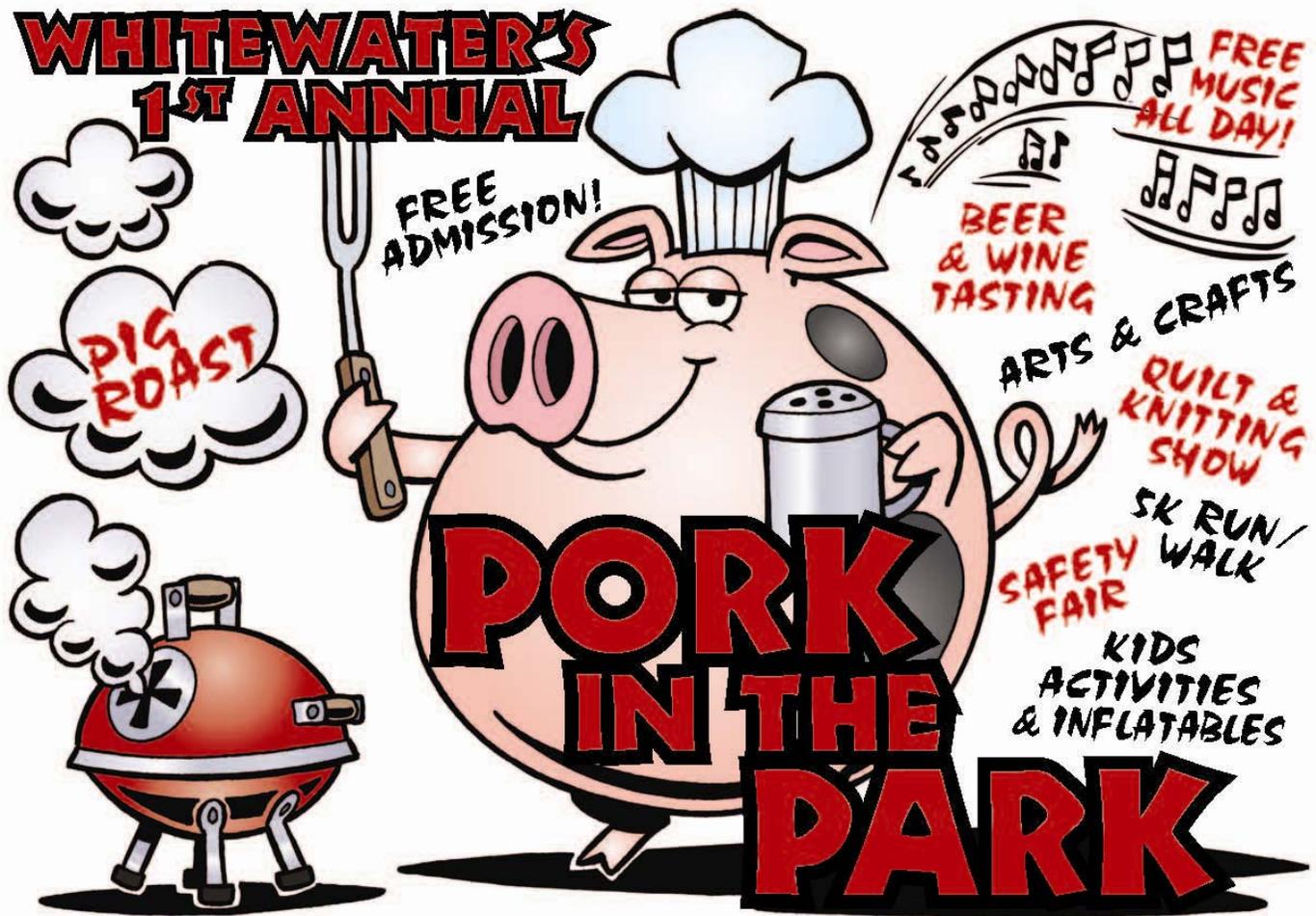


Whitewater Parks & Recreation Fall Guide

2011



WHITEWATER'S 1ST ANNUAL



FREE
ADMISSION!

PIG
ROAST

FREE
MUSIC
ALL DAY!

BEER
& WINE
TASTING

ARTS & CRAFTS

QUILT &
KNITTING
SHOW

SK RUN/
WALK

SAFETY
FAIR

KIDS
ACTIVITIES
& INFLATABLES

PORK IN THE PARK

**JOIN US ON SATURDAY
OCTOBER 1ST, 2011
10 A.M. TIL 11 P.M. AT
CRAVATH LAKEFRONT PARK
IN WHITEWATER, WI**

FOR MORE INFORMATION VISIT

WWW.PORKINTHEPARK.INFO

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



GRILL IT • TASTE IT • GROOVE IT • SIP IT • DINK WITH IT!

General Information

What is a QR Code & How do I use one?

They come to us from Japan where they are very common. QR is short for Quick Response (they can be read quickly by a cell phone). They are used to take a piece of information from a transitory media and put it in to your cell phone. You may soon see QR Codes in a magazine advert, on a billboard, a web page or even on someone's t-shirt. Once it is in your cell phone, it may give you details about that business (allowing users to search for nearby locations), or details about the person wearing the t-shirt, show you a URL which you can click to see a trailer for a movie, or it may give you a coupon which you can use in a local outlet.

How can I read a QR code?

If you have a smartphone, go to the app store and search for a QR code reader. You'll find several free apps. Run the app and then hold your phone's camera over a QR code to read it. Most QR codes you'll come across have a URL encoded, so chances are when you read the QR code it will take you to a web page.



Visit the Whitewater Parks & Recreation page by using our QR Code



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

Community Organizations

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	Tom Grosinske	472-9872
Whitewater Youth Soccer www.whitewatersoccer.com	Mark Korf	608-883-6916
Whitewater Youth Basketball	Mike Schumacher msschoey@idcnet.com	
Whitewater Youth Baseball (Ages 13 & Up)	Candi Mass icj1993@live.com	473-8338
J-Hawk Aquatic Club	Cheri Zimdars	473-1800
Whitewater Youth Wrestling	Wendall Bean	473-8003
Irvin L. Young Library		473-0530
Walworth County Nutrition	Sue Chapman	473-0536
Whitewater Arts Alliance www.whitewaterarts.org		
Whitewater 4-H	Laurie Giorno	473-6065
Whitewater Raptors Wrestling Club	John Schimming jschimming@wwusd.org	

Who do I call regarding Parks and Recreation services?

- For information on weather related program cancellations, call 473-0520, Press 6 & 3
- To register for programs, reserve a park shelter, or park facility contact Nancy Stanford
- For questions or concerns on programs for older adults and Seniors In The Park, contact Deb Weberpal
- For questions or concerns on recreation programs and special events, contact Michelle Dujardin
- For questions or concerns on forestry or tree related concerns, contact Chuck Nass
- For questions or concerns regarding youth and adult sports, city facilities, park maintenance, or park development, contact Matt Amundson

Whitewater Parks and Recreation Team

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

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	Bray Orthodontics
Toppers Pizza	Hawk Bowl
Fort Community Credit Union	Dalee Water



Concerts In The Park/Family Fun Nights

Whitwater Farmers Market, Triebold Implement, Commercial Bank, Dental Perfections, SC, Whitewater Snowseekers, The Coburn Company, Inc, First Citizens State Bank, and Seniors In The Park.



Landmarks Commission & Parks and Recreation Board Members at Whitewater Effigy Mounds Preserve L-R: Richard Helmick, Linda Loomer, Carol Christ, Dr. Ken Kidd, Mariann Scott, Prue Negley, Marilyn Kienbaum, Brandon Knedler

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.whitewater-wi.gov

Brendon Knedler, Chairperson
 Javonni Butler, City Councilmember
 Jen Kaina, University Representative
 Dr. Vance Dalzin, School District Representative
 Dr. Ken Kidd
 Rick Daniels
 Kim Gosh, Alternate

Special Events

Big Rig Gig Rescheduled Event

Thursday, Sept 22, 5:30-7:00pm
Cravath Lakefront Park

Due to a summer heat wave, the Big Rig Gig was rescheduled for Sept 22nd. Big Snowplows, loaders, semi's, skidsteers, tractors, fire trucks and more. The park will be filled with BIG Rigs for the kids to come down and climb inside. Kid's hardhats will be available on site to decorate. Other activities will be planned for the youngsters as well. Thanks to local businesses and our own City crew for assisting with this event



One Stop Shop Fundraiser

Saturday November 19th,
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

Join Whitewater in Celebrating Halloween all weekend long!

Trick or Treat the Triangle

Saturday, October 29, 4:00pm - 8:00 pm
First Street, In front of Ketterhagen Motors
Cost: One Food item for the local food pantry or 50 cents

4:00-6:00pm Trick or Treat Downtown Shops,
6:00-8:00pm enjoy all activities.
There will be music by R & R Music, Sidewalk Chalk Art, , Pumpkin Carving and more. Trick-or-treat the triangle and enjoy the 2000 luminaries throughout the downtown area. For more information contact the Downtown Whitewater Office at 262-473- 2200

No School Day Field Trip Halloween Trick or Treat Spooktacular at The Zoo

The Zoo is place to trick-or-treat among the animals. Grab your Halloween costume and join us for a day at the Milwaukee Zoo. Instructor: Hillary Cheever

DATES: October 28, 2011
DAY: Friday
TIMES: 9:00am - 5:00pm
AGES: 5-18
MIN/MAX: 25/45
FEE: \$28.00
DEADLINE: Oct 15, 2011
LOCATION: Pick up Cravath Lakefront Parking Lot
CLASS #: 6222.31



- Please pack an extra set of clothes in the event your child would like change out of their Halloween costume!
- Lunch provided on full day trips. Please be sure to indicate any food allergies.

Halloween Trick or Treat Hours

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

Youth Halloween Party

Saturday, October 29
6:00pm - 8:00 pm, Downtown Armory

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



Coffin Races

Saturday, October 29 ,7:00pm - 8:00 pm
Join us in front of the Downtown Armory as we race for victory. For more information visit www.whitewater-wi.gov

Ghouls Night Out

Thursday, October 27
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 27. 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

Spooky Splash

Friday, Oct 21st & Saturday, Oct 22nd Whitewater Aquatic Center

Special Events Listing

Looking for something to do???

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

New Programs !

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

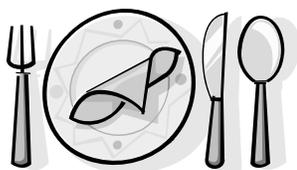


What's On YOUR Plate?

The USDA has recently released www.ChooseMyPlate.gov to replace MyPyramid as a guideline for Americans for making healthy food choices. In our one-hour workshop, we will learn more about the recommendations for servings sizes, as well as sample some dishes that include the food group areas of grains, vegetables, fruits, dairy, and protein foods. Come hungry and feed your mind and body! All participants will receive copies of the new ChooseMyPlate materials.

Instructor: Jenny M. Wehmeier,
Family Living Educator

DATES: December 6, 2011
DAYS: Tuesday
TIMES: 6:00pm—7:00pm
FEE: \$6.00
CLASS #: 4307.31
DEADLINE: November 25, 2011
LOCATION: Starin Park Community Building



Take off your training wheels!

6week Beginning Indoor Cycling

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

Instructor: Jen Kaina

DATES: Oct 2 - Nov 6
DAYS: Sundays
TIMES: 8:30am-9:30am
FEE: \$28.00
CLASS #: 4439.31
DEADLINE: Sept 21, 2011
MIN/MAX: 10/18
LOCATION: University Fitness, Wells Building.

* Please contact Michelle Dujardin for directions.



No School Day Field Trip Halloween Trick or Treat Spooktacular at The Zoo

The Zoo is place to trick-or-treat among the animals. Grab your Halloween costume and join us for a day at the Milwaukee Zoo.

Instructor: Hillary Cheever

DATES: October 28, 2011
DAY: Friday
TIMES: 9:00am - 5:00pm
AGES: 5-18
MIN/MAX: 25/45
FEE: \$28.00
DEADLINE: Oct 15, 2011
LOCATION: Pick up Cravath
Lakefront Parking Lot
CLASS #: 6222.31

- Please pack an extra set of clothes in the event your child would like change out of their Halloween costume!
- Lunch provided on full day trips. Please be sure to indicate any food allergies.

The Key to Good Health Series

Join Ivy Miles, Holistic Health Coach at Starin Park Community Building as she holds Workshop of Whitewater Wellness classes. Course descriptions on page 11.

Silk Scarf Dyeing

Silk scarves are beautiful accessories that can dress up even the simplest outfit with subtle elegance. Even expensive designer scarves may have interesting and striking designs dyed into them to make a bold statement. If you have a solid colored scarf or want to make your own from a swatch of silk, you can easily paint on your own pattern with dyes and achieve exactly the look you desire. Painting skills aren't even necessary because even the least precise touches will take to the silk, creating a random effect. Scarves are all the rage. Dye two in your choice of colors. All supplies included. Instructor is Jeannine Holzman. People will leave with finished product.

DATES: Oct 11
DAY: Tuesday
TIME: 6:00pm-9:00 pm
MIN/MAX: 4/10
FEE: \$39.00
DEADLINE: Sept 27, 2011
LOCATION: Cravath Lakefront Building
CLASS #: 4412.31

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 16 - October 21
COST: \$30.00
MIN/MAX: 5/10
DEADLINE: September 4, 2011
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

Continuing Students: Enjoy Karate twice a week.

Continuing students will 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 14 – Oct 21 # 3304.31
Session 2: Nov 2 - Dec 16 # 3304.32
 (Excl 11/23 & 11/25)

**** This class is open to continuing students only.**

Session II

DAYS: Fridays
DATES: Nov 4 - Dec 16
 (excl 11/25)
COST: \$30.00
MIN/MAX: 5/10
DEADLINE: October 23, 2011
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



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 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@whitewater-wi.gov

Youth Basketball

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 let us know at the time of registration. Each participant will receive a team t-shirt with a number.

DATES: November 5, 2011 - January 28, 2012
(no class on 11/26, 12/24, & 12/31)
(all dates subject to gym availability)

DAY: Saturdays

MIN/MAX: 20/40

FEE: \$30.00

DEADLINE: October 14, 2011

LOCATION: HS Aux Gym

<u>CLASS #</u>	<u>TIME</u>	<u>SEX</u>	<u>GRADES</u>
1304.31	8:15-9:30 am	Boys	2 & 3
1302.31	9:30-10:45 am	Boys	K & 1
1303.31	10:45am-12:00pm	Girls	K & 1
1305.31	10:45am-12:00pm	Girls	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 28th.

DATES: January 7, 2012 - February 25, 2012

DAY: Saturdays

MIN/MAX: 8/20

FEE: \$30.00

DEADLINE: November 18, 2011

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 5- Dec 17
(excl 11/26)

DAY: Saturdays

TIMES: 10:15am - 11:00am

AGES: 3-5

MIN/MAX: 8/15

FEE: \$15.00

DEADLINE: Oct 24, 2011

LOCATION: Lincoln Elementary

CLASS #: 1301.31



No School Day Open Gyms

October 27th & 28th 1:00pm - 3:00 pm
November 23rd 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 Game dates.
Home football games with same dates include; September 17.**

Saturday Afternoons

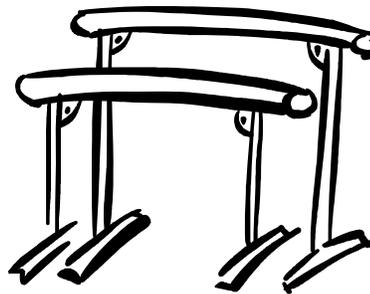
DATES: September 10, 17, 24
October 1, 8, 15, 22

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

DEADLINE: August 30, 2011

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



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.

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

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

Youth Dance

Dance Classes

Spreading Holiday Cheer: As a final performance, this year's classes will get the opportunity to share holiday cheer by performing their dances to area residents of Fairhaven.

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

Fairhaven Performance: Saturday, November 19 at ?

DATES: Sept 12 - Nov 17
FEE: \$45.00

DEADLINE: September 9, 2011
MIN/MAX 4/10
LOCATION: Armory Dance Studio

Class Name	Class #	Day	Time	Age	Instructor
Creative Movement	3101.31	Monday	3:30-4:30	3-4	Nikki & Franny
Creative Movement	3101.32	Thursday	5:30-6:30	3-4	Mackenzie & Kelly
Creative Movement/Pre-Ballet	3103.31	Monday	4:30-5:30	4-5	Nikki
Creative Movement/Pre-Ballet	3103.32	Thursday	6:30-7:30	4-5	Mackenzie & Lindsay
Ballet/Tap	3104.31	Wednesday	4:00-5:00	5-7	Franny
Line Dancing	3121.31	Monday	5:30 - 6:30	6+	Nikki
Ballet	3105.31	Tuesday	5:00-6:00	6+	Brienna
Tap	3107.31	Tuesday	6:00-7:00	6+	Franny
Beginning Jazz/ Hip Hop	3109.31	Tuesday	4:00-5:00	7+	Brienna
Beg Irish Step	3122.31	Thursday	7:30-8:30	6+	Mackenzie

Dance Class Descriptions

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

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

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

Line Dancing: It's a fun way to shake up the day! We've got Latin, Swing and Country. A great atmosphere for dancers at any stage. For all skill levels, guys and gals. No experience and no partner required.

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

4 Top Benefits of Dance

- **Flexibility**

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

- **Strength**

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

- **Endurance**

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

- **Sense of Well-Being**

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

Youth Dance

Dance Class Descriptions Cont.

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

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

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

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

Meet Our Dance Instructors

Nikki Lostroscio:

Nikki is 22 and is entering her last semester of school at UW-Whitewater. She will graduate with a degree in Theatre Management/Promotion and a minor in Dance. Nikki has been dancing since she was 2 and teaching since she was 12. After graduation she plans to open her own dance studio. She is looking forward to her last season teaching with Whitewater Parks and Recreation!

Lindsay Boesch:

Lindsay is senior at UW-Whitewater. Her major is Business Education with a minor in Dance Education. She has been dancing since she was three and it is her true passion. Lindsay feels that being able to teach children about dance is an honor and she hopes all the children learn as much from the experience as she does.

Kelly Kachelski :

Kelly Kachelski is going into her fifth year as an elementary education major. She also has minors in special education and dance. She has served her community as a peer mentor, lead peer mentor, and various positions on the board of the UWW Dance Company, including president. She spent this past summer in Land O' Lakes, WI starting a dance program through the Land O' Lakes Arts Alliance and teaching students dance age 3-55. This is her third year as a dance teacher for Whitewater Park and Rec and she is extremely excited to get the year started and to work with your child!

Franceszka Lesniaka:

Franceszka Lesniak is in her third year at UW-Whitewater studying Music and Elementary Education with a Dance Education minor. She has been dancing for 15 years in the styles of Ballet, Pointe, Tap, Jazz, and Modern. Miss Franny taught at her home studio in Kansas for 3 years and is excited for the opportunity to continue teaching dance here in Whitewater.

Brienna Schenck:

Hello my name is Brienna Schenck. I am on my fourth year at UW-Whitewater as a marketing major and dance minor. This is my first year teaching through this program but I have taught dance classes for the past two summers back at home in Middleton, WI. I have been dancing since I was five with plenty of experience in ballet, jazz, hip hop, pom and much more. I'm really excited to be apart of this program and cannot wait to start!

Mackenzie Nilsen:

Mackenzie Nilsen is a junior at the University of Wisconsin – Whitewater. She is a Theatre B.F.A. Major with an emphasis in Management/Promotions and a Dance Minor. She has been dancing since she was 4 under the instruction of Rebecca McCarthy at the Rebecca McCarthy School of Dance. She has also had the opportunity to teach at Rebecca McCarthy School of Dance as a Summer Faculty member. She has studied various styles of dance such as Jazz, Modern, Irish Step, Irish Hard Shoe, Ballet, Lyrical, Improvisation, and Musical Theatre. Mackenzie is so excited for her first year teaching at the Whitewater Park & Recreation Program!

The Whitewater Parks & Recreation Department would like to give a special thanks to Nikki & Kelly for their years of dedication and contributions to the dance program.

This session will be the last season Nikki & Kelly teach.

We wish them the best of luck on there future adventures.

 *Merci*

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

Fun Swimming Facts:

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

Swim Lessons at the Whitewater Aquatic and Fitness Center

Choose from the following American Red Cross Lessons:
Monday/Wednesday evenings, Tuesday/Thursday evenings, and Saturday morning

The Whitewater Aquatic & Fitness Center offers Aqua Tots, Swim Tots and Level 1-6 American Red Cross Lessons.

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

We also offer private swimming lessons for those not interested in a group lesson. Call 262-473-4900 for more details.

American Red Cross Lifeguard Training Class at the Whitewater Aquatic and Fitness Center

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: August 18th - 22nd

Times: August 18, 19 & 22 5pm-9pm
 August 20 & 21 8am – 5pm

Cost: \$200

American Red Cross Babysitter's Training Course at the Whitewater Aquatic and Fitness Center

Thursday, October 27 & 28 (8:00 am - Noon)

You'll Learn How to:

- Perform first aid and get professional medical fast
- Identify common safety hazards and prevent injuries
- Make good, responsible decisions
- Supervise infants through school-age children
- Choose safe and age-appropriate toys and games
- Perform basic care routines like diapering, feeding and dressing
- Prepare simple meals and snacks
- Handle bedtime issues
- Find and interview for babysitting jobs

Please bring a lunch or bring money to purchase lunch from the concession stand.

Participants must be 11 years old to participate in this course.

\$50 members/\$60 non-members (includes Red Cross Handbook)

*Must have 6 participants to run this class

Fitness Splash Camp – Taking Boot Camp to the Pool

Saturdays 7:15am – 8:00am

Session I August 13, 20, 27 & September 3

Session II September 17, 24 & October 1, 8

Cost: \$28 members/\$34 non-members

*Minimum of 5 to run this class

WAC Swim School

14 Week Home School Swim Program

Beginners Fridays, September 9 – December 16 (excluding 11/25) 1-2pm

Advanced Fridays, September 9 – December 16 (excluding 11/25) 2-3pm

Learn water safety, participate in water exercise and learn how to swim or swim more efficiently during the swim lesson. Cost includes admission into the facility along with the daily lesson. Stay after to play in the pool!

Cost: \$210 per child for 14 weeks.

*3 Child minimum to run each class.

“Dare to do something different”

NEW! Zip Line Canopy Tour

Your adventure begins with a short preview video, a ride to our gear-up area, then it's off to “Ground School.” Once on the course you'll traverse 8 exhilarating ziplines in the trees, 5 tree-mendous SkyBridges, and a one of a kind "floating" double helix stairway. Between zips you'll enjoy spectacular views of the forest, Lake Como, and the surrounding countryside. During your adventure our SkyGuides will share interesting information on the ecology, biology, geology and local history of the Geneva Lakes area.

DATES: Tuesday, March 27, 2012
TIMES: 10:00am - 5:00pm
FEE: \$80.00
DEADLINE: March 2, 2012
LOCATION: Pick up at Starin Parking Lot
CLASS #: 6223.31

Every adult participant must sign an [Adult Waiver and Release Form](#). Participants under the age of 18 must sign a [Minor Waiver and Release Form](#) which must also be signed by a parent or legal guardian. Our canopy tour is designed for use by people who are in reasonably good health, weighing between 70 and 250 pounds with average mobility and strength. Closed toe shoes are required. Long hair must be secured for safety. The minimum age is 7 years, however, children under the age of 15 must be accompanied through the course by at least one participating adult and be able to participate independently of the adult. The minimum requirement is 1 Adult per 7 Youth under the age of 15. *Please note that a parent or legal guardian must sign a release form in advance for anyone under the age of 18.* If you have a medical condition of any kind which limits your physical activity you must notify us prior to the tour. If you are pregnant, have heart, leg, arm or back problems, or any other serious illnesses you will not be allowed to participate in the tour. You will not be permitted to participate in the tour if you are under the influence of alcohol, illegal drugs, or impairing legal drugs. Lake Geneva Canopy Tours reserves the right to exclude anyone from participating in any and all activities for any reason which might compromise the health and safety of you, our clients, and our staff.



Run for Trey

Sunday, October 16
5k run/walk start time 10am
Children's obstacle course to follow
Located at Starin Park

All welcome to attend 5k run/walk and children's obstacle course, Sunday October 16. 5k run/walk start time 10am with children's obstacle course to follow, located at Starin Park in White-water WI. Brat Fray to follow. All proceeds to go to the Treyton's Field of Dreams. Registration form on line at www.treysfield.org

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

Pre-registration 20.00
Day of registration
\$25.00



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.

www.whitewater-wi.gov

Youth Programs

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: Nov 9 - Dec 14
CLASS: #3406.31
DAY: Wednesday
AGES: 3-5
TIME: 6:15pm - 7:00pm
MIN/MAX: 6/10
FEE: \$25.00
DEADLINE: Oct 27, 2011
LOCATION: Starin Park
Community Building



Tots, Tunes, and Tumbling

A great program for parents and their tots to interact in a fun and educational 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: Oct 11- Nov 15
DAY: Tuesdays
TIME: 10:00am-11:00 am
MIN/MAX: 8/16
FEE: \$20.00
DEADLINE: Oct 1, 2011
LOCATION: Armory Dance Studio
CLASS #: 3401.31
INSTRUCTOR: Nikki Lostrosco

Playgroup for Tots

Looking for something for your youngsters to do on Fridays from 10am-Noon? Join this parent organized playgroup at the Downtown Armory for an afternoon of friends and fun! Contact Star at star-goehl@gmail.com for details.



Studio 84

A Creative Focus on the Abilities through the Arts

262-812-7560

www.studio84inc.org info@studio84inc.org

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

Days: Tuesday – Friday
Ages: All ages
Times: 10am – 5pm
Fees: \$50 per 8 hr session
Location: 121 W. Center St.
Whitewater

Registration is done through Studio 84.

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@whitewater-wi.gov

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.



Adult Fitness

Fall 2011 at Whitewater Aquatic & Fitness

Intermediate Pilates

Tuesdays 10:15 am

Session 1 (6 week)

Sept 13 – Oct 18

\$42 member /

\$48 non member

\$10 drop in

Session 2 (4 week)

Nov 1 – 22

\$28 member /

\$34 non member

\$10 drop in

Core Pilates

Mondays 5:15 pm

Session 1

Session 2

Session 3

Sept 12-26

Oct 3-17

Dec 5-19

\$21 member /

\$27 non member

\$10 drop in

Women's only classes

Fitness Circuit

Work all muscle groups and cardio in **30 minutes**

Thursdays 8:15 am – 8:45 am

Cardio/strength (use Kettle Bells, tubes, bands, free weights medicine balls and more)

Thursdays 7 pm

Free to members, non members pay daily admission

Zumba at WAC, Something for Everyone!

Zumba fitness, Zumba Toning, Zumbatomic (for kids)

Visit www.whitewateraquatic.com for class schedules.

SLED: Stronger Leaner Every Day

Lose weight, gain strength, improve flexibility or improve your cardiovascular fitness. Pick one or all four with the SLED program.

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

Personal Training

Have a specific goal in mind? Get one-on- attention throughout your whole workout.

Sign up for 30 or 60 minute training sessions with Sam Gnatzig (Certified personal trainer) Try training with a friend . Available to members and non-memebers.

New Fall Programs: FitPlay for kids, Sunrise Yoga and RIP

Call 262-473-4900 for more information

10 Ways to Stay Active in Whitewater

- Enjoy the Sculpture Walk
- 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

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



Get Fit For Life with New Classes

The Key to Good Health!

Take off your training wheels!

6week Beginning Indoor Cycling

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

DATES: Oct 2 - Nov 6
DAYS: Sundays
TIMES: 8:30am-9:30am
FEE: \$28.00
CLASS #: 4439.31
DEADLINE: Sept 21, 2011
MIN/MAX: 10/18
LOCATION: University Fitness, Wells Building.

Grains! Enjoy a variety that is more than just Whole Wheat!

Embrace the powerful nutrition of whole grains valued for their complex carbohydrates, protein, vitamins, and antioxidant power. Let's explore more grain like foods and how easy it is to incorporate them into your daily eating plan. Bring a healthy grain recipe to share. Instructor: Ivy Miles/ Holistic Heath Coach

DATES: October 3, 2011
DAYS: Monday
TIMES: 7:00pm
FEE: \$8.00
CLASS # 4308.31
DEADLINE: September 23, 2011
LOCATION: Starin Park Community Building

Yes! You can afford to eat Healthy!

Let's face it, fast food and unhealthy food can be less expensive than other healthier choices. In this class we will discuss how we can help change this and explore some budget friendly choices for a healthier diet. Instructor: Ivy Miles/ Holistic Heath Coach

DATES: October 26, 2011
DAYS: Wednesday
TIMES: 7:00pm
FEE: \$8.00
CLASS # 4309.31
DEADLINE: October 16, 2011
LOCATION: Starin Park Community Building

Beginning Line Dancing

It's a fun way to shake up the day! We've got Latin, Swing and Country. A great atmosphere for dancers at any stage. For all skill levels, guys and gals. No experience and no partner required.

Instructor: Nikki

DATES: Sept 12 - Nov 14
DAYS: Mondays
TIMES: 5:30- 6:30pm
FEE: \$45.00
CLASS#: 3121.31
DEADLINE: Sept 2, 2011
LOCATION: Armory Dance Studio

Greens, Greens, Greens!!

Greens.. The powerhouse of vegetables and a nutritional must! Greens provide a rich concentration of vitamins, minerals, antioxidants and other important nutrients for the least number of calories. Let's explore a variety of greens and ways to incorporate them into your daily eating plan. Bring a "Greens" recipe to share.

Instructor: Ivy Miles/ Holistic Heath Coach

DATES: October 3, 2011
DAYS: Monday
TIMES: 7:30pm
FEE: \$8.00
CLASS# : 4310.31
DEADLINE: September 23, 2011
LOCATION: Starin Park Community Building

Quick Healthy Meals for Busy People.

Pressed for time? No matter what your schedule is, it is possible to eat healthy when life is getting the better of you. In this class we will discuss several time saving tips and recipes. Bring a "quick & easy" healthy recipe to share.

Instructor: Ivy Miles/ Holistic Heath Coach

DATES: October 26, 2011
DAYS: Wednesday
TIMES: 7:00pm
FEE: \$8.00
CLASS # 4311.31
DEADLINE: October 16, 2011
LOCATION: Starin Park Community Building

If you sign up for more than one of Ivy's Good Health classes, only pay \$7.00 per class

Wellness is a way of life



The Working for Whitewater's Wellness (W³) coalition seeks to promote physical, mental, spiritual and social wellness within the context of connecting with one's community by individual and community attention to eating wisely, activity, purpose and social connection

For upcoming Events visit:
www.w3wellness.org



W³ Fit Kid Shuffle

Saturday, October 1

Check In Ends: 9:15a, Race Begins 9:30a

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

Pre-registration Deadline: September 18th

On-Site Registration is Available

Cost: FREE!

To register online, visit

<http://activenet9.active.com/whitewater> Class#6216.31

Or visit the link below for a printable registration form

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



W³ Be Active TODAY! 5k

Saturday, October 1

Check In: 6:30a, Race Begins at 8a

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

Pre-registration Deadline: September 18th

Age 17 and Under

Pre-registration \$10 (Guaranteed t-shirt), Day of registration \$15 Class #6215.31

Age 18 and Over

Pre-registration \$20 (Guaranteed t-shirt), Day of registration \$25 Class #6217.31

To register online, visit

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

Or visit the link below for a printable registration form

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

5 Benefits of Walking to School

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

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

www.thebeehive.org

Adult Programs

www.whitewater-wi.gov

Adult Tap Dance

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

DATES: Sept 12 - Nov 14
DAY: Mondays
TIME: 6:30 - 8:00 pm
FEE: \$50.00
DEADLINE: September 2, 2011
LOCATION: Armory Dance Studio
CLASS #: 4101.31

Fall Softball Leagues

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

Registration forms are available at www.whitewater-wi.gov, Parks & Recreation, Leagues. **Don't miss the August 26th 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 6– Oct 19
TIMES: 6:00 - 10:00 pm
FEE: \$150.00 per team
DEADLINE: August 26, 2011
LOCATION: Starin Park Softball Diamond
CLASS #: 2107.31 (Tuesday Mens)
2108.31 (Wednesday Coed)

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.

Beginning Line Dancing

It's a fun way to shake up the day! We've got Latin, Swing and Country. A great atmosphere for dancers at any stage. For all skill levels, all ages, guys and gals. No experience and no partner required.
Instructor: Nikki

DATES: Sept 12 - Nov 14
DAYS: Mondays
TIMES: 5:30– 6:30pm
FEE: \$45.00
CLASS#: 3121.31
AGE: Open to all ages
DEADLINE: Sept 2, 2011
LOCATION: Armory Dance Studio

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@whitewater-wi.gov



Adult Open Gym

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

Basketball	Sundays	6:00-8:00 pm
Basketball	Tuesdays	6:30-8:00 pm
Soccer	Thursdays	8:00-10:00 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 62 years of age or older

Special Events Listing

Looking for something to do???

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



Ice Age Hikes

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

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.

Pole Walking Instruction

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

Nordic Walking is perfect for any age!

Two class options will be made available with choice of distance. Nordic Poles will be provided, please dress accordingly and bring water.

Wednesday, September 7 or 21, 9:00 am
Cost \$10.00

Register by Sept. 1 or Sept 19

Contact Deb Weberpal at 262-473-0535 for details

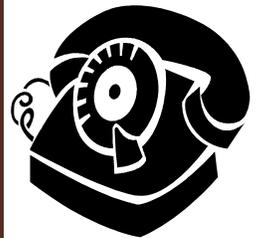
Ice Age Trail ranks in Runner's World Top 25

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

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

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

(262) 473-0500



Seniors In The Park



**Deb Weberpal,
CPRP**

Senior Coordinator

Today's older adults are redefining aging. Whether they're in their 60s, 70s or 80s or beyond, many individuals are defying negative stereotypes of aging and showing that, independent of their functional status, they have the ability to engage fully in life throughout the aging process. Seniors in the Park provides opportunities and an environment that encourages people to strive for better health, enjoy new challenges, and continue to learn and grow.

Satchel Paige said it best, "How old would you be if you didn't know how old you were?"

Activities and Programs

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

20th Century American History Stories

Wednesdays, 1:00 pm

September 21: Presidential Health Concerns and their Impact

September 28: American Sports and the Olympic Games as Reflections of American Society and International Relations

October 5: Presidential Library/Museums: The Grand Tour

October 12: America Had Political Demagogues in the Depression-era 1930s Too: Huey Long and Charles Coughlin

Presenter: Dr. Richard Haney, Professor Emeritus UW-W

Please RSVP in advance

This series is sponsored by the UWW Continuing Education Dept.

Pole Walking Instruction

Wednesday, September 7 or 21, 9:00 am

Learn how to pole walk for fun and fitness.

Cost \$10.00

Register by Sept. 1 or Sept 19

Technology Tuesday

September 20: I phones

October 18: E-Readers

November 15: Laptops/Netbooks and going Wireless

All presentations begin at 1:00 pm. Please register by Thursday prior

Magical Beans

Monday, October 24

Maybe Jack really knew the secret of magical beans! Dry beans are an excellent addition to your diet. Not sure where to start? Join us for an informational workshop on the health benefits and cooking with dry beans—samples included!

Instructor: Jenny Wehmeier

Cost: \$2.00

RSVP deadline: October 10

Bowling League

Wednesdays, 9:00 am, beginning September 7

Join this fun recreational league at Hawk Bowl.

Silk Scarf Dyeing

Tuesday, October 18, 9 am—12:30 pm

Dye two silk scarves in the color(s) of your choice. All supplies are included.

Cost: \$39.00 RSVP/Payment due by September 22

Minimum: 4 Maximum: 10

Global Gala

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

Oktoberfest

Thursday, October 6, 11:00 am

Enjoy the smooth sounds and lively polkas of Jerry Hartman on the keyboard and savor a German-style meal at the Nutrition Site.

Cost: \$2.50 donation RSVP by noon on Tuesday October 4

Seniors In The Park

Ongoing 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 7
Canasta—First, third and fifth Mondays 1:30 pm
Computer Classes and Tutoring—offered monthly
Dominoes—First Tuesday 11:45
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

Services Offered

The Park Bench Cable TV Show

Seniors in the Park tapes a monthly television show with the assistance of Whitewater Cable TV staff, Alan Luckett. Speakers are interviewed on a variety of educational and interesting topics. It is broadcast on cable channel 98 or digital channel 990 at 7:00 am and 6:00 pm daily unless pre-empted by live programming. Share your ideas for a person to interview or topic to address on the show.

Blood Pressure Screening

Fourth Thursday of the month at 11:00 am. Provided free by Country Nurses.

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 \$6.00 for a one-year subscription. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov or visit www.whitewaterbanner.com. The newsletter is also available for pickup at the Starin Park Community Building, the Irvin L. Young Library, the Municipal Building, and the Whitewater Aquatic and Fitness Center.

Walworth County Nutrition Program

Enjoy lively conversation and the company of others. 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. The meal is served Monday through Friday at 11:30 am at the Starin Park Community Building. The first, second and fourth Fridays, the meal is served at Brookdale Manor Apartments. 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, everyday and holiday greeting cards are available for purchase.

Therapeutic Massage

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

Grief Support Group

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

National Senior Center Month

This year's theme is "It happens at My Senior Center. My Life. My Time. My Way." As a new generation of older adults looks to redefine retirement, there is a growing focus on wellness, work and volunteerism. When it comes to finding tools for staying healthy and involved or information about benefits, senior centers are the place to start. The people coming to Seniors in the Park have deep ties to the community and are excited about sharing their diverse skills and talents. Our goal is to provide the tools, resources and opportunities to help people manage their health and finances and find new ways to contribute to the community of Whitewater.

Seniors In The Park



Travel Opportunities

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 provide. So get out your travelin' shoes and join us for a great time!

Travel Experiences- Coach Trips

Saints and Sinners

Wednesday, October 19

Travel to Potosi Brewery and visit their Brewery and River Transportation Museums. A sample of either beer or root beer is included. Relish their fabulous fish fry lunch. Visit the famous Dickeyville Grotto and Shrines, which are dedicated to the love of God and country. They were built with material from all over the world. Experience the serene grounds of Sinsinawa Mound, their museums, Queen of the Rosary chapel, and purchasing some of their famous bakery.

Cost: \$52.00 (includes lunch, transportation, and Brewery and Sinsinawa tours)

RSVP/payment deadline: September 19

Travel Experiences- Van Trips

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

Lunch Bunch: Second Thursday, 10:30 am. Cost: \$5.00

Travel to area restaurants with friends.

Janesville Shopping: First Wednesday, 12:30 pm. Cost: \$5.00

Travel to Janesville to shop. Stops are choice of those on the trip.

Milwaukee Art Museum-Special Exhibit "Treasures from the Forbidden City"

Thursday, September 1, \$12.00, RSVP/Payment due August 23

Water and Sky-Ride the last Lake Geneva Mailboat of the summer and tour the Yerkes Observatory.

Thursday, September 15, \$43.00, RSVP/Payment due August 14

Lunch on your own at Egg Harbor

Gays Mills Apple Orchards Tour

Tuesday, September 20, \$15.00, RSVP/Payment due September 6

Holy Hill October 11

Fireside 2012

Wednesday, February 22—Viva Las Vegas; RSVP/Payment due by January 18

Wednesday, April 25—9 to 5 the Musical; RSVP/Payment due by March 21

Wednesday, June 6—Legally Blonde the Musical; RSVP/Payment due by May 2

Wednesday, August 8—The Rock and the Rabbi; RSVP/Payment due by July 5

Wednesday, September 19—Hello Dolly; RSVP/Payment due by August 15

Wednesday, December 19—Scrooge the Musical; RSVP/Payment due by October 31

Cost \$66.00 Arrive 10:30, Dine 11:15; Show 1:30.

Travel Experiences- Extended Travel

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

Extended Trip Previews

September 22, 1:00 pm Get information and a preview of the following Mayflower trips:

Emerald Coast Tour

March 2 -9, 2012

Tour from Atlanta to Destin, Florida on the Emerald Coast and return home through Nashville. Highlights include the Jimmy Carter Library, Mary Mac's Tea Room, Air Force Armament Museum, Dolphin Watching cruise, and much more.

\$1099 pp/dbl, \$1648 sgl includes free home or local pickup, 4 dinners, 5 breakfasts,

Civil War Series 1862: The Battles of Shiloh and Chickamauga

March 29—April 4, 2012

This trip is second in a series of five annual tours to Civil War sites. Explore the hallowed grounds of Tennessee with special emphasis on the re-enactment of the Battle of Shiloh. \$1299 pp/dbl, \$1818 sgl, includes free home or local pickup, 3 dinners, 2 lunches, 4 breakfasts,

Parks & Forestry

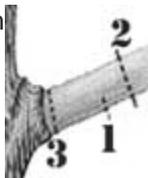
How To Make Proper Pruning Cuts

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



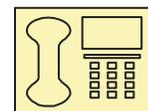
Mail- In/Fax

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: _____

Park Services and Facilities

	Acres	Picnic Area	Enclosed Shelter	Open Shelter	Grills	Drinking Water	Restrooms	Playground Equipment	Boat Ramp	Fishing	Trails/Hiking	Ball Diamonds	Sand Volleyball Court	Cross-Country Skiing	Snowshoeing	Multi-purpose Area	Water Features	Ice Skating	Disc Golf	Skate Park	Pet Exercise Area
Community Parks																					
Starin 504 W Starin Road	34.6	•	•	•	•	•	•	•			•	•		•	•	•					
Trippe Lake 407 S Wisconsin Street	24.2	•		•	•	•	•	•	•	•	•			•	•	•	•				
Cravath Lakefront 341 S Fremont Street	6.1	•	•	•		•	•		•	•	•			•	•	•	•				
Moraine View 1201 E Innovation Drive	45.0	•									•					•					•
Whitewater Creek Nature Area 685 N Fremont Street	59.8	•								•	•			•	•		•				
Archeological Park																					
Whitewater Effigy Mounds Preserve 288 S Indian Mound Parkway	21.5	•									•										
Neighborhood Parks																					
Skyway 1302 W Tower Hill Pass	4.1	•						•								•					
Brewery Hill / Armory 116 W North Street	7.3	•				•					•					•	•			•	
Meadow Sweet 601 N Tratt Street	4.0	•									•					•					
Minneiska Park 731 S Tanner Way	20.0										•					•	•				
Mini Parks																					
East Gate Park 1271 E Jakes Way	2.0							•								•					
Walton Oaks 654 N Stone Field Lane	2.6										•					•					
Clay Street Nature Park 511 E Clay Street	1.4	•								•						•					
Main Street Shoppes Courtyard 112 N First Street	0.1	•																			
Flat Iron 402 W Main Street	0.7															•					
Trailhead 1175 E Bluff Road	0.7																				
Ward 180 N Hyer Lane	2.9																				
Big Brick 611 W Center Street	1.1	•	•			•	•	•								•		•			
Mill Race 124 W Main Street	0.6	•								•											
Turtle Mound 1602 W Turtle Mound Circle	1.0	•	•	•				•								•					
Public School Facilities																					
Whitewater High School	69.3	•				•	•				•	•		•	•	•					
Whitewater Middle School	25.1	•				•	•				•					•					
Lincoln Elementary	10.3	•				•	•	•			•					•					
Washington Elementary	8.2					•	•				•	•				•					
University Facilities																					
UW LAWCON Fields	122.1	•				•	•				•	•		•	•						

