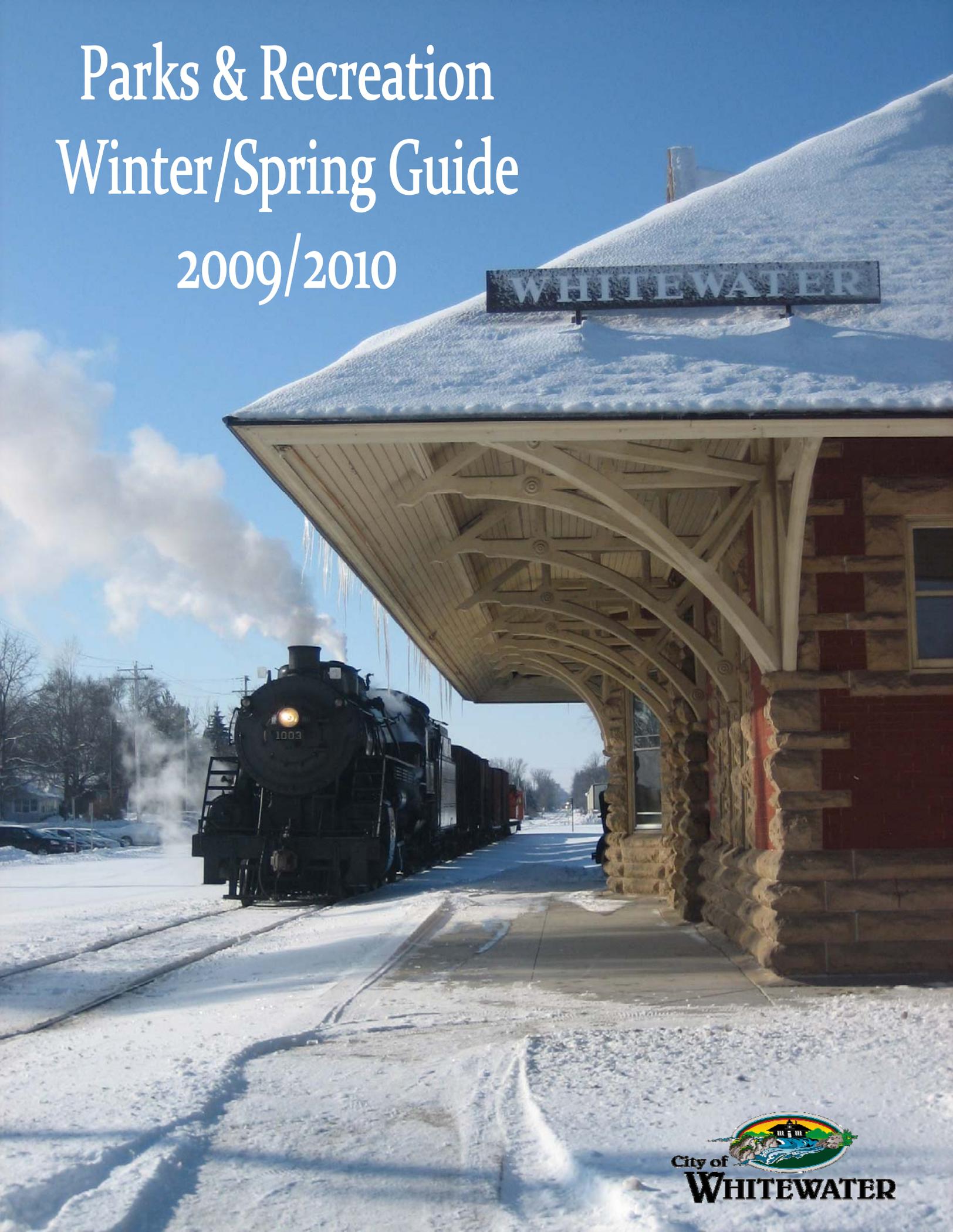


Parks & Recreation Winter/Spring Guide 2009/2010



Fishing For Fun?



Freeze Fest 2010

Saturday, February 20th

Cravath Lakefront Park

341 S Fremont St

6:30am - 1:00pm
Kiwaniis Pancake Breakfast
Downtown Armory

10:00am - 3:00pm
Horse Drawn Wagon Rides
Downtown

11:00am - Noon
Family Entertainment
Cravath Lakefront Building

10:00am - 3:00pm
Family Open Ice Skating
Big Brick Park

Noon
Polar Plunge
Cravath Lakefront Park

Noon - 3:00pm
Chili Cook-Off
Cravath Lakefront Park

11-2
1/2 Price Admission
Whitewater Aquatic Center

2:00pm - 3:00pm
Snow Dogs Presentation
Irvin L. Young Memorial Library

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



**YES! Deliver the
"Recreation Brochure"
directly to my home!**

We have added to the way we deliver. The Whitewater Parks and Recreation Department will now mail the Recreation Brochure three times per year. You must subscribe annually to receive our Summer 2010, Fall 2010, and Winter/Spring 2011 editions.

1 year (3 issues) for just \$3.00
Registration #8101.11



Brochures will still be available at Whitewater school offices, City Hall, Whitewater Aquatic Center, Irvin L Young Public Library, Chamber of Commerce, and Starin Park.

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 James Olsen
District 2 Maxwell Taylor
District 3 James Winship
District 4 Lynn Binnie
District 5 Patrick Singer

Reminders

Say Cheese!

For program promotion purposes, photographs may be taken of participants from time to time. If you do not wish to have your photo taken, please notify the photographer and/or class instructor. Photos may be used in publications and/or the website.



Typo, Human Error, We Goofed....!?

Occasionally there may be an error in days, times, registration requirements or fees in the brochure. When such errors occur, our staff will do everything possible to correct the situation promptly. We thank you for your patience and understanding with these situations arise.

Parks and Recreation Board

The Parks and Recreation Board is composed of seven members and one alternate. Three members are representatives of the City Council, WUSD, and UW-Whitewater. The other four seats are appointed by the City Council along with an alternate. The Parks and Recreation Board meets the 1st Monday of the month at 5:00 p.m. and the public is welcome. More information including agendas and minutes can be found at www.ci.whitewater.wi.us.

Sheila Kindwall, Chairperson, School District Representative
Maxwell Taylor, City Councilmember
Jen Kaina, 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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Trippe Lake Shelter

The Trippe Lake Shelter was officially opened with a ribbon cutting ceremony on October 5th. The building includes accessible restrooms, a small kitchen room with sink, outlets, counter space and a roll-top window, storage room for recreation programs, and a pavilion area with picnic tables. The shelter is available for rental. The Whitewater Lions Club financially contributed to this project.



Youth Halloween Party

Coburn Company Inc.
Commercial Bank
Ketterhagen Motors
Wisconsin Dairy Supply

D.L.K Enterprises Inc.
Hawk Bowl
GMA Printing
Sassy Shirts

First Citizens State Bank
Tincher Realty Inc.
Whitewater Wal-Mart
Whitewater Community Gardens



Community Organizations

Whitewater Youth Baseball (Ages 13 & Up)	Bonnie Heller Bonnie.heller@yahoo.com	
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

Seniors In The Park	Deb Weberpal	473-0535
Program Cancellation Hotline		473-0520 Press 6, Then 3
Whitewater Aquatic & Fitness Center	whitewateraquatic.com	473-4900
Chamber of Commerce	Deb Williamson	473-4005
UW Williams Center (Rec Sports)		473-1544
Whitewater Youth Football www.wyflonline.com	Steve Anderson	473-3888
Whitewater Youth Soccer	Mark Korf	608-883-6916
Whitewater Youth Basketball	Dave Schumacher	473-1775

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.

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

Holiday Parade

Friday, December 4th 7:00pm

Experience the unforgettable and charming Holiday parade.

If you would like to participate in the parade, please contact the Chamber of Commerce.

262-473-4005

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

2010 Whitewater Arts

Alliance Public Project

“Thinking Outside the Box”

All are invited to use their creative talents on decorating and amending and adjusting the wooden cubes, which will be featured on the light poles next year. Artists are urged to pre-order their cubes at GMA Printing. Anyone interested in sponsoring an artist may contact Roni Telfer at rtelfer@ameritech.net. All of the boxes must be completed and returned by May 10, 2010.



Easter Bunny Luncheon

A hot dog luncheon in conjunction with the Optimist Easter Egg Hunt will take place on Saturday March 27 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.

Ride Your Bike to School Day

Friday May 14, 2010—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.

Playgroup For Tots

Looking for something for your youngsters to do on Fridays from 10am -Noon? Join this parent organized playgroup at the Downtown Armory for an afternoon of friends and fun! Contact Sarah Coleman at 262-472-8842 or martygirl3o4@yahoo.com for details

Census Surveys To Be Mailed April of 2010



What is the Census?

The census is a count taken every 10 years of everyone living in the United States.

The census is mandated by the U.S. Constitution.

The next census is April 1, 2010.

Your participation in the census is required by law.

It takes less than 10 minutes to complete.

IT'S IN OUR HANDS

Federal law protects the personal information you share during the census.

Census data are used to distribute Congressional seats to states, to make decisions about what community services to provide, and to distribute \$300 billion in federal funds to local, state and tribal governments each year. For more information go to: <http://2010.census.gov/2010census/>

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

No School Fun Day

Looking for a place to go on No School Day? Join Hillary Cheever at the Cravath Lakefront Building as she constructs projects, explores surrounding parks, and cooks a few snacks. Please bring walking shoes, water bottle, and sack lunch.

DATES: April 5th #3505.11
DAY: Monday
AGES: 7-12
TIME: 8:00am-4:00 pm
MIN/MAX: 6/10
FEE: \$20.00
DEADLINE: March 23, 2010
LOCATION: Cravath Lakefront Building
INSTRUCTOR: Hillary Cheever



NVR2LATE

Would you like to meet some new, interesting people? Join this newly formed group called NVR2LATE, because it's never too late to make new friendships. This group is for adult single men and women 50 and older. We'll get together for beverages and snacks and talk about future possible activities.

Day/Time: Friday January 15, 6:30 pm
 Location: Cravath Lakefront Center
 To register call Deb at 262-473-0535

H₂O Cardio Current

The Whitewater Aquatic Center is offering an Instructor led water walking/jogging workouts set to music. This class takes place in the current channel. **S a t u r d a y s 8 : 1 5 - 8 : 4 5 a m .** January 9 – February 27. Registration required. Cost is \$5 members/\$20 non-members per session. Minimum of 5 participants. For further details please call 262-473-4900.

FREE DEMO!! Zumba® for Kids Tuesday, Jan 5th 4pm: Armory Dance Studio

As Zumba continues to attract adults from around the globe, it's now expanding to allow kids to experience the same fun in dance fitness! Join us to live the experience that is Zumba Kids®. This is an exhilarating workout designed specifically for kids' minds & bodies.

Yoga for Kids

A playful way to introduce the wonderful benefits of yoga to your children. Parents can participate free! One parent per child please. Instructor: Ivy Miles, CPT, RYT

DATES: January 29 - February 5
DAY: Fridays
AGES: 6– 11
TIME: 4:30pm-5:15pm
MIN/MAX: 5/15
FEE: \$10
CLASS # 3507.11
DEADLINE: January 19, 2010
LOCATION: Whitewater Aquatic Center

Zumba® for Kids

As Zumba continues to attract adults from around the globe, it's now expanding to allow kids to experience the same fun in dance fitness! This is an exhilarating workout designed specifically for kids' minds & bodies. Instructor: Cyndee Leibbrand, Certified Zumba and Chi Gong instructor

DATES: January 19-February 9
DAY: Tuesdays
AGES: 6-12
TIME: 4:00pm– 4:45pm
FEE: \$20.00
CLASS# 3506.11
DEADLINE: January 9, 2010
LOCATION: Downtown Armory Dance Studio

Drums Alive– Pool Beats

The Whitewater Aquatic Center is offering a Drums Alive "Pool Beats" program that combines traditional land and water aerobic movements with the powerful beat and rhythms of the drums. It is a workout for the entire body, mind and spirit. Let the water provide resistance and the music provide the fun!

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

You can now register **Online** with the new ActiveNet Software. By visiting the link from the Parks & Recreation website, you are able to create and manage your own account, register for classes, check on facility/class availability, and explore a majority of the programs we have to offer. The 1st step to register on-line is to create your family account. The ActiveNet website details this process and has a convenient Frequently Asked Questions (FAQ) section. **Please note that a credit and/or debit card is required for all online transactions.**

Karate

Looking for an intro to karate-do or to continue your skills? This course is a discipline-based, Japanese style of self defense and personal development. Emphasis is placed on respect for others and self control. Introduction to basic etiquette, blocking, stances, punching and kicking, and eventually kata (patterns of movement). The instruction is individualized and tailored to skill level and physical and intellectual development. Every effort is made to make techniques age-appropriate. A signed waiver form is required prior to taking this course.

Session I

DAYS: Fridays
DATES: January 8 - February 12
COST: \$30.00
MIN/MAX: 5/10
DEADLINE: December 29, 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: February 26 - April 9 (excl 3/26)
COST: \$30.00
MIN/MAX: 5/10
DEADLINE: February 16, 2010
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

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 4 - Jan 25
 3201.12 Feb 8 - March 1
 3201.13 March 22 - April 12
 3201.14 May 3 - May 24
COST: \$30.00
DEADLINE: 10 days prior to start of class
LOCATION: Wall Crawlers Climbing Gym
 138 W. Main St.

CLASS # **Dates**
 3202.11 Jan 5- Jan 26
 3202.12 Feb 9 - March 2
 3202.13 March 23-April 13
 3202.14 May 4 - May 25
COST: \$30.00
DEADLINE: 10 days prior to start of session
LOCATION: Wall Crawlers Climbing Gym
 138 W. Main St.



Register Online at:

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

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.

Winter Session

Wednesday Nights– Level 2/3 & 4/5

Saturday Mornings

DATES: Jan 9, 16, 23
Feb 6, 13, 20

MIN/MAX: 8/24

DEADLINE: January 1, 2010

LOCATION: Whitewater High School

DATES: Jan 13, 20, 27, & Feb 3, 10, 17

DAY: Wednesday

TIMES: 6:15pm - 7:15pm

FEE: \$27.00

MIN/MAX: 8/24

DEADLINE: January 3, 2010

LOCATION: Whitewater High School

CLASS #: 3606.11

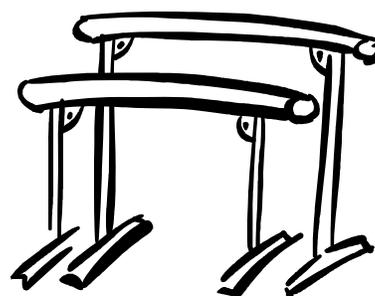
NO HIGH SCHOOL STUDENTS PLEASE

NO HIGH SCHOOL STUDENTS PLEASE

* Tots will be offered only Spring Session

Class Name	Class Number	Time	Cost
Level 1/2	3602.11	9:00am-10:00am	\$27
Level 2/3	3603.11	10:00am-Noon	\$54
Level 4/5	3604.11	10:00am– Noon	\$54

**** Please note the location for Gymnastics has changed to the Whitewater High School. For the Winter Session**



Spring Session

Saturday Mornings

DATES: April 10, 17, 24
May 1, 8, 22, 29
June 5

MIN/MAX: 8/24

DEADLINE: April 1, 2010

LOCATION: University Williams Center

**** Please note the location for Gymnastics is the University Williams Center For the Spring Session.**

Class Name	Class Number	Time	Cost
Tots	3601.11	8:30 - 9:00am	\$20
Level 1/2	3602.12	9:00 - 10:00am	\$36
Level 2/3	3603.12	10:00 - 12:00pm	\$72
Level 4/5 Advanced *	3604.12	9:00 - 12:00pm	\$108

* High School Students Welcome

Dance Classes

DATES: January 25– March 6
 March 29– April 24
 (No Classes March 8-27)

FEE: \$45.00
DEADLINE: January 15, 2010
MIN/MAX 4/10
LOCATION: Armory Dance Studio



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	5:00-6:00	4-5
NEW! Leaps, Turns & Jumps	3118.11	Monday	5:30-6:30	6 +
Ballet/Tap	3104.11	Wednesday	6:00-7:00	6-7
Ballet	3105.11	Monday	6:30-7:30	7+
Beginning Jazz/ Hip Hop	3109.11	Tuesday	5:00-6:00	7+
NEW! Tap	3119.11	Wednesday	5:00-6:00	8-12
Jazz/ Hip Hop for High School	3112.11	Tuesday	6:00-7:00pm	13+

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 24 at 6:00pm. Enjoy the sweet footsteps of our 3 year olds, the creative kids choreography class, or the rapid tapping of our Adult Tap Dancers. It's a show of diverse and true talents. Please join us!

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

Ballet/Tap: One 1/2 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.

Jazz, Dance and Hip Hop for High School Students: 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.

NEW! Leaps, Turns & Jumps: Turns, Leaps, Jumps, Extensions, Techniques and great free-moving combinations including age appropriate Hip Hop.

NEW! Tap Ages 8-12: Continue to the next level with this upbeat Tap Class. It's all about rhythm, and developing motor skills. Time steps, traveling time steps, great combinations and more.

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 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. All participants will receive a t-shirt.

DATES: April 10 - May 1
DAY: Saturdays
MIN/MAX:
FEE: \$15.00
DEADLINE: April 1, 2009
LOCATION: Downtown Armory Gym

CLASS #:	TIME	GRADES
1201.11	9:00-10:30 am	3 & 4
1201.12	10:30-Noon	5 & 6

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.

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.

Please remember that Parents/Guardians will learn how to properly teach and support their child as they learn. Adult interaction is required.

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 13 - May 4 #1701.11

DAY: Tuesdays
TIMES: 3:45 - 4:30 pm
AGES: 3-5
MIN/MAX: 8/15
FEE: \$45.00
DEADLINE: April 3, 2010
LOCATION: Downtown Armory Gym

Start Smart Baseball

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

Session 1 May 12 - June 9 #1101.11

DAY: Wednesday
TIMES: 3:45 - 4:30 PM
AGES: 3-5
MIN/MAX: 8/15
FEE: \$15.00
DEADLINE: May 2, 2010
LOCATION: Downtown Armory Gym

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



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

Youth Baseball & Softball

The Parks and Recreation department provides opportunities for youth to participate in baseball and softball. Teams participate in league with surrounding communities including Eagle, East Troy, Elkhorn, Palmyra, and Waterford.



- The age cut off for leagues is that players must be the age of the league or younger as of August 1, 2010. (Example: 10 & Under participant can not turn 11 prior to 8/1/2010)
- Games are scheduled primarily on weeknights (Mondays-Thursdays)
- Teams are allowed to begin practices starting the week of May 3rd. Practices are scheduled by the teams coach, teams practice twice a week prior to the start of the season and no more than once a week during the season.
- Each of the leagues hold league tournaments at the end of the season. Teams have the opportunity to participate in 1-2 tournaments during the season.
- An evaluation day for players will be held prior to team assignment. More details will be sent via email after registration. Game pants will be sized and distributed on this day also. Jerseys will be distributed by your teams coach at a later date.
- A mandatory coaches meeting will be held on April 14, 2010 at 6:00 PM at the Starin Park Community Building.

1104.21	10 & Under Baseball
1504.21	3rd-5th Grade Softball (Fort Atkinson)#
1505.21	10 & Under Softball#
1105.21	12 & Under Baseball
1506.21	12 & Under Softball
1507.21	14 & Under Softball
1508.21	HS Softball

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 in the summer brochure.

Cost: \$45.00
Deadline: Friday, April 2, 2010

Note (#) For 2010 we are offering both options for this age group in softball. The 3rd-5th grade league is comprised of teams from Fort Atkinson and Whitewater. Travel is limited. The 10 & Under option is new and allows teams in this age level the opportunity to travel, similar to youth baseball. We will not be offering a 6th-8th grade option in 2010, those individuals do have the opportunity to participate in the 12 & Under or 14 & Under softball program.

Whitewater Baseball Club

The Whitewater Baseball Club operates baseball programs for ages above 12. This includes 14 & Under Baseball, Teeners, Junior Legion, and Legion Baseball. To register or for more information, contact Bonnie Heller at bonnie.heller@yahoo.com

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.

CHILD AQUATICS

Whitewater Aquatic Center, 580 S Elizabeth St. Whitewater, WI 53190 262-473-4900

Weekday Swim Lesson Schedule, 3 Week Session

Sessions: November 30 – December 18, 2009, January 4 – January 22, 2010,
February 1 – February 10, 2010, March 1 – March 19, 2010,
April 5 – April 23, 2010, May 3 – May 21, 2010

Cost is \$35 members/\$45 non-members; minimum 3/maximum 10 per class

M, W, F - Leisure pool		M, W, F - Lap pool	
Aqua Tots	4 – 4:20pm	Level 6	4 – 4:30pm
Swim Tots	4:30 – 4:50pm	Level 5	4:30 – 5pm
Level 1	5 – 5:30pm	Level 4	5-5:30pm
Level 2	5:30 – 6pm	Level 3	6-6:30pm
Aqua Tots	6-6:20pm	Level 3	7-7:30pm
Swim Tots	6:30pm-6:50pm	Level 4	7:30-8pm
Level 1	6:30-7pm	Level 5	8-8:30pm
Level 2	7-7:30pm	Level 6	8-8:30pm

T, Thr – Leisure pool		T, Thr – Lap pool	
Aqua Tots	4-4:30pm	Level 5 & 6	4-4:45pm
Swim Tots	4:30pm-5pm	Level 3 & 4	5-5:45pm
Level 1	5-5:45pm	Level 3	7-7:45pm
Level 2	5-5:45pm	Level 4	8-8:45pm
Aqua Tots	6-6:30pm	Level 5 & 6	8-8:45pm
Swim Tots	6:30pm-7pm		
Level 1	6:30-7pm		
Level 2	7-7:45pm		

Saturday Morning Lesson Schedule, 8 Week Sessions

Sessions: February 6 – March 27, April 10 – May 29

Cost is \$35 members/\$45 non-members; minimum 3/maximum 10 per class

Saturdays – Leisure pool		Saturdays – Lap pool	
Level 1	9-9:45am	Level 3 & 4	10-10:45am
Aqua Tots	9-9:30am	Level 5 & 6	10-10:45am
Swim Tots	9-10am		
Level 2	10-10:45am		

No School Splash Days- No School, No Problem!

Snow Day? Parent/Teacher Conferences? Teacher work day? Any weekday that there is NO School. Come on over for a SPLASHIN' good time, activities, and food deals will be waiting. Movies, and more! Starting at 1:00 PM and all afternoon.

ADULT AQUATICS

The aerobic classes in the below grid are free to members; non-members pay daily admission

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 Liquid Toning	6:15-7pm Total Aqua Condition	6:15-7pm Deep Water Work Out	6:15-7pm Total Aqua Condition	

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

A Little Family Fitness Can Go A Long Way!

NEW! Zumba® for Kids

As Zumba continues to attract adults from around the globe, it's now expanding to allow kids to experience the same fun in dance fitness! Join us to live the experience that is Zumba Kids®. This is an exhilarating workout designed specifically for kids' minds & bodies.

DATES: January 19-February 9
DAY: Tuesdays
AGES: 6-12
TIME: 4:00pm- 4:45pm
FEE: \$20.00
CLASS # 3506.11
DEADLINE: January 9, 2010
LOCATION: Downtown Armory Dance Studio

NEW! Yoga for Kids

A playful way to introduce the wonderful benefits of yoga to your children. Parents can participate free! One parent per child please. Instructor: Ivy Miles, CPT, RYT

DATES: January 29 - February 5
DAY: Fridays
AGES: 6- 11
TIME: 4:30pm-5:15pm
MIN/MAX: 5/15
FEE: \$10
CLASS # 3507.11
DEADLINE: January 19, 2010
LOCATION: Whitewater Aquatic Center

Kid's Triathlon

On Friday, March 5, 2010 come in and complete our indoor triathlon at the Whitewater Aquatic Center, just for kids from 11am – 3pm, 200 yard swim, 3 mile bike, 1mile run.

Do it as a team or individual. Prizes will be awarded to winners and t-shirts for all participants. Cost is \$20 for individual, \$30 for a 2 person team or \$40 for a 3 person team. For further details please contact the Whitewater Aquatic Center at 262-473-4900.

Fitness Splash

Start in the fitness center at the Whitewater Aquatic Center with Drums Alive Kids Beats followed up by splash activities in the leisure pool, lazy river and slide. Ages 7-12. Cost is \$20 members/\$25 non-members. Join us on Tuesdays from 3:30-4:45pm. The following sessions are available:

Session 1: January 12-January 26, register by January 5,
 Session 2: February 9-February 23, register by February 2,
 Session 3: March 2-March16, register by February 23
 Session 4: April 6-April 20th, register by March 30.

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 Sarah Coleman at 262-472-8842 or martygirl3o4@yahoo.com for details

6th Annual Indoor Triathlon

Saturday, March 6, 2010 starting at 7:30am The Whitewater Aquatic Center will host it's 6th Annual Indoor Triathlon. Work as a team or register as an individual to complete the ¼ mile swim, 5 mile bike and 2 mile run. Race others in your age group to win awards. Register at the Whitewater Aquatic and Fitness Center or on active.com starting November 1st.

NEW! Teen Yoga

This is not your "quiet" yoga class! This class is done to up beat music with fun in mind while we work on our yoga poses. We will include relaxation at the end of class. No adults please. Instructor: Ivy Miles, CPT RYT

DATES: January 29 - February 5
DAY: Fridays
AGES: 12-18
TIME: 5:30pm-6:15pm
MIN/MAX: 5/15
FEE: \$10
CLASS # 3508.11
DEADLINE: January 19, 2010
LOCATION: Whitewater Aquatic Center



Whitewater Aquatic and Fitness Center offers a wide range of programs for all ages. For more information about current and upcoming events or swim lessons please visit our website: www.whitewateraquatic.com or call 262-473-4900 for more information.

Gentle Yoga Stretch

A class combining gentle stretches with restorative yoga postures and relaxed breathing. Yoga unites the mind & body creating a greater sense of well-being. All levels welcome. Participants should bring a yoga mat. Instructor: Ivy Miles, CPT, RYT

Session 1: Jan 22 - Feb 19 # 4404.11

Session 2: Feb 26 - April 9 #4404.12
(excl 3/5 & 4/2)

Session 3: April 16 - May 14 #4404.13

Session 4: May 21 - June 18 #4404.14

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: Cravath Lakefront Building

Total Body Fitness

Creating a well-balanced, safe and effective fitness program is the goal of these classes. 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

Session 1: Jan 5 - Feb 11 # 4402.11

Session 2: Feb 16 - March 25 #4402.12

Session 3: March 30 - May 6 #4402.13

Session 4: May 11– June 17 #4402.14

DAYS: Tuesdays and Thursdays
TIMES: 8:05-9:00 am
FEE: \$40.00 per session
\$5.00 walk-in

MIN/MAX: 5/20
DEADLINE: 10 days prior to start of session
LOCATION: Whitewater Aquatic Center

Pilates Bosu Balance

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

Session 1: Jan 22 - Feb 19 # 4412.11

Session 2: Feb 26 - April 9 #4412.12
(excl 3/5 & 4/2)

Session 3: April 16 - May 14 #4412.13

Session 4: May 21 - June 18 #4412.14

DAYS: Friday
TIMES: 8:30-9:15 am
FEE: \$45.00 per session
NO walk-ins

MIN/MAX: 5/9
DEADLINE: 10 days prior to start of session
LOCATION: Downtown Armory

Pilates Fusion Plus

A Pilates based class using the fit ball. This class combines Pilates mat exercises, fit ball exercises plus more! All levels welcome.

Session 1: Jan 7 - Feb 4 # 4408.11

Session 2: Feb 11 - March 18 #4408.12
(excl 3/4)

Session 3: March 25 – April 22 #4408.13

Session 4: April 29 - May 27 #4408.14

DAYS: Thursday
TIMES: 9:15-10:00 am
FEE: \$40.00 per session
\$10.00 walk-ins

MIN/MAX: 5/20
DEADLINE: 10 days prior to start of session
LOCATION: Whitewater Aquatic Center

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 4 - Feb 10 (excl 1/23) # 4401.11

Session 2: Feb 15 - March 24 (excl 3/6) #4401.12

Session 3: March 29 - May 5 (excl 4/17) #4401.13

Session 4: May 10 - June 16 #4401.14
(excl 5/29 & 5/31)

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

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

DEADLINE: 10 days prior to start of session
LOCATION: Whitewater Aquatic Center

Liquid Yoga (Level 2/3)

A traditional yoga flow practice infused with energetic, liquid like movements of the body. This practice will lead you through vinyasa that create a circular pattern allowing you to flow with the bodies own natural rhythms * Yoga experience required. Bring a yoga mat, water bottle, and a towel. Instructor: Ivy Miles, CPT, RYT

Session 1: January 15th #4405.11
Session 2: March 19th #4405.12

DAYS: Friday
TIMES: 6:30pm-7:40 pm
FEE: \$10.00 per session
 \$12.00 walk-in
MIN/MAX: 5/ 20
DEADLINE: 10 days prior to start of session
LOCATION: Cravath Lakefront Building

Stress Relief Sessions

Looking for a little stress relief? Using Acupressure Techniques, Reiki, and Chakra balancing to achieve a more relaxed state of being, as well as making you feel more alive, healthy, and in harmony with your life.

45 Minute Sessions—\$50 per session

Please contact Ivy Miles for appointment
 262-391-1445

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. Participants should bring a yoga mat and a water bottle to class. Instructor: Ivy Miles

Session 1: Jan 26 - Feb 23 #4403.11

Session 2: March 2 - April 6 #4403.12
 (excl 3/9)

Session 3: April 13– May 11 #4403.13

Session 4: May 18 - June 15 #4403.14

DAYS: Tuesdays
TIMES: 9:30 - 10:30am
FEE: \$40.00 per session
 \$10.00 walk-in
MIN/MAX: 5/20
DEADLINE: 10 days prior to start of session
LOCATION: Cravath Lakefront Building

Meditation

Achieve conscious relaxation and stress reduction through meditation which has been a proven method to a calmer more relaxed life. A variety of meditation techniques will be used. Instructor: Ivy Miles, CPT, RYT

Session 1: January 15th #4409.11
Session 2: March 19th #4409.12

DAYS: Friday
TIMES: 5:30pm-6:10 pm

Session 3: April 18th #4409.13

DAYS: Sunday
TIMES: 11:00am– 11:40am

FEE: \$5.00 per session
 \$7.00 walk-in

MIN/MAX: 5/ 20
DEADLINE: 10 days prior to start of session
LOCATION: Cravath Lakefront Building

NEW! “The Art of Breathing”

The breath is traditionally considered the primary carrier of prana-life force— your breathing originates deep inside you, radiates outward and then inward, providing a gentle rhythm for movement. Proper breathing brings every cell to life and can help center your awareness in the present moment. Please bring a mat & blanket. Instructor: Ivy Miles, CPT, RYT

Session 1: February 19th #4420.11

DAYS: Friday
TIMES: 5:30pm-6:10 pm
FEE: \$5.00 per session
 \$7.00 walk-in

MIN/MAX: 5/ 20
DEADLINE: 10 days prior to start of session
LOCATION: Cravath Lakefront Building

NEW! Chakra Yoga (Level 1/2)

The chakras are where we receive, assimilate, and distribute our life energies. The simplest way to balance each chakra is to create alignment in the physical body. In this class we will learn the areas of the body governed by the chakras through our yoga postures. Please bring a yoga mat & blanket. Instructor: Ivy Miles, CPT, RYT

Session 1: February 19th #4421.11

DAYS: Friday
TIMES: 6:30pm-7:35 pm
FEE: \$10.00 per session
 \$12.00 walk-in

MIN/MAX: 5/ 20
DEADLINE: 10 days prior to start of session
LOCATION: Cravath Lakefront Building

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: February 24 - March 17 #3402.11
DAY: Wednesday
AGES: 3-5
TIME: 5:30pm-6:15 pm
MIN/MAX: 6/10
FEE: \$25.00
DEADLINE: February 15, 2010
LOCATION: Starin Park Community Building



Studio 84

121 W. Center St. Whitewater, [To register for programs](#), please make checks out to Studio 84 and mail registration to Studio 84. Online registration forms are available at www.studio84inc.org. Email: info@studio84inc.org

Winter 2010			Spring 2010		
Tuesday	Wednesday	Thursday	Tuesday	Wednesday	Thursday
10:00-11:00 Pre-School Hour	10:00-11:00 Open Studio	10:00-11:00 Open Studio	10:00-11:00 Open Studio	10:00-11:00 Pre-School Hour	10:00-11:00 Open Studio
12:30-1:30 Open Studio	12:30-1:30 Open Studio	12:30-1:30 Pre-School Hour	12:30-1:30 Pre-School Hour	12:30-1:30 Open Studio	12:30-1:30 Open Studio
2:00-3:00 Open Studio	2:00-3:00 Pre-School Hour	2:00-3:00 Open Studio	2:00-3:00 Open Studio	2:00-3:00 Open Studio	2:00-3:00 Pre-School Hour
4:00-5:00 Found Object Sculpture	4:00-5:00 Mixed Media drawing/ painting	4:00-5:00 Relief Print- ing	4:00-5:00 Book Making	4:00-5:00 Acrylic Painting	4:00-5:00 Drawing
6:00-7:00 Open Studio		6:00-7:00 Open Studio	6:00-7:00 Open Studio		6:00-7:00 Open Studio

Pre-School Hour: Open to all pre-school aged children. Come explore your imagination through various art mediums.

Found Object Sculpture: Build a three dimensional sculpture out of found objects while learning design.

Mixed Media drawing/painting: Have fun exploring and experimenting by combining several mediums.

Relief Printing: Learn the techniques of print making. Apply the techniques to create your own cards, art and posters.

Book Making: Learn the art of making books. Create several books of your own. Great gift idea.

Acrylic Painting: Explore your art through the use of acrylic paints. Learn techniques and design.

Drawing: Use any dry medium to explore your creativity.

Open Studio: Explore your art on your own. You choose the medium and subject; we provide the individual guidance with techniques.

Fees: \$40 plus \$10 material fee for each class taken. (Extra charges *may apply* to specialty items.) Material fee covers commonly used items.

Winter classes run January 5-February 25
 Spring classes run March 2-April 22
 Each class runs one (1) day a week for eight

Ages: All classes, except the Pre-School Hours, are open to All Ages and Abilities.

Learn to Skate

Join us at the Janesville Ice Skating Center and learn to skate this season! Skating is great exercise that teaches coordination and balance. Make new friends and learn a new skill this year!

Polar Express Learn to Skate is a Basic Skills program designed to teach beginning through advanced skating skills to skaters of all ages and abilities. Skaters progress through a series of 8 Basic levels and 6 Freeskate levels. New skaters ages 4-6 (sorry, Polar Express does not offer classes for skaters younger than 4 years) register for the Snowplow Sam level 1. New skaters ages 7-12 register for class level Basic 1. Skaters ages 13-16 register for Teen Basic 1 and Adults register for Adults 1. Basic 2 and higher registration by instructor recommendation only.

Classes meet for 30 minutes, followed by a 30 minute supervised practice ice. Only skaters registered for classes are allowed to practice at this time.

Polar Express Season Calendar:

Saturdays: Snowplow Sam levels and Basic 1-8 levels begin at 9:10-9:40 am / open practice for Snowplow Sam and Basic levels at 9:40-10:10 am
Freeskate level classes begin at 9:40-10:10 (Freeskate practice ice at 9:10-9:40am)

Sessions: all sessions 6 weeks

1. October 3 – November 7	\$60.00
2. November 14 – December 19	\$60.00
3. January 2 – February 6	\$60.00
4. February 13 – March 20	\$60.00

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

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 & TIMES: Contact MATC Directly at 920-568-7200

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

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
LOCATION: Big Brick Ice Rink

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.

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!

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 store credit.

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

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.

Teams can register beginning on February 8, 2010. Registration forms are available at www.ci.whitewater.wi.us, Parks & Recreation, Leagues. Teams registering after the March 26 Deadline will only be accepted if spots are available and payment of a \$25.00 late fee. **Don't miss the March 26th Registration Deadline!**

Class Number	Team Fee	League	Day	Dates	Number of Games
2102.11	\$390.00	Men's "C"	Mondays	May 3 - August 23	14
2103.11	\$335.00	Men's "C"	Tuesdays	May 18 - August 17	12
2104.11	\$335.00	Women's "C"	Wednesdays	May 19 - August 18	12
2105.11	\$335.00	Men's Over 30	Thursdays	May 20 - August 19	12
2106.11	\$335.00	Coed	Fridays	May 21 - August 20	12
2101.11	\$335.00	Coed	Sundays	May 16 - August 15	12

Masters Swimming

United States Masters Swimming is a national organization that provides organized workouts, clinics, workshops and optional competitions, for adults 18 and over. Programs open to all adult swimmers who are want to improve their fitness through swimming. Classes are included in membership or at the cost of daily admission. Classes are offered Monday and Wednesday evenings 6:30-7:30pm. For more details call 262-473-4900.

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 Thursday 6:00 - 7:30 pm
FEE: \$50.00
DEADLINE: January 17, 2010
LOCATION: Armory Dance Studio
CLASS #: 4101.11

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. 1- 15, 6 to 7:30 p.m.
Starin Park Community Building
\$20/person

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: Jan 7 - Jan 28 # 4201.11
Session 2: Feb 11 - March 4 # 4201.12
Session 3: March 25 - April 15 # 4201.13
Session 4: May 6 - May 27 # 4201.14

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

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

Art in the Park—Thursdays 1:00 pm No cost, Guest artist first Thursday of the month \$10. Workshops also available. See newsletter.

Book Club—First Monday 10:30 am

Bowling League—Wednesdays 9:00 am, Hawk Bowl

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

Chess—Wednesdays 1:00 pm

Computer Tutors—Various classes offered

Dominoes—First Tuesday 11:30 am

Fundamentals of Investing—Second Monday 1:00 pm

Lunch and Learn—Wednesday noon. Monthly health/wellness presentation.

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

Senior Forum—First Monday at noon

Stretch and Flex—Mondays and Thursdays 9:30 am \$1.00 per class

Wii Bowling—Mondays 11:00 am

Bingo—First, third and Fourth Tuesdays 10:00 am

Card Groups

Bid Euchre: Mondays 1:00 pm

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

Sheepshead: Thursdays 8:30 am

Poker: First and Third Wednesday at 1:00 pm

Our House Senior Living Movie

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

Senior Forum

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

Volunteers Are Needed

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

- Van drivers – Training and licensing provided
- Holiday, Special event, and Fundraising assistance
- Facilitating Programming – Share a talent you have with seniors, i.e. piano lessons, crafts, drawing class, ethnic presentations/entertainment.
- Assistance with publicity.
- Entertainment – Music is needed for some special events, the lunch program.
- Develop Marketing Brochures – Volunteer Opportunities brochure & Seniors in the Park general brochure.

Services Offered

Blood Pressure Screening

Fourth Thursday of the month at 11:00 am. Provided free by Whitewater Family Practice.

Foot Clinic

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

Newsletter Delivery or E-Delivery

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

Walworth County Nutrition Program

Enjoy lively conversation and the company of others. The meal is served Monday through Friday at 11:30 am at the Starin Park Community Building. The meal is open to **anyone** over the age of 60, and their spouse. Lunch is provided on a donation basis, the suggested donation is \$2.50. Persons unable to contribute the suggested donation will continue to be welcome. Please call the Nutrition Coordinator, Sue, at 473-0536 by noon one day in advance for a meal reservation. A monthly menu is available in the Seniors in the Park Newsletter or local newspaper.

Greeting Cards

Inexpensive, quality, Greeting Cards are available for purchase from 8:30am-4:00pm.

Therapeutic Massage

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

New Activities

Facilitated Meditation

The focus of this meditation is breathing, enhancing body awareness, and mindfulness of the world around us. Regular meditation can improve longevity and quality of life, reduce blood pressure and promote relaxation. A variety of meditation methods will be explored.

Day: 2nd and 4th Wednesday

Dates: Jan 13 through March 24

Time: 3:00 pm

Cost: \$3.00 per class

Deadline: Two days prior to each class

Zumba® Gold and Chi Gong—Free Sampling

Put a little cha-cha-cha in your day with Zumba Gold. It is movement to Latin or other fun music and can be done standing or seated. Cool down and stretch with chi gong. First class, January 13 is free.

Day: Wednesday

Start date: January 13

Cost: \$3.00 per class

Time: 10:30—11:15 am

Deadline: Monday January 11

Instructor: Cyndee Leibbrand, Certified Zumba and Chi Gong

Talking Politics in the Park – UWW Lecture Series

Join John F Kozlowicz, Professor Emeritus, Political Science Dept for intriguing presentations on Wisconsin Politics. Thanks to UW-W Continuing Education for sponsoring the series.

Wed. Feb. 10, 2010 2:00-3:30 pm :Politics in Wisconsin

Wed. Feb. 24, 2010 2:00-3:30 pm :Elections in Wisconsin.

Wed. March 10, 2010 2:00-3:30 pm :Justice in Wisconsin.

Wed. March 31, 2010 2:00-3:30 pm: Current Political Issues of Wisconsin.

Register: at least one day in advance

Location: Starin Park Community Building

NVR₂LATE

Would you like to meet some new, interesting people? Join this newly formed group called NVR₂LATE, because it's never too late to make new friendships. This group is for adult single men and women 50 and older. We'll get together for beverages and snacks and talk about future possible activities.

Day/Time: Friday January 15, 6:30 pm

Location: Cravath Lakefront Center

To register call Deb at 262-473-0535

Van Trips

Every month the van goes out for a Fish Fry and Lunch Bunch. Watch the newsletter for other delightful trips with the van. For detailed tour itineraries or cost call 262-473-0535 or go online to www.ci.whitewater.wi.us

Stoughton Opera House

All That Jazz Big Band
Date/Time: Saturday January 30, 3:00 pm show
Cost: \$28.00
Deadline: December 15

Red Skelton Tribute
Date/Time: Thursday April 1, 3:00 show
Cost: \$28.00
Deadline: February 25

Branson on the Road
Date/Time: Thursday April 15, 3:00 show
Cost: \$28.00
Deadline: March 11

Fireside

Wednesday, Feb. 17—Fabulous 50's & 60's
RSVP/Payment deadline: Fri., Jan. 15
Wednesday, April 14—Joseph & The Amazing Technicolor Dreamcoat
RSVP/Payment deadline: Wed., Mar. 10
Wednesday, June 2—Cinderella
RSVP/Payment deadline: Mon., May 3
Wednesday, Aug. 4—Ring of Fire
RSVP/Payment deadline: Fri., July 2
Wednesday, Oct. 20—To Be Announced
RSVP/Payment deadline: Fri., Sept. 17
Tuesday, December 21—The Child
RSVP/Payment deadline: Fri., Nov. 5
Cost: \$67.00
Fireside transportation is on your own.

Extended Trips

For detailed itineraries on the extended trips call 262-473-0535, email dweberpal@ci.whitewater.wi.us or go online to the city website at www.ci.whitewater.wi.us, departments, Seniors in the Park or stop into the Starin park Community Building.

Gulf Coast Getaway

February 14-20, 2010 Welcome to the playground of the south. Experience Mardi Gras in Biloxi Mississippi as well at several optional trips (\$10—\$35) including New Orleans and Brett Favre country. Trip includes: all hotels with 4 nights at the fabulous Beau Rivage, 6 meals, baggage handling, deluxe motorcoach transportation with escort, movies, games and fun. Call 262-473-0535 for complete itinerary/reservation form. Cost \$665pp/double \$865 single. Final payment due December 10

Myrtle Beach Melodies

April 10—17, 2010 Enjoy a variety of fabulous entertainment as you experience three World-Class shows and savor the culinary delights of the east coast. Also included is Wilmington North Carolina, a riverboat cruise with lunch, the Blue Ridge Parkway, and the Great Smokey Mountains. Trip includes 12 meals, free local pickup and return, and deluxe motor coach transportation. Cost: \$1029 pp/double, \$1358 pp/single. Final payment due March 1.

New Orleans and Cajun Country by Rail

April 25-May 3, 2010 avor three night in the French quarter of new Orleans including a walking tour, shrimp boat cruise, dinner at the New Orleans school of Cooking and much more. Also visit Baton Rouge, Natchez, and Lafayette. Trip includes 11 meals, round trip Amtrak train, and deluxe motorcoach transportation. Cost: \$1649 pp/double, \$2149 pp/single. Final payment due Feb 1. Premier World Discovery

Looking for a place to host your next Birthday Party, Company Picnic, Family Baby Shower, or Wedding? The City of Whitewater has a wide variety of options for you!

Building Rentals



Downtown Armory

The Downtown Armory is located on North Street next to Brewery Park and Whitewater Skate Park in close proximity to Downtown Whitewater and the Cravath Lakefront. This multipurpose, handicap accessible facility is able to accommodate a wide variety of activities and functions. With parking close by, the Downtown Armory is able to host anything from a small activity to a large event.



Starin Park Community Building

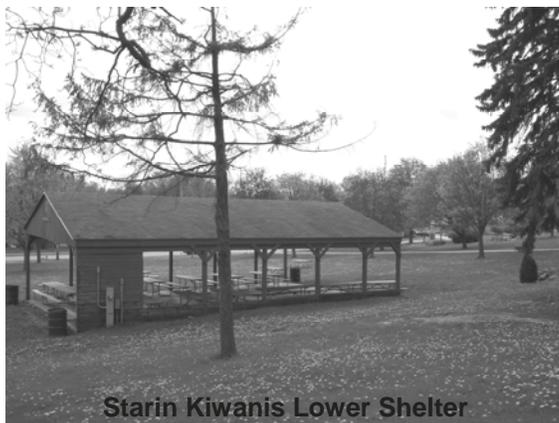
With full kitchens, restrooms, and parking near by both these multipurpose facilities will be able to host a small party or large event. Each handicap accessible facility holds up to 100 people. With walking trails near by both facilities are a great place to hold any event.

Picnic Shelters

- | | |
|--|---|
| Cravath Lake Shelter
341 S. Fremont Street | Starin Picnic Upper Shelter
504 W. Starin Road |
| Trippe Lake Shelter's
407 S. Wisconsin Street | Starin Kiwanis Lower Picnic Shelter
504 W. Starin Road |



Cravath Lakefront Building



Starin Kiwanis Lower Shelter

All picnic shelters available for rent have a maximum capacity of 100 guests with an open shelter and picnic area. With free off street parking available, all shelters are handicap accessible. Trippe Lake Shelter and both Starin Park Shelters are closely located to playgrounds and walking trails.



Trippe Lake Shelter (Beach)



The Trippe Lake Shelter was constructed in 2009 at the former location of the Trippe Lake Beach House. The shelter includes a serving window with small kitchen area, restrooms, and an enclosed picnic area. Year-Round Rental Available

Register Online at:

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



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

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

Facility	Whitewater Resident (4 Hours or less)	Non School District Resident (4 Hours or less)	Whitewater Resident (Per Hour Fee Over 4 Hours)	Non School District Resident (Per Hour Fee Over 4 Hours)
Cravath Lake Community Center (Capacity 100)	\$220	\$275	\$40	\$50
Starin Community Building (Capacity 100)	\$150	\$190	\$30	\$40
Armory Gym w/ kitchen (Capacity 300)	\$150	\$190	\$30	\$40
Armory Dance Studio (Capacity 25)	\$150	\$190	\$30	\$40
Armory Activity/Meeting Room (Capacity 25)	\$75	\$95	\$15	\$20

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



Group	Description	Charge
1	Partner Organizations will not be charged a facility rental fee for their facility usage provided that their facility use is for the purposes of holding an organization meeting, practice, game, etc. Partner organizations provide a charitable good to the Whitewater community and have had a history of receiving free rentals for facility space. For a complete listing of partner organizations, please contact the Parks & Recreation office. Exception: Partner List members holding an event serving food or drink will require paying the entire rental fee. Exclusions: Optimist Breakfast w/ Santa & Kiwanis Pancake Breakfast Any event serving alcohol will be required to pay 100 % of rental fee.	None
2	Non-partner civic or charitable group holding an event, meeting, or practice without food & beverage that is free to the public to attend	25% of Published Fee
3	University of Wisconsin-Whitewater Recognized Organizations, Groups, Schools, Athletics Private Events not serving food or beverages that are free to the public	50% of Published Fee
4	Private Event serving food and/or alcohol Private Event charging admission	100% of Published Fee

How To Make Proper Pruning Cuts

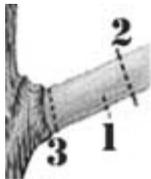
Oak Wilt & Dutch Elm Disease continue to be killers of our elm and oak. As a landowner, you can help prevent or slow down the spread of these diseases by not pruning either species from April 1st—Sept 1st



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

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

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



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

Memorial Tree Planting Program

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

Recycle Your Christmas Tree

As the Holiday Season approaches it is important to remember the importance of going green. Real Christmas Trees are biodegradable, which means they can easily be reused or recycled. After the holidays, there are several ways to dispose or recycle your tree. Some suggestions include:



- Place the tree in the yard or garden for use by birds and other wildlife. The branches provide shelter from strong winds and cold. Food can be supplied by hanging fruit slices, seed cakes, or suet bags on its branches.
- Prune off the branches and place the boughs over perennials as a winter mulch.
- Chip the tree and use as a mulch around trees, shrubs, or in flower beds.
- Watch your local paper for City Wide Collection

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.

Whitewater- Tree City USA

Did you know that the National Arbor Day Foundation has named the City of Whitewater a Tree City USA for the past fifteen years! As a Tree City USA, Whitewater must meet the criteria of four standards:

- A forestry department
- A tree care ordinance
- A comprehensive community forestry program
- An Arbor Day observance & proclamation

Whitewater has also been the recipient of a Tree City USA Growth award for nine years for demonstrating progress in its community forestry program, recognizing environmental improvement, and for providing higher levels of tree care.

As a City of Whitewater property owner, you can participate in the community forestry program by requesting to have a tree planted in the terrace in front of your home or business in Spring.

Registration Form

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

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

Self or Adult Contact			
<small>(if registering children)</small>	<small>Last Name</small>	<small>First Name</small>	
Home Phone _____	Cell Phone _____	Email Address _____	
Address, City, State, Zip			
<small>Address</small>		<small>City</small>	<small>State</small> <small>Zip</small>
<i>If registering children:</i>	Mother's full name _____	Mother's work phone _____	
	Father's full name _____	Father's work phone _____	
In emergency, contact:			
<small>Name</small>		<small>Relationship to Participant or Family</small>	<small>Phone</small>
Allergies, Asthma and/or other medical conditions: _____			

Step 2: Participant Information

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

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

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

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

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

Step 4: Release of Liability

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

Parent/Guardian Signature: _____ Date: _____

New Registration Options & Process

How to Register



Online

Register Online at:
[http://
activenet9.active.com/
whitewater](http://activenet9.active.com/whitewater) or visit the link
on the Parks & Recreation
Website at
www.ci.whitewater.wi.us



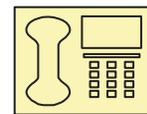
Mail- In/Fax

Mail registration by
completing the registration
form on the left and return
to City Hall or address
listed on the form. Checks
are payable to: City of
Whitewater. Payments
using credit cards are
accepted in person at the
Municipal Center or via fax
(262-473-0509).



In Person

Register In Person by
visiting the Parks and
Recreation office on 2nd
floor of the Municipal
Building at 312 W
Whitewater. Our office
hours are Monday-Friday,
8AM-5PM.
For your convenience a 24
hour drop box is located at
the Municipal Center



Phone

Register by phone calling
us at 262-473-0101 during
business hours and
register over the phone. A
credit and/or debit card will
be required for all phone
transactions.

Register online to increase the chance of getting into the classes of your choice: <http://activenet9.active.com/whitewater>

When to Register

Registration begins on-line on **Saturday, November 20th at 8AM**. Registration in person, via phone, and mail will begin on Monday, **November 23rd 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.

Recreation Inclusion

The City of Whitewater proudly complies with the Americans with Disabilities Act and will make reasonable modifications to support inclusive recreation participation. For answers to your questions about recreation inclusion, call Michelle Dujardin at 262-473-0121 or contact by email at mdujardin@ci.whitewater.wi.us

Late Fees!

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

Park Services and Facilities

		Acres	Picnic Area	Enclosed Shelter	Open Shelter	Grills	Drinking Water	Restrooms	Playground Equipment	Boat Ramp	Fishing	Trails/Hiking	Ball Diamonds	Sand Volleyball Court	Cross-Country Skiing	Snowshoeing	Multi-purpose Area	Water Features	Ice Skating	Disc Golf	Skate Park
Community Parks																					
1	Starin 504 W Starin Road	34.2	•	•	•	•	•	•	•			•	•	•	•	•					
2	Trippe Lake 407 S Wisconsin Street	24.2	•		•	•	•	•	•	•	•	•			•	•	•	•			
3	Cravath Lakefront 341 S Fremont Street	6.1	•	•	•		•	•		•	•	•			•	•	•	•			
4	Moraine View 1201 E Corporate Drive	45.0	•				•					•					•				
6	Whitewater Creek Nature Area 685 N Fremont Street	59.8	•								•	•			•	•		•			
Archeological Park																					
5	Indian Mounds 288 S Indian Mound Parkway	21.5	•									•			•	•	•				
Neighborhood Parks																					
7	Skyway 1302 W Tower Hill Pass	4.1	•						•								•				
8	Brewery Hill/Armory 116 W North Street	7.3	•				•										•	•			•
9	Meadow sweet 601 N Tratt Street	4.0	•									•					•				
10	Minneiska Park 731 S Tanner Way	20.0	In Development																		
Mini Parks																					
11	East Gate Park 1271 E Jakes Way	2.0	In Development																		
12	Walton Oaks 654 N Stone Field Lane	2.6										•					•				
13	Clay Street Nature Park 511 E Clay Street	1.4	•								•						•				
14	Main Street Shoppes Courtyard 112 N First Street	0.1	•																		
15	Birge Fountain 402 W Main Street	0.7																			
16	Trailhead 1175 E Bluff Road	0.7																			
17	Ward 180 N Hyer Lane	2.9																			
18	Big Brick 611 W Center Street	1.1	•	•			•	•	•								•		•		
19	Mill Race 124 W Main Street	0.6	•								•										
20	Turtle Mound 1602 W Turtle Mound Circle	1.0	•	•	•				•								•				
Public School Facilities																					
A	Whitewater High School	69.3	•				•	•				•	•		•	•	•				
B	Whitewater Middle School	25.1	•				•	•				•					•				
C	Lincoln Elementary	10.3	•				•	•	•			•					•				
D	Washington Elementary	8.2					•	•				•	•				•				

Parks & Trails City of Whitewater

