

Parks & Recreation Winter/Spring Guide



**Online Registration Begins
November 29th!**



Photo courtesy of Wisconsin Department of Tourism



Fishing For Fun?

Freeze Fest 2009
Saturday, February 21st

Cravath Lakefront Park
341 S Fremont St



**Pancake Breakfast @ Downtown Armory
(Kiwanis)**



**Kids Fishing Derby @ Trippe Lake
(Optimists)**



**Polar Plunge Registration/Check-In @ Cravath Lakefront Park)
(Special Olympics and UW-W)**



**Family Entertainment In Cravath Lakefront Park Building
Family Open Skate @ Big Brick Park
(Whitewater Parks & Recreation)**



**Horse Drawn Wagon Rides (Tourism Council)
Train Depot Museum & Stone Stable Open
(Whitewater Historical Society)**



**Meet & Have Your Picture Taken With The Klement's Running Sausages @
Cravath Lake Front Park
Half Price Admission to Mercy Fitness & Whitewater Aquatic Center**



**Chili Cook-Off @ Cravath Lakefront Park
(Downtown Whitewater Inc.)
Polar Plunge @ Cravath Lakefront Park
(Special Olympics & UW-W)**



**Snow Dogs Presentation@ Irvin L. Young Memorial
Library**



**Explore Downtown Whitewater
"Come in out of the cold for hot deals!"**

For updated event information and to register for events, please visit
<http://www.ci.whitewater.wi.us/Departments/Parks Rec/freezefest.html>

Questions Contact
Michelle Dujardin 262-473-0121

General Information

Common Council

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

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



Not Pictured: George DeVries

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
 Kim Clarksen, University Representative
 Steve Ridenour
 Nicole Grosinske
 David Stone
 Prudence Negley
 George DeVries, Alternate

Whitewater Parks and Recreation Administrative Team



<p>Matt Amundson, CPRP Parks & Recreation Director</p> <p>(262) 473-0122 mamundson@ci.whitewater.wi.us</p>	<p>Chuck Nass City Forester, Parks/ Streets Superintendent</p> <p>(262) 473-0542 cnass@ci.whitewater.wi.us</p>	<p>Michelle Dujardin Recreation & Community Events Programmer</p> <p>(262) 473-0121 mdujardin@ci.whitewater.wi.us</p>	<p>Deb Weberpal, CPRP Senior Coordinator</p> <p>(262) 473-0535 dweberpal@ci.whitewater.wi.us</p>	<p>Nancy Stanford Administrative Assistant</p> <p>(262) 473-0101 nstanford@ci.whitewater.wi.us</p>
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The Whitewater Parks and Recreation Department has been busy learning and installing a new registration and facility reservation software this fall. 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 our 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

Community Organizations

Seniors In The Park	Deb Weberpal	473-0535
Program Cancellation Hotline		473-0500
Mercy Fitness & White-water Aquatic Center		473-4900
Chamber of Commerce	Deb Williamson	473-4005
UW Williams Center (Rec Sports)		473-1544
Whitewater Youth Football	Steve Anderson www.wyflonline.com	473-3888
Whitewater Youth Soccer	Kelly Strait	473-1643
Whitewater Youth Basketball	Dave Schumacher	473-1775
Whitewater Youth Baseball (Ages 13 & Up)	Alison Stoll	473-1941
J-Hawk Aquatic Club	Cheri Zimdars	473-1800
Whitewater Youth Wrestling	Wendall Bean	473-8003
Irvin L. Young Library		473-0530
Walworth County Nutrition	Sue Chapman	473-0536
Whitewater Arts Alliance	www.whitewaterarts.org	
Whitewater Youth Cheerleading	Vicki Anderson	920-650-2341
Whitewater 4-H	Laurie Giorno	473-6065

Volunteer & Sponsor Recognition

Football Volunteer Coaches

Eric Runez
Mark Fero
Steve Faulkner, Jr.

Jason Alexander
Matt Amundson
Tyler Menz

Jeff Miles
Phil Partoll
Will Bazeley

Jeremy Niemuth
Ray Trost
Will Thies

High School Football Player Volunteers

Alex Loofboro
Nick Romani

Connor Nimmow
Tim Boyer

Dylan McKay
Ryan Owen

Walton Oaks Park

Walton Oaks Park was dedicated on August 9, 2008. This 2.6 acre park located in the Park Crest subdivision is a beautiful destination. The aesthetic beauty of several large oak trees create a perfect place to relax and enjoy nature. A great deal of thanks is owed to Ross Walton and family for the work done in creating the park. The park can be found at 654 N Stone Field Lane.



Turtle Mound Park Shelter

Thanks to a generous donation by the Whitewater Optimists Club, a shelter was installed next to the playground at Turtle Mound Park. Additionally, a concrete path was created from the sidewalk on Turtle Mound Circle to the new shelter. This shelter is a wonderful addition to the park and will serve as a welcome location for parents watching their children on the playground who want to escape the hot sun in the summertime.

Youth Halloween Party Sponsors



Coburn Company
Whitewater Wal-Mart
Sassy Shirts
D.L.K Enterprises
SchenckAccuRate
Mercy Fitness & Aquatic Center
Tri-County Heating & Cooling
Tincher Realty Inc

Hawk Bowl
Commercial Bank
Ketterhagen
Culvers
Associated Bank
First Citizens
GMA Printing
Culligan Water

Bicyclewise & Sports Fitness



Community Happenings

www.ci.whitewater.wi.us

Holiday Parade

Thursday, December 4th 6:00pm

Experience the unforgettable and charming Holiday parade. This year, the Holiday Parade will begin and end at Cravath Lakefront Park. Come enjoy a night of fantastic floats and lights!

Holiday Parade Chili Dinner

Thursday, December 4 4:00-9:00 pm

Enjoy a steaming bowl of chili with all the fixin's before or after the Holiday Parade at Cravath Lakefront Center. Cost is \$5.00 in advance or \$6 for adults at the door and \$4 for youth (12 and under). A beverage and dessert are also included. Tickets can be purchased at the Community Building or the Municipal Building (second floor) during regular business hours. Proceeds will benefit the Seniors in the Park Van Fund.

Bowling League

This fun league welcomes adults 50 or better of all abilities to join. For more information contact Betty Lemke at 262-473-7248



Easter Bunny Luncheon

A hot dog luncheon in conjunction with the Optimist Easter Egg Hunt will take place on Saturday April 4 from 11:00am to 1:00pm at the Starin park Community Building. Enjoy a hot dog lunch with beverage and dessert. Kids can frost and decorate their own cupcake. The Easter Bunny will be available for pictures after the Egg Hunt which begins at noon in Starin Park. Cost for the lunch is \$2.50 or \$3.50 for a two hot dog lunch.



Walking Clinic

Saturday, April 18 12:00-2:00pm

Walking is a great, inexpensive way to exercise. Learn more about fitness walking from Liz of Bicyclewise including heart rate, pedometers, stretching, proper body mechanics and ideas to enhance your fitness walk. Dale's Bootery will provide information on proper shoes, shoe fit, foot beds and socks.
Downtown Armory

Golf Swing Class

All of you die-hard golfers out there know that the season is quickly approaching. Come to this informative 3 week session for some "spring training," golfing-style. Dress for activity as we will learn and do golf-specific stretching and strengthening exercises to get your body in shape for the upcoming season. The concept and benefits of video swing analysis will be introduced during the class but is not included in the price of the class.

Tips for indoor and outdoor work on specific swing mechanics will be provided while you hit balls at our indoor golf cage.

Instructors: Brian Meitner, Fort Healthcare, Certified Athletic Trainer,
US Golf Teacher Federation certified
Jason Gatlin, Fort Healthcare, PT, Certified Strength Conditioning Specialist,
Min.4/Max 12

Mondays Feb. 2- 16, 6 to 7:30 p.m.
Starin Park Community Building
\$20/person

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 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: Jan 16 - Feb 20
COST: \$25.00
MIN/MAX: 5/10
DEADLINE: January 6, 2009
LOCATION: Downtown Armory Dance Studio

Class Number	Class Times	Class	Age
3301.11	3:30pm - 4:00pm	Beginning	5-7
3302.11	4:00pm - 4:45pm	Beginning	8-11
3303.11	4:45pm - 5:30pm	Continuing	8-above

Session II

DAYS: Fridays
DATES: March 6 - April 17
 (excl 3/27)
COST: \$25.00
MIN/MAX: 5/10
DEADLINE: February 24, 2009
LOCATION: Downtown Armory Dance Studio

Class Number	Class Times	Class	Age
3301.12	3:30pm - 4:00pm	Beginning	5-7
3302.12	4:00pm - 4:45pm	Beginning	8-11
3303.12	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 Rock Climbing

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

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

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

CLASS # **Dates**
 3201.11 Jan 5 - Jan 26
 3201.12 Feb 9 - March 2
 3201.13 March 16 - April 6
 3201.14 April 27- May 18

CLASS # **Dates**
 3202.11 Jan 6-Jan 27
 3202.12 Feb 10-March 3
 3202.13 March 17-April 7
 3202.14 April 28-May 19

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

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

Youth Programs

www.ci.whitewater.wi.us

Ice Skating at Big Brick Park

The Ice Rink at Big Brick Park located at 611 West Center Street, should open in the middle of December depending upon weather conditions. Please check our website for the most current information on Big Brick Park.

Open Skating:

Monday-Friday	3:30-5:30 pm
Saturday	10:00-2:00 pm
Sunday	12:00-3:00 pm

Open Hockey all ages:

Monday & Wednesday	7:00-9:00 pm
Tuesday, Thursday, & Friday	5:30-9:00 pm
Saturday	2:00-8:00 pm
Sunday	3:00-8:00 pm

Learn to Skate

Join the Polar Express Learn to Skate at the Janesville Ice Skating Center, 821 Beloit Ave, Janesville for our winter Chilly Camp! Learn cool skating skills, make new friends and get some great exercise! Meet Chilly – our skating polar bear mascot!

Registration includes three professionally taught skating lessons, skate rental, and one complimentary open skate pass. Skaters will be grouped by age into classes of no more than ten.

DATES:	December 26, 27, 28
TIMES:	9:00-9:30 am 9:45-10:15 am 10:30-11:00 am
FEE:	\$25.00
DEADLINE:	December 19, 2007
LOCATION:	Janesville Ice Skating Center 821 Beloit Avenue

To register: Call Candi Diaz at 608-754-7840 and leave a message in the "learn to skate" mailbox. Or email at learntosk8@hotmail.com

Playgroup For Tots

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



Youth Hockey

This beginning hockey program is run by community volunteers and is offered to elementary age students at no charge. Participants must know how to skate prior to attending. Participants must also provide their own helmets, shin guards, skates, and hockey stick.

DAYS:	Mondays and Wednesdays
DATES:	mid-December (weather dependant)
TIMES:	5:30-7:00 pm
FEE:	Free, must sign a waiver form on site

Ride Your Bike to School Day

Friday May 15, 2008—Mark your Calendar! Watch for more information in our school newsletters. Lots of activities will take place that day including, "catching you" ride your bike to school or to work and receiving prizes.

Quick Start Tennis

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

DATES:	April 17 - May 15
DAY:	Friday's
MIN/MAX:	5/8
FEE:	\$15.00
DEADLINE:	April 7, 2009
LOCATION:	Downtown Armory Gym

<u>CLASS #</u>	<u>TIME</u>	<u>AGE</u>
1601.11	3:30-4:30pm	5 & 6
1602.11	4:30- 5:30pm	7 & 8

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.



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.

Saturday Mornings

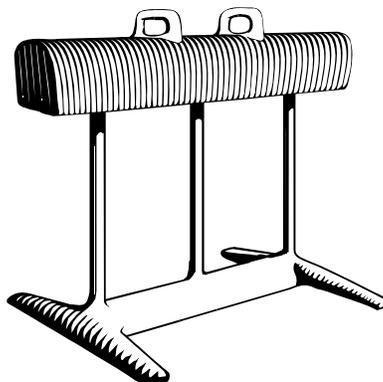
DATES: March 21
April 4, 18, 25
May 2, 9

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

DEADLINE: March 10, 2009

LOCATION: UW-Williams Center

Class Name	Class Number	Time	Cost
Tots	3601.11	8:30 - 9:00am	\$15
Level 1/2	3602.11	9:00 - 10:00am	\$30
Level 2/3	3603.11	10:00 - 12:00pm	\$60
Level 4/5 Advanced	3604.11	9:00 - 12:00pm	\$90



Youth Dance



Barbara Grubel

The Whitewater Parks and Recreation Department announces that Barbara Grubel has resigned as the Dance Director of the City's dance program. Barb has come to this decision based on her workload at the University and a desire to designate more time for research.

The Parks and Recreation Department is in debt to Barbara Grubel. During her time with the dance program, she and her instructors interacted with over 500 community children and adults. We are extremely fortunate that Ms. Grubel will remain involved in the program in a limited capacity. Barb will continue to assist the department in staff recruitment, will meet with our instructors twice a year to discuss teaching methodology, and provide advisement to the department, including assistance with the Spring Dance Recital.

Dance Classes

DATES: January 25– March 7
March 30– April 25
(No Classes March 8-29)

FEE: \$45.00

DEADLINE: January 15, 2009

MIN/MAX 4/10

LOCATION: Armory Dance Studio

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

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

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

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

Jazz, Dance and Hip Hop : An upbeat class for the older student who has had some experience in either ballet, jazz or modern. The class will work on jazz warm-ups, simple isolations, locomotion steps across the floor, and basic steps to some hip and funky musical selections.

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

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



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 utilized the shoes that have already been donated. Please see a dance instructor for details.

Youth Programs

Class Name	Class Number	Day	Time	Age
Creative Movement	3101.11	Monday	3:30-4:30	3-4
Creative Movement	3101.12	Saturday	10:30-11:30	3-4
Creative Movement/Pre-Ballet	3103.11	Monday	4:30-5:30	4-5
Creative Movement/Pre-Ballet	3103.12	Thursday	4:00-5:00	4-5
Ballet/Tap	3104.11	Wednesday	4:00-5:00	5-6
Ballet/Tap	3104.12	Monday	5:30-6:30	6-7
Beginning Ballet	3105.11	Monday	6:30-7:30	7+
Continuing Ballet	3106.11	Monday	7:30-8:30	7+
Beginning Jazz/ Hip Hop	3107.11	Tuesday	4:00-5:00	7+
Boys/Young Men Class	3113.11	Wednesday	5:00-6:00	6+
Jazz/ Hip Hop for High School Students	3112.11	Tuesday	5:00-6:00	13+

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.

Spring Dance Recital

The Spring Dance Recital for all of our youth and adult dancers will be held at the Whitewater High School Auditorium on Saturday April 25 at 6:00pm. Enjoy the sweet footsteps of our 3 year olds, the creative kids/parents choreography class, or the rapid tapping of our Adult Celtic Tap Dancers. It's a show of diverse and true talents. Please join us!

Chillax

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

February 6th - Game Night

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

March 6th- Sport Night

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

April 3rd - Game Night

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



Volleyball Instruction

This introduction to youth volleyball will include instruction from members of Coach Stacy Boudreau's University of Wisconsin-Whitewater Warhawk volleyball team. Age appropriate instruction will include skill development, drills, and game-like scrimmages.

DATES: April 11 - May 2
DAY: Saturdays
TIMES: 9:30 - 11:00 am
AGES: Grades 3-6
FEE: \$15.00
DEADLINE: April 1, 2009
LOCATION: Downtown Armory Gym
CLASS #: 1201.11

Youth Sports

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."

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.

The Whitewater Parks and Recreation Department works with volunteer coaches for all youth sports programs. The typical involvement for a youth sport coach includes passing the background check, attending coaches training, and facilitating team practices and games. Teams are recommended to practice once per week and league schedules usually include one game per week.

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

Youth Baseball & Softball

Although baseball and softball will be here soon, we are still in the planning stages for those programs and coordinating details with neighboring communities that we work with to provide these programs. Registration information will be available in late February or early March for these programs. These programs include:

- 10 & Under Baseball
- 3-5 Grade Fastpitch Softball
- 12 & Under Baseball
- 6-8 Grade Fastpitch Softball
- High School Girls Fastpitch Softball

In addition, Tee-Ball and Rookie Ball/Coach Pitch are offered in the summer for children ages 5-8. Registration information for these programs will be available as summer approaches.



Youth Programs

Tots, Tunes, and Tumbling

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

DATES: March 30 - May 4 #3401.11
DAY: Monday
TIME: 9:30-10:00 am
MIN/MAX: 8/16
FEE: \$20.00
DEADLINE: March 14, 2008
LOCATION: Armory Dance Studio

Creative Kids

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: April 1 - May 6 #3402.11
DAY: Wednesday
AGES: 3-5
TIME: 10:00am-11:00 am
MIN/MAX: 6/10
FEE: \$25.00
DEADLINE: March 20, 2009
LOCATION: Armory Multipurpose Room (Second Floor)

Start Smart Sports

The Start Smart sports program helps kids get ready to play sports and at the same time promotes quality time together for the parent/adult mentor and child. This program works to build confidence and self-esteem through progression, improvement and positive reinforcement. Parents will learn how to properly teach and support their child as they learn the sports listed below. Our instructor shows the parents the proper techniques and teaching hints to be most successful for this age group. You will provide the individual attention and instruction your child needs to learn and have fun.

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: March 28, 2008
LOCATION: Downtown Armory Gym

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: May 2, 2008
LOCATION: Downtown Armory Gym

Start Smart Golf

The skills focused on include learning how to drive, chip and putt. All equipment is provided including using the innovative line of SNAG golf products.

DATES: April 15 - May 6 #1401.11
DAY: Wednesdays
TIMES: 3:45 - 4:30 pm
AGES: 4-7
MIN/MAX: 8/15
FEE: \$15.00
DEADLINE: April 5, 2009

Start Smart Sports

created by the National Alliance for Youth Sports (NAYS), help kids get ready for sports...and succeed in life. It is a step-by-step approach that builds confidence and self-esteem, and makes sports fun.

"49% of children do not have the basic skills necessary when they enter organized sports"

Start Smart was developed by top motor skill development specialists in the field of youth sports. Parent-child groups perform motor skill tasks that gradually build confidence in children while they are having fun.

"Over 70% of kids will drop out of organized sports by the age of 13"

Benefits of Participation

- Builds confidence and self-esteem in children
- Fun and positive early experience in sports
- Helps prepare kids for future sports participation
- Helps prepare kids and parents for specific sports
- Quality time together for parent and child
- Helps parents learn how to support and teach their child

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.

Liquid Yoga

A level 2/3 yoga class infused with movement of the body and breath through the yoga postures. This class is influenced by Shiva Raes, fluid power format. This dynamic yoga experience works on an energetic level.

** Yoga experience required. Bring a yoga mat, water bottle, and a towel.

Instructor: Ivy Miles, CPT, RYT

Session 1: Feb 1, March 1, April 5,
May 10 #4405.11

DAYS: Sunday

TIMES: 9:30am-10:40 am

FEE: \$36.00 per session
\$12.00 walk-in

DEADLINE: 10 days prior to start of session

LOCATION: Armory Dance Studio

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: Jan 16 - Feb 13 #4404.11

Session 2: Feb 20 - March 20 #4404.12

Session 3: April 3 - May 8 #4404.13
(excl 5/1)

Session 4: May 15 - June 12 #4404.14

DAYS: Friday

TIMES: 9:45am

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

DEADLINE: 10 days prior to start of session

LOCATION: Armory Dance Studio

Meditation for Stress Reduction

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

Session 1: March 1st #4409.11

DAYS: Sunday

TIMES: 11:15-12:30 pm

FEE: \$15.00 per session
\$20.00 walk-in

DEADLINE: 10 days prior to start of session

LOCATION: Armory Dance Studio

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: Jan 16 - Feb 13 #4412.11

Session 2: Feb 20 - March 20 #4412.12

Session 3: April 3 - May 8 # 4412.13
(excl 5/1)

Session 4: May 15 - June 12 # 4412.14

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

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: Jan 8 - Feb 5 #4408.11

Session 2: Feb 12 - March 12 #4408.12

Session 3: March 19 - April 23 #4408.13
(excl 3/26)

Session 4: May 7 - June 4 # 4408.14

DAYS: Thursday

TIMES: 9:15-10:00 am

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

DEADLINE: 10 days prior to start of session

LOCATION: Downtown Armory Gym

Adult Fitness

Restorative Yoga

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

Instructor: Ivy Miles, CPT, RYT

Session 1: Jan 6 - Feb 3 #4403.11

Session 2: Feb 10 - March 10 #4403.12

Session 3: March 17 - April 14 #4403.13

Session 4: April 21 - May 19 # 4403.14

DAYS: Tuesdays

TIMES: 9:30 - 10:30am

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

DEADLINE: 10 days prior to start of session

LOCATION: Cravath Lakefront Building

Total Body Fitness

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

Instructor: Ivy Miles, CPT, RYT

Session 1: Jan 5 - Feb 12 #4402.11

Session 2: Feb 16 - March 26 #4402.12

Session 3: March 30 - May 7 #4402.13

Session 4: May 11 - June 18 #4402.14
(excl 5/25)

DAYS: Mondays, Tuesdays, and Thursdays

TIMES: 8:05-9:05 am

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

DEADLINE: 10 days prior to start of session

LOCATION: Downtown Armory Gym

Fitness Tip

No matter how poor your current level of fitness, you can start an exercise routine and become fitter and healthier. Even 90-year-old women who use walkers have been shown in studies to benefit from light weight training.

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: Jan 5 - Feb 11 #4401.11
(excl 1/31)

Session 2: Feb 16 - March 25 #4401.12
(excl 2/28)

Session 3: March 30 - May 9 #4401.13
(excl 4/11, 5/2)

Session 4: May 11 - June 17 #4401.14
(excl 5/25, 6/6)

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

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

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

"I always have fun in Ivy's class, she has a great mix of music and movement! I always feel better about myself after one of Ivy's classes--a great way to decrease stress!"
~ Peggy Strong

"The Cardio Blast class through the Whitewater Parks and Recreation Department is truly one of the best! I have attended various exercise facilities throughout my life in several different states and feel the classes I attend here are first class! Ivy Miles' Mind/Body approach to fitness brings a special touch to each class and the ever changing routines keep us motivated and far from bored. It's what keeps me coming back for more!"
~ Ruth Nachreiner

Adult Programs

Adult Softball Leagues

Competition is offered in men's, women's, coed, and men's over 35 slow pitch softball leagues. Play is open to resident and non-resident players. All leagues play at the Starin Park Softball Diamond. Fees are based on the number of weeks in the season. Please review bat information available on the ASA website at www.softball.org. All leagues include a single elimination end of season tournament in addition to the listed number of games.

Returning teams can register beginning on February 9, 2009. New Team Registration begins on March 9, 2009. Registration forms are available at www.ci.whitewater.wi.us, Parks & Recreation, Leagues. Teams registering after the March 27 Deadline will only be accepted if spots are available and payment of a \$25.00 late fee. **Don't miss the March 27th Registration Deadline!**

Class Number	Team Fee	League	Day	Dates	Number of Games
2102.11	\$375.00	Men's "C"	Mondays	May 4 - August 24	14
2103.11	\$325.00	Men's "C"	Tuesdays	May 19 - August 18	12
2104.11	\$325.00	Women's "C"	Wednesdays	May 20 - August 19	12
2105.11	\$325.00	Men's Over 30	Thursdays	May 21 - August 20	12
2106.11	\$325.00	Coed	Fridays	May 22- August 21	12
2101.11	\$325.00	Coed	Sundays	May 17 - August 16	12

Adult Tap Dance

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

DATES: Jan 28 - April 22
(excl 3/11 - 3/25)
DAY/TIME: Wednesday 7:00 - 8:30 pm
FEE: \$50.00
DEADLINE: January 15, 2008
LOCATION: Armory Dance Studio
CLASS #: 4101.11

Jazz/ Hip-Hop for Adults

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

DATES: Jan 29- April 23
(excl 3/12 - 3/26)
DAY/TIME: Thursday 7:00 - 8:30 pm
FEE: \$50.00
DEADLINE: September 5, 2008
LOCATION: Armory Dance Studio
CLASS #: 4102.11

Adult Rock Climbing

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

DATES:
Session 1: Feb 13-March 6 # 4201.11
Session 2: March 20-April 10 # 4201.12
Session 3: May 1-May 22 # 4201.13



Coed Volleyball Leagues

Games are played at 7:30 and 8:30 at the Whitewater High School Auxiliary Gym. The season will begin the week of January 21. 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: Jan 22 - April 24
TIMES: 7:30 - 9:30 pm
MIN/MAX: 5/12
FEE: \$50.00
DEADLINE: January 12, 2009
LOCATION: Whitewater HS Aux Gym
CLASS #: 2203.11 (Tuesday Rec)
2204.11 (Thursday Open)

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

Adult Aquatics

Water Classes

Water Tai Chi

Tuesdays 11:30-12pm

Session #1: January 13-February 17

Session #2: March 17-April 21

Registration required. Minimum 5 participants

Cost: Free to members; nonmembers pay daily admission

Intro to Water Pilates

Session #1: Saturday January 17 9-10am

Session #2: Saturday April 4 9-10am

Registration required. Minimum 5 participants

Cost: \$5 members/ \$15 nonmembers

Water Zumba

Mondays 8:15-9am

Session #1: January 12-February 16

Session #2: March 9-April 20 (no class March 23)

Registration required. Minimum 5 participants

Cost: Free to members; nonmembers pay daily admission

H2O Cardio Current

Instructor led water walking/jogging workouts set to music.

This class takes place in the current channel.

Tuesdays and Thursdays 5:30-6pm

Session #1: January 6-29

Session #2: February 10-March 5

Saturdays 8:15-8:45am

Session #1: January 10-February 28

Registration required. Minimum 5 participants

Cost \$5 members /\$20 nonmembers

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 (lap pool)	7:30-8:15am Golden Waves Plus (leisure pool)	7:30-8:15am Golden Waves (lap pool)	7:30-8:15am Golden Waves (leisure pool)	7:30-8:15am Golden Waves Plus (lap pool)
8-8:45am Joints in Motion		8-8:45am Joints in Motion		8-8:45am Joints in Motion
6:15-7pm Water Aerobics		6:15-7pm Water Aerobics		

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.

Water Aerobics: Variety of shallow and deep-water toning and cardiovascular classes.

Would you like to improve your swimming?

Try the Masters Swim Club

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

CPR

Saturday, February 7

Time: 8-12pm

Cost: \$50

Registration is required by January 24. Enrollment is limited
American Heart Association CPR
Heath Care Provider

Registration

Aquatic class registration and programs will take place at Mercy Fitness &

Whitewater Aquatic Center located at 580 South Elizabeth Street, Whitewater.

Further details call 262-473-4900

Swimming Clinics

Watch for youth and adult swim stroke clinics.

These clinics are ideal for higher level swimmers and adult swimmers.

5th Annual Indoor Triathlon

Saturday March 7

Register at Mercy Fitness & Aquatic Center or at active.com starting November 21st

Specialty Programs

www.ci.whitewater.wi.us

Snow Shoe Clinic

Bicyclewise, located at 1130 W. Main Street, will be conducting a snow shoe clinic this Winter. Demonstrations of technique and style with many instructional tips will be explored. Please call store for details at 262-473-4730.

Fix a Flat

Bring your bike and learn how to change your own flat tires. Fridays at 3:00pm through the month of April at Bicyclewise, 1130 W. Main St. No cost. Parents with children welcome.

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.

DATES: Jan 20-April 14

DAY: Tuesdays

TIMES: 8:30am – 11:30 am or
6:30pm – 9:30pm

DATES: Jan 21 - April 15

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 62 years and older

Would you like to do your own bike repair?

Bicyclewise, will be hosting a Park Tools Clinic illustrating the current maintenance tools from the Park Tools line. Please call store for details 262-473-4730.

Ice Skate Exchange

Bicyclewise, located at 1130 W. Main Street, will have an Ice Skate Exchange in place this winter. If you're looking at selling your used skates, Bicyclewise will give you \$15 store credit.

Wildflowers and Weeds

Wisconsin Wildflowers and Weeds will give you the skills to identify 200 of the most beautiful wildflowers of Wisconsin and the knowledge to better understand and enjoy them. This class will focus on one plant group per week: weedy species, prairies, southern forests, northern forests, and wetlands. This class will also touch upon wildflower natural history and ecology, the principles of plant classification, basic botanical terminology, and Wisconsin plant community types.

Instructor: Terre Golembiewski

DATES: Tuesdays, March 3 - April 7

TIMES: 6:30 pm - 9:00 pm

FEE: \$90.00 1.5 CEUs

LOCATION: Upham Hall, UW-W Campus

NOTES: To register for this class, please call the UW Continuing Education Department at (262) 472-3165 by February 25th.

The text, *Wildflowers of Wisconsin*, is available in most libraries and bookstores. In addition, the instructor will have the book available for purchase (by check) on the first night of class.

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

Ski/Snowboard Waxing Clinic

Are you looking to get your ski/snowboard ready for the season? Bicyclewise, located at 1130 W. Main Street, will be having a Ski/Snowboard waxing clinic. Please call store for details. Parents with children are welcome!

Parks and Forestry

The Scoop about Poop!

In Whitewater, 148 dog licenses were issued in 2008 to date along with 63 tags sold for the Whitewater Bark Park located in Moraine View Park. In an effort to be a pet friendly community while also being a good neighbor - The City of Whitewater is encouraging residents to clean up after their pets based on complaints coming from the downtown and users of Cravath Lakefront Park. Concerns have been raised due to increased residential development occurring in the downtown and thus the likely increase of the number of dogs and pets downtown. An additional two pet waste stations have been purchased by the City to be placed in Cravath Lakefront Park.

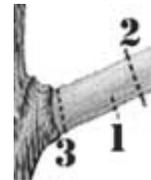


How To Make Proper Pruning Cuts

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

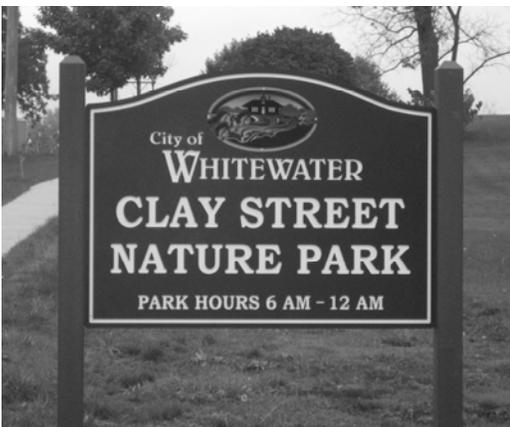


1. Make a small wedge shaped cut on the underside of the branch just on the branch side of the stem collar. This will break the bark at that point and prevent a tear from running along the bark and stem tissue.
2. Somewhat farther along the branch, starting at the top of the branch, cut all the way through the branch leaving a stub end.
3. Finally, make a third cut parallel to and just on the branch side of the of the stem collar to reduce the length of the stub as much as possible.



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.



New Park Signs Are Here!

The City of Whitewater has purchased new park signs, the locations of the new signs include Trippe Lake Park, Whitewater Creek Nature Area, Turtle Mound Park, Big Brick Park, Brewery Hill Park, Skate Park, Trailhead Park, Ward Park, Skyway Park, and Clay Street Nature Park.

The new signs include the City Logo, Park Name, and park hours. The signs are made of recycled plastic and are promised to be durable and vandal resistant.

(262) 473-0520



Seniors In The Park



**Deb Weberpal,
CPRP**

Senior Coordinator

2009 will bring a new van to Seniors in the Park. Thanks to everyone who helped with fundraisers or contributed to the van fund.

Your input is needed for a collaboration with Continuing Education at UW-W. We are examining ways to streamline the process for auditing classes and need your input on topics that could be offered as non-credit classes.

This is your chance to give us your ideas.

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 .

Bowling—Wednesdays 9:00—at Hawk Bowl.

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

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

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

Senior Forum—First Monday at noon.

Stretch and Flex—Mon & Thurs 9:30 \$1.00 class or punch card 16 classes for \$12.00

Wii Bowling/Sports—Mondays 1:00

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 Movie Day

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

Glazing Watercolor

The 6-week class will focus on completing a still life using glazing technique. Learn how to layer color over color to paint luminous paintings that glow. You will have completed a 15 x 22 painting at the end of the class.

Instructor: Marilyn Fuerstenburg

January 8 – February 12

Thursday's 1:00pm

Cost: \$18.00 Drop-in fee: \$5.00

Experimental Watercolor

The 6-week class will focus on using a variety of materials to add texture, such as salt, wax paper, etc. You will start without a drawing and complete the painting by using negative painting to find the elements of the painting. We will complete a 15 x 22 painting.

Instructor: Marilyn Fuerstenburg

March 1 – April 16 (no class April 9)

Thursday's 1:00pm

Cost: \$18.00 Drop-in fee: \$5.00

Brain Fitness

"Use it or lose it" applies to both your body and your brain. Buff up your gray matter with the national award-winning program "Breakfast for your Brain" developed by the Two Rivers Senior Center. This ten week course will provide a variety of activities that will use different parts of your brain. Challenge your brain to learn new things and help stave off the cognitive decline that can come with aging.

Min: 5 Max 10

Cost: \$5.00

Beginning in January. Day and time TBA

Seniors In The Park

Services Offered

Brain Fitness II

Continuation of the national award- winning program "Breakfast for your Brain" developed by the Two Rivers Senior Center. This ten week course will provide a variety of activities that will use different parts of the brain.

Facilitator: Marilyn Fuerstenburg

Min: 5 Max 10

Cost: \$5.00

January 14-March 18

Wednesdays 10:00 am

Therapeutic Massage

Monday, November 10, 1:00 pm

Massage can increase range of motion and decrease pain and 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 Aquatic Center.

Walworth County Nutrition Program

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

Greeting Cards

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



Mary Zordel
Volunteer

I volunteer because I love to exercise with other ladies. They are such an inspiration to me. I enjoy seeing the determination, improvement, and helpfulness of these women. They have a wonderful sense of humor and are just fun to be with. We workout for an hour to build muscle, become more flexible, improve balance, and some of us even sweat! All this, in addition to, the friendships that have been formed and the fun we have

Seniors In The Park

Trips

Van Trips

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

Go Green with Seniors in the Park by taking van or bus trips with us. You save money on gas and put less pollutants in the air by using "mass" transportation. In addition to going green, traveling with a group is always fun.

Another way to help the environment is to recycle cell phones. Bring old or unused cell phones to collection sites at the Starin Park Community Building, Irvin L. Young Library, Municipal Building, JB Wireless, and First Citizen's Bank.

Fireside

Cost: \$62.00 Payable to: The Fort Atkinson Senior Center.

All performances start at 10:30 am. Transportation is on your own.

February 11—Fabulous Fifties Part 2

Wed April 8—The Fantasticks

Wed June 10—High School Musical

Wed Aug. 5—The Witnesses; Jesus & Followers

Wed Oct. 28—The Sound of Music

Wed Dec 16—Miracle on 34th Street.

Oregon Trails

Featuring Portland Rose Festival & Columbia Gorge Cruise

June 14-19, 2009 \$1599 per person double occupancy

Tour highlights include Portland Rose Festival and city tour, Mt. St. Helens National Monument, Columbia Gorge Sternwheeler Cruise, Bonneville Dam, Pacific Coast, Winery, World Forestry Center, Astoria, Fort Clatsop National Memorial, Multnomah Falls and more. Trip includes airfare, 8 meals, 5 nights first class accommodations, tour director, baggage handling, admissions per itinerary and hotel transfers. Cost is \$1599 per person double. \$500 single supplement. For a detailed itinerary, call 262-473-0535 or stop in to the Community Building.

Alaska Cruise

June 16-24, 2009 \$2800 per person double occupancy Carnival Cruise line

For a detailed itinerary stop in or call the Community Building at 262-473-0535.

Volunteers Are Needed

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

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



Trip to Horicon Marsh

Facility Reservations

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

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



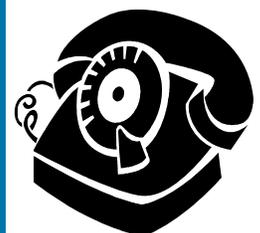
Facility	Whitewater Resident (4 Hours or less)	Non School District Resident (4 Hours or less)	Whitewater Resident (Per Hour Fee Over 4 Hours)	Non School District Resident (Per Hour Fee Over 4 Hours)
Cravath Lake Community Center (Capacity 100)	\$220	\$275	\$40	\$50
Starin Community Building (Capacity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

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



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

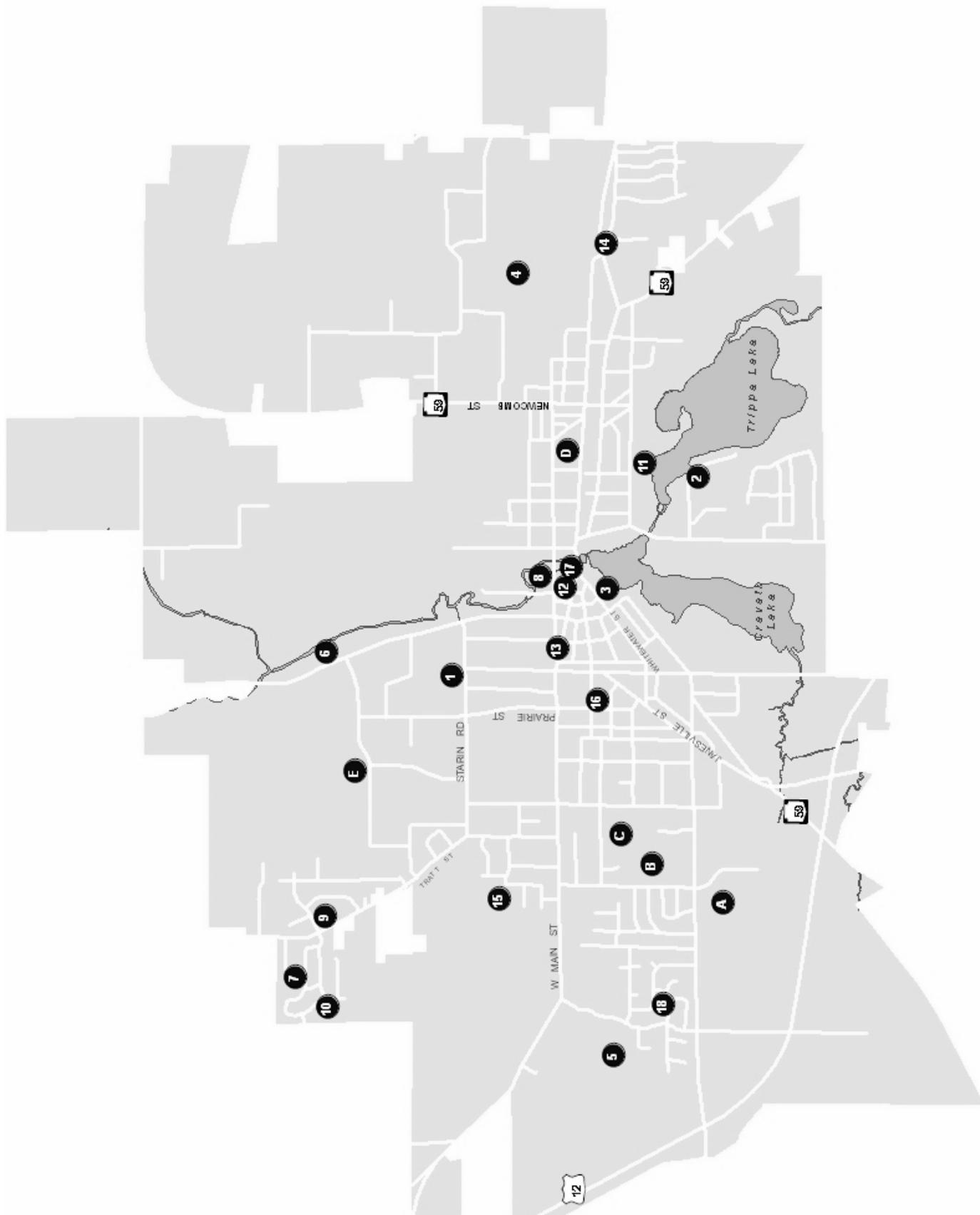
(262) 473-0520



Park Services and Facilities

		Acres	Picnic Area	Enclosed Shelter	Open Shelter	Grills	Drinking Water	Restrooms	Playground Equipment	Boat Ramp	Fishing	Trails/Hiking	Ball Diamonds	Sand Volleyball Court	Cross-Country Skiing	Snowshoeing	Multi-purpose Area	Water Features	Ice Skating	Disc Golf	Skate Park	Pet Exercise Area
Community Parks																						
1	Starin 504 W Starin Road	34.2	•	•	•	•	•	•	•			•	•			•	•	•				
2	Trippe Lake 407 S Wisconsin Street	24.2	•		•	•	•		•	•	•	•				•	•	•	•			
3	Cravath Lakefront 341 S Fremont Street	6.1	•	•	•		•	•		•	•	•				•	•	•	•			
4	Moraine View 1201 E Corporate Drive	45.0	•				•					•					•					•
6	Whitewater Creek Nature Area 685 N Fremont Street	59.8	•								•	•				•	•	•				
Archeological Park																						
5	Indian Mounds 288 S Indian Mound Parkway	21.5	•									•				•	•	•				
Neighborhood Parks																						
7	Skyway 1302 W Tower Hill Pass	4.1	•						•								•					
8	Brewery Hill/Armory 116 W North Street	7.3	•				•										•	•			•	
9	Meadowsweet 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	•				•	•				•	•		•	•						

Map



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 (Optional)	\$ _____
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
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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 new 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, November 29th at 8AM**. Registration in person, via phone, and mail will begin on Monday, **December 1st 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 Winter 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