

Whitewater Parks & Recreation Fall Guide 2010



TASTE OF WHITEWATER



COME GRAB A TASTE!

SEPTEMBER 24TH & 25TH
DOWNTOWN WHITEWATER • CRAVATH LAKEFRONT



COLD SWEAT • 5K RUN/WALK
WILL KRIEGER • ARTS
DANCE PERFORMANCES
CRAFTS • LIVE MUSIC
NEW TRADITION • WINE TASTING
LOCAL FOOD & MUCH MORE!

www.TASTEOFWHITEWATER.com

General Information

Did you know that you can register for classes and 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. The ActiveNet website details this process and has a convenient Frequently Asked Questions (FAQ) section. **Please note that a credit and/or debit card is required for all online transactions.**

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

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.



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.

Community Organizations

Seniors In The Park	Deb Weberpal	473-0535
Program Cancellation Hotline		473-0520 Press 6, Then 3
Whitewater Aquatic & Fitness Center	whitewateraquatic.com	473-4900
Chamber of Commerce	Deb Williamson	473-4005
UW Williams Center (Rec Sports)		473-1544
Whitewater Youth Football www.wyflonline.com	Steve Anderson	473-3888
Whitewater Youth Soccer www.whitewatersoccer.com	Mark Korf	608-883-6916
Whitewater Youth Basketball	Dave Schumacher	473-1775
Whitewater Youth Baseball (Ages 13 & Up)	Candi Mass jcjl1993@live.com	473-8338
J-Hawk Aquatic Club	Cheri Zimdars	473-1800
Whitewater Youth Wrestling	Wendall Bean	473-8003
Irvin L. Young Library		473-0530
Walworth County Nutrition	Sue Chapman	473-0536
Whitewater Arts Alliance www.whitewaterarts.org		
Whitewater Youth Cheerleading	Vicki Anderson	920-650-2341
Whitewater 4-H	Laurie Giorno	473-6065

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, CPRP 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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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

Golden State Foods	Good Morning Advertiser
Martin Group	Frawley Oil Company
Whitewater Optimists	UW-Credit Union
Whitewater Country Club	First Citizens State Bank
Winchester True Value	DuVal Construction
Whitewater Culvers	LSM Chiropractic
Whitewater Wal-Mart	Reynolds Heating
Daniels Sentry	Weiler Company
Commercial Bank	Hawk Bowl
Fort Community Credit Union	Dalee Water



Concerts In The Park/Family Fun Nights

Coburn Company Inc.	Dalee Water Conditioning
First Citizens State Bank	Whitewater Wal-Mart
Whitewater Farmers Market	Triebold Implement
	Dental Perfections, S.C.
	Whitewater Sno-Seekers Snowmobile Club

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 Jim Olsen
 District 2 Vacant
 District 3 James Winship
 District 4 Lynn Binnie
 District 5 Patrick Singer (Council President)

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.

David Stone, Chairperson
 Jim Olsen, City Councilmember
 Jen Kaina, University Representative
 Dr. Vance Dalzin, School District Representative
 Prudence Negley
 Rick Daniels
 Brandon Knedler
 George DeVries, Alternate

Special Events

Fall Fest at the Whitewater Aquatic Center

October 28th—October 30th

Watch for details at www.whitewateraquatic.com. Participate in log rolling clinics, sample aerobics classes, swim in our Kids City Wide Mini Swim Meet, play indoor volleyball tournament, dodge ball fun, decorating pumpkins, special contests, and much more.

Holiday Parade

Friday, December 3rd, 7:00pm

Experience the unforgettable and charming Holiday parade. Check the city website for further information. If you would like to participate in the parade, please contact the Chamber of Commerce 262-473-4005

Special Events Listing

Looking for something to do??? Check out the link below for upcoming events.

<http://www.ci.whitewater.wi.us/ParksandRecreation/SpecialEvents>



Fit Kid Shuffle

Saturday, September 25th

Check In: 10:30am, Race Begins at Noon

Whitewater is calling all kids to Cravath Lakefront Park to the Taste of Whitewater to participate in the first one mile fun run. The Fit Kid Shuffle is for all levels, and the use of strollers and wheelchairs is encouraged. Bikes and rollerblades are not allowed. The Fit Kid Shuffle begins at Noon and will start and end at Cravath Lakefront Park Arch. Pre-registration guarantees t-shirt. Proceeds will benefit Working for Whitewater's Wellness Program to promote and educate fitness and nutrition to the community.

Pre-registration \$10 (Guaranteed t-shirt), Day of registration \$12

To register online, visit

http://activenet9.active.com/whitewater_Class#6216.31

Or visit the link below for a printable registration form

<http://www.ci.whitewater.wi.us/ParksandRecreation/SpecialEvents>

One Stop Shop Fundraiser

Saturday November 20th, 9:00 am – 2:00 pm, Downtown Armory
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.

Halloween Weekend

Join Whitewater in Celebrating Halloween all weekend long!

Halloween Trick or Treat Hours

Sunday, October 31,
4:00pm-7:00pm

Trick or Treat Hours for the
City of Whitewater

Trick or Treat the Triangle

Saturday, October 30, 4:00pm - 8:00 pm

First Street, In front of Ketterhagen Motors

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

Downtown Whitewater Inc. is calling all Trick-
or-Treaters

There will be music by R & R Music, Sidewalk Chalk Art, Pumpkin Seed Spitting, Pumpkin Carving, Pumpkin Bowling and more. Trick-or-treat the triangle and enjoy the 2000 luminaries throughout the downtown area. For more information contact the Downtown Whitewater

Youth Halloween Party

Saturday, October 30

6:00pm - 8:00 pm, Downtown Armory

Cost: One Food Item for the local 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.

Ghouls Night Out

Thursday, October 28

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 28. 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 or by email at

info@whitewaterchamber.com

Spooky Splash

Friday, Oct 22nd & Saturday, Oct 23rd

6:00pm-10:00pm, Whitewater Aquatic Center

Haunted Boat Rides— Lap Pool, \$4 for members, \$9 for non-members.

Children's Games and Activities— Meeting Rooms

New Programs !

www.ci.whitewater.wi.us

Sugar Blues

Learn the 8 primary causes of sugar cravings, how it effects your body, and how to alleviate those cravings with healthy alternatives. Learn the "Crowding Out" method. Instructor: Ivy Miles

DATES: Saturday, Nov 13th
TIMES: 11:30am - 1:00pm
FEE: \$15.00
DEADLINE: November 3, 2010
LOCATION: Starin Park Building
CLASS #: 4423.31

Pantry Raid

Learn how to "Raid" your own pantry and change how and what you eat into a healthier way of eating. We will also talk about the 90/10 rule of healthy eating and how to keep your energy level up. Instructor: Ivy Miles

DATES: Saturday, October 16th
TIMES: 11:30am - 1:00pm
FEE: \$15.00
DEADLINE: October 7, 2010
LOCATION: Starin Park Building
CLASS #: 4424.31



Basic Fitness

If you are new to fitness classes or just looking for a less intense low-impact workout then this is the class or you! You will learn different aerobic movements/styles, proper form, technique, terminology, and more. Please wear proper aerobic footwear, bring a water bottle, a fitness mat and prepare to sweat! Instructor: Ivy Miles

Session 1: Sept 13 - Nov 3 # 4425.31

Punch Card: Attend 8 classes, \$48 # 4432.31
(Card valid for Cardio Plus & Basic fitness session 1 only)

Session 2: Nov 8 - Dec 29 # 4425.32

Punch Card: Attend 8 classes, \$48 #4432.32
(Card valid for Cardio Plus & Basic fitness session 2 only)

DAYS: Mondays & Wednesdays
TIMES: 6:15pm - 7:00pm
FEE: \$65.00 per session
*** Punch Card Class

No Walk ins

MIN/MAX: 8/20
DEADLINE: 10 days prior to start of session
LOCATION: Downtown Armory Gym

Class Ideas

We are always looking for new and creative programs to offer! If you have a skill that you would like to share or if you have ideas for classes, please contact Michelle Dujardin at mdujardin@ci.whitewater.wi.us

Living Well Workshop

This workshop helps participants with ongoing health conditions such as arthritis, diabetes, high blood pressure, anxiety, heart disease, and others, find better ways to: deal with pain and fatigue, improve strength and energy, use medications wisely, improve nutrition, understand treatment choices and talk effectively with family and health professionals.

Six Thursdays beginning October 7, 1:00 -2:30 pm. Held at the Starin Park Community Building. RSVP at 262-473-0535, by September 30.

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.



Register Online at:

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

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 10 - October 15
COST: \$30.00
MIN/MAX: 5/10
DEADLINE: September 1, 2010
LOCATION: Downtown Armory Dance Studio

Class Number	Class Times	Class	Age
3301.31	3:30pm - 4:00pm	Beginning	5-7
3302.31	4:00pm - 4:45pm	Beginning	8-11
3303.31	4:45pm - 5:30pm	Continuing	8-above

NEW! Continuing Students: Now enjoy Karate twice a week.

Continuing students will now have the opportunity to practice karate twice a week.

DAYS: Wednesdays & Fridays
TIME: 5:30pm –6:15pm
COST: \$50.00
MIN/MAX: 5/10
DEADLINE: 10 days prior to class
LOCATION: Downtown Armory Dance Studio

Session 1: Sept 8 – Oct 15 # 3304.31
Session 2: Oct 27 - Dec 17 # 3304.32
 (Excl 11/24 & 11/26)

** This class is open to continuing students only.

Session II

DAYS: Fridays
DATES: Oct 29 - Dec 17
 (excl 11/26)
COST: \$30.00
MIN/MAX: 5/10
DEADLINE: October 18, 2010
LOCATION: Downtown Armory Dance Studio

Class Number	Class Times	Class	Age
3301.32	3:30pm - 4:00pm	Beginning	5-7
3302.32	4:00pm - 4:45pm	Beginning	8-11
3303.32	4:45pm - 5:30pm	Continuing	8-above

Youth Rock Climbing

The Parks and Recreation Department is sad to announce the closing of Wall Crawlers. John Gelletta has sold the facility as a non rock climbing gym. Other opportunities are being explored for climbing enthusiasts, be sure to watch in future brochures for climbing clinics.



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.

Youth Programs

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



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 scheduled games. Adjustable basket heights will be used in accordance to the age group. Players will be divided into teams, instruction will be provided by a combination of parent volunteers and department staff. Parents interested in serving as a volunteer coach/instructor should do so at the time of registration. Each participant will receive a team t-shirt with a number.

DATES: November 6, 2010 - January 29, 2011
(no class on 11/27, 12/25, & 1/1)
DAY: Saturdays
MIN/MAX: 20/40
FEE: \$30.00
DEADLINE: October 15, 2010
LOCATION: HS Aux Gym

<u>CLASS #</u>	<u>TIME</u>	<u>SEX</u>	<u>GRADES</u>
1302.31	8:30-9:45 am	Boys	K & 1
1303.31	9:45-11:00 am	Girls	K & 1
1305.31	9:45-11:00 am	Girls	2 & 3
1304.31	11:00am-12:15pm	Boys	2 & 3

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 4-6. 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 29th.

DATES: January 8, 2011 - February 26, 2011
DAY: Saturdays
MIN/MAX: 8/20
FEE: \$30.00
DEADLINE: November 19, 2010
LOCATION: Various Local Gyms

<u>CLASS #</u>	<u>SEX</u>	<u>GRADES</u>
1306.31	Boys	4th
1307.31	Girls	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 13- Dec 18
(excl 11/27)
DAY: Saturdays
TIMES: 10:00am - 10:45pm
AGES: 3-5
MIN/MAX: 8/15
FEE: \$15.00
DEADLINE: October 31, 2008
LOCATION: Lincoln Elementary

CLASS #: 1301.31



No School Day Open Gyms

October 1st	1:00pm - 3:00 pm
November 11th	9:00am - 11:00am
November 12th	1:00pm - 3:00pm
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.

****Parents will be mailed a parking pass for Home Football Games**

Saturday Mornings

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

MIN/MAX: 6/15 Tots
8/18 Level 4/5 & Advanced
10/24 Level 1/2 & 2/3

DEADLINE: September 1, 2010
LOCATION: UW-Williams Center

Class Name	Class Number	Time	Cost
Tots	3601.31	3:00-3:30	\$18
Level 1/2	3602.31	2:00-3:00	\$32
Level 2/3	3603.31	12:00-2:00	\$63
Level 4/5	3604.31	12:00-3:00	\$95

Little Picasso's

Let your miniature Picasso express their creative side and have all kinds of fun with different types of paint. This class will be MESSY; please dress your children in old clothes. A paint smock will be provided.

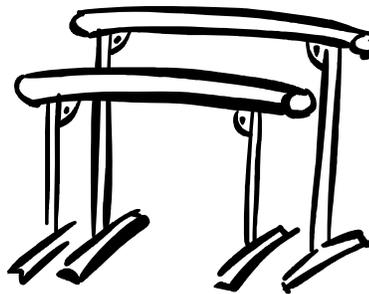
DATES: Oct 12 - Nov 9
CLASS: #3402.31
DAY: Tuesday
AGES: 3-5
TIME: 6:15pm - 7:00pm
MIN/MAX: 6/10
FEE: \$25.00
DEADLINE: October 2, 2010
LOCATION: Starin Park
Community Building



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. This 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



Nikki
Lostroschio
Instructor

I am a Theatre Management/ Promotions Major and a Dance Minor at UW-Whitewater and as my senior project I am taking on the role of Dance Coordinator for the Park and Rec. Dance Program. I am very excited to take a larger role in the program. I have been teaching here for 5 sessions. I hope this experience of helping put the program together, beginning to end, will give me a better outlook on my future career. I want to open a dance studio after graduation and this is the perfect opportunity for me to get some hands on experience.

Dance Classes

NEW! Spreading Holiday Cheer: As a final performance, this years classes will get the opportunity to share their holiday cheer by performing their dances to area residents of Fair Haven & Blackhawk Manor.

Holiday costumes will be provided and families are welcome to attend.

Fair Haven Performance: Thursday, November 18th at 6:30pm
Blackhawk Manor Performance: Saturday, November 20th at Noon

DATES: Sept 13 - Nov 20
FEE: \$45.00
DEADLINE: September 10, 2010
MIN/MAX: 4/10
LOCATION: Armory Dance Studio

Class Name	Class Number	Day	Time	Age
Creative Movement	3101.31	Monday	3:30-4:30	3-4
Creative Movement	3101.32	Saturday	10:30-11:30	3-4
Creative Movement/Pre-Ballet	3103.31	Monday	4:30-5:30	4-5
Creative Movement/Pre-Ballet	3103.32	Thursday	5:00-6:00	4-5
Ballet/Tap	3104.31	Wednesday	4:00-5:00	5-7
Leaps, Turns, & Jumps	3118.31	Monday	5:30-6:30	6-7
Ballet	3105.31	Tuesday	5:00-6:00	6+
Tap	3107.31	Tuesday	6:00-7:00	6+
Beginning Jazz/ Hip Hop	3109.31	Tuesday	4:00-5:00	7+
Parent/ Child Dance	3117.31	Thursday	6:00-7:00	

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)

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.

Leaps, Turns, & Jumps: Turns, Leaps, Jumps, and Extensions, are used in great free-moving combinations including age appropriate Hip Hop.

Parent/Child Dances: Come explore with your child the creative process of making dances. Dance composition techniques will be used to help you are your child create a dance.

Youth Programs

Youth Sports Newsletter

A youth sports newsletter is sent out weekly. To be added to the listing to receive the most current and up-to-date youth sports news, visit the sign-in box on the City's website or email Matt Amundson at: mamundson@ci.whitewater.wi.us

Taste Of Whitewater Dance Clinic

All kids & adults are invited to attend a FREE two hour dance clinic with public performance at the Taste of Whitewater. This two hour dance clinic provided by the UW-Dance Company will focus on Jazz Dance Style, with all levels of ability welcome. Tennis shoes and comfortable clothes for clinic are preferred, simple costumes will be provided for performance. Pre-registration is required for class grouping.

INSTRUCTOR:	UW-Dance Company Members	TIMES:	Clinic 1:00pm - 3:00pm Performance 4:30pm
DAY:	Saturday, September 25th	MIN/MAX:	8/50
AGES:	3 and above	FEE:	FREE
DEADLINE:	September 15, 2010	CLASS #:	3120.31
LOCATION:	Cravath Lakefront Building		



Register Online at:

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

Tots, Tunes, and Tumbling

A great program for parents and their tots to interact in a fun and education setting. This class provides interaction with parents, the instructor, and other children. They will play while incorporating coordination skills, large motor skills, balance, and following directions. Recommended for 2-4 year olds.

DATES:	Nov 15 - Dec 20
DAY:	Mondays
TIME:	2:30-3:00 pm
MIN/MAX:	8/16
FEE:	\$20.00
DEADLINE:	November 5, 2010
LOCATION:	Armory Dance Studio
CLASS #:	3401.31

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.

DATES:	Sept 27 - Oct 25
Instructor:	Amber Haut
DAY:	Mondays
TIMES:	4:00 - 4:45
AGES:	5 - 12
MIN/MAX:	8/20
FEE:	\$35.00 (Includes Baton) #3502.31 \$15.00 (without Baton) #3509.31
DEADLINE:	10 days prior to class
LOCATION:	Downtown Armory Gym



Amber Haut
Baton Instructor

Amber Haut is a student at UW-Whitewater. She has been involved in baton twirling since first grade. Baton twirling has offered her an opportunity to compete and lead parades. From baton twirling she went on to spin on her High School's Colorguard. Baton twirling is a ton of fun and Amber enjoys writing routines to her favorite songs.

Playgroup for Tots

Looking for something for your youngsters to do on Friday's 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.

Aquatics

Swim Lessons

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

Monday/Wednesday or Tuesday/Thursday - Swim Lesson 3 week sessions

September 13 – September 30

October 4 – October 21

November 1 – November 18

Monday/Wednesday Lessons

LEISURE POOL:		LAP POOL:	
Aqua Tots	4:00-4:30pm	Level 6	4:00-4:45pm
Level 1	4:00-4:45pm	Level 5	4:45-5:30pm
Swim Tots	4:30-5:00pm	Level 3	5:00-5:45pm
Level 2	4:45-5:30pm	Level 4	6:00-6:45pm
Aqua Tots	5:30-6:00pm	Level 5	6:45-7:30pm
Level 1	5:30-6:15pm	Level 3	6:45-7:30pm
Swim Tots	6:15-6:45pm	Level 4	7:15-8:00pm
Level 2	6:30-7:15pm	Level 6	7:30-8:15pm

Tuesday/Thursday Lessons

LEISURE POOL:		LAP POOL:	
Aqua Tots	4:00-4:30pm	Level 6	4:00-4:45pm
Level 1	4:00-4:45pm	Level 5	4:45-5:30pm
Swim Tots	4:30-5:00pm	Level 3	5:00-5:45pm
Level 2	4:45-5:30pm	Level 4	6:00-6:45pm
Aqua Tots	5:30-6:00pm	Level 5	6:45-7:30pm
Level 1	5:30-6:15pm	Level 3	6:45-7:30pm
Swim Tots	6:15-6:45pm	Level 4	7:15-8:00pm
Level 2	6:30-7:15pm	Level 6	7:30-8:15pm

Saturday Swim Lesson 8 week sessions

September 4 – October 23, November 6 – December 25

Cost: \$40 members/\$50 non-members

Leisure Pool		Lap Pool	
Aqua Tots	9:00 – 9:30am	Level 3 & 4	9:00 – 9:30am
Swim Tots	9:00 – 9:30am	Level 5 & 6	9:30 – 10:00am
Level One	9:00 – 9:30am	Level 3 & 4	10:00 – 10:30am
Level Two	9:30 – 10:00am	Level 5 & 6	10:00 – 10:30am
Aqua Tots	9:30 – 10:00am		
Swim Tots	9:30 – 10:00am		
Level One	10:00 – 10:30am		
Level Two	10:00 – 10:30am		

American Red Cross Lifeguard Training Class

Prerequisites: Students must be 15 years of age by the last day of class; 550 yards continuous swim, retrieve a 10 pound brick from a depth of 10 feet, and swim 20 yards with both hands on the brick. Attend all classes, classes are held at the Whitewater Aquatic and Fitness Center.

Dates: September 23rd - 27th

Times: September 23rd, 24th and 27th 5pm-9pm

September 25th and 26th 8am – 5pm

Cost: \$200

**NO SCHOOL
SPLASH DAYS
at the Whitewater
Aquatic and
Fitness Center**

Enjoy different
contests and
games starting at
1:00pm!

Friday, October 1st
Thursday, Nov 11th
Friday, Nov 12th

“Dare to do something different”

Log Rolling for Kids

DAYS: Wednesdays
 TIMES: 6:00pm - 6:30pm
 DATES: October 6th, 13th, 20th, 27th
 FEE: \$36 members/\$42 non-members
 Kids must be 7 years old to participate.

LOCATION: Whitewater Aquatic Center

Log Rolling for Adults

DAYS: Mondays
 TIMES: 6:00pm - 6:30pm
 DATES: October 4th, 11th, 18th, 25th
 FEE: \$40 members/\$48 non-members
 LOCATION: Whitewater Aquatic Center

Studio 84 Art Programs

Studio 84 is a non profit art center that provides experiences in visual arts, theater, dance, and music for the community. We specialize in working with people with physical and cognitive limitations and creating an environment of inclusion whenever possible. Studio 84 is open to all ages and abilities.

For more information and class schedule, visit

<http://www.studio84inc.org>

Whitewater Aquatic & Fitness Center Land Classes

KIDS BEATS

(Drums Alive) for kids!
 Thursdays 4:45 – 5:15 pm
 Session 1 Sept. 16 – Oct. 7
 Session 2 Oct. 21 – Nov. 11
 Session 3 Dec. 2 - 16
 \$14 member / \$17 non member / drop in \$10
 min 5/ max 15

Drums Alive

Thursdays 5:30 pm – 6:30 pm
 Session 1 Sept. 16 – Oct. 7
 Session 2 Oct. 21 – Nov. 11
 Session 3 Dec. 2 - 16
 \$28 member/ \$34 non member / drop in \$10
 min 5/ max 15

Water Pilates

Wednesdays 11:30 am – 12 pm
 Session 1 Sept. 15 – Sept. 29
 Session 2 Oct. 20 – Nov. 3
 \$21 member / \$25 non member / drop in \$10
 minimum 5

Intermediate Mat Pilates

Tuesdays 10:15 am – 11 am
 Session 1 Sept. 14 – Oct. 19
 Session 2 Nov. 2 – Dec. 7
 \$42 member / \$48 non member / drop in \$10
 minimum 5

Basic Mat Pilates

Mondays 5:15 pm – 6 pm
 Session 1 Sept. 13 – Sept. 27
 Session 2 Oct. 11- 25
 Session 3 Nov 8 – 22
 \$21 member / \$25 non member / drop in \$10
 minimum 5

S.L.E.D

Stronger Learner Every Day

Each SLED participant meets with a trainer before beginning the program to establish a personal exercise progression. Each time you work out, fill in your exercise sheet and turn it in to a WAFC trainer and your next exercise session will be set up for you. The more consistent you become with your exercise habits, the more successful you will be.

FREE to members!



Zumba combines Latin and international rhythms with easy to follow movements for a great workout party.

Visit whitewateraquatic.com
for class schedule

www.ci.whitewater.wi.us

* All classes and registration will take place at the Whitewater Aquatic & Fitness Center located at 580 S Elizabeth St. 262-473-4900

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.

New! Body Therapy Workshop

This workshop will teach you about body therapy and how it can help improve the quality of your life. We will be using self massage techniques, Thai Yoga techniques, and foam rollers to enhance mobility & flexibility in the bones and muscles creating an overall improvement in body alignment and stability.

This is a great introduction to the "Body Therapy Class" that will be offered.

Please bring a mat.

Instructor: Ivy Miles, CPT, RYT

Session 1: October 30th # 4427.31

DAYS: Saturday
TIMES: 11:30am-1:00pm
FEE: \$20.00 pre-register
MIN/MAX: 3/ 8
DEADLINE: 10 days prior to start of session
LOCATION: Cravath Lakefront Building

New! Body Therapy Class

Body therapy can alleviate stiffness, improve joint mobility, increase flexibility, relieve joint pain, and create space to improve posture and circulation. We will be using self massage techniques, Thai Yoga techniques, and foam rollers to enhance mobility & flexibility in the bones and muscles creating an overall improvement in body alignment and stability. Please bring a mat.

Instructor: Ivy Miles, CPT, RYT

Session 1: Nov 9 - Dec 14 #4428.31

DAYS: Tuesdays
TIMES: 8:45am-9:30am
FEE: \$50.00
No walk-in
MIN/MAX: 3/ 8
DEADLINE: 10 days prior to start of session
LOCATION: Cravath Lakefront Building

Pilates 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.

Session 1: Sept 10 - Oct 15 # 4412.31
(excl 10/1)

Session 2: Oct 29 - Dec 3 #4412.32
(excl 11/29)

Session 3: Dec 10 - Jan 14 #4412.33
(excl 12/24)

DAYS: Fridays
TIMES: 8:45-9:30 am
FEE: \$45.00 per session
No walk-ins
MIN/MAX: 5/9
DEADLINE: 10 days prior to start of session
LOCATION: Downtown Armory Gym

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 9 - Oct 7 # 4404.31

Session 2: Oct 14 - Nov 11 #4404.32

Session 3: Nov 18 - Dec 23 #4404.33
(excl 11/25)

DAYS: Thursday
TIMES: 9:45am- 10:45am
FEE: \$40.00 per session
 \$10.00 Walk-In
MIN/MAX: 5/20
DEADLINE: 10 days prior to start of session
LOCATION: Cravath Lakefront Building

Thai Yoga Massage

Thai Yoga Massage is a unique form of bodywork.....the technique uses point pressure, muscle stretching and compression in rhythmic gentle rocking movements to release muscular & emotional tension and to promote deep relaxation.

1 Hr \$65.00 1 1/2 Hr \$85.00

Please contact Ivy Miles for appointment 262-391-1445

Adult Fitness

Pilates Fusion

A Pilates based class using the fit ball. This class combines Pilates mat exercises, fit ball exercises plus more! All levels welcome. **Please bring a 55-65cm fit ball to class.**

Instructor: Ivy Miles, CPT, RYT

Session 1: Sept 9 - Oct 7 # 4408.31

Session 2: Oct 14 - Nov 11 #4408.32

Session 3: Nov 18 - Dec 23 #4408.33
(excl 12/25)

DAYS: Thursday

TIMES: 8:45-9:30 am

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

MIN/MAX: 5/20

DEADLINE: 10 days prior to start of session

LOCATION: Cravath Lakefront Building

NEW! 20/30/20

Take your existing fitness routines to a new level while increasing core stability, overall strength and muscular endurance. Starting with a 20 minute cardio workout, followed by 30 minutes of body sculpting using weights, gliders, pilates and finishing with a wonderful 20 minute Yoga sequence. Bring a mat & water bottle. Instructor: Ivy Miles

Session 1: Sept 11- Oct 16 # 4429.31
(excl 10/2)

Session 2: Oct 30 - Dec 11 #4429.32
(excl 11/27 & 12/4)

DAYS: Saturdays

TIMES: 8:30am -9:45am

FEE: \$35.00 per session
No walk-in

DEADLINE: 10 days prior to start of session

LOCATION: Downtown Gym Armory

NEW! Cardio Plus

An energizing workout combining aerobic movements with strength & stabilization exercises to shape and tone your body. This program will improve your cardiovascular conditioning, your total body strength & flexibility using ball, weights, tubes, gliders, bosu and more! Bring a fitness mat & water bottle. Instructor: Ivy Miles, CPT, RYT

Session 1: Sept 13- Nov 3 # 4430.31

Punch Card: Attend 8 classes, \$48 # 4432.31
(Card valid for Cardio Plus & Basic fitness session 1 only)

Session 2: Nov 8 - Dec 29 #4430.32

Punch Card: Attend 8 classes, \$48 #4432.32
(Card valid for Cardio Plus & Basic fitness session 2 only)

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

Session 1: Sept 7 - Oct 5 #4403.31

Session 2: Oct 12 - Nov 9 #4403.32

Session 3: Nov 16 - Dec 21 #4403.33
(excl 12/7)

DAYS: Tuesdays

TIMES: 9:45 - 10:45am

FEE: \$40.00 per session
\$10.00 Walk-In

MIN/MAX: 5/20

DEADLINE: 10 days prior to start of session

LOCATION: Cravath Lakefront Building

NEW!

Punch your way to healthy living

Would you like to try a class? Our new punch card system allows participants the ability to try new classes when schedules are tough. Participants now have the ability to purchase punch cards for Cardio Plus & Basic Fitness , that allows you to attend 8 classes within a specific session. This system has replaced the walk in price to help class planning.

Punch cards can be purchased at:

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

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



Get Fit For Life with New Classes

Attention Fitness Class Participants!

Punch cards are here! Participants now have the ability to purchase punch cards for Cardio Plus & Basic Fitness, this allows you to attend 8 classes within a specific session for either class. **This system has replaced the walk in option.** Punch cards can be purchased at any point during the dated session and can only be used during that session for a specific session dates.

The future of the walk in option: As of January 1, 2011 there will no longer be a walk in option. Classes will have punch card options for those who need flexibility in their schedules.

FREE! Cardio Plus Class Trial

This **Free** class will introduce the new Cardio Plus energizing workout combining aerobic movements with strength & stabilization exercise to shape and tone your body. Pre-registration is appreciated for class preparation.

DATES: September 8th
DAY: Wednesday
TIME: 5:15pm-6:10pm
FEE: FREE
DEADLINE: August 30, 2010
LOCATION: Downtown Armory Gym
CLASS #: 4431.31

FREE! Basic Fitness Class Trial

This **Free** trial will introduce the new Basic Fitness class. You will learn different aerobic movements/styles, proper form, technique, terminology and more. Pre-registration is appreciated for class preparation.

DATES: September 8th
DAY: Wednesday
TIME: 6:15pm-7:00pm
FEE: FREE
DEADLINE: August 30, 2010
LOCATION: Downtown Armory Gym
CLASS #: 4431.32

Basic Fitness

If you are new to fitness classes or just looking for a less intense low-impact workout then this is the class for you! You will learn different aerobic movements/ styles, proper form, technique, terminology, and more. Please wear proper aerobic footwear, bring a water bottle, a fitness mat and prepare to sweat! Instructor: Ivy Miles

Session 1: Sept 13 - Nov 3 # 4425.31

Punch Card: Attend 8 classes, \$48 # 4432.31
(Card valid for Cardio Plus & Basic fitness session 1 only)

Session 2: Nov 8 - Dec 29 # 4425.32

Punch Card: Attend 8 classes, \$48 #4432.32
(Card valid for Cardio Plus & Basic fitness session 2 only)

DAYS: Mondays & Wednesdays
TIMES: 6:15pm - 7:00pm
FEE: \$65.00 per session
 *** Punch Card Class
No Walk ins

MIN/MAX: 8/20
DEADLINE: 10 days prior to start of session
LOCATION: Downtown Armory Gym

10 Ways to Stay Active in Whitewater

- Enjoy the Sculpture Walk
Brochures available at Greenhill Center of the Arts or the Cultural Arts Center
- Take a Park Tour
Visit all 20 of Whitewater's diverse parks
- Scenic Trails
Dissecting the city East and West
- Frisbee Golf
Fun and Challenging!
- Bike to Whitewater Lake Recreation Area
- Enjoy Kettle Moraine Forests Hiking & Biking
- Go Geocaching around Whitewater
- Window shopping downtown
- Visit the Historic Starin Neighborhood
- Tour the Historical Train Depot

Wellness is a way of life



W3- Promote Wellness-by Connection Community

Working for Whitewater's Wellness coalition seeks to promote physical, mental, spiritual and social wellness with the context of connecting with the ones community by individual and community attention to eating wisely, activity, purpose and social connections.

If you are interested in joining this coalition and providing endless benefits to the community, please contact Richard Jazdzewski @ jazdzewr@uww.edu

W3 5K Taste Trot

Saturday, September 25th

Check In: 10:30am, Race Begins at Noon

Enjoy Whitewater's trail system at this years 5k event. The W3 5k Taste Trot will begin at Noon followed by the Fit Kid Shuffle at 12:15pm. This events is for all levels, and the use of strollers and wheelchairs is encouraged. Bikes and rollerblades are not allowed. Both races will start and end at Cravath Lakefront Park Arch. Pre-registration guarantees t-shirt and pedometer. Proceeds will benefit Working for Whitewater's Wellness Program to promote and educate fitness and nutrition to the community.

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

To register online, visit

[**http://activenet9.active.com/whitewater Class#6215.31**](http://activenet9.active.com/whitewater Class#6215.31)

Or visit the link below for a printable registration form

[**http://www.ci.whitewater.wi.us/ParksandRecreation/SpecialEvents**](http://www.ci.whitewater.wi.us/ParksandRecreation/SpecialEvents)

Fit Kid Shuffle

Saturday, September 25th

Check In: 10:30am, Race Begins at 12:15pm

Whitewater is calling all kids to Cravath Lakefront Park to the Taste of Whitewater to participate in the first one mile fun run. The Fit Kid Shuffle is for all levels, and the use of strollers and wheelchairs is encouraged. Bikes and rollerblades are not allowed. The Fit Kid Shuffle begins at 12:15pm and will start and end at Cravath Lakefront Park Arch. Pre-registration guarantees t-shirt. Proceeds will benefit Working for Whitewater's Wellness Program to promote and educate fitness and nutrition to the community.

Pre-registration \$10 (Guaranteed t-shirt), Day of registration \$12

To register online, visit

[**http://activenet9.active.com/whitewater Class#6216.31**](http://activenet9.active.com/whitewater Class#6216.31)

Or visit the link below for a printable registration form

[**http://www.ci.whitewater.wi.us/ParksandRecreation/SpecialEvents**](http://www.ci.whitewater.wi.us/ParksandRecreation/SpecialEvents)

How to Eat Healthy for Less!

If the recent economic downturn hasn't left you trying to figure out ways to count costs, consider yourself pretty much alone. There are a few, simply ways to trim your food budget, and just possibly trim your waistline in the meantime.

- 1: Buy local. Choose produce that is in season and locally grown.
2. Focus on the grains and not protein. Rice, pasta, and grains are a good way to round out a meal. Try to choose whole grain foods whenever possible.
3. Invest time, not money. Forgo the convenience foods and focus on preparing dishes yourself and involve your family. While it might seem daunting to give up prepared foods, the premium you pay for someone to prepare foods for you will be invested instead in spending time with your family and cooking healthy alternatives.



Adult Programs

www.ci.whitewater.wi.us

Adult Tap Dance

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

DATES: Sept 14 - Nov 15
DAY: Mondays
TIME: 6:30 - 8:00 pm
FEE: \$50.00
DEADLINE: September 10, 2010
LOCATION: Armory Dance Studio
CLASS #: 4101.31

Fall Softball Leagues

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

Registration forms are available at www.ci.whitewater.wi.us, Parks & Recreation, Leagues. **Don't miss the August 27th 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 7– Oct 20
TIMES: 6:00 - 10:00 pm
FEE: \$150.00 per team
DEADLINE: August 27, 2010
LOCATION: Starin Park Softball Diamond
CLASS #: 2107.31 (Tuesday Mens)
2108.31 (Wednesday Coed)

Sugar Blues

Learn the 8 primary causes of sugar cravings, how it effects your body, and how to alleviate those cravings with healthy alternatives. Learn the "Crowding Out" method. Instructor: Ivy Miles

DATES: Saturday, Nov 13th
TIMES: 11:30am - 1:00pm
FEE: \$15.00
DEADLINE: November 3, 2010
LOCATION: Starin Park Building
CLASS #: 4423.31

Pantry Raid

Learn how to "Raid" your own pantry and change how and what you eat into a healthier way of eating. We will also talk about the 90/10 rule of healthy eating and how to keep your energy level up. Instructor: Ivy Miles

DATES: Saturday, October 16th
TIMES: 11:30am - 1:00pm
FEE: \$15.00
DEADLINE: October 7, 2010
LOCATION: Starin Park Building
CLASS #: 4424.31



Whitewater Sculpture Walking Tour

The self-guided and free Sculpture Whitewater Walking Tour offers art lovers and walking enthusiasts the opportunity to stroll the beautiful UW-Whitewater campus and the historic Whitewater downtown while viewing an impressive collection of public art works. These works of art (many funded through the Wisconsin Arts Board "Percent for Art" program) reflect varied styles and highlight the work of local and regional artists.

Sculpture Whitewater Tour brochures are available at the Greenhill Center of the Arts and at the Whitewater Cultural Arts Center.

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)

Specialty Programs

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

Show Me the Green

Profitable Practices That Build on the Local Advantage

A half-day workshop for small businesses

Wednesday, October 27, 7:30am-Noon
Cravath Lakefront Center

341 S. Fremont St. Whitewater, WI 53190

Watch the City Website or call 262-473-0148 for more details.

Ice Age Hikes



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

Ceramics

All Ages – Children Under 12 must be accompanied by an adult

LOCATION: Downtown Armory (Basement)

FEE: \$1 to \$20 (dependent upon Project chosen)

DAYS & TIME: Year-Round

Wednesday: 6:00pm-8:00pm

Thursday: 3:00pm-6:00pm

Saturday: Check Bulletin Board for dates and times

Learn to clean and prepare Greenware for firing; design, special glazing and freehand paint designs

INSTRUCTORS: Kathleen Geoghan (262) 949-3109 & Rhonda Kolander

A free workshop to help you own your own home

The Home Buyer's Workshop is designed to help more families become homeowners in the City of Whitewater.

This program will give you a greater opportunity to own your own home by:

- Giving you the information you need to make a wise purchasing decision.
- Possibly lowering the down payment requirement.
- Possibly lowering the amount of income you need to qualify for a home loan.

“Knowledge is the key to owning your own home”

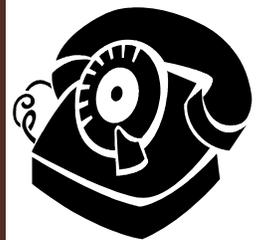
A well-informed home buyer is better prepared to achieve home ownership. The course is broken down into 8 topic sections and will help you prepare to make a better purchasing decision.

Workshops are held at request by the Whitewater Community Development Authority.

Watch the City Website for more details or call 262-473-0148 to request a workshop.



(262) 473-0500



Seniors In The Park



**Deb Weberpal,
CPRP**

Senior Coordinator

Seniors in the Park has gone digital! Stay up-to-date on happenings by becoming a friend on Facebook. The newsletter and trip itineraries can be found on the city website.

www.ci.whitewater.wi.us,

Departments, Seniors in the Park. You can add your name to an email list to receive travel updates or the newsletter directly to your inbox so you don't have to search for it.

Email me at dweberpal@ci.whitewater.wi.us. The newsletter also has a link on the Whitewater Banner. Be in the know about the many varied and exciting offerings at Seniors in the Park.

Regularly Scheduled Activities

Activities take place at the Starin Park Community Building and are free of charge unless otherwise noted. Some events require preregistration, please call or email in advance. Detailed information and trip itineraries can be found at ci.whitewater.wi.us, Departments, Seniors in the Park; in the Park Bench newsletter available at the Community Building, Irvin L Young Library, Whitewater Aquatic Center and the Municipal Building, or by calling 262-473-0535. You can also friend us on Facebook.

Cold War Stories: A Half-Century of Soviet-American Tension

UW-W Continuing Education Lecture Series

Sept. 22: Berlin, the Airlift, and the Wall

Sept. 29: Spies

Oct. 6: Cuba and the Missiles of October

Oct. 20: The Cold War's Endgame

Presenter: Dr. Richard Haney, Professor Emeritus

1:00 Wednesdays. Please RSVP in advance

Season to Season with the Netsilik Inuit

A look at the almost extinct, traditional ways of the Alaskan Inuit

Oct 27: Fishing at the Stone Weir

Nov. 3: Caribou Hunt

Nov. 10: Sea Ice Camp

Presenter: Terry Tutton, Physical Anthropologist

1:00 Wednesdays. Please RSVP in advance.

Dead People Do Tell Tales

Forensic Anthropology applied to prehistoric peoples

Presenter: Terry Tutton, Physical Anthropologist

Wednesday, November 17, 1:00. Please RSVP in advance.

Living Well Workshop

This workshop helps participants with ongoing health conditions such as arthritis, diabetes, high blood pressure, anxiety, heart disease, and others. Find better ways to: deal with pain and fatigue, improve strength and energy, use medications wisely, improve nutrition, understand treatment choices and talk effectively with family and health professionals.

Six Thursdays beginning October 7, 1:00 –2:30 pm

RSVP by September 30.

Zumba® Gold and Tai Chi

Beginning in September. Check the newsletter or website for day and time information

Zumba– Tuesdays, 8:30am beginning Sept 14, \$3.00 a class/ Min 12 participants

Tai Chi– Wednesday, 9:30am beginning Sept 15th - Nov 3rd, 8 week class \$24/Min 6 participants

Ongoing Classes and Activities

Bid Euchre—Mondays 1:00

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

Bowling—Wednesdays 9:00 am at Hawk Bowl beginning September 8

Canasta—First, third and fifth Mondays 1:30 pm

Ceramics—Tuesday and Wednesday 6:30-8:00 pm, Thursdays 1-3 at Armory

Computer Classes—offered monthly

Dominoes—First Tuesday 11:30

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

Our House Senior Living Movie—Second and Fourth Tuesday 12:30 pm

Senior Forum—First Monday at noon

Sheepshead—Tuesdays 1:00 pm

Stretch, Flex & Glide—Mon & Thurs. 9:30 am \$1.00 per class

Texas Hold 'em Poker—First/Third Wednesday 1:00

Wii Bowling/Sports—Mondays 11:00 am

Seniors In The Park

Park Bench Television Show

We now have our 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 Tuesday, 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.

Sharing Memories or Life Experiences with Digital Storytelling

Everyone has many powerful stories to tell. The ritual of sharing insights and experiences about life can be immensely valuable both to those who speak and those who bear witness. This workshop is for anyone who has a desire to document life experiences, events or history through the use of story, photos, and music. We are looking for memories of Whitewater or life stories of growing up in a less complicated time. Workshops will be held at various times throughout the fall.

Volunteers Are Needed

Share your talents and expertise with us. Opportunities range from projecting movies to van drivers to administrative assistance. Contact Deb Weberpal for detailed opportunities.

Services Offered

Blood Pressure Screening

Fourth Thursday of the month at 10:30 am. Provided by Country Nurses 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.

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 or visit www.whitewaterbanner.com. 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 \$2.50. 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.

Therapeutic Massage

Second Monday, 1:00pm-3:00pm -Table massage
Half hour appointments can be made in advance by calling 262-473-0535. Cost \$25

Grief Support Group

Third Tuesday, 2:00. This group is open to anyone who has experienced a loss. Questions, call Rainbow Hospice, 920-674-6255.



Janet Nell
Volunteer

After moving to Whitewater four years ago with a background in government service, I decided it was time to give back to the community and started volunteering at Seniors in the Park. I am usually at the reception desk on Thursday mornings and have worked as a tax preparer with the AARP TaxAide Program. Volunteering lets you do something you enjoy while helping others. The Senior Center has diverse activities from exercise classes to computer training to card playing. There are many opportunities to meet others and have fun. And, if you enjoy going on van trips, you may meet my husband, Jerry, who is one of the volunteer drivers.

Seniors In The Park



New Senior Van

Traveling with Seniors in the Park presents a wide array of opportunities from short van trips in the area to coach trips in the region to overseas adventures.

Adults of all ages are welcome on trips. Besides the cultural and educational experiences you have on a trip, they are just plain fun! Plus, you assist Seniors in the Park in fundraising, as many trips provide extra revenue for programs and services we could not otherwise afford. So get out your travelin' shoes and join us for a great time!

Travel Experiences

Detailed itineraries are available at the Starin Park Community Building or online at www.ci.whitewater.wi.us, Departments, Seniors in the Park. Adults of all ages are welcome on trips.

Van Trips

For detailed tour itineraries or cost call 262-473-0535, watch the monthly newsletter or go online to www.ci.whitewater.wi.us, departments, Seniors in the Park.

Geneva Lake Museum of History—Monday September 13
Gays Mills Apple Orchards—Thursday September 23
Devil's Lake Hike—Tuesday October 12
Lunch Bunch—Second Tuesday
Janesville Shopping—Third Wednesday
Monroe Cheese and Treats—November 16

Salute to Veterans

Tuesday, November 9
Tour Fort McCoy, Burnstad's to see candy making techniques, and sample fudge, and Humbird Cheese with over 100 varieties.
Lunch is included.
Cost: \$48 (Veterans get \$2 off)
Reservation/payment due: October 12



Christmas in Dublin.....Ohio

December 1-4
Tour this uniquely Irish community and enjoy three days of Irish Holiday Traditions and treats.

Palm Springs

March 25—April 5, 2011
Enjoy Palm Springs, where the desert blooms and has been a favorite getaway destination for celebrities and sun seekers alike for more than 100 years. Highlights include Palm Springs Follies, celebrity homes, air museum, living desert museum and more!
Trip preview Monday, September 27 at 12:30 pm. Please RSVP

Dutch Waterways in Springtime

April 16-24, 2011
Cruise the historic canals of Holland aboard the exclusively chartered MS Rigoletto. Experience the Netherlands ablaze with spring colors and tulips.
Trip preview Monday, September 27 at 11:00 am. Please RSVP

Parks & Forestry

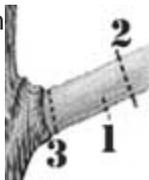
How To Make Proper Pruning Cuts

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



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

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



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

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

Memorial Tree Planting Program

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

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. If your terrace tree needs care, please call City Forester Chuck Nass.



Brush Chipping

The city chips brush every Tuesday for city residents. Residents should call the Streets Department at 262-473-0542 before Tuesday morning to be places on the list for chipping. The first 10 minutes are free, a fee of \$30 is assed every 10 minutes thereafter.



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.

(262) 473-0542



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 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)	\$150	\$190	\$30	\$40
Armory Gym w/ kitchen (Capacity 300)	\$150	\$190	\$30	\$40
Armory Dance Studio (Capacity 25)	\$150	\$190	\$30	\$40
Armory Activity/Meeting Room (Capacity 25)	\$75	\$95	\$15	\$20

Facility	Whitewater Resident Daily Fee	Non School District Resident Daily Fee
Cravath Lake Picnic Shelter (Capacity 100)	\$60	\$75
NEW! Trippe Lake Picnic Shelter (Beach) (Capacity 100)	\$70	\$90
Trippe Lake Picnic Shelter (Playground) (Capacity 100)	\$50	\$65
Starin Picnic Shelter (Capacity 100)	\$50	\$65
Starin Park Kiwanis Lower Shelter (Capacity 100)	\$50	\$65
Starin Park Ball Diamond w/lights	\$80 \$150	\$100 \$190



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	Non-partner civic or charitable group holding an event, meeting, or practice without food & beverage that is free to the public to attend	25% of Published Fee
3	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
4	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.ci.whitewater.wi.us



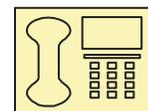
Mail- In/Fax

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>**

When to Register

Registration begins on-line on **Saturday, August 7th at 8AM**.
Registration in person, via phone, and mail will begin on
Monday, **August 9th at 8AM**.

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 finan-
cial 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 reason-
able modifications to support inclusive recreation par-
ticipation. For answers to your questions about recrea-
tion inclusion, call Michelle Dujardin at 262-473-0121 or
contact by email at mdujardin@ci.whitewater.wi.us

Late Fees!

Please read the deadline dates very carefully.
A late fee of \$10.00 will be enforced and as-
sessed to each person and to each program

Registration Form

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

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

Self or Adult Contact			
<small>(if registering children)</small>	<small>Last Name</small>	<small>First Name</small>	
Home Phone _____	Cell Phone _____	Email Address _____	
Address, City, State, Zip			
<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 _____	
In emergency, contact:			
<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.*

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

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: _____

City Parks

		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
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	Whitewater Effigy Mounds Preserve 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	•									•					•				
10	Minneiska Park 731 S Tanner Way	20.0	In Development																		
Mini Parks																					
11	East Gate Park 1271 E Jakes Way	2.0							•								•				
12	Walton Oaks 654 N Stone Field Lane	2.6										•					•				
13	Clay Street Nature Park 511 E Clay Street	1.4	•								•						•				
14	Main Street Shoppes Courtyard 112 N First Street	0.1	•																		
15	Birge Fountain 402 W Main Street	0.7																			
16	Trailhead 1175 E Bluff Road	0.7																			
17	Ward 180 N Hyer Lane	2.9																			
18	Big Brick 611 W Center Street	1.1	•	•			•	•	•								•		•		
19	Mill Race 124 W Main Street	0.6	•								•										
20	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					•	•				•	•		•	•	•				

Parks & Trails City of *Whitewater*

