

Parks & Recreation Fall Guide



www.tasteofwhitewater.com

Taste of Whitewater

September 12th & 13th

Cravath Lakefront Park



Back by
popular
Demand



Friday

Whitewater Food
Live Blues Music
Blues Brothers
(Movie in the Park)
plus much more

Saturday

Whitewater Food
Live Music
Lumberjack Shows
Mad Science Shows
Animal Shows
plus much more

About the Taste

The Taste of Whitewater's purpose is to showcase the different restaurants and food services that Whitewater has to offer as well as provide two days of fun and entertainment for the community, campus and people of southeastern Wisconsin. The event is put on through a collaboration of efforts by Downtown Whitewater Inc., The City of Whitewater and various UW-Whitewater departments.

www.tasteofwhitewater.com

General Information

Common Council

The Whitewater Common Council is composed of seven elected officials, one for each of the five aldermanic districts in the City and two member-at-large positions. Council meetings are scheduled for the first and third Tuesdays of the month. Common Council meeting minutes are posted on the City web site once they are approved by the Common Council. The Common Council reviews and approves the minutes of the prior meeting at the next regularly scheduled meeting.

At Large Members Marilyn Kienbaum, Jim Stewart
 District 1 Craig Stauffer
 District 2 Maxwell Taylor
 District 3 Roy Nosek
 District 4 Lynn Binnie
 District 5 Patrick Singer



Parks and 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 1st Monday of the month at 5:00 p.m. and the public is welcome. More information including agendas and minutes can be found at www.ci.whitewater.wi.us.

Sheila Kindwall, Chairperson, School District Representative
 Maxwell Taylor, City Councilmember
 Kim Clarksen, University Representative
 Steve Ridenour
 Nicole Grosinske
 David Stone
 Prudence Negley
 George DeVries, Alternate



Not Pictured: Shelia Kindwall, Max Taylor, and George DeVries

Whitewater Parks and Recreation Administrative Team



<p>Matt Amundson, CPRP Parks & Recreation Director</p> <p>(262) 473-0122 mamundson@ci.whitewater.wi.us</p>	<p>Chuck Nass City Forester, Parks/ Streets Superintendent</p> <p>(262) 473-0542 cnass@ci.whitewater.wi.us</p>	<p>Michelle Dujardin Recreation & Community Events Programmer</p> <p>(262) 473-0121 mdujardin@ci.whitewater.wi.us</p>	<p>Deb Weberpal, CPRP Senior Coordinator</p> <p>(262) 473-0535 dweberpal@ci.whitewater.wi.us</p>	<p>Nancy Stanford Administrative Assistant</p> <p>(262) 473-0101 nstanford@ci.whitewater.wi.us</p>
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Community Organizations

Seniors In The Park	Deb Weberpal	473-0535
Program Cancellation Hotline		473-0500
Mercy Fitness & Whitewater Aquatic Center		473-4900
Chamber of Commerce	Deb Williamson	473-4005
UW Williams Center (Rec Sports)		473-1544
Whitewater Youth Football	Steve Anderson www.wyflonline.com	473-3888
Whitewater Youth Soccer	Kelly Strait	473-1643
Whitewater Youth Basketball	Dave Schumacher	473-1775
Whitewater Youth Baseball (Ages 13 & Up)	Alison Stoll	473-1941
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 Youth Cheerleading	Vicki Anderson	920-650-2341

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.

If you would like to donate to the sunshine fund, you can do so on the registration form when you register. This money will give a child an opportunity to participate in a program who normally wouldn't be able to do so.

Volunteer & Sponsor Recognition

Youth Baseball, Softball, T-Ball, & Rookie Ball Volunteer Coaches

Britt Minton
Don Douglas
Jeff Maas
Jerry Hintz
Larry Kachel
Mike Schumacher
Todd Babcock
Steve Gorsuch
Benny Rocha
Will Bazeley
Tyler Whitrock
Bill Parker
Shannon Cushman
Dawn Rocha

Chad Selje
Eric Runez
Jeff Sonn
Kevin Drays
Lee Hollingshead
Shane Zahn
Tom DuVal
Tim Otterbacher
Amy Knedler
Matt Jurvelin
DeAnna Brunner
Brian Brunner
Steve Hageli
Eric Stafford

Dave Reynolds
Heidi Fleegel
Jennifer Pope
John Steuerwald
Peter Griep
Steve Andersen
Shannon Schumacher
William Hartwell
Jill Nicholson
Alan Hoesly
Michelle Martin
Bill Gmur
Janet Hollingshead
Jim Zebrowski

David Dean
Jeff Lee
Jeremy Niemuth
Kim Gosh
Rob Gosh
Tim Nelson
Zach Kastern
Rachel Deporter
Shawn Alexander
John Gaffney
Ira Martin
Renea Zuehlke
Aaron Kuhl
Randy Harnack



Baseball, Softball, T-Ball & Rookie Ball

Whitewater Wal-Mart	Sentry
Commercial Bank	Culvers
First Citizens State Bank	Hawk Bowl
Weiler and Company	Reynolds Heating
DuVal Construction	Golden State Foods
BicycleWise & Sport Fitness	
Zingg Pontiac GMC	Whitewater Rotary
Mercy Fitness & Aquatic Center	

Concerts In The Park

Coburn Company Inc.	D.L.K Enterprises Inc.
First Citizens State Bank	Home Lumber
Whitewater Farmers Market	Associated Bank
Dental Perfections, S.C.	
Whitewater Sno-Seekers	Snowmobile Club



Dance Studio: New Floor, Carpeted Viewing Area, and Upgraded Sound System

Whitewater Wal-Mart	Tincher Realty
Coburn Company Inc.	D.L.K. Enterprises
Walton Rentals	



Special Events

www.ci.whitewater.wi.us



Halloween Trick or Treat Hours

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

Homecoming Parade

Friday and Saturday, October 24th
and 25th, 2008, is UW-Whitewater's
Homecoming Weekend. Please visit
www.uww.edu for activities and
parade details.

Watercolor Class

Thursdays 1:00pm
(except 2nd Thursday)

West Room of the Community Building
Learn about watercolors and how to
paint with them with local artist
Marilyn Fuerstenberg.
Cost: \$3.00 per class and bring your
own supplies. A list is available at the
Community Building.

Spirit of Alliance

More than 20 Wisconsin folk artists
featured in the book *Miracles of the
Spirit* will be profiled at the Whitewater
Arts Alliance's Cultural Arts Center,
402 West Main Street in Whitewater,
Wisconsin, from August 1 to
September 11, 2008. Michael
Flanagan, director of the University's
Crossman Gallery, will wrap up the
event with closing ceremonies at
4 p.m. on September 11.

Youth Halloween Party

Friday, October 31
6:00pm - 8:00 pm
Downtown Armory

Cost: One Food Item or 50 cents

Join us for fun fair games and prizes geared for pre-school 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.

One Stop Shop Fundraiser

Saturday November 22nd
9:00 am – 2:00 pm

A variety of home party consultants and crafters will be on hand for your holiday shopping pleasure. Typical vendors include: Discovery Toys, Tupperware, Tastefully Simple, Pampered Chef, Simply Fun, Usborne Books, Gold Canyon Candles, and many more. There will also be a bake sale, lunch and raffle drawings. This fundraiser benefits the Senior Van Fund.

Chili Dinner Fundraiser

Thursday December 4th
(Prior to the Holiday parade)
4:00 pm – 7:00 pm

Cravath Lakefront Center

Enjoy the warmth of a steaming bowl of chili with all the fixings before the Holiday Parade. Meal also includes desert and a beverage. \$6.00 adults and \$4.00 for youth.

Holiday Parade

Thursday, December 4th 7:00pm
Experience the unforgettable and charming Holiday parade. Check city website for further information.

Walk to Work Day

Wednesday, October 8th
11:30am—1:00pm

The first week in October is International Walk to Work Day. Take a step towards creating a healthier lifestyle. Over the lunch hour in the Industrial Park on Executive Drive, we will have walking literature, maps with mile-age, experts on hand to help you with your walking strides, walking equipment, shoes, drawings for door prizes, and more!

Bowling League-Hawk Bowl

Wednesdays 9:30am beginning September 10
This recreational and fun league welcomes adults 50 and better. Organizational meeting on September 10 at 9:00am

Youth Programs

Karate

Looking for an intro to karate-do? This course is a discipline-based, Japanese style of self defense and personal development. Emphasis is placed on respect for others and self control. Students enjoy kicking, punching, blocking, and addition of new material that is sensitive to age appropriateness and skill level.

Session I

DAYS: Fridays
DATES: Sept 19 - October 24
COST: \$25.00
MIN/MAX: 5/10
DEADLINE: September 12, 2008
LOCATION: Downtown Armory Gym

Class Number	Class Times	Age
41-601	3:30pm - 4:00pm	5-7
41-602	4:00pm - 4:45pm	8-11
41-603	4:45pm - 5:15pm	12-18



Brad Wells
*6th Degree
 Black Belt
 Karate Instructor*

Brad has been studying martial arts for 40 years. He has nearly 30 years teaching experience in university, technical college, and non-profit settings, including parks and recreation programs, community centers, and YMCAs. Brad's focus for the past 10 years has been development of youth, adult and self defense programs at the community level.

Session II

DAYS: Fridays
DATES: Nov 7 - Dec 19
COST: \$25.00
MIN/MAX: 5/10
DEADLINE: October 24, 2008
LOCATION: Downtown Armory Gym

Class Number	Class Times	Age
41-604	3:30pm - 4:00pm	5-7
41-605	4:00pm - 4:45pm	8-11
41-606	4:45pm - 5:15pm	12-18

Youth Rock Climbing

Want to experience the thrill and satisfaction of climbing to new heights? Try this safe and challenging sport in an environment where you can enjoy the climbing experience and feel comfortable learning new skills. While you are busy having fun, you will be getting a great work out improving strength and flexibility. All equipment is provided. Participants must be at least 8 years old. A signed waiver form from Wall Crawlers is required prior to taking this course. (Adult classes offered on page 11)

DAY: Mondays
TIME: 4:00 - 6:00 pm
AGES: Elementary School Students

DAY: Tuesdays
TIME: 4:00 - 6:00 pm
AGES: Middle & High School

CLASS # **Dates**
 41-731 Oct 6 - Oct 27
 41-734 Nov 17 - Dec 8
 41-737 Jan 5 - Jan 26

CLASS # **Dates**
 41-732 Oct 7 - Oct 28
 41-735 Nov 18 - Dec 9
 41-736 Jan 6 - Jan 27

COST: \$40.00
DEADLINE: 10 days prior to start of session
LOCATION: Wall Crawlers Climbing Gym
 138 W. Main St.

COST: \$40.00
DEADLINE: 10 days prior to start of session
LOCATION: Wall Crawlers Climbing Gym
 138 W. Main St.

Youth Programs

What is Quickstart Tennis??

Thanks to the Wisconsin Tennis Association in conjunction with the United States Tennis Association, we received the Grow The Game Grant in support of youth tennis which enables us to offer the Quickstart Tennis Program.

Quickstart Tennis is a new format to help kids ages ten and under, to learn and play the game of tennis. To make it easier, the court size, racquet size, ball, and even net height are conducive to younger ages.

Now any child between ages five and ten can start playing tennis almost immediately-even if he or she has never picked up a racquet before!

Quick Start Tennis

Tennis Tots introduces the young player to the game of tennis through the use of light weight racquets, foam balls and lots of play equipment. Parent participation encouraged.

DATES: Sept 23 - October 28
DAY: Tuesdays
MIN/MAX: 4/10
FEE: \$15.00
DEADLINE: September 16, 2008
LOCATION: Downtown Armory Gym

<u>CLASS #</u>	<u>TIME</u>	<u>AGE</u>
42-100	3:30-4:30pm	5 & 6
42-101	4:30- 5:30pm	7 & 8



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! Players will be divided into teams and assigned to a volunteer coach and/or coaches. Each participant will receive a team t-shirt with a number. The first 45 minutes each week will focus on skill development and fundamentals. The remaining 30 minutes will be used for scheduled games. Adjustable basket heights will be used in accordance to the age group. A registration form must be completed for each participant. This form is available on the department website and at the Parks and Recreation office.

DATES: November 8, 2008 - January 31, 2009
 (no class on 11/29, 12/27, & 1/3)
DAY: Saturdays
MIN/MAX: 20/40
FEE: \$30.00
DEADLINE: October 24, 2008
LOCATION: HS Aux Gym

<u>CLASS #</u>	<u>TIME</u>	<u>SEX</u>	<u>GRADES</u>
41-151	8:30-9:45 am	Boys	K & 1
41-152	9:45-11:00 am	Girls	K & 1
41-153	11:00am-12:15pm	Boys	2 & 3
41-154	12:15-1:30 pm	Girls	2 & 3
41-155	1:30-2:45 pm	Boys	4 & 5
41-156	1:30-2:45 pm	Girls	4 & 5

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 11 - Dec 9
DAY: Tuesdays
TIMES: 3:45 - 4:30 pm
AGES: 3-5
MIN/MAX: 8/15
FEE: \$15.00
DEADLINE: October 31, 2008
LOCATION: Downtown Armory Gym
CLASS #: 41-150

No School Day Open Gyms

October 1st	1:00pm - 3:00 pm	November 14th	1:00pm - 3:00pm
November 13th	9:00am - 11:00am	December 29th & 30th	1:00pm- 3:00pm

Youth Gymnastics

	Gymnastics Level Descriptions
Tots	Must be at least 3 years old. Classes focus on basic locomotor movement through play and experience on various equipment in the gym.
Level 1/2	Recommended age— five years. Little or no experience required. Classes build on fundamental of locomotor 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 Advanced	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 for competition.

****There has been a schedule change due to events at the UW-Whitewater, Williams Center facility. Parents will receive a parking pass for Saturday classes.**

Wednesday Evenings

DATES: September 10, 17, 24
October 8, 15, 22
November 5, 12, 19

MIN/MAX: 8/24 Level 2-3
MIN/MAX: 8/18 Level 4/5 Advanced
DEADLINE: August 29, 2008
LOCATION: UW-Williams Center

Class Name	Class Number	Time	Cost
Level 2/3	44-071	4:30-6:00pm	\$60
Level 4/5 Advanced	44-072	4:30-6:00pm	\$60

Saturday Mornings

DATES: September 6, 13, 20, 27
October 11, 18, 25
November 1, 8

MIN/MAX: 8/15 Tots
8/18 Level 4/5 & Advanced
8/24 Level 1/2 & 2/3
DEADLINE: August 29, 2008
LOCATION: UW-Williams Center

Class Name	Class Number	Time	Cost
Tots	44-073	12:00-12:30	\$25
Level 1/2	44-075	12:30 - 1:30pm	\$40
Level 2/3	44-076	1:30 - 3:00pm	\$60
Level 4/5 Advanced	44-077	12:00 - 3:00pm	\$120



Sara Stone
Gymnastic Provider

The Whitewater Gymnastics Club was started in 1980 by Elaine Yankunas, then UW-Whitewater college coach. She had her college gymnasts assist with coaching the children in the program. Since that time the program has expanded annually with what is offered to the gymnasts. Tots through High School work out at Williams Center on the UW-Whitewater campus. The outstanding facility has been a wonderful site for the gymnasts to learn the skills that have produced many state level gymnasts in high school.

Currently the program is run by Sara Stone who was a UW-Whitewater college gymnast under Elaine. Sara's commitment to the Whitewater community is to offer a program for children of all ages with the goal of developing positive self esteem through gymnastics. This is done through designing child-centered classes, offering ongoing skill training for coaches, establishing a choreography class for competitors, and hosting an exhibition for the advanced gymnasts, all of which helps the program thrive.

Youth Dance



Colleen King
Instructor

I am currently entering my senior year at UW-Whitewater. I will be graduating with a Business Management major and a Dance minor with hopes of continuing both when I leave in the Spring. Last year I held the title of the UW-Whitewater Dance Company President, and am thrilled to be re-elected for next year as well. Working closely with students has always been a passion of mine, which is why teaching for the Whitewater Park & Rec Dance Program has been such a pleasure over the past few years. Seeing my students' smiling faces on stage makes the experience truly rewarding and I am very excited to spend my last year in Whitewater teaching dance. I hope to have a great year and make it the best yet!

Dance Classes

Program direction by Assistant Professor Barbara Grubel of UW-Whitewater. Ms. Grubel will be mentoring the teachers of the program who are Dance Minors and UWW Student Dance Company members.

DATES: Sept 15 - Nov 22
FEE: \$45.00
DEADLINE: September 10, 2008
MIN/MAX: 2/10
LOCATION: Armory Dance Studio



Boys and Young Mens' Class: The latest recommendation from parents, children and the teachers. Basic dance vocabulary will be covered along with the big movement routines, floor work, rhythms, big jumps, etc.

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

Continuing Ballet: will concentrate on proper alignment, ballet terminology, adagio, petite allegros and grande allegros. This class is for those students who have had at least one year of prior training in ballet.

Jazz, Dance and Hip Hop for Beginners: 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)

Continuing Jazz, Dance and Hip Hop : An upbeat class for the older student who has had some experience in either ballet, jazz or modern. 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 Beginning Ballet class in conjunction with the Beginning Jazz class). This class is for those students who have had at least one year of prior training in Jazz Dance.

Creative Movement/Pre-Ballet: This class works on basic locomotor steps, 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.

Parent/Child Making Dances: Come explore with your child the creative process of making dances. Dance Composition techniques will be used to help you and your child create a dance about whatever the two of you choose.

Attire: Pink, white, or black ballet shoes and black tap shoes are preferred. Leotards and tights for girls or shorts for boys are necessary to see proper positions of the body. Creative dance classes (3/4 year olds) may wear ballet shoes or bare feet. Jazz shoes for Jazz Class, and Split Tap Shoes are preferred for Celtic Irish Tap. * Please contact Ms. Grubel at grubelb@uww.edu if you are interested in donating shoes to start a shoe exchange.

Youth Programs

Class Name	Class Number	Day	Time	Age
Creative Movement	45-160	Monday	3:30-4:30pm	3-4
Creative Movement	45-163	Saturday	10:30-11:30am	3-4
Creative Movement/Pre-Ballet	45-162	Thursday	4:00-5:00pm	4-5
Creative Movement/Pre-Ballet	45-161	Monday	4:30-5:30pm	4-5
Ballet/Tap	45-191	Wednesday	4:00-5:00pm	5-6
Ballet/Tap	45-192	Tuesday	5:00-6:00pm	5-6
Ballet/Tap	45-193	Monday	5:30-6:30pm	6-7
Boys/Young Men Class	45-194	Thursday	5:00-6:00pm	6+
Continuing Ballet	45-195	Monday	6:30- 7:30pm	7+
Tap Continuing	45-196	Wednesday	6:00- 7:00pm	7+
Tap Beginning	45-197	Wednesday	5:00-6:00pm	7+
Beginning Ballet	45-190	Thursday	6:00-7:00pm	7+
Jazz/ Hip-Hop	45-200	Saturday	11:30-12:30	7+
Beginning Jazz/ Hip-Hop	45-201	Tuesday	4:00-5:00pm	7+
Continuing Jazz	45-202	Monday	7:30-8:30pm	9+
Jazz/ Hip-Hop for High School Students	45-203	Tuesday	6:00-7:00pm	13+
Parent/Child Making Dances	45-227	Saturday	12:30-1:30pm	

Culligan Scholarship

We would like to thank Culligan Dalee Water Treatment for providing sponsorship for two dance participants.

To receive information on available sponsorships. Please call Parks and Recreation.

Baton Twirling

This is a unique program offering youngsters the chance to enhance their coordination skills. Baton twirling is great for hand/eye coordination and builds self esteem and team spirit. Students learn basic twirls and will move on to more advanced twirls. Routines are taught to incorporate basic twirls with footwork. We will be finishing the lessons with a parent's night to show the wonderful routines the students worked so hard on. Participants must have tennis shoes. Baton provided as part of the cost.

Session 1: Sept 22 - Oct 27 #43-100

Instructor: Amber Haut
DAY: Mondays
TIMES: 3:45 - 4:30
AGES: 5 - 12
MIN/MAX: 8/20
FEE: \$35.00 (Includes Baton)
 \$15.00 (without Baton)
DEADLINE: 10 days prior to class
LOCATION: Downtown Armory Gym

No School Day Aquatic Activities

October 1: Dive-in Movie 1:30pm.
 Cost: Free to members; guests pay daily admission fee for swim

October 30: Slide Races 1:30-2pm
 Dive-in Movie 2pm
 Cost: Free to members; guests pay daily admission fee for swim

October 31: \$3 Youth admission and \$1 menu day

November 13: Dive-in Movie 1:30pm.
 Cost: Free to members; guests pay daily admission fee for swim

November 14: Aerobic Studio Movie
 Cost: Free to members; guests pay daily admission fee for swim

Aquatic class registration and programs will take place at Mercy Fitness & Whitewater Aquatic Center located at 580 South Elizabeth Street, Whitewater.

Teen Programs

Red Cross Babysitter Certification

You will get the information and skills needed to provide safe and responsible care for children in the absence of parents. Training will include five critical areas— leadership, safety and safe play, basic care, first aid and professionalism. Participants must bring sack lunch and teddy bear.

DATES: Saturday, September 27
TIMES: 9:00am - 1:00pm
AGES: 10-15
FEE: \$54.00
MIN/MAX: 6/12
DEADLINE: September 19, 2008
LOCATION: Community Building
CLASS #: 46-100

Chillax

Whitewater's very own activity center for teens in grades 6-8. The **FIRST** Friday 6:30pm-8:30pm of each month, will feature a theme of endless activities. Participants must present their Whitewater Middle School ID Card for admittance. Located at the Downtown Armory.

Friday, October 3rd - Game Night

Bring your game face as you challenge a friend in guitar hero, or learn a new dance move on dance, dance, revolution.

Friday, Nov 7th- Sport Night

Volleyball, Basketball, Badminton, and Tennis are just few sports being played on this great sport night.

Aquatic Center Teen Programs

Teens R Fit

This class teaches middle school-aged students how to exercise in the fitness center. It introduces the essential aspects of a fitness session, including warm-up, cardio, strength training, stretching and cool-down. Various cardio equipment and Freemotion™ strength training machines will be used during this class. Registration is required the Friday prior to class start.

Session #1: September 15th; 3:30-4:30pm

Session #2: October 20th; 5:30-6:30pm

Cost: Free to members

Non-members pay daily admission fee

Fit Teen Scene

This class is designed for teens to exercise using select cardiovascular and strength training equipment under the supervision of a trained fitness professional. Registration is required.

Session #1: Mondays, September 22-October 13

Session #2: Wednesdays, October 29-November 19

Time: 4-5pm

Cost: Combo members \$20

Aquatic members \$25

Non-members \$30

Teen Zumba

Tuesdays and Thursdays

Dates: October 21-November 13

Time: 3:30-4:30pm

Registration required. Minimum of 5 participants

Cost: Free to members

Non-members pay daily admission fee

Aquatic class registration and programs will take place at Mercy Fitness & Whitewater Aquatic Center located at 580 South Elizabeth Street, Whitewater. Further details call 262-473-4900

New!! Adult Fitness

Cardio Salsa

Lots of hip & shoulder shaking and lots of fun! A dance based aerobic class with mambos and cha chas intermixed with some cardio classics. You will burn calories as you move to some great Latin sounds. Moves are broken down for an easy to follow routine. Bring a water bottle

Instructor: Ivy Miles, CPT, RYT

Session 1: Sept 12 - Oct 10 #49-200
(excl 9/26)

DAYS: Friday's
TIMES: 5:30pm
FEE: \$16.00 per session
\$5.00 walk-in

DEADLINE: 10 days prior to start of session
LOCATION: Downtown Armory Gym

Guided Meditation

Achieve conscious relaxation and stress reduction through meditation which is a proven method to a calmer, more relaxed life. Ivy will teach a variety of meditation techniques to develop mindfulness, concentration, tranquility, and insight. Please bring a blanket and a mat

Instructor: Ivy Miles, CPT, RYT

Session 1: October 5, 2008 #49-210

Session 2: December 7, 2008 #49-211

DAYS: Sunday
TIMES: 11:15-12:30 pm
FEE: \$15.00 per session
\$20.00 walk-in

DEADLINE: 10 days prior to start of session
LOCATION: Armory Dance Studio



Cardio Kickboxing

Get ready to sweat! A great workout for increasing upper & lower body strength. This class will work all of the basic punches and several kicking techniques. Bring a water bottle

Instructor: Ivy Miles, CPT, RYT

Session 1: Nov 14 - Dec 12 #49-220
(excl 11/28)

DAYS: Friday's
TIMES: 5:30pm
FEE: \$16.00 per session
\$5.00 walk-in

DEADLINE: 10 days prior to start of session
LOCATION: Downtown Armory Gym

Liquid Yoga

A level 2/3 yoga class infused with movement of the body and breath through the yoga postures. This class is influenced by **Shiva Raes**, fluid power format. This dynamic yoga experience works on an energetic level. ** Yoga experience required. Bring a yoga mat, water bottle, and a towel.

Instructor: Ivy Miles, CPT, RYT

Session 1: Sept 7, Oct 5, Oct 26, Dec 7
#49-230

DAYS: Sunday
TIMES: 9:30am-10:40 am
FEE: \$32.00 per session
\$12.00 walk-in

DEADLINE: 10 days prior to start of session
LOCATION: Armory Dance Studio

I love Ivy's classes. Each class is different and Ivy uses all different types of equipment. She always challenges me, and I really miss it when I can't attend.
~ Jan Rutledge

At the end of a hectic day, Ivy's Cardio Class relieves the tension of the day and revives me for the evening ahead of me.

~Dale Kuster

Cardioblast class has helped me tone and maintain, all while having fun! The class is motivating and upbeat, with great music!

~ Peggy Strong

Adult Fitness



Ivy Miles,
CPT, RYT
Fitness Instructor

Ivy is a certified personal trainer, group fitness instructor, yoga teacher and trained in Pilates. She has been teaching group fitness since 1983 and yoga since 1994 and has trained with many world renowned industry experts in both fields.

In 2001 Ivy and her family relocated to Whitewater where she teamed up with the City of Whitewater to provide fitness and wellness programming for the community. Committed to providing you with safe, effective and quality programming, Ivy believes that exercise can enhance your life. Ivy's goal is to increase fitness education - so you learn how to get the most out of the effort you put in, as well as how to make exercise a part of your daily life.

Pilates Plus

Add a new dimension to your pilates routine with weighted balls, rings, & more! In this class you can expect to create long, lean muscles while strengthening your abdominals, legs and back. Movements are taught in detail to achieve the greatest results which have been proven successful over & over again. Bring fitness mat & water bottle.

Instructor: Ivy Miles, CPT, RYT

- Session 1:** Sept 8 - Oct 6 #49-281
Session 2: Oct 13 - Nov 17 #49-282 (excl 11/3)
Session 3: Nov 24 - Dec 22 # 49-283

DAYS: Monday
TIMES: 6:20-7:00 pm
FEE: \$40.00 per session
\$10.00 walk-in
DEADLINE: 10 days prior to start of session
LOCATION: Downtown Armory

Gentle Yoga Stretch

Yoga is a total wellness system and practical tool for physical, mental, and emotional well-being. It utilizes the body and mind to create a greater sense of overall well-being. Participants should bring a fitness mat and a water bottle to class

Instructor: Ivy Miles, CPT, RYT

- Session 1:** Sept 5 - Oct 10 #49-250 (excl 9/26)
Session 2: Oct 24 - Nov 28 #49-251 (excl 11/7)
Session 3: Dec 5 - Jan 9 #49-252 (excl 12/26)

DAYS: Friday
TIMES: 9:45am
FEE: \$40.00 per session
\$10.00 walk-ins
DEADLINE: 10 days prior to start of session
LOCATION: Armory Dance Studio

Bosu Balance

Increase your balance, agility, and strengthen your core muscles by taking our new Bosu Pilates Balance! This class brings Pilates to a whole new level, using the Bosu Balance Trainer, while combining pilates, basic core work, and balance to create muscular strength & tone in the abdominal, back, and lower body areas. Some pilates experience preferred. Please bring mat and a water bottle

Instructor: Ivy Miles, CPT, RYT

- Session 1:** Sept 5 - Oct 10 #49-240 (excl 9/26)
Session 2: Oct 24 - Nov 28 #49-241 (excl 11/7)
Session 3: Dec 5 - Jan 9 #49-242 (excl 12/26)

DAYS: Friday
TIMES: 8:30-9:15 am
FEE: \$45.00 per session
NO walk-ins
DEADLINE: 10 days prior to start of session
LOCATION: Downtown Armory

Pilates Fusion

A Pilates based class using the fit ball. This class combines Pilates and fit ball exercises. Participants will need to bring your own mat and water bottle. All levels welcome

Instructor: Ivy Miles, CPT, RYT

- Session 1:** Sept 4 - Oct 9 #49-284 (excl 9/25)
Session 2: Oct 23 - Dec 4 #49-285 (excl 11/6 & 11/27)

DAYS: Thursday
TIMES: 9:15-10:00 am
FEE: \$40.00 per session
\$10.00 walk-ins
DEADLINE: 10 days prior to start of session
LOCATION: Downtown Armory

Adult Fitness

Restorative Yoga

Yoga is a total wellness system and practical tool for physical, mental, and emotional well-being. Yoga offers guidelines for healthful living. The yoga exercises (or postures) include and promote breathing, stretching, endurance, relaxation, visualization, balance, increased energy and more. It unites the body and mind to create a greater sense of overall well-being. Participants should bring a fitness mat and a water bottle to class.

Instructor: Ivy Miles, CPT, RYT

Session 1: Sept 2 - Sept 30 #49-291

Session 2: Oct 7 - Nov 18 #49-292
(excl 10/14, 11/4)

Session 3: Nov 25 - Dec 23 #49-293

DAYS: Tuesdays

TIMES: 9:30 - 10:30am

FEE: \$40.00 per session
\$10.00 walk-in

DEADLINE: 10 days prior to start of session

LOCATION: Cravath Lakefront Building

Total Body Fitness

Creating a well-balanced, safe and effective fitness program is the goal of these classes; Monday: Cardio & Strength, Tuesday: Cardio, Thursday: Cardio & Strength. Each class will use different methods of aerobic training and body sculpting followed by ab work to achieve the results you are looking for! Bring a fitness mat & water bottle.

Instructor: Ivy Miles, CPT, RYT

Session 1: Sept 2 - Oct 9 #49-321

Session 2: Oct 13 - Nov 20 #49-322
(excl 11/4)

Session 3: Nov 24 - Dec 30 #49-323
(excl 11/27, 12/25)

DAYS: Mondays, Tuesdays, and Thursdays

TIMES: 8:05-9:05 am

FEE: \$45.00 per session
\$5.00 walk-in

DEADLINE: 10 days prior to start of session

LOCATION: Downtown Armory

Cardio Blast

Looking to increase your level of overall fitness? This program combines different styles of aerobic training and body sculpting to give you the results you are looking for and more! Get ready to move, work, sweat and above all-have fun doing so! Bring a fitness mat & water bottle.

Instructor: Ivy Miles, CPT, RYT

Session 1: Sept 3 - Oct 8 #49-271
(excl 9/27)

Session 2: Oct 11 - Nov 22 #49-272
(excl 10/18, 11/1, 11/8)

Session 3: Nov 24 - Jan 3 #49-273
(excl 11/29, 12/24, 12/27, 12/31)

TIMES: Mondays and Wednesdays
5:15pm – 6:15pm
Saturdays
8:00am – 9:15am

FEE: \$45.00 per session
\$5.00 walk-in

DEADLINE: 10 days prior to start of session

LOCATION: Downtown Armory



Ivy gives you a great workout in Cardio blast. She makes it fun and changes up the routine each time to give you variety. I've tried working out on my own and have tried classes with other instructors but I've never gotten as good of a workout as I do with Ivy. Ivy supports you to work at your level and also pushes you enough to challenge yourself. Cardio Blast has given me the healthy outlet that I needed in my life, as well as helped me make some new friends

~Shelly Bucholtz & Tina Batien

I enjoy Ivy's yoga classes. I feel safe while doing the poses, because of Ivy's expertise in this field. She keeps a close eye on each of her students to make sure they are getting the right benefits from each position. I tell anyone who's interested, that we are very fortunate to have Ivy here in Whitewater!

~ Barb Grant

Adult Programs

Self Defense

The class will include philosophies of different self defense systems and the important role of your body language and tone of voice play in your defense. Learn about avoiding attacks, everyday items you can use in self defense, and physical techniques to use if attacked. Course will also discuss the laws of self defense in Wisconsin.

DATE: September, 27
DAY: Saturday
TIME: 1:00 - 3:00 pm
MIN/MAX: 4/20
FEE: \$10.00
DEADLINE: September 12, 2008
LOCATION: Armory Dance Studio
CLASS #: 41-600

Volleyball League

Games are played at 7:30 and 8:30 in the Whitewater High School Auxiliary Gym. The season will begin the week of September 22nd. Teams must consist of an equal or majority amount of women. Registration forms are available at www.ci.whitewater.wi.us

DATES: Sept 22 - Dec 11
(excl wk 11/24)
TIMES: 7:30 - 9:30 pm
FEE: \$50.00
DEADLINE: September 5, 2008
LOCATION: Whitewater HS Aux Gym
CLASS #: 48-083 (Tuesday Rec)
48-084 (Thursday Open)

Adult Tap Dance

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

DATES: Sept 17 - Nov 19
DAY: Wednesday
TIME: 7:00 - 8:30 pm
FEE: \$50.00
DEADLINE: September 5, 2008
LOCATION: Armory Dance Studio
CLASS #: 45-150

Jazz/ Hip-Hop for Adults

An upbeat class for adults, this class will work on Jazz warm-ups, simple isolations, locomotion steps across the floor, and basic steps to some hip and funky musical selections.

DATES: Sept 18 - Nov 20
DAY: Thursday
TIME: 7:00 - 8:30 pm
FEE: \$50.00
DEADLINE: September 5, 2008
LOCATION: Armory Dance Studio
CLASS #: 45-151



Adult Rock Climbing

Looking for a new sport to challenge you, give you a workout, and make you feel great, try rock climbing! All equipment is provided. A signed waiver form from Wall Crawlers is required prior to taking this course. (Youth classes offered on page 2)

DATES:
Session 1: Oct 10 - Nov 7 # 41-738
Session 2: Nov 21 - Dec 12 # 41-739
Session 3: Jan 9 - Jan 30 # 41-740

DAYS: Fridays
TIMES: 6:00 - 8:00 pm
FEE: \$30.00
DEADLINE: 10 days prior to start of session
LOCATION: Wall Crawlers Climbing Gym
138 W. Main

Adult Modern Dance

This class designed for ages sixteen and above will cover moving in and out of the floor, big full phrases, freedom, flow, and risk-taking in your dancing.

DATES: Sept 16 - Nov 18
DAY: Tuesdays
TIME: 7:00 - 8:30 pm
FEE: \$50.00
DEADLINE: September 5, 2008
LOCATION: Armory Dance Studio
CLASS #: 45-152

Aquatics

Aquatic class registration and programs will take place at Mercy Fitness & Whitewater Aquatic Center located at 580 South Elizabeth Street, Whitewater. Further details call 262-473-4900

Water Classes

Water Tai Chi

Tuesdays 11:30-12pm

Session #1: September 9-October 14

Session #2: November 4-December 9

Registration required. Minimum 5 participants

Cost: Free to members; nonmembers pay daily admission

Water Pilates

Session #1: Wednesdays; September 10-October 1

11:30-12:15pm

Session #2: Saturdays; October 11-November 1

8:30-9:15pm

Registration required. Minimum 5 participants

Cost: \$15 members/ \$20 nonmembers

Water Zumba

Wednesdays 8:15-9am

Session #1: September 10-October 15

Session #2: November 5-December 10

Registration required. Minimum 5 participants

Cost: Free to members; nonmembers pay daily admission

Hours of Operation

Monday - Friday 6am - 8pm

Saturday 7am - 6pm

Sunday Noon - 6pm

www.mercyhealthsystem.com

Master Swim Club

United States Masters Swimming is a national organization that provides organized workouts, competitions, clinics and workshops for adults 18 and over. Programs are open to all adult swimmers who are dedicated to improving their fitness through swimming. If you are interested in becoming a US Masters Swimming member or coach, please call Sam Gnatzig at (262)473-4900.

Water Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:15am Dash & Splash		6:30-7:15am Dash & Splash		6:30-7:15am Dash & Splash
7:30-8:15am Golden Waves (lap pool)	7:30-8:15am Golden Waves (leisure pool)	7:30-8:15am Golden Waves (lap pool)	7:30-8:15am Golden Waves (leisure pool)	7:30-8:15am Golden Waves (lap pool)
8-8:45am Joints in Motion		8-8:45am Joints in Motion		8-8:45am Joints in Motion
6:15-7pm Water Aerobics	6:15-7pm Water Aerobics	6:15-7pm Water Aerobics	6:15-7pm Water Aerobics	

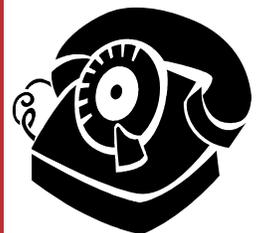
Dash & Splash: A cardiovascular aerobic workout that reduces muscle and joint stiffness. Provides a low-impact, high intensity workout. Held in the shallow end of the lap pool.

Golden Waves: Low-intensity, low impact class aimed at helping reduce muscle and joint soreness.

Joints in Motion: The 86-degree water in the leisure pool is great for people with arthritis. This class focuses on conditioning and flexibility with no impact and minimal intensity.

Classes are free to members. Nonmembers pay daily admission.

(262) 473-0520



Specialty Programs

www.ci.whitewater.wi.us

Basketball Leagues

Tip off play in this new 4 on 4 men's basketball league. The league will referee own games and play cross-court. Space is limited to the first twelve teams. Registration forms are available at www.ci.whitewater.wi.us

DATES: Dec 3 - Feb 18
DAY: Wednesdays
TIMES: 7:30 - 9:30 pm
FEE: \$50.00
DEADLINE: November 7, 2008
LOCATION: Whitewater HS Aux Gym
CLASS #: 48-093

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

DATES: Sept 9 - Oct 14
Oct 21 - Dec 2
DAY: Tuesdays
TIMES: 8:30am - 11:30 am
or
6:30pm - 9:30pm

DATES: Sept 10 - Oct 15
Oct 22 - Dec 3
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

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.ci.whitewater.wi.us, Parks & Recreation, Leagues. **Don't miss the August 28th 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: Sept 9 - Oct 22
TIMES: 6:00 - 10:00 pm
FEE: \$150.00 per team
DEADLINE: August 29, 2008
LOCATION: Starin Park Softball Diamond
CLASS #: 48-085 (Tuesday Mens)
48-086 (Wednesday Coed)

Ceramics

This ceramics class is designed for all ages and abilities. In this class you will learn how to clean greenware and prepare it to be fired in the kiln. You will also learn painting and glazing techniques. Prices are based on the size of the project ranging from \$.50 to \$20.00. Drop-in as often as you like during the times listed below. Children under the age of 12 must be accompanied by an adult.

Instructor: Jessica
DATES: Offered year-round
DAYS: Tuesdays and Wednesdays
6:30 pm - 8:00 pm
Thursdays 1:00 pm - 3:00 pm
MIN/MAX: 1/15
FEE: Price based on size of project
LOCATION: Downtown Armory

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	6:30-8:00 pm
Volleyball	Fridays	8:00-11:00 pm (School Year) and 7:00-11:00 pm (Summer)

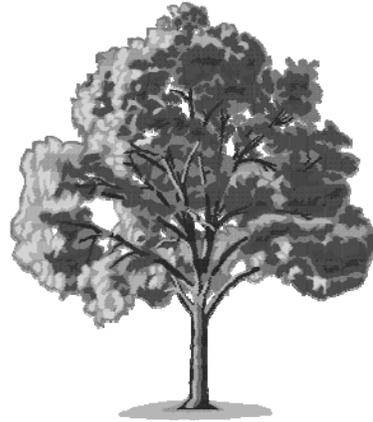
Parks and Forestry

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.

Brush Chipping:

The city chips brush every Tuesday for city residents. Residents should call the Street, Parks and Forestry Department at 473-0542, before Tuesday morning to be placed on the list for chipping. The city will drop off loads of chips to city residents, who call and ask for such service, and also designate an area that the chips can be safely dumped at.



How To Make Proper Pruning Cuts

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.

A similar procedure is used in pruning one of two branches (or one large branch and a stem) joined together in a 'u' or 'v' crotch. This is known as a drop crotch cut. Make the first notch cut on the underside of the branch you're pruning well up from the crotch. For the second cut, cut completely through the branch from inside the crotch well up from the ridge of bark joining the two branches. Finally, to shorten the remaining stub, make the third cut just to one side of the branch bark ridge and roughly parallel to it.

Park Improvements

The Parks and Recreation Department is proud of several improvement projects that have taken place in 2008, these projects include:

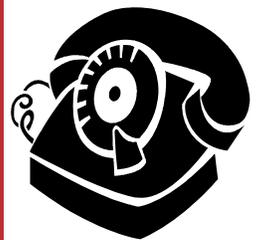
- Flower planters in Cravath Lakefront Park
- A total of 11 parks with new signs
- Accessibility Improvements to the playgrounds at Skyway and Turtle Mound parks
- A new shelter at Turtle Mound Park
- Re-finishing the Armory Gym Floor
- New floor and renovations to the Armory Dance Studio
- Ball Diamond Improvements at Starin Park

In addition the department is working on the following improvements for the future:

- Lakes Management Plan
- Moraine View Park Master Plan
- “Mural Park” Improvements
- Starin Park Playground

For more information or to become involved with these projects, please call 473-0122.

(262) 473-0520



Seniors In The Park



Deb Weberpal,
CPRP
Senior Coordinator

Watch for new and exciting happenings at Seniors in the Park over the next year as we wrap up the Accreditation process and begin to implement the many great ideas generated by the committee. We are also developing unique and challenging volunteer opportunities. Keep checking out our monthly newsletter and you might be pleasantly surprised.

Regularly Scheduled Activities

Most activities take place at the Starin Park Community Building and are offered free of charge unless noted otherwise. **Call 473-0535** for information on these activities. Some events require a reservation-please call in advance.

Classes and Activities

Book Club: Meets the first Monday of the month at 10:30 am. A wide variety of books are read and discussed. Books are available at Starin Park free of charge.

Chess: Wednesdays 1:00 pm. Beginners are welcome.

Computers: Various computer classes are offered for all skill levels. Watch the monthly newsletter for days and times of classes. If there is a class you would like to take, let us know. Fee is charged.

Technology Wizards: Third Thursday at 11:00am. Share information, give and receive help on a variety of topics.

Dominos: First Tuesday 11:30 am.

My Life's Journey Writing Group: First Thursday at 12:30 pm. Preserve and share stories of a simpler time with your children and grandchildren. No charge.

Stretch and Flex: Monday and Thursday 9:30 am. Exercise class promoting range of motion, flexibility, strength, and balance. \$1.00 per class or purchase punch card, 16 classes for \$12.00.

Potluck: First Tuesday 11:00 am. Bring a dish to pass and enjoy lively conversation.

Trail Blazers Hiking Group: Tuesdays 9:00am

Card Groups

Bid Euchre: Mondays 1:00 pm

Canasta: First, Third, and Fifth Mondays at 1:30 pm

Sheepshead: Thursdays 8:30 am

Poker: First and Third Wednesday at 1:00 pm

Movie Day

Fourth Tuesday of the month 12:30 pm. Popcorn is served. No Charge.

Senior Forum

The Senior Meeting is held the first Monday of the month at Noon to discuss the direction of the programming and the needs of the seniors of the community. Open to anyone.

Volunteers Are Needed

Share your time and talents with others in the community or learn something new. Most opportunities are flexible and can fit into your schedule.

- Van drivers – Training and licensing provided
- Holiday, Special event, and Fundraising assistance
- Facilitating Programming – Share a talent you have with seniors, i.e. piano lessons, crafts, drawing class, ethnic presentations/entertainment.
- Assistance with publicity.
- Entertainment – Music is needed for some special events, the lunch program.
- Develop Marketing Brochures – Volunteer Opportunities brochure & Seniors in the Park general brochure.
- Help produce a monthly show for Cable 13
- Nutrition Site – Assist with setting up and serving luncheon or plan and implement a monthly activity at the nutrition site.

Seniors In The Park

Services Offered

Car Inspection and Cleaning

September 27th 9:00—11:00 am at Whitewater High School Shop

All seniors are welcome to have their vehicle inspected for free at Whitewater High School. No repairs will be made during the inspection. You will be informed of any problems and referred to your own mechanic. The National Honor Society will be cleaning the interior of the car. Inspections and cleaning will last approximately 30 minutes. Snacks will be available. **Please call for an appointment, 473-0535 by September 25th.**

Blood Pressure Screening

Fourth Thursday of the month at 10:30 am. Provided by Whitewater Family Practice at no charge.

Foot Clinic

First Tuesday of the month at noon. Includes foot soak, nails clipped, filed and cleaned, corns and calluses filed, and foot massage. Bring a towel. No appointment is necessary. \$10.00.

Benefit Specialist

Senior Care Applications, Power of Attorney for Health Care, Disabled Parking ID Cards, and other forms are available through Julie Juranek, Walworth County Benefit Specialist. Call 262-728-8296 or 1-800-365-1587 to have information mailed to you or for assistance completing forms.

Newsletter Delivery or E-Delivery

To have the Seniors In The Park newsletter mailed to your home, please call 473-0535. The cost is \$5.00 for a one-year subscription. To receive the newsletter **FREE**, go online to www.ci.whitewater.wi.us. Click on Departments, Parks and Recreation, Seniors in the Park to print a copy of the newsletter. The newsletter is also available for pickup at the Community Building in Starin Park, the Irvin L. Young Library, the Municipal Building, Discover Whitewater, and the Aquatic Center.

Walworth County Nutrition Program

Enjoy lively conversation and the company of others. The meal is served Monday through Friday at 11:30 am at the Starin Park Community Building. The meal is open to **anyone** over the age of 60, and their spouse. Lunch is provided on a donation basis, the suggested donation is \$2.25. Persons unable to contribute the suggested donation will continue to be welcome. Please call the Nutrition Coordinator, Sue, at 473-0536 by noon one day in advance for a meal reservation. A monthly menu is available in the Seniors in the Park Newsletter or local newspaper.

Greeting Cards

Inexpensive, quality, Greeting Cards are available for purchase from 8:30 am—4:00 pm. Monday –Thursday.

September Newsletter

September brings new programs and activities to Seniors in the Park, such as Discussion and Discovery with the topic Great Masters: Lives of Robert & Clara Schumann and Stravinski. September is also Senior Center Month and Active Aging Week is September 22-28. Pick up a newsletter and discover what's new and exciting at Seniors in the Park.



Linda Loomer
Volunteer

From an active exercise class to a passive chess game there is something for nearly everyone at SENIORS IN THE PARK. The varied programs and activities provide an added dimension and variety to the many opportunities that abound in Whitewater. We are fortunate to be able to use the city van for the many wonderful trips that are offered. Having been a volunteer driver of the van for the past twelve years, I have met many appreciative people who enjoy and depend on this service. Come check us out. Being a part of the senior center has truly enriched my life.

Trips

Van Trips

Every month the van goes out for a fish fry, Lunch Bunch, and shopping in Janesville. Watch the newsletter for other delightful trips with the van.

Fireside

Cost: \$58.00 Payable to: The Fort Atkinson Area Senior Center
Transportation is on your own. Arrive at the FIRESIDE by 10:30 am.

How to Succeed in Business Without Really Trying — Pulitzer Prize winning musical — Wed. Oct. 1 RSVP/payment deadline August 29, 2008.

A Fireside Christmas—Thur. Dec. 18. RSVP/payment deadline November 4, 2008.

Fall Funday Trip

Thursday September 25

Enjoy a Berres Brothers Coffee tour including demonstrations of brewing, a free sample, and the chance to win a gift basket. Travel next to Honey Acres in Ashippun. View a video of honey making and tour the factory and museum. The included meal will be at Ginger's Hideaway in Horicon. After lunch view the birds and animals in their natural habitat on environmentally friendly pontoon boats as you take an hour tour of the Horicon Marsh. Make sure to bring your binoculars! End you fun day with the fruits of fall at Eberle's. They have pumpkins, fall produce, cedar lawn furniture and specialty crafts.

Cost: \$48

RSVP/payment deadline: September 9

Make checks out to City of Whitewater

Departure times to be announced

Menominee One-Day Getaway

Wednesday November 5

Menominee has over 650 slot machines ranging from a nickel to \$5, videop Poker, video keno and 15 black jack tables, craps, roulette and a poker room. Cash rewards are based on your players card use with double pints earned on Wednesday. Bring your photo ID.

Cost: \$30 per person

RSVP Payment deadline: October 15

Reservation forms available at Starin Park Community Bldg

Charleston And Savannah Holiday

Dec 3-8, 2008

Enjoy the charm and hospitality of the South at the holidays. Tour highlights include Charleston sightseeing, Fort Sumter Boat tour, Boone Hall Plantation tour, a horse drawn carriage Savannah tour, Jekyll Island Trolley Tour and lunch at the Jekyll Island Club. Tour includes: Airfare, 9 meals, tour director, home pick up service, baggage handling, 5 nights first class accommodations, and hotel transfers. \$1649 per person double. \$500 Single supplement.

Jewels Of The Adriatic

March 24-April 2, 2009

Come walk with us in the steps of emperors and dukes. Visit UNESCO World Heritage Sites: the Euphrasian Basilica, the Emperor Diocletian's Palace and underground halls, and the old city of Dubrovnik. Other highlights include Krka National Park with its 7 travertine waterfalls, the medieval town of Trogir, Train ride through the caves of Postojna, visit to Predjama Castle, and much more. Trip includes home pickup, roundtrip airfare, 11 meals, Professional Tour Manager, Guaranteed Share Program, and \$50 in Mayflower Money. Cost is \$2498 Double, \$3,097 single.

We are currently fundraising for a new van. Please support us in our fundraising efforts

Million Penny Fundraiser

Watch for jars around town. Drop in your change or a larger donation.

We will convert everything to pennies. See what 1,000,000 pennies looks like at Commercial Bank.

Cell Phone Recycling

Recycle your old cell phones and keep them out of landfills. Collection sites include:

Starin Park

Community

Building, Young Library, Municipal

Building, JB

Wireless, Wal-

Mart, and First

Citizen's Bank.

Facility Reservations

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 and \$100 for shelter 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.



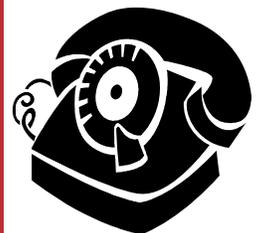
Facility	Whitewater Resident (4 Hours or less)	Non School District Resident (4 Hours or less)	Whitewater Resident (Per Hour Fee Over 4 Hours)	Non School District Resident (Per Hour Fee Over 4 Hours)
Cravath Lake Community Center (Capacity 100)	\$220	\$275	\$40	\$50
Starin Community Building (Capacity 100)	\$135	\$170	\$25	\$35
Armory Gym w/ kitchen (Capacity 300)	\$135	\$170	\$25	\$35
Armory Dance Studio (Capacity 25)	\$135	\$170	\$25	\$35
Armory Activity/Meeting Room (Capacity 25)	\$70	\$90	\$10	\$15

Facility	Whitewater Resident Daily Fee	Non School District Resident Daily Fee
Cravath Lake Picnic Shelter (Capacity 100)	\$55	\$70
Trippe Lake Picnic Shelter (Capacity 100)	\$45	\$60
Starin Picnic Shelter (Capacity 100)	\$45	\$60
Starin Kiwanis Lower Shelter (Capacity 100)	\$45	\$60
Starin Ball Diamond w/lights	\$80 \$140	\$100 \$175



Class	Description	Charge
1	City of Whitewater/WWUSD, local Civic/Charitable Organizations, Non-Profit Organizations (501.c.3), Local Athletic Associations/Support Groups	None
2	UW-Whitewater/UWW Continuing Education and recognized groups, Special Interest Groups and Religious Groups - if open to the public	50% of Published Fee
3	Private Parties/Meetings	100% of Published Fee

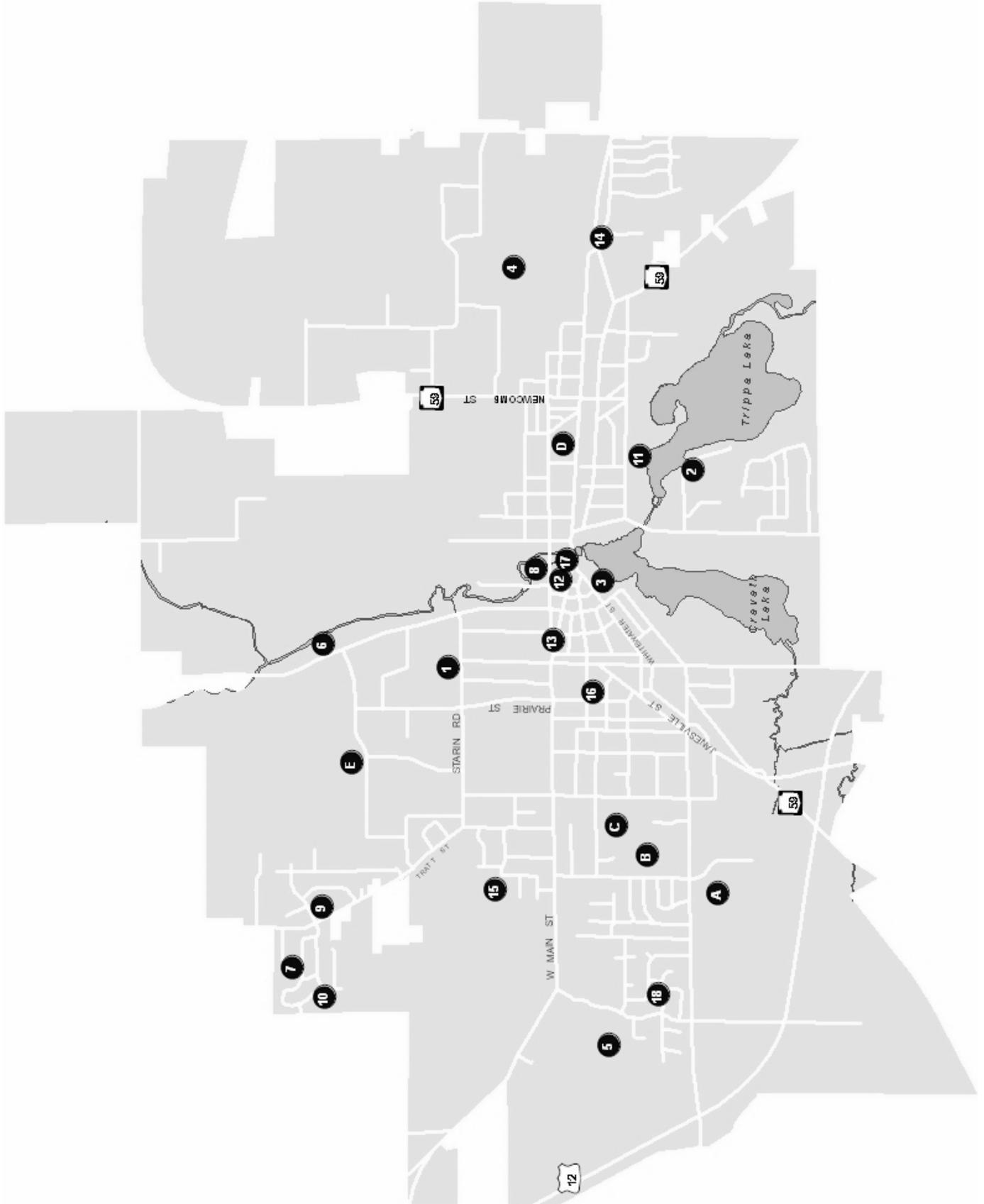
(262) 473-0520



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																						
1	Starin 504 W Starin Road	34.2	•	•	•		•	•	•			•	•		•	•	•					
2	Trippe Lake 407 S Wisconsin Street	24.2	•		•		•		•	•	•	•			•	•	•	•				
3	Cravath Lakefront 341 S Fremont Street	6.1	•	•	•		•	•		•	•	•			•	•	•	•				
4	Moraine View 1201 E Corporate Drive	45.0	•				•					•					•					•
6	Whitewater Creek Nature Area 685 N Fremont Street	59.8	•								•	•			•	•		•				
Archeological Park																						
5	Indian Mounds 288 S Indian Mound Parkway	21.5	•									•			•	•	•					
Neighborhood Parks																						
7	Skyway 1302 W Tower Hill Pass	4.1	•						•								•					
8	Brewery Hill/Armory 116 W North Street	7.3	•				•										•	•			•	
9	Meadow sweet 601 N Tratt Street	4.0	•									•					•					
Mini Parks																						
10	Walton Oaks 654 N Stone Field Lane	2.6																				
11	Clay Street Nature Park 511 E Clay Street	0.6	•								•											
12	Main Street Shoppes Courtyard 112 N First Street	0.1																				
13	Birge Fountain 402 W Main Street	0.7																				
14	Trailhead 1175 E Bluff Road	0.7																				
15	Ward 180 N Hyer Lane	2.9																				
16	Big Brick 611 W Center Street	1.1	•	•			•	•	•								•		•			
17	Mill Race 124 W Main Street	0.6	•								•											
18	Optimist Turtle Mound 1602 W Turtle Mound Circle	1.0	•						•								•					
Public School Facilities																						
A	Whitewater High School	69.3	•				•	•				•	•		•	•	•					
B	Whitewater Middle School	25.1	•				•	•					•				•					
C	Lincoln Elementary	10.3	•				•	•	•				•				•					
D	Washington Elementary	8.2					•		•				•	•			•					
University Facilities																						
E	UW LAWCON Fields	122.1	•				•	•				•	•		•	•						

Map



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: Mother's full name _____		Mother's work phone _____	
Father's full name _____		Father'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	\$ _____
<i>(Optional)</i>	
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: _____

Registration Information

When to Register

All registrations received by mail or dropped off at the Municipal Center will be processed on a first-come first-serve basis. Non-School District Resident registrations will be processed on a first-come-first serve basis beginning on August 15.

How to Register

- Complete the registration form on the left.
- A daytime phone number or email address is necessary for us to leave a message concerning any questions with your registration.
- PAYMENT MUST be included with the registration form. Checks are payable to: City of Whitewater. Payments using credit cards are accepted in person at the Municipal Center or via fax.
- For your convenience a drop box is located at the Municipal Center Whitewater Street entrance. Place your registration and payment in an envelope and drop it anytime—24 hours a day, 7 days a week!
- Mail to: Whitewater Parks and Recreation
P.O. Box 178
Whitewater, WI 53190
- Drop off at the Municipal Center, 2nd Floor, Administration/Parks & Recreation counter located at 312 W Whitewater Street.
- Fax to (262) 473-0509 (credit card payments only)

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. If you would like a confirmation, please email parks@ci.whitewater.wi.us or call (262) 473-0520.

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.

Email List

Would you like to receive an email notice of when our new brochures are ready? Email parks@ci.whitewater.wi.us with your email address. We'll send you a notice and a link to our website when it's "hot off the press"!

What Happened to the Early Bird Fees?

In an effort to improve customer service the monthly early bird fees have been eliminated. Each class now lists a pertinent registration deadline consistent with the course. Any registration after these imposed deadlines will require a \$10.00 late fee. The deadline dates are established to determine supplies, staffing levels required, facility space, etc. Please assist us by making sure you register by the deadline!

Don't Delay! Register Today!

Nothing cancels a class quicker than waiting until the last minute to register for it!
So please register ASAP so the class won't be cancelled!
Registering late will not guarantee a spot in a program.

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 when registering after the registration deadline date.



**Make this a fall
to remember!**



Whitewater Parks and Recreation
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Whitewater, WI 53190
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