mornings

**DATES:** September 8, 15, 22, 29  
October 6, 13

**MIN/MAX:** 6/16 Tots  
8/24 Level 4/5 & Advanced  
10/24 Level 1/2 & 2/3

**DEADLINE:** Waived for 1 Session  
**LOCATION:** Whitewater High School

Class Name	Class Number	Time	Cost
Tots	3601.31	9:00-9:30am	Res \$15.00 Non \$18.75
Level 1/2	3602.31	9:40-10:40am	Res \$27.00 Non \$33.75
Level 2/3 & Advanced	3603.31	10:45-12:45	Res \$54.00 Non \$67.50

#### Wednesday Evenings

**DATES:** September 12, 19, 26  
October 3, 10, 17

**MIN/MAX:** 6/16 Tots  
8/24 Level 4/5 & Advanced  
10/24 Level 1/2 & 2/3

**DEADLINE:** Waived for 1 Session  
**LOCATION:** Whitewater High School

Class Name	Class Number	Time	Cost
Tots	3601.32	4:15-4:45pm	Res \$15.00 Non \$18.75
Level 1/2	3602.32	5:00-6:00pm	Res \$27.00 Non \$33.75
Level 2/3 & Advanced	3603.32	6:00-8:00pm	Res \$54.00 Non \$67.50

**Option for Level 2/3 and Advanced: Enroll in both Wednesday and Saturday Class and price is reduced \$10. This is equivalent to two free days**

CLASS # 3606.31      COST: Residents:      \$98.00  
Non Residents:      \$122.50

#### 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 afterwards.
- Please have gymnasts try and use the bathroom prior to class
- All non participants must remain off the tumbling floor and equipment

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

# Youth Gymnastics

## SESSION 2

### Saturday Mornings

**DATES:** November 3, 10, 17  
December 1, 15

**MIN/MAX:** 6/16 Tots  
8/24 Level 4/5 &  
Advanced  
10/24 Level 1/2 & 2/3

**DEADLINE:** Oct 24, 2012

**LOCATION:** Whitewater High School

Class Name	Class Number	Time	Cost
Tots	3601.33	9:00-9:30am	Res \$12.00 Non \$15.00
Level 1/2	3602.33	9:40-10:40am	Res \$23.00 Non \$28.75
Level 2/3 & Advanced	3603.33	10:45-12:45	Res \$46.00 Non \$57.50

### Wednesday Evenings (Level 2/3 & Advanced Only)

**DATES:** November 7, 14, 28  
December 5, 12

**MIN/MAX:** 10/24

**DEADLINE:** Oct 24, 2012

**LOCATION:** Whitewater High School

Class Name	Class Number	Time	Cost
Level 2/3 & Advanced	3603.35	6:30-8:30pm	Res \$46.00 Non \$57.50

**Option for Level 2/3 and Advanced: Enroll in both Wednesday and Saturday Class and price is reduced \$10. This is equivalent to two free days**

CLASS # 3606.32      COST: Residents:      \$82.00  
Non Residents:      \$102.50

## SESSION 3

### Saturday Mornings

**DATES:** January 5, 12, 26  
February 2, 9, 16

**MIN/MAX:** 6/16 Tots  
8/24 Level 4/5 &  
Advanced  
10/24 Level 1/2 & 2/3

**DEADLINE:** Dec 24, 2012

**LOCATION:** Whitewater High School

Class Name	Class Number	Time	Cost
Tots	3601.34	9:00-9:30am	Res \$15.00 Non \$18.75
Level 1/2	3602.34	9:40-10:40am	Res \$27.00 Non \$33.75
Level 2/3 & Advanced	3603.34	10:45-12:45	Res \$54.00 Non \$67.50

### Wednesday Evenings (Level 2/3 & Advanced Only)

**DATES:** January 9, 16, 23, 30  
February 6, 13

**MIN/MAX:** 10/24

**DEADLINE:** Dec 24, 2012

**LOCATION:** Whitewater High School

Class Name	Class Number	Time	Cost
Level 2/3 & Advanced	3603.36	6:30-8:30pm	Res \$54.00 Non \$67.50

**Option for Level 2/3 and Advanced: Enroll in both Wednesday and Saturday Class and price is reduced \$10. This is equivalent to two free days**

CLASS # 3606.33      COST: Residents:      \$98.00      Non Residents:      \$122.50

**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.**

### 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)

# Youth Dance

## Dance Classes

**DATES:** Sept 10 - Nov 16

**DEADLINE:** Sept 6, 2012

**MIN/MAX** 4/10

**FEE:** Resident \$ 49.50  
Non Resident \$ 61.88

**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	Thursday	6:30-7:30	4-5
Ballet/Tap	3105.31	Wednesday	4:00-5:00	5-7
Beg Irish Step	3122.31	Monday	5:30-6:30	5-7
Beg Jazz/ Hip Hop	3109.31	Tuesday	4:00-5:00	5-7
Ballet	3125.31	Tuesday	5:00-6:00	6+
Tap	3126.31	Tuesday	6:00-7:00	6+
Continuing Jazz Hip/ Hop	3111.31	Wednesday	6:30-7:30	6+
Irish Step Continued	3124.31	Friday	6:00-7:00	8-10

## Adult Tap Dance

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

**DATES:**  
Sept 10 - Nov 12

**DAY:**  
Mondays

**TIME:**  
6:30 - 8:00 pm

**FEE:**  
Resident \$50.00  
Non \$62.50

**DEADLINE:**  
Sept 4, 2012

**LOCATION:**  
Dance Studio

**CLASS #:**  
4101.31

## 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.



# Youth Dance

**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!



## 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 Jazz Hip Hop

A Beginning Jazz Hip Hop Class for Adults. Come learn some new and old school hip hop. Adults will not be asked to perform for any events.

**DATES:**

Sept 11 - Nov 13

**DAY:**

Tuesdays

**TIME:**

7:00 - 8:00 pm

**FEE:**

Resident \$49.50

Non \$61.88

**DEADLINE:**

Sept 4, 2012

**LOCATION:**

Dance Studio

**CLASS #:**

4102.31

# Youth Programs

**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.

**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 12th - Oct 13th  
**DAYS:** Wednesday & Saturday  
**TIMES:** Wed: 5pm-6pm & Sat 2:30-3:30pm  
**FEE:** Resident \$35.00  
Non Resident \$43.75  
**CLASS #:** 3301.31  
**DEADLINE:** Sept 3, 2012  
**MIN/MAX:** 4/10  
**LOCATION:** Armory Dance Studio

**Session 2:**  
**DATES:** Oct 24 - Dec 1st  
(No Class 11/21 & 11/24)  
**DAYS:** Wednesday & Saturday  
**TIMES:** Wed: 5pm-6pm & Sat 2:30-3:30pm  
**FEE:** Resident \$35.00  
Non Resident \$43.75  
**CLASS #:** 3301.32  
**DEADLINE:** Oct 15, 2012  
**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.

**Instructors: Chelsey & Ciara**

**Session 1** Sept 12th– Oct 24th  
**DAY:** Tuesdays  
**TIMES:** 5:15 - 6:00 pm  
**CLASS:** 1701.31  
**AGES:** 3-5  
**MIN/MAX:** 8/15  
**FEE:** \$45.00  
**DEADLINE:** Sept 4, 2012  
**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:** \$15.00

# Stay Active

## Take off your training wheels! 6 week Beginning Indoor Cycling

Join this beginning 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:** Sundays  
**DAYS:** Oct 7th - Nov 18th  
 (no class 10/21)  
**TIMES:** 8:30am-9:30am  
**FEE:** Res \$ 28.00 Non \$35.00  
**CLASS #:** 4439.31  
**DEADLINE:** Oct 1, 2012  
**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



## Pilates Plus: Total Body Training

(use Pilates ring, ball and small weights)

Tuesdays 10:15 am – 11 am

Session 1 Sept 11- Oct 2  
 Session 2 Oct 9 – Oct 30  
 Nov 6- Nov 27  
 Session cost: \$35  
 Member discount; \$4  
 \$10 drop-in

**Instructor: Sam Gnatzig, MS**  
**NETA certified Pilates**  
**UW-Whitewater Pilates**

## PiYo

Flowing blend of Pilates and Yoga

Mondays 5:30 pm  
 Session 1 Sept 10 – Oct 1  
 Session 2 Oct 8 –Oct 29  
 Session 3 Nov 5 – Nov 26  
 Session cost: \$35  
 Member discount; \$4  
 \$10 drop-in

**Instructor: Maria Griffin**  
**Certified PiYo Instructor**

## Cardio circuit strength

(use Kettle Bells, tubes, bands, free weights medicine balls & more)

NEW TIMES!!! Mon/Wed/Fri 6 am  
 Thursdays 7 pm

Free to members, non members pay daily admission

## Silver seniors and Senior Yoga available Monthly.

For more information about current programs or further details on the programs below please visit our website: [www.whitewateraquatic.com](http://www.whitewateraquatic.com) or call 262-473-4900 for more information

## 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.

# Working for Whitewaters Wellness

The mission of the Working for Whitewater's Wellness coalition is to increase longevity and quality of life utilizing the Blue Zones Principles by facilitating programs and partnerships to affect sustainable improvements for everyone in our community.

## Free Yoga

When: Tue, August 21, 12:00pm – 12:45pm

Where: Ambrose Health Center, Room 2023N (710 W. Starin Road)

Description: Join us every Tuesday for FREE yoga over the lunch hour. The group will meet at the Ambrose Health Center, Room 2023N. Come to learn the basic principles of yoga. Please bring a yoga mat if you have one. Wear comfortable clothing you can move in. Make sure to sign up for the latest updates on yoga, by emailing [wellness@uww.edu](mailto:wellness@uww.edu). Any questions contact please contact Karen at 262-472-1305



## Walking Group with Steve & Mona Baker

When: Tuesdays 4:30pm – 5:30pm

Where: Meet at Trippe Lake Park (407 S Wisconsin Street)

Description: Come walk with the Bakers for walking groups to stay active over the cold winter days! \*Weather Permitting For questions, please contact the Bakers at 472-0345



**BE ACTIVE TODAY!**  
**W3**  
**FIT KID SHUFFLE**  
**and 5K**

**Saturday,**  
**September 22, 2012**

**Cravath Lakefront, Whitewater, WI**

### Free FitKid Shuffle!

**First 100 pre-registered kids  
 guaranteed a t-shirt!**

*Pre-registration (9/15):*

*Day of registration:*

17 and Under

18 and Over

\$10

\$20

\$15

\$25



To Register: [www.w3wellness.org](http://www.w3wellness.org) or [www.runrace.net](http://www.runrace.net)

# Halloween In Whitewater



## Youth Halloween Party

Saturday, October 27

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 27, 4:00pm - 7:30 pm  
First Street, In front of Ketterhagen Motors

Cost: One Food item for the local food pantry or 50 cents

4:00-6:00pm Trick or Treat Downtown Shops, 6:00-8:00pm

There will be music by R & R 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

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

## Spooky Splash

Friday, Oct 19th & Saturday, Oct 20th  
Whitewater Aquatic Center

## Ghouls Night Out

Thursday, October 25

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



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



# Whitewater Aquatic Center

Whitewater Aquatic and Fitness Center offers a wide range of programs for all ages.

For more

information about current programs or further details on the programs below please visit our website: [www.whitewateraquatic.com](http://www.whitewateraquatic.com) or call 262-473-4900 for more information

## **WAC Family Carnival**

Enjoy a day of family fun at the Whitewater Aquatic & Fitness Center, including games, crafts and races for the whole family.  
Sunday,  
September 16

## **SLED: Stronger Leaner Every Day.**

Each SLED participant meets with a trainer to establish his/her exercise progression. Set your goals and be successful with this easy to follow program. Must be a current member to participate **FREE**. Non-member fees apply.

## **Zumba at WAC: Join the Party!**

Zumba fitness).

Visit

[www.whitewateraquatic.com](http://www.whitewateraquatic.com) for class schedules

## **American Red Cross Lifeguard Training Course**

September 20, 21 5:00pm-9:00pm  
September 22, 23 8:00am-5:00pm  
September 24 5:00pm-9:00pm  
Cost: \$250

## **American Red Cross Lifeguard Training Recertification/ Update Review Format**

Saturday, September 15 7:00am – 6:00pm Cost: \$100

## **GuardStart: Lifeguarding Tomorrow** – Introduction to lifeguarding skills for ages 11 to 14.

Friday, October 26 8:00am – 4:00pm Cost: \$80

## **30/30 Joint Support** – New replacement joint? Scheduled for surgery? Come enjoy 30 minutes of Joint Support Group followed by 30 minutes of in water rehabilitation.

Tuesdays 10:45am - Noon  
Session I August 14 – September 4  
Session II September 18 – October 9  
Cost: \$45, member discount \$5

## **Discover SCUBA** – 10 minutes of dry land training, 5 minutes of donning gear, brief in water instruction, followed by in water exploration.

Saturday, September 15 3:30pm – 4:30pm or 4:30pm – 5:30pm  
Saturday, October 20 3:30pm – 4:30pm or 4:30pm – 5:30pm  
Cost: ONLY \$24, swimmers age 8 to adult may register!

## **Morning Swim/Boot Camp** – Coach led swim and fitness workout.

Tuesdays and Thursdays 5:45am – 6:30am  
October 1 – December 31  
Cost: \$150, members receive \$15 discount

## **American Red Cross Swimming Lessons** – Aqua Tot, Swim Tot and Level 1 through 6 offered.

Weekday Lessons – Monday/Wednesday or Tuesday/Thursday  
Session I September 17 – October 11 between 4:00pm and 8:00pm  
Session II October 22 – November 15 between 4:00pm and 8:00pm

## **Saturday Morning Lessons**

Session I September 8 – October 27 between 9am and 11am  
Session II November 10 – December 29 between 9am and 11am  
Cost: \$50, members receive \$10 discount

## **Silver Seniors and Senior Yoga available Monthly.**

## **Personal Training**

**Personal training** is available to anyone who needs to reach a particular fitness goal and wants one on one attention for each workout session. Personal training appointments can be scheduled with

**Sam Gnatzig MS**, ACE certified personal trainer. Sam has been helping clients achieve their health and fitness goals for more than 20 years.

**Maria Griffin** NASM certified personal trainer / NASM weight management specialist and is one of our new training team members

(Available to members and non-members.) CALL 262-473-4900

# Specialty Programs!



The Special Olympics has been improving the lives of athletes over the age of eight-years-old with intellectual disabilities since 1968. However, it hasn't been until recently that a program has been designed for younger children. *Young Athletes* has been developed to improve the athletic, cognitive and social skills of children both with and without intellectual disabilities from ages 2 to 7. The city of Whitewater is one of the newest cities to offer this fun, innovative program. The first session will begin Saturday, September 1, and continue for eight weeks, occurring every Saturday from 10 a.m.-11 a.m., at the downtown armory gym. The activities will consist of foundational skills, walking & running, balance & jumping, trapping & catching, throwing, striking, kicking and advanced skills. At the end of week eight all athletes will have the chance to show off their newly enhanced skills and receive a participation award. It has been proven that athletes with intellectual disabilities who participate in the program come out with a better understanding of sports and are more prepared to become official Special Olympics athletes when they turn eight. For peers, they get the chance to learn first-hand about children with intellectual disabilities, develop understanding and acceptance and build friendships with one another. The benefits and possibilities for young children who join in on the program are endless! If you are interested in volunteering or participating. Please contact Charati Skol at skolcl18@uww.edu or visit SpecialOlympicsWisconsin.org for more information.

## Swim Team

The Team with a tradition of excellence! We like to say, "We are small but mighty". Our team is one of the smallest in the area. We have 50-55 swimmers that swim year-round, yet we develop some of the fastest kids in the state of Wisconsin.

Our swim team offers every level, from the young beginner to Olympic Trial qualifier.

**Fall Session Starts Monday, September 10th and ends March 1st. You can join at anytime.**

## Swim Lessons

Our swim lessons are aggressive. We want the kids SWIMMING by the end of our sessions. SMALL class sizes. Our Tots & Clingers classes are limited to 5 per teacher.

6 year old guarantee: Any 6 year old that cannot swim across the diving well, by the end of the session, will get the next session free.

**Contact: Sheri Zimdars 608-449-5150  
j\_hawkswim@charter.net**



## Sunday, September 30, 2012 J-Hawk Latebird Triathlon

Adult race start: 9am  
Child race start: not before 1pm

Child Race: 200 yard swim, 4 mile bike, 1 mile run

Cost: Individual = \$20 Team/Relay: \$30  
Adult Race: 500 yard swim, 13 mile bike, 3 mile swim

Cost: Individual = \$56 Team/Relay: \$75

**Contact: Sheri Zimdars 608-449-5150  
j\_hawkswim@charter.net**

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



## 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 afternoon of friends and fun! Contact Star at stargoehl@gmail.com for details.

# Adult Programs

## Adult Tap Dance

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

**DATES:** Sept 10 - Nov 12  
**DAY:** Mondays  
**TIME:** 6:30 - 8:00 pm  
**FEE:** Resident \$50.00 Non \$62.50  
**DEADLINE:** Sept 4, 2012  
**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](http://www.softball.org).

Registration forms are available at [www.whitewater-wi.gov](http://www.whitewater-wi.gov). **Don't miss the August 30th Registration Deadline!**

Leagues are being offered for men on Tuesdays and for coed on Sundays. 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 9-October 23, 2012  
**TIMES:** 6:00 - 10:00 pm  
**FEE:** \$165.00  
**DEADLINE:** August 30, 2012  
**LOCATION:** Starin Park Softball Diamond  
**CLASS #:** 2107.31 (Tuesday Mens)  
2108.31 (Sunday 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.greatermadisonseiorsoftball.com](http://www.greatermadisonseiorsoftball.com) or contact Ray Blum 608-663-5822, [gms@charter.net](mailto:gms@charter.net) or Bob Ruhland 608-274-4857, [pinbuster@charter.net](mailto:pinbuster@charter.net).



Rick's Eastside Pub (2011 Fall Champions)

## Adult Jazz Hip Hop

A Beginning Jazz Hip Hop Class for Adults. Come learn some new and ole school hip hop. Adults will not be asked to perform for any events.

**DATES:** Sept 11 - Nov 13  
**DAY:** Tuesdays  
**TIME:** 7:00 - 8:00 pm  
**FEE:** Resident \$49.50  
Non \$61.88

**DEADLINE:** Sept 4, 2012  
**LOCATION:** Dance Studio  
**CLASS #:** 4102.31

## 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.

Instructor: Judy Almquist

**DAY:** Tuesdays

**TIMES:** 8:30am – 11:30 am

or

6:30pm – 9:30pm

**DAY:** Wednesdays

**TIMES:** 1:00 - 4:00 pm

**LOCATION:** Downtown Armory

**FEE:** \$47.67 per class for those under 62 years of age  
\$4.00 for those 62 years of age or older

## 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](mailto:mamundson@whitewater-wi.gov).

www.whitewater-wi.gov

# Seniors In The Park



## Active Aging Week

Active Aging week, September 23-29, with the theme "Many Journeys, Many Destinations" promotes the benefits of a healthy lifestyle on a national scale by giving older adults the opportunity to experience activities and exercise in a safe, friendly and fun atmosphere. Seniors in the Park promotes living as fully as possible within the 7 dimensions of wellness (physical, spiritual, intellectual, social, emotional, environmental, and vocational). We recognize differing abilities and the fact that everyone is in a different place on their wellness journey.

## Activities and Programs

Activities take place at the Starin Park Community Building and are free of charge unless otherwise noted. Most events require preregistration, please call or email in advance. Detailed information on these and other activities can be found at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in the Park), SeekandFind.com (put in zipcode 53190), in the Park Bench newsletter which is available by email, at the Starin Park Community Building, the Irvin L Young Library, the Municipal Building, businesses throughout Whitewater, by calling 262-473-0535, or sign up for our mailing list.

### World War II: European Theater Lecture Series

#### **Wednesdays, 1:00 pm**

Sept. 5: Nazi Aggression: War Comes to Europe  
Sept. 12: Germany Starts War Against Both America and Russia on top of England, the British Commonwealth of Nations, and all the rest!!  
Sept. 19: Liberation of Europe: The Second Front in the West  
Sept. 26: Allied Victory: Justice is Served  
Presenter: Dr. Richard Haney, Professor Emeritus UW-W



### Tai Chi in the Park

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Arthritis Foundation Tai Chi Program developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. The Tai Chi Program will help: Reduce Stress, Increase balance and flexibility, Feel relaxed, and Improve overall mind, body and spirit.

Day/Time: Tuesdays, 8:15—9:15 am  
Session 1: Sept.17-October 23                      Registration Deadline: Sept. 11  
Session 2: November 6-December 10           Registration Deadline: October 30  
Cost: \$20.00  
Minimum: 5 people

### 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. Note: 9—10 am priority given to lessons/beginners.

Where: Trippe Lake Park  
Day/Time: Tuesdays, 9 am—noon, Open Play  
                    Wednesdays, 9 am—noon, Open Play  
                    Thursdays, 3:00 pm—5:00 pm. Youth Open play and lessons  
Dates: Tuesday, September 4—Thursday, October 25  
Watch for Pickle Ball indoors at the Armory in the winter.

### 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!

Day/Time: Thursday September 6, 11:00 am  
Cost: \$10.00  
Deadline: 3 days prior to class  
Minimum: 4 people

### Pole Walking Group

Meet at the Starin Park Community Building and walk with friends or meet new ones.  
Walk facilitator: Dan Sable  
When: Wednesdays 9:00 am; Through October 17



# Seniors In The Park

## Bowling League

**Wednesdays, beginning September 5, 9:00 AM**

Join this fun, recreational league at Hawk Bowl. League runs through mid-March. Questions, call Betty Lemke 262-473-7248.

## Introduction to Colorlight

**Monday, October 22, 1:00 pm**

How does color influence you and your mood? What can colors do for you? What can colorful minerals and gems can do for you? The answers to these questions and the application of colorlight to balance emotions using Chromalite II will all be explained by Charlotte Soto.

Fee: \$3.00

Deadline: Tuesday, October 16

## Global Gala

**Thursday November 1, 6:00 pm**

Experience an evening of food, entertainment and laughter with International students from UW-W. Watch the Park Bench newsletter for more information on this November event.



## Upcoming Events

**Active Aging Week, September 23-29:** Try free classes including Stretch, Flex & Glide, Core and More, Tai Chi, Pole Walking, and Zumba Gold®.

**Young Auditorium Shows**—We will be partnering with them for 4 shows, offering free rides and slightly discounted tickets.

**Oktoberfest** with Jerry Hartman on the keyboard, October 4, 11:00 am

**Holiday Luncheon** in December

## Ongoing Activities and Services



**Bid Euchre**—Mondays 1:00

**Bingo**—First, second and fourth Tuesday, 10:00 am

**Blood Pressure Screening**—Second & Fourth Thursday at 11:00 am. Provided free by Our House Senior Living & Country Nurses

**Book Club**—First Monday 10:30. Books available at Starin Park

**Bowling**—Wednesdays, 9:00 am at Hawk Bowl

**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 Classes and Tutoring**—offered monthly

**Dominoes**—First Tuesday, 11:45

**Foot Clinic**—First Tuesday at noon. Bring a towel. No appointment is necessary. \$12.00

**Potluck**—First Tuesday, 11:00. Bring a dish to pass

**Our House Senior Living Movie**—Second, Fourth, & Fifth Tuesday, 12:30 pm

**Senior Forum**—First Monday at noon

**Sheepshead**—Tuesdays, 1:00 pm

**Stretch, Flex & Glide**—Monday & Thursday, 9:30 am, \$1.00 per class

**Texas Hold 'em Poker**—First & third Wednesday, 1:00 pm

**Wii Bowling/Sports**—Thursdays, 11:00 am

**Zumba Gold®** - Wednesdays 12:45 pm, Downtown Armory. Cost \$4.00 per class per session or \$5.00 walk-in. Must be paid for at Starin Park Community Bldg.

## 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 reception, travel planning, crafts, and group discussion facilitation. Contact Deb Weberpal for detailed opportunities, 262-473-0535.



A lot of research on Aging and Brain Health is showing that “what is good for the body is good for the brain.”

Neuroscientists have shown that the brain stays “plastic” or changeable in later life. This means that similar to muscle and cardiovascular health, the brain can change in response to exercise and other positive lifestyle choices, at age 9 months or 90 years. Our bodies were made to MOVE! A sedentary life style means the heart, lungs, and muscles work less efficiently together.

When this happens the brain gets less blood, oxygen, and glucose, which are so vital to its functioning. Want to improve your brain function?

Move! Eat your fruits, vegetables, and whole grains and do something different everyday.

# Seniors In The Park



**Lyle Hunter**  
**Computer**  
**Tutor**

After 32 years in computing in various capacities at UW-W, I found that I missed the personal interaction and learning new topics or refining my skills. Volunteering was my answer to this. Because there are so many ways to complete any one task on the computer, the challenge is to find the words and actions that have meaning to the student. For this reason and also to manage the varying skill levels and software versions, the sessions at the Senior Center have evolved into one-on-one, rather than group instruction. If you have a computing task that you want to refine or to learn, consider signing up.

## **Travel Experiences: Extended Travel**

Detailed itineraries are available at the Starin Park Community Building or online at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), Departments, Seniors in the Park. Adults of all ages are welcome on trips.

**New Orleans & Cajun Country by Train**  
February 23-March 3, 2013

Highlights of the trip include: 3 nights in the French Quarter, Walking tour, Café du Monde, Steamboat Natchez Cruise, Court of Two Sisters Dinner, New Orleans City Tour, Dinner at the New Orleans School of Cooking, Bayou Cruise, Pont Breaux's Farewell Dinner, and much more!

Tour Rate: \$1799 per person Double; \$650 single supplement

Deposit: \$200 per person

Trip Preview will be on Thursday, Sept. 13 at 5:00 pm.

### **The Battle of Gettysburg Tour**

July 5-11, 2013

This tour celebrates the 150th anniversary of the battles. Visit the Battlefields of Gettysburg and Antietam, attend reenactments, tour Civil War Museums, visit the Eisenhower National Historic Site, and Hershey Chocolate World.

Tour Rate: Twin: \$1399, Single add \$599 includes home pick up in Walworth County or at Starin Park, and 10 meals.

Trip Preview on Wednesday, October 10 at 1:00 pm.

### **The Sea Islands—Beaufort, Savannah & Charleston**

March 9-16, 2013

Discover beautiful, historic Beaufort, South Carolina and spend 3 nights in the heart of the Sea Islands. Other highlights include: a trolley tour of Savannah, a narrated horse-drawn carriage tour of Beaufort's historic district, a Dolphin Watching River tour, historic Charleston, Boone Hall Plantation and Gardens, Great Smoky Mountains, Moonshine Distillery, dinner/entertainment at the Hatfield and McCoy Dinner Show, and much more!

Cost: \$1198 per person double, Single add \$399; includes home pick up in Walworth County or at Starin Park, 4 dinners and 11 breakfasts.

Trip Preview on Wednesday, October 10 at 1:00 pm.

## **Travel Experiences: Coach Trips**

For detailed information on other trips, see the monthly Park Bench newsletter or watch for articles in the Whitewater Register and the Jefferson Daily Union.

### **Churches and Chocolate**

Tuesday, November 27

Tour three interesting Milwaukee churches with a step-on guide. Lunch will be at Buca di BEPPO. The final stop of the day is a tour of a chocolate factory. Samples will be available along with items for purchase. Great Christmas gifts!

Cost: \$77

Deadline: November 1

Depart Starin Park - 8:00 am and return approximately 3:00 pm

## **Travel Experiences: Van Trips**

For detailed information on a variety of interesting cultural, educational and fun van trips, see the monthly Park Bench newsletter or watch for articles in the Whitewater Register and the Jefferson Daily Union.

## **Fireside 2013**

The lineup for 2013 is incredible! Going to the show with us is less expensive, the tip is included, there is no ticket fee, and it's more fun with a group of friends. See the Park Bench newsletter for shows, dates, and deadlines.



# Forestry

## You'll wonder why you didn't visit them sooner!

Whitewater has 18 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.

### Terrace Trees

It is extremely important to care for your terrace trees! Please remember in dry conditions that your terrace tree needs approximately 5 gallons of water per week. It is prohibited to trim or remove your terrace tree.

### 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.

For information on Terrace Trees or to reach the City Forester Chuck Nass. Please call 262-473-0542

## Featured Fall Parks



### Cravath Lakefront Park

In the 1990's, the City of Whitewater opted to create an open space to encourage visitors to the downtown area. The park is home to the Cravath Lakefront Community Center, designed to resemble the nearby historic Whitewater Passenger Train Depot. The same land that was used for a dump site, oil tank storage, candle factory, and other industrial purposes is now a lakefront hosting celebrations, concerts, and weddings. In 2008, the Whitewater Arts Alliance worked with the community to provide the Cravath Lakefront Arch. The arch depicts several historical elements of the Whitewater community. An additional 20 trees were planted in the park and decorative bumpouts were created to provide small picnic areas for visitors to enjoy the park. Special Events to look for in this park are Pig in the Park and Freeze Fest!

### Ray Trost Nature Preserve

Dedicated in loving memory to the late Sergeant Ray Trost of the Whitewater Police Department, the Ray Trost Nature Preserve is located east of Starin Park on the multi purpose trail. This park was beautifully constructed into a quite and quant reflection garden open to the public. The park is complete with two memorial benches donated by the Whitewater Police Department and the Trost Family, picnic tables, large green space and was a recipient of the memorial tree planting program. This park is the perfect place to relax and enjoy the beauties that nature has to offer.



## 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.

Facility	Capacity	4 Hours or Less Fee		Per Hour Fee Over 4 Hours	
		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

Facility	Capacity	Daily Fee	
		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](http://activenet9.active.com/whitewater) or visit the link  
on the Parks & Recreation  
Website at  
[www.whitewater-wi.gov](http://www.whitewater-wi.gov)



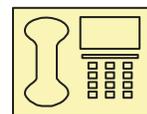
### Mail- In/Fax

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



### Phone

Register by phone calling  
us at 262-473-0101 during  
business hours and  
register over the phone. A  
credit and/or debit card will  
be required for all phone  
transactions.

**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](mailto: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.**

<b>Self or Adult Contact</b>			
<small>(if registering children)</small>	<small>Last Name</small>	<small>First Name</small>	
Home Phone _____ Cell Phone _____ Email Address _____			
<b>Address, City, State, Zip</b>			
_____			
<small>Address</small>	<small>City</small>	<small>State</small>	<small>Zip</small>
<i>If registering children:</i> Adult's full name _____		Adult's work phone _____	
Adult's full name _____		Adult's work phone _____	
<b>In emergency, contact:</b>			
_____			
<small>Name</small>	<small>Relationship to Participant or Family</small>	<small>Phone</small>	
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.*

<b>*Sunshine Program Mark Up</b>	\$ _____
<i>(Optional)</i>	
<b>Check/Cash</b>	<b>Total:</b> \$ _____

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

<i>Credit Card Number</i>	<i>Expiration Date</i>
<i>Card Holder (print name)</i>	<i>Payment Amount</i>
<i>Authorized Signature</i>	<i>Type of Card</i>

**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: \_\_\_\_\_

	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
<b>Community Parks</b>																					
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	•								•	•			•	•		•				
<b>Archeological Park</b>																					
Whitewater Effigy Mounds Preserve 288 S Indian Mound Parkway	21.5	•									•										
<b>Neighborhood Parks</b>																					
Skyway 1302 W Tower Hill Pass	4.1	•						•								•					
Brewery Hill / Armory 116 W North Street	7.3	•				•					•					•	•			•	
Meadow Sweet 601 N Pratt Street	4.0	•									•					•					
Minneiska Park 731 S Tanner Way	20.0										•					•	•				
<b>Mini Parks</b>																					
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	•	•	•				•								•					
<b>Public School Facilities</b>																					
Whitewater High School	69.3	•				•	•				•	•		•	•	•					
Whitewater Middle School	25.1	•				•	•				•					•					
Lincoln Elementary	10.3	•				•	•	•			•					•					
Washington Elementary	8.2					•	•				•	•				•					

# Park Services and Facilities

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**LEGEND**

- U.S. Highway
- State Highway
- County Highway
- Multi-Use Trail
- On-Street Trail/Bike Lane
- Planned Trail
- Park
- Cemetery
- Point of Interest
- School

SCALE  
0 25 50  
In Miles

