

Parks & Recreation Summer Guide

Online Registration Available



FREE Concert In The Parks & Family Fun Nights

Cravath Lakefront Park

Entertainment Series

7:00 pm



Thursday June 18th- Family Fun Night Schlitz Audubon Nature Center

Join us inside Cravath Lakefront Center to enjoy the Birds of Prey Program.

Thursday June 25th- Concert Dang-Its

Grab your lawn chair and enjoy the Country Music of the Dang-Its.



Thursday July 9th- Family Fun Night "The Big Bounce"

Get ready to bounce the night away in the park! Bouncy Houses & Family Activities will keep you busy tonight. Come early for the "Big Rig Gig".

Thursday July 16th- Concert Pipe Circus

This five piece band will get you moving with their funk/reggae/rock/ punk and splash of Jazz style



Thursday July 23rd- Family Fun Night David Stokes

"Talking with the Animals"

Don't forget your camera! Come meet some of Wisconsin's outdoor animals.



Thursday July 30th- Concert Steve Meisner

"Polka"

Get ready to polka! Join Steve Meisner and the band as they play award winning polka.

Thursday Aug 6th- Family Fun Night Cecff Akins

"Bubble Wonders"

Have you ever wondered if you could fit in a bubble? Join us inside Cravath Lakefront Building to find out.

Thursday Aug 13th- Concert Piper Road Spring Band

Pack your picnic dinner & a blanket and enjoy a night of country music.

Paddle Boats

Be Sure to stop at the Lakefront Center & Check out the Paddle Boat Rentals



25th Annual Car Show



Whitewater Celebrates Independence Day

4th Of July

*Independence Day Festival
Friday July 3 - Sunday July 5th
Cravath Lakefront Park
Whitewater, WI*

Friday, July 3rd

5:00pm Festival Opens
5:00pm-Midnight
Live Music Stage
10:00pm Fire Works
(Rain or Shine)
12:00 Midnight Festival Closes

Saturday, July 4th

8:00am - 3:00pm 25th Annual Car Show
9:40am Whippet City Mile Run
10:00am 4th of July Parade
Minneiska Ski Show- Following Parade
10:00am-4:00pm Face Painting
2:00pm - Midnight, Live Music Stage
10:00pm Fire Works (Rain or Shine)
12:00 Midnight Festival Closes

Sunday, July 5th

12:00 Noon - Festival Opens
Noon - 4pm Kids Day all Afternoon
1:00pm - 5:00pm Kids Petting Zoo
1:00pm Minneiska Ski Show
Noon - 5:00pm Live Music Stage
5:00pm Festival Closes

For show listings and additional information on the car show & parade visit : www.ww4th.com

General Information

Common Council

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

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



Parks and Recreation Board

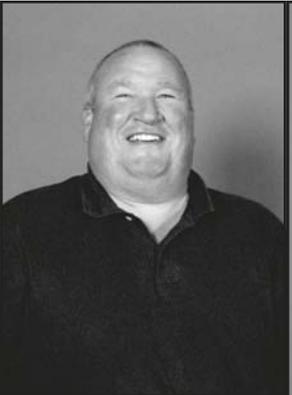
The Parks and Recreation Board is composed of seven members and one alternate. Three members are representatives of the City Council, WUSD, and UW-Whitewater. The other four seats are appointed by the City Council along with an alternate. The Parks and Recreation Board meets the 1st Monday of the month at 5:30 p.m. and the public is welcome. More information including agendas and minutes can be found at www.ci.whitewater.wi.us.

Sheila Kindwall, Chairperson, School District Representative
 Maxwell Taylor, City Council member
 Jen Kaina, University Representative
 Steve Ridenour
 Nicole Grosinske
 David Stone
 Prudence Negley
 George DeVries, Alternate



Not Pictured: Jen Kaina & George DeVries

Whitewater Parks and Recreation Administrative Team

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

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.



Freeze Fest 2009

This year's Freeze Fest gave families the opportunity to learn about animals, enjoy a pancake breakfast, fish on Trippe Lake, take a dip in the pool, taste a new chili recipe, ride on a horse drawn wagon, and brought out 211 plungers, to raise approximately \$30,000 for Special Olympics. We would like to thank **Whitewater Wal-Mart** and **First Citizens State Bank** for Sponsoring the Parks and Recreation activities. We would also like to thank all of the volunteers who dedicated their time for this event.

Did you know that you can register for classes, check your account 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.** This software will allow for greater customer flexibility when registering for programs as well as increased marketing of programs by the Parks & Recreation Department. If you have questions or concerns with the new software, please do not hesitate to call me at (262) 473-0122.

Matt Amundson

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Community Happenings

To Register for Programs

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



Ride Your Bike to School Day Campfire Night

Ride Your Bike to School on Friday, May 15th and receive some cool bike reflectors, summer paddle boat coupons, and bright reflectors for the spokes of your bike.

Volunteers will be placed at each school rewarding those who participate

Come to Cravath Lakefront fire pit to have a rip-roaring fire and a night of singing! We'll provide the s'more fixings and songbooks. No cost for this program, but bring something to sit on.

DATES: Friday, July 24th
TIMES: 7:30– 8:30pm
FEE: Free
LOCATION: Cravath Lakefront Park

Messy Fest

Wear old clothes, because this event is going to be messy! Kids, everything you may not be able to do at home, you can do here! Paint with your feet, foot stomp a picture, whip crème scenes, finger painting, slip n slides, and more! Pre-registration is appreciated.

DATES: August 8
DAY: Saturday
TIME: 12:00– 2:00pm
FEE: \$3.00
LOCATION: Cravath Lakefront Park
CLASS #: 6207.21



Community Organizations

Seniors In The Park	Deb Weberpal	473-0535
Program Cancellation Hotline		473-0520
Whitewater Aquatic & Fitness Center		473-4900
Chamber of Commerce	Deb Williamson	473-4005
UW Williams Center (Rec Sports)		473-1544
Whitewater Youth Football	Steve Anderson www.wyflonline.com	473-3888
Whitewater Youth Soccer	Brenda Stallman	
Whitewater Youth Basketball	Dave Schumacher	473-1775
Whitewater Youth Baseball (Ages 13 & Up)	Alison Stoll	473-1941
J-Hawk Aquatic Club	Cheri Zimdars	473-1800
Whitewater Youth Wrestling	Wendall Bean	473-8003
Irvin L. Young Library		473-0530
Walworth County Nutrition	Sue Chapman	473-0536
Whitewater Arts Alliance	www.whitewaterarts.org	
Whitewater Youth Cheerleading	Vicki Anderson	920-650-2341
Whitewater 4-H	Laurie Giorno	473-6065

The “Big Rig” Gig

Big Snowplows, loaders, semi's, skid-steers, tractors, fire trucks and more..The park will be filled with BIG Rigs for the kids to come down and climb inside them. 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. Be sure to stay for the Family Fun Night and Movie right after the event.

DATES: August 6
DAY: Thursday
TIME: 5:30-7:00pm
FEE: FREE
LOCATION: Cravath Lakefront Park

Whitewater Farmers Market

Located in the Wal-Mart parking lot off Main Street, the Whitewater Farmers Market will be open 8am to sell-out Saturdays, rain or shine, from May to the second Saturday in November. For more information please call: 262-473-3221

Attractions

Cravath Lakefront Concessions & Boat Rentals

The Cravath Lakefront will be a destination this summer you will not want to miss. Paddleboats, kayaks, and fishing poles will all be available to rent along with a concession stand that will offer something for all. Rentals fees for kayaks and/or paddleboats is \$3.00 for 30 minutes or \$5.00 for 60 minutes.

DATES: June 18 - Aug 20

HOURS:

Thursdays & Fridays 4-10 pm
 Saturdays & Sundays 2-8 pm



Attraction	Gate Price	Our Price
Milwaukee County Zoo		
Adult	\$12.25	\$10.00
Child	\$9.25	\$8.00
Children 2 and under	Free	Free
Mt. Olympus (Wisconsin Dells)		
All Day Pass	\$42.40	\$29.00
Children 2 and under	Free	Free
Noah's Ark (Wisconsin Dells)		
All Day Pass	\$37.08	\$28.00
Children 2 and under	Free	Free
Six Flags Great America & Hurricane Harbor		
Any Day	\$56.64	\$34.00
WPRA Week(July 3-12, 2009)	\$56.64	\$28.00
Children 2 and under	Free	Free
Riverview Park & Waterworld (Wisconsin Dells)		
All Day Pass	\$21.00	\$18.00*
Children 3 and under	Free	Free
*Buy one ticket at \$18.00, get one free		
Wisconsin Dells City Pass		
1Pass- 11 Attractions! Visit the best attractions in the Dells with this 3-day pass. The city pass offers admission to Mt. Olympus, ship wreck mini-golf, Army Ducks, Mark Twain Boat Tour, Wild Thing Jet Boats, Deer Park, Dells Comedy Club, Great Northern Railway, and Chalet Lanes Bowling. Visit any one of these attractions to receive your wristband	\$99.00	\$88.00

Attraction Tickets

Tickets to these attractions are available for purchase at the Municipal Center, 1st floor, Finance window, between the hours of 8:00 am - 5:00 pm, Monday through Friday. Tickets will be available May 22 - August 31st. Payment can be made by credit card, cash, or check.

Bark Park

The Whitewater Bark Park, established in 2006, provides a safe place for dogs to run and play off-leash. Tags or a daily donation are required to use the park. In order to purchase a tag for the Bark Park, all dogs must be licensed with their local municipality. If you live in Whitewater, dog licenses are required and valid for one calendar year. To obtain a dog license you will need to provide proof of rabies shot w/ expiration date. Licenses and bark park tags are available at the Finance Department, located on the 1st floor of the Municipal Center. The Bark Park entrance is off of Commercial Avenue in the Whitewater Business Park. Visit www.whitewaterdogpark.org for more information.



www.ci.whitewater.wi.us

Youth Karate



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.

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: April 24 - May 29
COST: \$25.00
MIN/MAX: 5/10
DEADLINE: April 14, 2009
LOCATION: Downtown Armory Dance Studio

Class Number	Class Times	Class	Age
3301.21	3:30pm - 4:00pm	Beginning	5-7
3302.21	4:00pm - 4:45pm	Beginning	8-11
3303.21	4:45pm - 5:30pm	Continuing	8-above

Session II

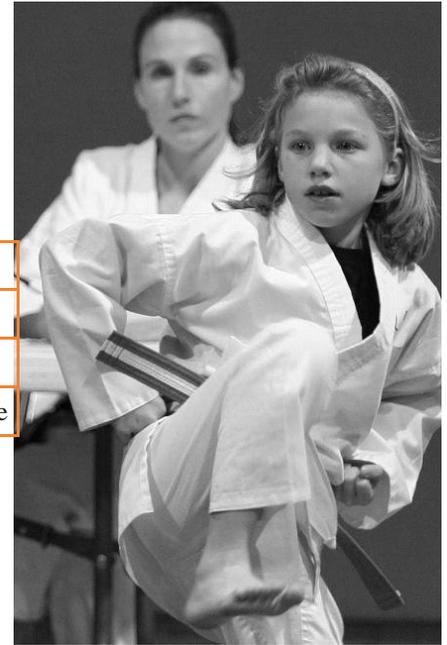
DAYS: Fridays
DATES: June 12 - July 17
COST: \$25.00
MIN/MAX: 5/10
DEADLINE: June 2, 2009
LOCATION: Downtown Armory Dance Studio

Class Number	Class Times	Class	Age
3301.22	3:30pm - 4:00pm	Beginning	5-7
3302.22	4:00pm - 4:45pm	Beginning	8-11
3303.22	4:45pm - 5:30pm	Continuing	8-above

Session III

DAYS: Fridays
DATES: July 31 - Sept 4
COST: \$25.00
MIN/MAX: 5/10
DEADLINE: July 21, 2009
LOCATION: Downtown Armory Dance Studio

Class Number	Class Times	Class	Age
3301.23	3:30pm - 4:00pm	Beginning	5-7
3302.23	4:00pm - 4:45pm	Beginning	8-11
3303.23	4:45pm - 5:30pm	Continuing	8-above



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

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 locomotor movement on all four apparatus.
Level 2/3	1+ years of experience preferred. Recommended age— 7 years old. 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.

Interim

Advanced group only

DATES:	June 8, 10, 13, 15, 17, 20
TIMES:	Monday and Wednesday 5:00-7:00 p.m.; Saturday 9:00-12:00am
COST:	\$63.00
MIN/MAX	8/25
DEADLINE:	May 28, 2009
CLASS #	3604. 21

Session I June/July

DATES:	June 22-25	June 29-July 2	July 6-9	(3 weeks)
DAYS:	Monday through Thursday			
LOCATION:	University Wisconsin Williams Center			
DEADLINE:	June 12, 2009			

Class Name	Class Number	Time	Cost
Advanced	3604. 22	12:30 - 3:30pm	\$162
Level 2/3	3603. 21	12:30 - 2:30pm	\$108
Level 1/2	3602. 21	2:30 - 3:30pm	\$54
Tots	3601. 21	3:30 - 4:00pm	\$27

Session II - July/August

DATES:	July 27-30	August 3-6	(2 weeks)
DAYS :	Monday through Thursday		
LOCATION:	University Wisconsin Williams Center		
DEADLINE::	July 17, 2009		

Class Name	Class Number	Time	Cost
Advanced	3604. 23	9:00 - 12:00pm	\$108
Level 2/3	3603. 22	9:30 - 11:30am	\$72
Level 1/2	3602. 22	8:00 - 9:00am	\$36
Tots	3601. 22	9:00 - 9:30am	\$18



Sara Stone
Gymnastic Provider

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

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

Youth Dance



Tracy Werner
Instructor

Tracy is a Senior at the University of Wisconsin Whitewater. She is an Accounting Major with a Dance Minor.

Tracy has been involved with dance for 18 years and loves teaching dance because it allows her to pass on her love for dance to others

Culligan Scholarship

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

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

Dance Classes

DATES: June 1 - July 30
FEE: \$45.00
DEADLINE: May 22, 2009
MIN/MAX: 4/10
LOCATION: Armory Dance Studio

(Adult Classes on page 11)



Class Name	Class Number	Day	Time	Age	Instructor
Poms	3118.21	Monday	5:30-6:30pm	7+	Audra
Ballet	3105.21	Monday	6:30-7:30pm	7+	Audra
Creative Movement	3101.21	Thursday	4:30-5:30pm	3-5	Tracy
Ballet Tap	3104.21	Thursday	5:30-6:30pm	5-7	Tracy
Jazz/ Hip Hop	3110.21	Thursday	6:30-7:30pm	7+	Tracy

New! Poms Class: This class incorporates funk, jazz and hip-hop into fun choreography. Students concentrate on precision, sharpness, jumps and turns.

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.

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

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: One-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.

Attire

Pink, white, or black ballet shoes and black tap shoes are preferred. Leotards and tights for girls or shorts for boys are necessary to see proper positions of the body. Creative dance classes (3/4 year olds) may wear ballet shoes or bare feet. Jazz shoes for Jazz Class.

Shoe Exchange

We realize dance shoes can be expensive for growing children. We have started a shoe exchange program that allows you to donate your child's gently used dance shoes or utilize the shoes that have already been donated. Please see a dance instructor for details.

Youth Programs

Kids Escape

Want your kids to be active this summer and not sitting around playing video games? How about instilling exercise habits early! This program will fill their afternoons with: hiking, biking, fishing, golf, team games, swimming, orienteering, archery, kickball, horseshoes, lots of walking, and more. Each day the kids will hike to the playing field and back. A new group activity will be planned each day— five days a week. Geared for 7-12 year olds.

DATES: June 22– August 7
(excl 7/4)
DAY: Monday- Friday
TIME: 1:00-4:00pm
MIN/MAX: 8/24
FEE: \$135.00
DEADLINE: May 30, 2008
LOCATION: Starin Park Lower Shelter
CLASS #: 3501.21

NEW ! Track and Field

This new program is designed to introduce fundamental skills in track and field events such as running, throwing and jumping with an emphasis on fun!

DATES: June 6 - July 18
(excl 7/4)
DAY: Saturdays
TIME: 10:00am - 11:00am
MIN/MAX: 8/20
AGE: 5-9 years old
FEE: \$23.00
DEADLINE: May
LOCATION: High School Track
CLASS #: 3505.21



Fishing Pole Rentals

Don't have a fishing pole? No problem! Free Fishing poles will be available at the Cravath Lakefront Building during concession hours.

Free Fishing Weekend Saturday & Sunday June 6th– 7th

Every year, the first consecutive Saturday and Sunday in June is designated as Free Fishing Weekend throughout the state of Wisconsin. All the waters of the state are open! Residents and nonresidents of all ages can fish without a fishing license (or trout or salmon stamps) over these two days. However, all other fishing regulations (length limits, bag limits, etc.) apply.

This event is designed to encourage families to get out and fish together on Wisconsin waters. People are encouraged to participate in special activities planned at state parks!

The Whitewater Optimists club will be hosting its yearly fishing derby during this free fishing weekend. Be sure to watch your local paper for details.

Playgroup for Tots

Looking for something for your youngsters to do on Friday's from 10am-Noon? Join this parent organized playground at the Downtown Armory or Starin Park for an afternoon of friends and fun! Contact Traci Wilson at 262-495-2420 or tlwilson29@centurytel.net for details.



Hillary Cheever
Instructor

Hillary Cheever is a 2009 graduate from Lawrence University in Appleton, WI. After majoring in Psychology with an emphasis on Education, specifically broad field social studies, she will student teach this fall and soon after achieve her dream of becoming a middle school social studies teacher. Hillary is also the JV volleyball coach at Appleton East High School and a club volleyball coach for Appleton Excel.

Hillary's favorite part of the year is when summer comes around and she can FINALLY come back to the wonderful kids and their families in Whitewater, WI. .

Youth Sports

Tee Ball

AGE: Boys & Girls currently in Kindergarten & 1st Grade
DAYS: Practices and games on Tuesday & Thursday
DATES: June 16-August 6, 2009
TIME: 5:00 pm - 6:00pm
FEE: \$20.00
DEADLINE: May 1, 2009
LOCATION: Starin Park
CLASS # 1102.2

Rookie Ball (Baseball or Softball)

AGE: Boys & Girls currently in 1st-3rd Grade
DAYS: Practices and games on Tuesday & Thursday
DATES: June 16- August 6, 2009
TIME: 6:00 pm - 7:00pm
FEE: \$20.00
DEADLINE: May 1, 2009
LOCATION: Starin Park
CLASS # Baseball # 1103.2
Softball # 1502.2

Youth Sport Coaches Information

The Whitewater Parks and Recreation Department is committed to providing a quality youth sports experience for participants, parents, coaches, and spectators. Our sports programs encourage parent involvement and utilize volunteer coaches. **Coaches are required to pass a criminal background investigation** and attend department offered coaches education and training.

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, email Matt Amundson at mamundson@ci.whitewater.wi.us

Start Smart Baseball

The skills focused on include hitting, throwing, and catching.

Session 1 May 13 - June 10 #1101.11

Session 2 June 17 - July 15 #1101.12

DAY: Wednesday
TIMES: 3:45 - 4:30 PM
AGES: 3-5
MIN/MAX: 8/15
FEE: \$15.00
DEADLINE: 10 days prior to session
LOCATION: Downtown Armory Gym

Youth Sports Policies

The Whitewater Parks and Recreation Department asks coaches, parents, and participants to observe the following youth sport policies:

- Whitewater Parks and Recreation youth sports leagues operate on an equal playing time philosophy for all participants.
- Youth sports athletes may participate on only one WPRD team per sport.
- Participants are allowed to "play up" only one grade level. Players cannot "play down" a grade.
- All leagues focus on the development of skills, sportsmanship and fun! As parents, please help the players and coaches accomplish these goals.

What are parents saying about youth sports?

(Excerpts taken from survey comments)

"The girls had fun and continued to improve. The coaches kept it fun for them and also let them know it was not play time. Whitewater umpires were outstanding!"

"Our team's excellent coaches who set a positive fun attitude were a big plus. The travel was not excessive and provided a variety of competition. I appreciate that the uniforms are rented, making participation much more affordable."

"The umpires that Whitewater utilizes are WONDERFUL. They were respectful, made good calls and were loud enough to be heard by parents in the stands. Also, we really liked that they wore a "uniform" instead of just any t-shirt and shorts...very professional appearance."

"The kids all seemed to have fun and enjoy playing -- that's what was important to me."

Start Smart Soccer

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

Session 1 April 14 - May 5 #1701.11
(additional day 4/27)

Session 2 May 12 - June 9 #1701.12

DAY: Tuesdays
TIMES: 3:45 - 4:30 pm
AGES: 3-5
MIN/MAX: 8/15
FEE: \$45.00
DEADLINE: 10 days prior to session
LOCATION: Downtown Armory Gym

Youth Programs

Horse Day Camps

Today's world is tough for kids. They face challenges every day. Sometimes friends can help keep them on the right path. Horses have always been great friends-teaching kids about responsibility, respect, accomplishment, and love. Introduce your child to horses through educational horse camp! Students must be between 6-17 years of age and wear hard sole shoes and jeans.

Session 1	June 22– June 25	#3701.21
Session 2	July 20 - July 23	#3701.22
Session 3	Aug 3– Aug 6	#3701.23
Session 4	Aug 24– Aug 27	#3701.24

DAY: Monday - Thursday
TIMES: 9:00am - 3:00pm
AGES: 6-17
MIN/MAX: 8/15
FEE: \$300.00
DEADLINE: 10 days prior to start of session
LOCATION: Clean Sweep Farms



Clean Sweep Farms
 8538 N Serns Rd
 Milton, WI 53563
 (608) 868-1169

NEW ! Creative writing for Young Writers

This class is for aspiring writers, age 10 to 18. If your child or young adult is looking for a new outlet or is already doodling and writing, sign them up for this fun class. We'll use examples from popular writers as examples and motivation to get started. Techniques include channeling our thoughts onto the paper, creative word play, poetry, prose and doodles. Handouts include short stories and other reading. Students should bring a notebook and pen. The facilitator is Lynn Greene, creative writing graduate and journalist. Greene is a cookbook author and has written for newspapers and magazines for the past 20 years (Adult classes on page 16)

DAY: Saturdays	FEE: \$20.00
DATES: June 20 - Aug 1	CLASS # 3506.21
TIMES: 9:00am - 10:00am	DEADLINE: June 11, 2009
MIN/MAX: 5/9	LOCATION: Starin Park Community Building

Youth Rock Climbing

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

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

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

<u>CLASS #</u>	<u>Dates</u>
3201.21	June 22 - July 13
3201.22	July 27 - Aug 17
3201.23	Sept 14 - Oct 5

<u>CLASS #</u>	<u>Dates</u>
3202.21	June 23 - July 14
3202.22	July 28 - Aug 18
3202.23	Sept 15 - Oct 6

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

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

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.

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.

Session 1: June 26 - July 31 #4404.21
(excl 7/24)

Session 2: Aug 7 - Sept 11 #4404.22
(excl 8/14)

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

Restorative Yoga

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

Instructor: Ivy Miles, CPT, RYT

Session 1: May 26 - June 23 #4403.21

Session 2: July 7 - Aug 18 #4403.22
(excl 7/21, 8/11)

DAYS: Tuesdays
TIMES: 9:30 - 10:30am
FEE: \$40.00 per session
\$10.00 walk-in
DEADLINE: 10 days prior to start of session
LOCATION: Cravath Lakefront Building

Movement Melts Away Stress

As much as it may stress you out just to think about exercising, once you actually start working out, you'll experience less stress in every part of your life.

Exercise produces a relaxation response that serves as a positive distraction. It also helps elevate your mood and keep depression at bay.

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

Instructor: Ivy Miles, CPT, RYT

Session 1: June 26 - July 31 #4412.21
(excl 7/24)

Session 2: Aug 7 - Sept 11 #4412.22
(excl 8/14)

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



Total Body Fitness

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

Instructor: Ivy Miles, CPT, RYT

Session 1: June 23 - Aug 27 #4402.21
(excl 7/23, 8/13)

DAYS: Tuesdays and Thursdays
TIMES: 8:05-9:00 am
FEE: \$50.00 per session
\$5.00 walk-in
DEADLINE: 10 days prior to start of session
LOCATION: Whitewater Aquatic Center
Fitness Studio

Adult Fitness

Be sure to check the location of your class!

We are very excited to be partnering with the Whitewater Aquatic Center in offering some of our fitness classes. Individuals taking Ivy's Fitness Classes will continue to sign up with Parks and Recreation and will **not** have to pay for daily admission into the Whitewater Aquatic & Fitness Center for classes held in the fitness studio. If you have questions regarding this change please contact Michelle Dujardin at 262-473-0121.



Sam Gnatzig
Fitness Instructor

Cardio Blast

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

Instructor: Ivy Miles, CPT, RYT

Session 1: June 22 - Aug 27 #4401.21
(excl 7/23, 8/13)

DAYS: Mondays, and
Thursdays

TIMES: 5:15pm-6:15pm

FEE: \$50.00 per session
\$5.00 walk-in

DEADLINE: 10 days prior to start of session

LOCATION: **Whitewater Aquatic Center
Fitness Studio**

Pilates Fusion

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

Instructor: Ivy Miles, CPT, RYT

Session 1: June 11 - July 9 #4407.21

Session 2: July 16 - Aug 27 #4407.22
(excl 7/23, 8/13)

DAYS: Thursday

TIMES: 9:15-10:00 am

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

DEADLINE: 10 days prior to start of session

LOCATION: **Whitewater Aquatic Center
Fitness Studio**

E-Stride

New class:
Try it today!

E-Stride: 30 minute instructor led workout using the ellipticals. Class size is limited and session meets twice weekly. Instructed by Sam Gnatzig. Contact Whitewater Aquatic Center for more information or to sign up. 262-473-4900.

Drums Alive

Drums Alive combines traditional aerobic movements with the powerful beat and rhythms of the drums. It is a workout for the entire body, mind and spirit! Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new dance and rhythm program. Classes offered are Golden Beats, Cardio Beats, Special Beats, Kids Beats and Family Beats. Instructed by Sam Gnatzig. Contact Whitewater Aquatic Center for more details (262) 473-4900.

Cardio Sculpt

A combination of cardiovascular exercises (Step, Hi-Low, Kickbox) along with a segment of body sculpting using free weights, bands, tubes & balls.

Instructor: Ivy Miles, CPT, RYT

Session 1: June 27- Aug 22 #4413.21
(excl 7/4, 7/25, 8/15)

DAYS: Saturdays

TIMES: 8:00am - 9:15am

FEE: \$18.00 per session
\$5.00 walk-in

DEADLINE: 10 days prior to start of session

LOCATION: **Whitewater Aquatic Center
Fitness Studio**

Sam has a BS in Physical and Health Education with emphasis in exercise science, Masters in C&I with an emphasis in health and human performance, Pilates certified through NETA CPR instructor through AHA Personal training certified through ACE WSI Certified through ARC Lifeguard Certified through ARC AFO certified through NPRA And is Drums Alive certified through Drums Alive USA.

Adult Programs

Adult Tennis

Join your friends and neighbors on the tennis courts this summer! The tennis courts at the high school have been reserved for open play. All levels of ability are welcome.

June 1-August 13

DAY	TIME	# of Courts	Gender
Mondays	6-9 PM	8 courts	Men & Women
Wednesdays	6-9 PM	4 courts	Men
Thursdays	6-9 PM	4 courts	Women

Adult Softball Leagues

Competition is offered in men's, women's, coed, and men's over 30 slow pitch softball leagues. Play is open to resident and non-resident players. All leagues play at the Starin Park Softball Diamond. Team registration is accepted through March 27th. To be placed on a free agent list of players looking to be on a team, contact the Parks & Recreation Department. No team placement is guaranteed.

Adult Tap

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

DATES:	June 4– July 30
DAY/TIME	Thursdays 7:30 - 9:00 pm
FEE:	\$50.00
DEADLINE:	May 22, 2009
LOCATION:	Armory Dance Studio
CLASS #:	4101.11

Kickball

We will be having a summer kickball league on Thursday nights. This league is based on everyone plays- and most of all everyone has fun! A team consists of 10 people -5 female & 5 male (minimum of 6 players, maximum of 10 on field) You can have more names on the roster. Please turn in your roster and team fee before June 1!

DATES:	June 18– Aug 20
DAY/TIME:	Thursday 7:00 - 8:30 pm
FEE:	\$60.00
DEADLINE:	June 1, 2009
LOCATION:	Starin Park Main Diamond
CLASS #:	4102.11

Coed Sand Volleyball Leagues

6:00, 7:00 and 8:00pm games self officiated and will be played at the Washington School Sandpit Volleyball Courts. The season will begin the week of June 16th. Teams must consist of an equal or majority amount of women. Registration forms are available at www.ci.whitewater.wi.us, Parks & Recreation, Leagues.

DATES:	June 16 - Aug 18
MIN/MAX:	4/12
FEE:	\$55.00 Team
DEADLINE:	June 1, 2009
LOCATION:	Washington Elementary
CLASS #:	2205.21

Adult Rock Climbing

Looking for a new sport to challenge you, give you a workout, and make you feel great? Try rock climbing! All equipment is provided. A signed waiver form from Wall Crawlers is required prior to taking this course. (Youth classes offered on page 8)

DATES:		DAYS:	Thursdays
Session 1:	June 25 - July 16	TIMES:	6:00 - 8:00 pm
Session 2:	July 30 - Aug 20	FEE:	\$30.00
Session 3:	Sept 17 - Oct 8	DEADLINE:	10 days prior to start of session
		LOCATION:	Wall Crawlers Climbing Gym 138 W. Main

Aquatics

Summer 2009 Swim Lessons

Session A May 25 th – June 5 th Monday – Friday Evenings	Session B August 10 th – August 21 st Monday – Friday Mornings	Session C August 4 th – August 27 th Tuesday/ Thursday Evenings
Aqua Tots: 6pm – 6:30pm Swim Tots: 6:40pm – 7:20pm	Aqua Tots: 9am – 9:30am Swim Tots: 9:40am – 10:20am	Aqua Tots: 6pm – 6:30pm Swim Tots: 6:40pm – 7:20pm
Level 1: 6pm – 6:40pm Level 2: 6pm – 6:40pm	Level 1: 9am – 9:40am Level 2: 9am – 9:40am	Level 1: 6pm – 6:40pm Level 2: 6pm – 6:40pm
Level 3: 6pm – 6:40pm Level 4: 7pm – 7:40pm	Level 3: 9am – 9:40am Level 4: 10am – 10:40am	Level 3: 6pm – 6:40pm Level 4: 7pm – 7:40pm
Level 5: 7pm – 7:40pm Level 6: 7pm – 7:40pm	Level 5: 10am – 10:40am Level 6: 10am – 10:40am	Level 5: 7pm – 7:40pm Level 6: 7pm – 7:40pm

Registration can be done at the front desk or by phone with a Visa/Mastercard (262-473-4900). Class size is limited to 10 participants. Early registration is recommended. You will receive a call confirming registration prior to the first scheduled class. A minimum of 4 students need to be enrolled to conduct class. Should we have to cancel class you will be notified as soon as possible and fully refunded.

Cost: Swim Tots and Levels 1 through 6: \$38.00 Members , \$48.00 Non-members

Aqua Tots: \$38.00 Members , \$48.00 Non-Members

Water Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:15am Dash & Splash		6:30-7:15am Dash & Splash		6:30-7:15am Dash & Splash
7:30-8:15am Golden Waves Plus	7:30-8:15am Golden Waves	7:30-8:15am Golden Waves Plus	7:30-8:15am Golden Waves	7:30-8:15am Golden Waves Plus
8-8:45am Joints in Motion		8-8:45am Joints in Motion		8-8:45am Joints in Motion
6:15-7pm Liquid Toning		6:15-7pm Deep Water Work Out		

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

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

Golden Waves Plus: Moderate intensity, low impact workout held in the shallow end of the lap pool.

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

Liquid Toning: Variety of shallow and deep-water toning and cardiovascular classes.

Water Aerobics Classes are free to members. Nonmembers pay daily admission.

Swim Class:

Aqua Tots:
(6mo - 4 yrs old)

Swim Tots:
(3 & 4 yrs old)

Level 1-6
(4yrs - above)

Cardio H2O

Come try our new water class Cardio H2O!

It is a half hour, high intensity work out done in the current channel. Please call for more information.

Try the Masters Swim Club

Programs are open to all adult swimmers who are dedicated to improving their fitness through swimming. If you are interested in becoming a US Masters Swimming member or coach, please call Sam Gnatzig at (262) 473-4900.

Mondays & Wednesday
6:30 - 7:30pm

Specialty Programs

www.ci.whitewater.wi.us

Bicyclewise & Giant Bicycle Demo Day

Friday June 12th, grab your state park parking pass, bike trail pass and bike helmet and venture to the John Muir Trails. The company "Giant" will be supplying mountain & road bicycles for free demo. Visit www.giant-bicycle.com or call 473-4730 for details.

Bike Rides From Bicyclewise

Friday nights (call for times) Bicyclewise is offering weekly rides. Riders will learn shifting, riding techniques, and more. Start date weather depending, call 473-4730 for details.

FREE ! 4th of July Bike Decorating

Bring your bike to Bicyclewise and spice up your ride for the parade. On July 2nd & 3rd, Bicyclewise will be offering free decorations for the 4th of July parade. Call 473-4730 for details.

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. Contact MATC for class dates and times.

LOCATION: Downtown Armory
FEE: \$47.67 per class for those under 62 years of age
\$4.00 for 62 years and older

Whitewater Community Gardens

Come hear about the new community garden site in Moraine View Park. Join with other gardeners (or would-be gardeners!) in this exciting outdoor activity for all! Land, water and compost will be provided by the City of Whitewater. Enjoy the many pleasures of gardening with your neighbors while growing nutritious vegetables or beautiful flowers! Garden surplus will be offered to the local food pantry. Organic gardening techniques will be shared with all participants. Limited plots are available so be sure to sign-up early at our first community gardens meeting. For additional information, please contact reutebut@uww.edu

Coordinator: Tim Reutebuch

DATE: April 25, 2009
TIME: 9:00 - 10:30am
FEE: \$25.00 (Registration will be held during the April 25th meeting)
LOCATION: Cravath Lakefront Building
NOTE: Plots will be assigned with corresponding contract agreements and future meeting dates.

Ceramics

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

Instructor: Jessica
DATES: Offered year-round
DAYS: Tuesdays and Wednesdays
6:30 pm - 8:00 pm
Thursdays 1:00 pm – 3:00 pm
MIN/MAX: 1/15

Fix A Flat

Bring your bike and learn how to change your own flat tires. Fridays at 4:00pm through the month of April at Bicyclewise, 1130 W. Main St. No cost.

Parks and Forestry

City Services

Compost Site:

Open: Saturdays 8-2pm
Wednesdays 3-7pm

Loader available to City residents for larger loads of chips or composted dirt on first Saturday of every month while site is open. Loads of compost or wood chips must be loaded on enclosed sided vehicles. All bags and containers that are brought to the compost site with compostable material in, must be taken back with the resident and disposed of properly. No building material of any kind may be deposited in our compost site.

Brush Chipping:

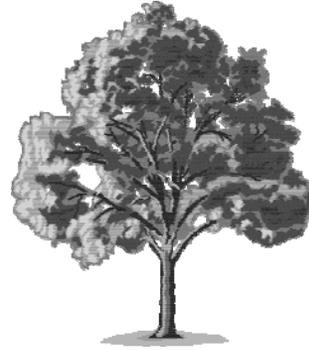
The city chips brush every Tuesday for city residents. Residents should call the Streets, Parks and Forestry Department at 473-0542 before Tuesday morning to be placed on the list for chipping. The city will drop off loads of chips to city residents who call and ask for such service, and also designate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

Recycle in the Parks!

The City of Whitewater has purchased new trash and recycling receptacles to be placed throughout the park system. The receptacles are unique in the fact that they are made of recycled plastic milk jugs. Over 350 milk jugs make up each of these new, environmentally friendly and aesthetically pleasing containers. The Parks and Recreation Department asks for your help in recycling your cans.

 More than 50% of a new aluminum can is made from recycled aluminum

 The 36 billion aluminum cans land filled last year had a scrap value of more than \$600 million



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.

The City of Whitewater will also be planting terrace trees. If you would like a terrace tree please call the City Forester Chuck Nass at 473-0542.

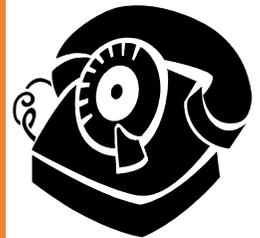
Memorial Tree Planting Program

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 on this program, please call City Forester Chuck Nass at 473-0542.

10 Ways to be Green in Whitewater

- Recycle old cell phones with Seniors in the Park
- Bring your own bags to Sentry & receive money off your bill
- Check out the Farmers Market for local organic grown products
- Refill ink cartridges at Walgreens
- Use composted dirt as nutrients
- Take advantage of the computer round-up on May 1st located at City Garage
- Use Biodegradable doggie bags
- Cancel those unwanted magazines
- Use natural lawn care
- Ride your bike to work

(262) 473-0542



Seniors In The Park



Deb Weberpal,
CPRP

Senior Coordinator

Exercise is
Miracle Gro® for
your brain. So
get out there and
move!

Try a new activity
and stretch your
horizons. Go for
a walk and enjoy
nature as well as
the many
wonderful parks
and trails in
Whitewater.
Exhilarate in the
many water
activities that are
available in the
summer or year
round at the
Aquatic Center.
Get dirty and
plant or work in
the garden.
Whitewater now
has community
gardens.
Relax and enjoy
Concerts in the
Park on a
summer evening.
Eat healthy by
purchasing
homegrown
produce at the
Farmer's Market.

What ever you do
just get out there
and LIVE!

Regularly Scheduled Activities

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

Classes and Activities

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

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

Chess—Wednesdays 1:00. Beginners are welcome.

Computer Tutor—Third Thursday 11:00. Share information, give and receive help on a variety of topics.

Dominoes—First Tuesday 11:30.

Senior Golf League—Oak Ridge Golf Course, Milton—Mondays 8:30 am tee time.
\$5 Member fee.

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

Senior Forum—First Monday at noon.

Stretch and Flex—Mon & Thurs 9:30 am (Sept-May)
\$1.00 class or punch card 16 classes for \$12.00

Wii Bowling/Sports—Mondays 1:00 pm. Watch newsletter for a Wii bowling league to form soon!

Card Groups

Bid Euchre: Mondays 1:00 pm

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

Sheepshead: Tuesdays, 1:00pm

Poker: First and Third Wednesday at 1:00 pm

Our House Senior Living Movie Day

Third and Fourth Tuesdays of the month 12:30 pm. Popcorn is served. No Charge.

Volunteers Are Needed

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

- Van drivers – Training and licensing provided
- Holiday, Special event, and Fundraising assistance
- Facilitating Programming – Share a talent you have with seniors, i.e. piano lessons, crafts, drawing class, ethnic presentations or entertainment.
- Assistance with publicity.
- Help produce a monthly show for Cable 98 or video tape programs to be aired
- Entertainment – Music is needed for some special events & the lunch program.
- Develop Marketing Brochures – Volunteer Opportunities brochure & Seniors in the Park general brochure.
- Nutrition Site – Assist with setting up and serving luncheon or plan and implement a monthly activity at the nutrition site.

Seniors In The Park

Services Offered

Therapeutic Massage

Monday, 1:00 pm - 3:00pm

Massage can increase range of motion and decrease pain. Sharon Baker specializes in massage for seniors. She is at the Community Building on the second Monday of the month beginning at 1:00, offering half hour massages. Appointments must be made in advance by calling 262-473-0535. Cost: \$20

Blood Pressure Screening

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

Foot Clinic

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

Benefit Specialist

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

Newsletter Delivery or E-Delivery

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

Walworth County Nutrition Program

Enjoy lively conversation and the company of others. The meal is served Monday through Friday at 11:30 am at the Starin Park Community Building. The meal is open to **anyone** over the age of 60, and their spouse. Lunch is provided on a donation basis, the suggested donation is \$2.25. Persons unable to contribute the suggested donation will continue to be welcome. Please call the Nutrition Coordinator, Sue, at 473-0536 between 9:30am and 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.

New Programs!

Bocce

Thursdays, June 4-August 27, 10:00 am

Enjoy this simple but fun lawn game consisting of rolling balls to be closest to the original ball thrown. We will be playing open bocce (no court). Two to eight people can play. Try out this fun and challenging sport.

Creative Writing Seminar for Aspiring Authors:

Day:	Saturdays	Fee:	\$20.00
Dates:	June 20-Aug 1 (excl 7/4)	Class #	0000.00
Times:	10:00am - 11:00am	Deadline:	June 11, 2009
		Min/Max:	5/9

Are you an expressive person looking for a creative outlet? Learn how to get your ideas and thoughts on paper. Creative writing techniques include work with journaling, free writes, word association games, similes and metaphors. Plenty of examples from writers across the spectrum will motivate and inspire you to get started. Bring a notebook and pen. Immediately following this class, is a creative writing class for younger writers. If you sign up for this class, it's half price for your child or young adult. The facilitator is Lynn Greene, creative writing graduate and journalist. Greene is a cookbook author and has written for newspapers and magazines for the past 20yrs.



Rose Ellestad,
Senior Aide

Welcome to Senior Aide, Rose Ellestad. Rose is now assisting at Seniors in the Park 25 hours a week.

Rose attended Whitewater City High in the 40's, married, and moved away. She returned to her roots in 2003.

She started volunteering at the Seniors in the Park Nutrition Site and from there, got a job with RSVP until 2008, when she decided to retire. She soon decided retirement wasn't for her and is now our Senior Aide.

Rose has six children all of whom live in Wisconsin.

Welcome Rose! We're so happy to have you with us.

Seniors In The Park Trips



Sue Chapman
Nutrition Site
Coordinator

Summer brings heat and humidity. Why not get out of your kitchen and enjoy ours? The Nutrition Site at the Starin Park Community Building serves great tasting, nutritious meals. The summer menu includes salads, hamburgers, hot dogs, sandwiches and hot meals. The suggested donation is \$2.25 and reservations must be made by noon a day in advance. Call 262-473-0536 for a reservation or more information about the program between 9:30 am and noon. Participants or their spouses must be 60 years of age for this program.

Van Trips

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

Fireside

Cost: \$62.00 Payable to: The Fort Atkinson Senior Center.
All performances start at 10:30 am. Transportation is on your own.

- | | |
|---|-----------------------|
| Wed June 10 —High School Musical | RSVP by May 6, 2009 |
| Wed Aug. 5 —The Witnesses; Jesus & Followers | RSVP by June 30, 2009 |
| Wed Oct. 28 —The Sound of Music | RSVP by Sept 23, 2009 |
| Wed Dec. 16 —Miracle on 34th Street | RSVP by Oct 29, 2009 |

Experience the world with Seniors in the Park. Visit unique sites, gain an appreciation of other cultures, and make new friends on our trips. Excursions in 2010 will include Costa Rica and Tuscany (Italy).



*French Riviera Tour
March 13- 21, 2008
Group Picture*

Chocolate, Wine and Culinary Tour

Wednesday July 15

Start your culinary experience at the Valentino Vineyards with a vineyard tour and wine tasting followed by a scrumptious tour of the Long Grove Confectionery. See how they make chocolate and marvel at their chocolate sculptures. The rest of the day will be spent in Historic Long Grove. Discover unique retail establishments, eclectic art galleries, as well as a mosaic of gourmet and specialty shops and fine dining. There will be a tour and tasting at the Olive Tap which specializes in olive oils and the Apple Haus will have a complimentary coffee and snack for our group. There will be a lot of walking on this trip.

Cost: \$42.00 Reservations/payment due by June 18
Depart Starin Park: 8:00 am Return 6:00 pm

Albuquerque Balloon Fiesta

October 2-6, 2009

Imagine a blue sky filled with a kaleidoscope of dazzling colors and shapes. Witness the morning mass ascension and the Balloon Glow, an event that's guaranteed to set the night sky ablaze. Trip also includes a guided tour of Albuquerque with Old Town, Los Alamos, Bandelier National Monument, and an historic walking tour of Santa Fe. Trip includes professional Tour Manager, free home pickup (Walworth Co.), 3 meals, round trip airfare from Chicago and \$25 in Mayflower money. \$50 off reservations made before May 15 Call 473-0535 for complete itinerary/reservation form. Cost: \$1589 pp/double \$550 Single Supplement Final payment due July 2.

Cape Cod and the Islands

Sept 13—19, 2009

Experience unforgettable Cape Cod in the Fall. Tour highlights include: Cape Cod Central Railroad journey, Hyannis & Harbor Cruise. Boston City Tour, Plymouth Plantation, Plymouth Rock, Mayflower II, Martha's Vineyard Tour, Newport's Ocean Drive, Breakers Mansion Tour, Heritage Plantation, Sandwich, a New England Lobster Dinner and 6 nights at one hotel. Trip includes round trip airfare, 9 meals, professional tour director, deluxe motorcoach, baggage handling and admissions per itinerary. Call 262-473-0535 for complete itinerary/reservation form. Cost \$1949pp/double \$550 single supplement. Final payment due June 10.

Facility Reservations

Reservations for city facilities can be made through the Parks and Recreation Department. All city parks are open from 6:00 am until midnight. Municipal facilities can be reserved from 6:00 am until 11:00 pm. No alcohol is allowed in city parks and facilities except by permit. Alcohol permits are \$10.00 and must be applied for two weeks prior to the event. The reservation fees are listed below.

A security/damage deposit of \$500.00 is required for all building reservations and \$100 for shelter reservations. Credit card use is acceptable for rentals and damage deposits. The use of Tent Structures must be approved at time of facility request submission.

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

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



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

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



Park Services and Facilities

		Acres	Picnic Area	Enclosed Shelter	Open Shelter	Grills	Drinking Water	Restrooms	Playground Equipment	Boat Ramp	Fishing	Trails/Hiking	Ball Diamonds	Sand Volleyball Court	Cross-Country Skiing	Snowshoeing	Multi-purpose Area	Water Features	Ice Skating	Disc Golf	Skate Park	Pet Exercise Area
Community Parks																						
1	Starin 504 W Starin Road	34.2	•	•	•	•	•	•	•			•	•		•	•	•					
2	Trippe Lake 407 S Wisconsin Street	24.2	•		•	•	•		•	•	•				•	•	•	•				
3	Cravath Lakefront 341 S Fremont Street	6.1	•	•	•		•	•		•	•	•			•	•	•	•				
4	Moraine View 1201 E Corporate Drive	45.0	•				•					•					•					•
6	Whitewater Creek Nature Area 685 N Fremont Street	59.8	•								•	•			•	•		•				
Archeological Park																						
5	Indian Mounds 288 S Indian Mound Parkway	21.5	•									•			•	•	•					
Neighborhood Parks																						
7	Skyway 1302 W Tower Hill Pass	4.1	•						•								•					
8	Brewery Hill/Armory 116 W North Street	7.3	•				•										•	•			•	
9	Meadow Sweet 601 N Pratt Street	4.0	•									•					•					
Mini Parks																						
10	Walton Oaks 654 N Stone Field Lane	2.6										•					•					
11	Clay Street Nature Park 511 E Clay Street	1.4	•								•						•					
12	Main Street Shoppes Courtyard 112 N First Street	0.1	•																			
13	Birge Fountain 402 W Main Street	0.7																				
14	Trailhead 1175 E Bluff Road	0.7																				
15	Ward 180 N Hyer Lane	2.9																				
16	Big Brick 611 W Center Street	1.1	•	•			•	•	•								•		•			
17	Mill Race 124 W Main Street	0.6	•								•											
18	Optimist Turtle Mound 1602 W Turtle Mound Circle	1.0	•	•	•				•								•					
Public School Facilities																						
A	Whitewater High School	69.3	•				•	•				•	•		•	•	•					
B	Whitewater Middle School	25.1	•				•	•					•				•					
C	Lincoln Elementary	10.3	•				•	•	•				•				•					
D	Washington Elementary	8.2					•		•				•	•			•					
University Facilities																						
E	UW LAWCON Fields	122.1	•				•	•				•	•		•	•						

New Registration Options & Process!

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

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

Self or Adult Contact

(if registering children) _____
Last Name First Name

Home Phone _____ Cell Phone _____ Email Address _____

Address, City, State, Zip

_____ Address City State Zip

If registering children: Mother's full name _____ Mother's work phone _____
 Father's full name _____ Father's work phone _____

In emergency, contact:

_____ Name Relationship to Participant or Family Phone

Allergies, Asthma and/or other medical conditions: _____

Step 2: Participant Information

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

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

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

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

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

Step 4: Release of Liability

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

Parent/Guardian Signature: _____ Date: _____

Step 5: Mail To Whitewater Parks and Recreation P.O. Box 178 Whitewater, WI 53190

New Registration Options & Process!

How to Register

Whitewater Parks and Recreation is pleased to offer multiple options for class registration. Please choose the option that works best for you and your family.

Option 1: Online with ActiveNet Software. By visiting the link on the Parks & Recreation website at www.ci.whitewater.wi.us, and visiting the link to ActiveNet, 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 registering 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.**

Option 2: 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.

Option 3: Phone by 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.**

Option 4: Mail by completing the registration form on the left and return to City Hall or address listed on the form. **All information on the form must be completed.** Please note that mailed in registration will be processed as time allows. The best way to ensure your place in a course is to register on-line, via phone, or in-person. **PAYMENT MUST** be included with the registration form. Checks are payable to: City of Whitewater. Payments using credit cards are accepted in person at the Municipal Center or via fax (262-473-0509). For your convenience a drop box is located at the Municipal Center Whitewater Street entrance. Place your registration and payment in an envelope and drop it anytime!

When to Register

Registration begins on-line on **Saturday, April 4th at 8AM**. Registration in person, via phone, and mail will begin on Monday, **April 13th 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 financial ability to do so.

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

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

Late Fees!

Please read the deadline dates very carefully. A late fee of \$10.00 will be enforced and assessed to each person and to each program when registering after the registration deadline date.



Make this a Summer
to remember!



Whitewater Parks and Recreation
312 W. Whitewater Street
Whitewater, WI 53190
Phone: (262) 473-0520
Fax: (262) 473-0509
www.ci.whitewater.wi.us