VERONA RECREATION DEPARTMENT

2016 SPRING & SUMMER PROGRAMS

REGISTER ONLINE AT:

www.ci.verona.wi.us/recreation

Includes Verona Public Library and Senior Center Information

410 Investment Court • Verona, WI 53593 • 608-845-6695

Recreation Department News

Hello Verona Rec Department families and participants!

Welcome to the 2016 Spring & Summer Recreation Brochure.

With the winter months winding down, it's time to start thinking about spring and summer activities! The cold and snow won't be here for long, so start planning for the upcoming spring and summer today. Recreational activities are a great way to get active and get to know your community! Browse through our 2016 Spring/Summer Brochure to explore all there is to do here in Verona. We continue to offer online registration for programs and park reservations. Just go to the City of Verona website to register: www.ci.verona.wi.us/recreation.

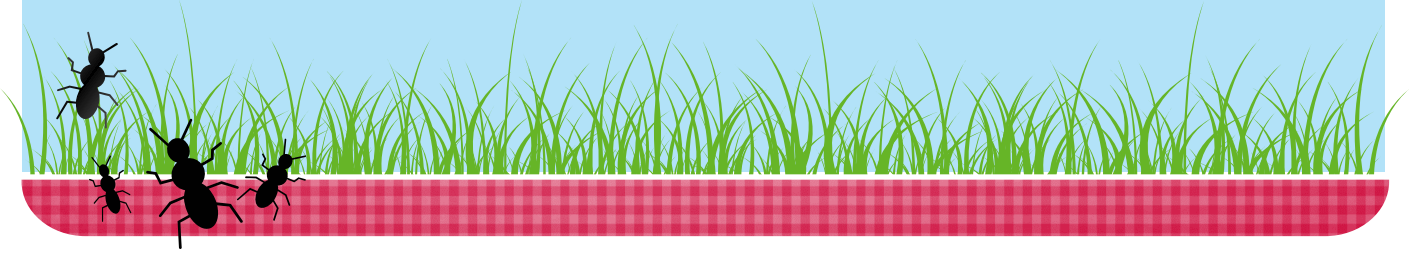
We would like to thank everyone who helps support this brochure through advertising. Your generosity allows our department to promote activities and services in a convenient and cost effective manner. This brochure is full of activities, contact information, and more. Feel free to contact the department with questions, concerns, or suggestions. Have a safe, fun-filled spring and summer! Get out and enjoy your community in 2016!

I am thrilled to announce that I am the new Recreation Assistant for the City of Verona! I grew up in Verona, and I started working for the Rec Department when I was fourteen. Little did I know that ten years later, I'd find myself starting my post-collegiate career at the same place I had my first part-time job! From working the concession stand at the Verona Beach, to officiating youth basketball, coordinating the Playground Program in the summers, to operating the scoreboard at youth basketball games in the winters; I enjoyed growing up with the Recreation Department. I look forward to working with the community to continue to grow and improve the Recreation Department!

Ali Tackett
Recreation Assistant
ali.tackett@ci.verona.wi.us

TABLE OF CONTENTS

CITY OF VERONA INFO	**3**
REC DEPT POLICIES	**4—5**
YOUTH ACTIVITIES:	**6—16**
Spring Recreational Soccer	6
T-Ball/Baseball/Softball	6
Babysitting Class	7
Playground Program	7
Soccer Camps	8
Instructional Programs	8—10
Girls Basketball Camp	11
NFL Flag Football	11
Engineering For Kids	12
Summer Dance	13
Born to Move®	14
Kid's Kayaking	14
Rhapsody Classes	15
Camp Invention	16
ADULT ACTIVITIES:	**17—19**
Makeup Workshops	17
Cooking Classes	17
Instructional Programs	18
Adult Softball	18
Adult Kickball	18
Adult Exercise Classes	18—19
Knitting/Crochet	19
FAMILY ACTIVITIES:	**20—21**
Fireman's Park Beach	20
Discount Tickets	20
Park Shelters	21
Art Cart Extra	21
Registration form	22
Verona Public Library Information	24—25
Senior Center Information	26—27

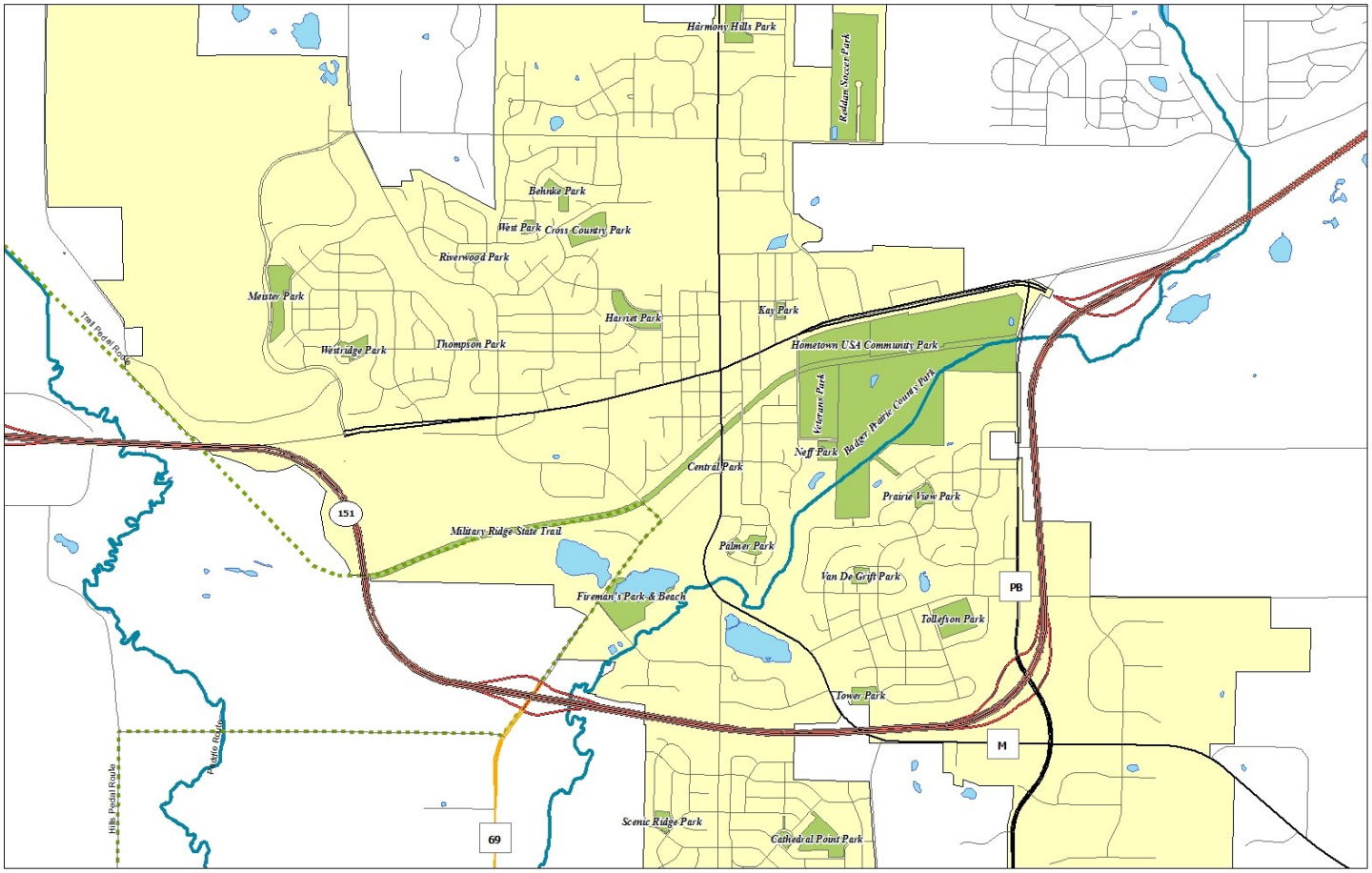


CITY OF VERONA INFORMATION

CITY STAFF:

Mayor	Jon Hochkammer	
City Administrator	Bill Burns	845-6495
Public Works Director	Ron Rieder	848-6801
Street Superintendent	Greg Denner	848-6804
Assistant Public Works Director	Jon Bublitz	
Construction Manager	Marty Cieslik	497-2072
Police Chief	Bernie Coughlin	845-7623
Parks and Urban Forestry Director	Dave Walker	848-6809
Recreation Director	Casey Dudley	848-6815
Recreation Assistant	Ali Tackett	497-2070
City Clerk	Ellen Clark	848-9947
Finance Director	Cindy Engelke	848-9949
City Planner	Adam Sayre	848-9941
Library Director	Brian Simons	845-7180
Building & Plumbing Inspectors	Brian Flannery	845-0963
	Todd Parkos	845-0909
Senior Center Director	Mary Hanson	845-7471
Sewer and Water Clerk	Kimberly Marshall	497-2071

HOMETOWN USA, EST 1966



Verona Recreation Office Information

Recreation Director: Casey Dudley

Direct: 608-848-6815

Email: casey.dudley@ci.verona.wi.us

Recreation Assistant: Ali Tackett

Direct: 608-497-2070

Email: ali.tackett@ci.verona.wi.us

Location: Across from Zurbuchen Oil

Verona Public Works, Parks & Recreation Building

410 Investment Court

Verona, WI 53593

Hours: 8:00 a.m.—4:30 p.m. Monday—Friday

Open during the noon hour

Website: www.ci.verona.wi.us/recreation

General Line: 608-845-6695

Fax: 608-845-5761

Our office has voicemail. If calling after regular business hours, please leave a message and we will return your call as soon as possible.

Registration Instructions

Registration forms are at the end of this brochure. All of the information on the form must be filled out in order to participate. The top portion of the form must be filled out completely

Program name: Print the name of the program you would like to register for.

Session: Print the session name and number. Print the participant's age and grade: please fill out the age of the child as of the day you are filling out the form. The grade of the child should be printed in as what grade the child is currently in.

Fee paid: please write the amount of the class. All prices are included in the program description. Total up all the registration fees and include the total at the bottom of the form.

Refund Policy

1. Full refunds will be given to persons notifying the Recreation Department prior to the registration deadline.
2. Cancellations after the registration deadline are subject to a **$5** surcharge.
3. There is no refund after the first session or practice has taken place. A prorated refund will be given only in the case that severe illness or injury prevents participation.
4. Full refunds will be given if the Recreation Department cancels a class.
5. All refunds will be mailed to the residence of the participant. It takes approximately two to three weeks to receive the payment after the refund has been issued.

Resident/Non-Resident Fee Policy

(R = Resident, NR = Non-Resident)

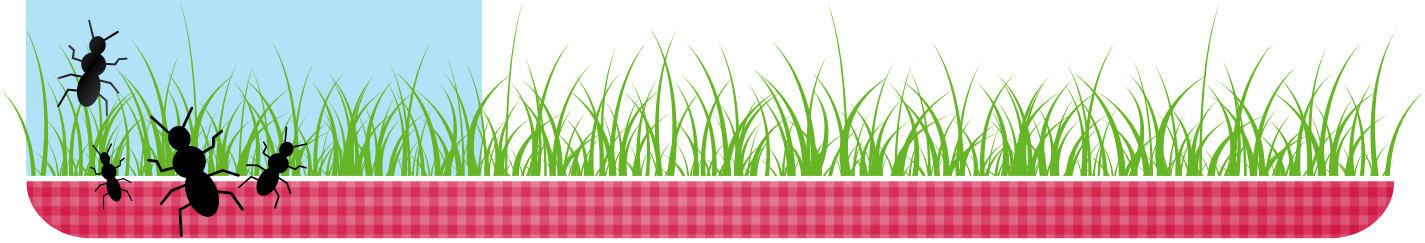
A resident is any individual who resides within the city limits of Verona. All other individuals living outside the city limits are considered non-residents, and will be charged an additional fee above the resident rate. This charge is assessed per person, per program. Residency for our programs is **NOT** based on school district residency. NR fees are $15 for programs under $100 and $20 for programs $100 and up.

Publicity

The Verona Recreation Department reserves the right to utilize photos and names of participants for publicity purposes. Participants not wanting their names and/or photos used must notify the Recreation Department in writing at the time of registration.

Inclement Weather Procedure

The Verona Recreation Department will post a voice message for all programs in case of inclement weather. If you would like to inquire about possible cancellations or postponements, please call 848-6815 ***after 4:30 p.m.***



Accident Insurance

The City of Verona Recreation Department does not provide accident insurance for its participants. Participants must assume full responsibility for injuries while participating in the activity.

Late Registration Policy

A $10 late charge will be added to your fee if your registration is received after the registration deadline. There will be no pro-rating of program fees for late registrations.

Employment

The City of Verona Recreation Department employs many individuals to work as umpires, referees and supervisors for our youth and adult programs. The requirements are that you have taken a course or are familiar with the activity. Contact the Recreation Office at 848-6815 about possible openings.

Confirmation of Enrollment

Once you have registered, plan on attending at the listed times and dates. Please feel free to call 848-6815 to verify your registration and/or to ask any questions. The Recreation Department will **only** contact you if the program is full or cancelled.

Questions on anything Rec Dept related? Contact Casey at casey.dudley@ci.verona.wi.us or Ali at ali.tackett@ci.verona.wi.us!

How to Register

Online: www.ci.verona.wi.us/recreation
Register online 24 hours per day/7 days a week with a Visa, MasterCard or Discover card. A small convenience fee is charged for the use of this service. Have peace of mind knowing that you or your child is enrolled in a class! With online registration, you can view how many spots are available in a particular class or see what dates are available at the park shelters, all from the comfort of our own home or office. If a class is full, please sign up to be on the waiting list.

Mail—In
Mail completed registration forms with payment to:

Verona Recreation Department
410 Investment Court
Verona, WI 53593

Walk—In
Office hours are 8:00 a.m. to 4:30 p.m. M—F

After—Hour Drop Box
Located in the entry way of the Recreation Office

Program Sizes

Most programs have a minimum/maximum enrollment. If the Recreation Department is unable to fill the program, full refunds will be issued to each individual. If a program is full, you will be notified, and upon request, be put on a waiting list. If a cancellation occurs you will be notified. If no opening occurs, a full refund will be issued

Program Times & Places

All program times and places are subject to change if facilities are not available at listed times. The Verona Recreation Department will notify each participant of any changes prior to the start date.

Financial Assistance

There is limited financial assistance through a recreation scholarship fund established with the Verona Area Education Foundation.
There is also limited financial assistance available through a recreation scholarship with donations from EPIC.
For more information regarding a scholarship, call the Verona Recreation Department at 845-6695.

YOUTH ACTIVITIES

SPRING SOCCER: PRE-K—5TH GRADE

This program stresses the fundamentals of soccer & sportsmanship in a fun, relaxing atmosphere where all of the participants get equal playing time. Pre-K, K & 1st graders will participate in small-sided games which will give all kids more action. The 2nd-5th graders will be playing in conjunction with the Fitchburg Rec Dept & will play on larger fields and have referees. This Pre-K soccer is for kids that will be entering Kindergarten in **fall of 2016**. Practice & games are for one hour.

Each team needs at least two volunteer parent coaches. This is a great opportunity for each parent to get involved and become a wonderful role model for their children and other children within the community. No experience is necessary. The Recreation Department can offer resources to beginner coaches. Get involved, your kids will thank you!

Session/Grades:	Days:	Times (1 hour)	Location:
#1 Pre-K Coed	Saturday Mornings	9, 10 or 11:00 am	Fireman's Park
#2 K Coed	Wednesdays	5:30 or 6:30 pm	Fireman's Park
#3 1st Grade Coed	Tuesdays & Thursdays	5:30 or 6:30 pm	Fireman's Park

- Season **starts the week of April 11** and will run for approximately **6 weeks**.

Cost if registered by 3/11/16 R $35 NR $50 **Add $10 if registered after 3/11/16**

Session # Grades:	Days:	Times (1 hour)	Location:
#4 2nd-3rd Grade Coed	Mondays & Wednesdays	5:30 or 6:30 pm	Harriet/Van de Grift Parks
#5 4th & 5th Grade Coed	Tuesdays & Thursdays	5:30 or 6:30 pm	Harriet/Van de Grift Parks

- Season **starts the week of April 13** and will run for approximately **6 weeks**.

Cost if registered by 3/11/16 R $45 NR $60 **Add $10 if registered after 3/11/16**

YOUTH T-BALL/BASEBALL/SOFTBALL—PRE-K—4TH GRADE

Youth baseball and softball is offered for boys and girls Pre-K through 4th grade. Game times will be determined based on the number of teams in each league. When registering, for one of these programs, please remember to sign your child up for the grade that they are **currently** in. **Pre-K** T-ball is for kids that will be entering kindergarten in the **fall of 2016.**

The 3rd & 4th grade baseball program will be offered in collaboration with the Fitchburg and Mt. Horeb Rec Depts. The 3rd & 4th grade boys will use a pitching machine and the girls will be coach pitch and player pitch. 3rd & 4th grade games will be played in Fitchburg, Mt. Horeb and Verona. For 3rd & 4th Grade Girls, refer to VAGSA Softball on page 29

Each team needs at least two volunteer parent coaches. This is a great opportunity for each parent to get involved and become a wonderful role model for their children and other children within the community. No experience is necessary. The Recreation Department can offer many different coaching resources to beginner coaches. Get involved, your kids will thank you!

Session # Grades:	Days:	Times (1 hour)	Location:
#1 Pre-K T-Ball	Saturday Mornings	9, 10 or 11:00 am	Veterans Park
#2 K Coed T-Ball/Coach Pitch	Saturday Mornings	9, 10 or 11:00 am	Community Park
#3 1st –2nd Coed Coach Pitch	Mondays & Wednesdays	5:30 or 6:30 pm	Veterans Park

- Season will begin the week of June 20 and run for approximately 6 weeks

Cost if registered by 5/20/16 R $35 NR $50 **Add $10 if registered after 5/20/16**

Session # Grades:	Days:	Times (1 hour)	Location:
#4 3rd & 4th Grade Boys	Tuesdays & Thursdays	5:30 or 6:30 pm	Verona, Fitchburg & Mt. Horeb

- Season will begin the week of May 16 and run for approximately 8 weeks

Cost if registered by 4/18/16 R $45 NR $60 **Add $10 if registered after 4/18/16!**

YOUTH ACTIVITIES

BABYSITTING CLASS

This program will provide the safety skills and confidence necessary to be a great babysitter. Upon completion, you will receive a certificate and a babysitter's handbook. Sign up today! This class is provided in cooperation with CPR Training Specialist, LLC and are Licensed Training Partners (LTP) with the American Red Cross.
Instructor: CPR Training Specialist, LLC Staff. All classes to be held at the Verona Public Library.

Session:	Date:	Times
#1	March 12	9:00 AM—4:00PM
#2	April 16	9:00 AM—4:00PM
#3	May 7	9:00 AM—4:00PM
#4	June 18	9:00 AM—4:00PM
#5	July 23	9:00 AM—4:00PM

R Fee: $93 **NR Fee: $108**

Registration Deadline: One week prior to the class!

Min = 6 **Max = 12**

DON'T FORGET, YOU CAN REGISTER ONLINE!

WWW.CI.VERONA.WI.US/RECREATION

PLAYGROUND PROGRAM

Hey kids, come out and play! This is the 15th year for the playground program, which is geared for boys and girls 5 - 12 years of age. This is a drop-in program with college aged supervisors. A variety of activities from arts and crafts, trips to the beach, and all kinds of outdoor games will be planned throughout the summer. The Playground Program will be held in three locations for your convenience. If you live on the east side, Tollefson Park would be most convenient. If you live closer to down town, Veteran's Park may be the best choice. If you live closer to the west side, you might want to choose Harriet Park. Select a site that is most convenient for you.

Session:	Days:	Age:	Times:	Location:
#1	Mon—Fri	5– 7	9:00AM—Noon	Harriet Park
#2	Mon—Fri	5– 7	9:00AM—Noon	Tollefson Park
#3	Mon—Fri	5– 7	9:00AM—Noon	Veterans Park
#4	Mon—Fri	8– 12	1:00—4:00PM	Harriet Park
#5	Mon—Fri	8– 12	1:00—4:00PM	Tollefson Park
#6	Mon—Fri	8– 12	1:00—4:00PM	Veterans Park

Cost if registered by 5/20/16 Fee: R = $115 NR = $135 Add $10 if registered after 5/20/16

Program will begin the week of June 20 and run for 9 weeks. ***Register early as this program fills up fast!***

SPECIAL THANKS!

The Verona Recreation Department would like to thank all of the volunteer coaches who have made our programs so successful! Without your efforts and dedication, the programs would not happen! The Recreation Department and your kids thank you.
The Rec. Dept. would also like to give a special thanks to the Verona Parks Department staff for their help and support year in and year out! We would also like to thank the mowing division for all the grass they cut!

YOUTH ACTIVITIES

CHALLENGER'S BRITISH SOCCER CAMP—JUNE 13-17

Challenger's British Soccer Camp is coming to Verona **JUNE 15-19**! Challenger's British Soccer Camp is now the largest youth soccer camp in the US! Each year the 450 British staff will coach around 60,000 boys and girls and 10,000 coaches. Challenger's coaches hold a national coaching license from Great Britain and are trained specifically for the British Soccer Camp Program. "The Challenger way" focuses on challenging players to improve with maximum participation, maximum touches on the ball, and maximum fun. Challenger has teamed up with the NAIA to help teach your child respect, responsibility, integrity, leadership, and sportsmanship. Each camper will receive a free camp shirt and camp ball, and a personal player evaluation. **www.challengersports.com**

Session:	Age Level:	Duration:	Time:	R FEE:	NR FEE:
#1 First Kicks	3– 4	1 Hour	9:00—10AM	$88	$103
#2 Mini Soccer	4–6	2 Hours	10:00—12PM	$111	$131
#3 Half Day	7–10	3 Hours	9:00—12PM	$135	$155
#4 Half Day	11–14	3 Hours	5:30—8:30PM	$135	$155

House a coach and you will receive $80 toward the session for your son/daughter.

Sign up online before 4/29/16 and receive a free replica jersey! A $6.95 s/h fee will be applied

Cost if registered by: 6/3/16 Add $10 if registered after 6/3/15 www.challengersports.com

CHALLENGER'S BRITISH SOCCER CAMP—AUGUST 1-5

Session:	Age Level:	Duration:	Time:	R FEE:	NR FEE:
#1 First Kicks	3– 4	1 Hour	9:00—10AM	$88	$103
#2 Mini Soccer	4–6	2 Hours	10:00—12PM	$111	$131
#3 Half Day	7–10	3 Hours	9:00—12PM	$135	$155
#4 Half Day	11–14	3 Hours	5:30—8:30PM	$135	$155

House a coach and you will receive $80 toward the session for your son/daughter.

Sign up online before 6/17/16 and receive a free replica jersey! A $6.95 s/h fee will be applied

Cost if registered by: 7/21/16 Add $10 if registered after 7/21/16 www.challengersports.com

INSTRUCTIONAL SOCCER

This comprehensive program will concentrate on the skills of dribbling, passing, throw-ins, defensive positioning, and more! The first few weeks will be basic instruction, while later weeks we will get into specific position related instruction as well as scrimmages. Directing the camp will be current and former Verona Soccer players. Don't miss out on the fun and exciting learning experience this program has to offer. **Enrollment will be based on the grade you are in now.**

Begins June 21 and runs for 5 weeks. Program to be held at Fireman's Park

Session:	Days:	Times:
#1 Grades K & 1	Tuesdays & Thursdays	1:00—2:00 PM
#2 Grades 2 & 3	Tuesdays & Thursdays	2:00—3:00 PM
#3 Grades 4 & 5	Tuesdays & Thursdays	3:00—4:00 PM

Cost if registered by: 6/3/16 Fee: R = $45 NR = $60 Add $10 if registered after 6/3/16

YOUTH ACTIVITIES

INSTRUCTIONAL LACROSSE

This "soft stick" program will concentrate on introducing and teaching the game of Lacrosse. Participants will learn the basics of all aspects of the game of Lacrosse. The first few weeks will be basic instruction, while later weeks will get into specific position related instruction & scrimmages. Directing the camp will be current Verona Lacrosse players.

Enrollment will be based on the grade you are in now.

Begins June 20 and runs for 5 weeks.

Location: Fireman's Park

Session:	Days:	Times:
#1 Grades K & 1	M & W	1:00—2:00PM
#2 Grades 2 & 3	M & W	2:00—3:00PM
#3 Grades 4 & 5	M & W	3:00 —4:00PM

Cost if registered by 6/3/16: R = $45 NR = $60

Add $10 if registered after 6/3/16

INSTRUCTIONAL VOLLEYBALL

Bump, Set, Spike! This all-inclusive program will concentrate on teaching your child the skills of volleyball. The first few weeks will be basic instruction of the game, while later weeks we will get into more specific instruction as well as scrimmages. Directing the camp will be former Verona High School Volleyball Player Jillian Bauer. Dive in to the lifelong sport of volleyball with this fun and exhilarating program!

Enrollment will be based on the grade you are in now.

Begins June 20 and runs for 5 weeks.

Location: Badger Ridge Middle School

Session:	Days:	Times:
#1 Grades 3 & 4	T & Th	5:30—6:30PM
#2 Grades 5 & 6	T & Th	6:30—7:30PM

Cost if registered by 6/3/16: R = $45 NR = $60

Add $10 if registered after 6/3/16

INSTRUCTIONAL FLAG RUGBY

In this instructional coed program, your child will learn the basics of rugby sevens—a 2016 Olympic sport! There is ball-carrying, passing, catching, kicking, teamwork and space strategy. Rugby is a game founded on sportsmanship and the skills readily transfer to other sports. The coaches are men and women from the championship teams of Madison United Rugby (Senior, Collegiate, and High School). Sessions run 6/2/16—7/27/16. Optional Saturday game sessions—July 9, 16, 23 & 30 (info at first session). Parents are invited to learn the sport and be trained as coaches—no experience necessary!

NEW!

Cost if registered by 6/20/16

Fee: R = $45 NR = $60

Add $10 if registered after 5/20/16

Location: Veterans Park

Session:	Days:	Time:
# 1 Grades 3 & 4	T & Th	6:15—7:30PM
#2 Grades 5 & 6	T & Th	6:15—7:30PM
#3 Grades 7—9	T & Th	6:15—7:30PM

INSTRUCTIONAL TENNIS

Here is your chance to learn more about the game of tennis. This program is offered to the experienced and the beginner. Instructional tennis will cover the fundamentals of forehand, backhand, serve, scoring, and the rules. This program will run for 6 weeks. Lessons will be held at the VAHS Tennis Courts.

Start Date: Week of June 20 **Min: 5 Max: 15**

Beginners: (ages 6-10) Learn the basics of tennis, such as proper grip, strokes, volley, serve and scoring.

Intermediate: (ages 11-15) Work for consistency and knowledge of beginning tennis leading to confidence in playing.

Advanced: (ages 11+) Work to a level of playing competitive tennis through drills/games to develop consistency and further their skills

Session:	Days:	Times:
#1 Beginners	M & W	9:00AM
#2 Beginners	T & Th	9:00AM
#3 Beginners	M &W	10:00AM
#4 Beginners	T & Th	10:00AM
#5 Int/Adv.	M & W	11:00AM
#6 Int/Adv	T & Th	11:00AM
#7 Beginners	T & Th	5:00PM
#8 Beginners	M & W	5:00PM
#9 Int/Adv	M & W	6:00PM

Cost if registered by 6/3/16

Fee: R = $54 NR = $69

Add $10 if registered after 5/20/16

YOUTH ACTIVITIES

INSTRUCTIONAL BASEBALL

This all-inclusive program will concentrate on the skills of throwing, hitting, base running, defense, pitching and more! This comprehensive program will run for 5 weeks. The first few weeks will be basic instruction, while later weeks we will get into specific position related instruction as well as scrimmages. Directing the camp will be former Verona Baseball players. Don't miss out on the fun and exciting learning experience this program has to offer.

Enrollment will be based on the grade you are in now.

Begins June 20 and runs for 5 weeks.

Location: Community Park

Session/Grade:	Days:	Times:
#1 K	T & Th	9:00—10:00AM
#2 1 & 2	T & Th	10:00—11:00AM
#3 3—5	T & Th	11AM—12:30PM

Cost if registered by 6/3/16:

Sessions 1 & 2: R = $45 NR = $60

Session 3: R = $55 NR= $70

Add $10 if registered after 6/3/16

INSTRUCTIONAL SOFTBALL

This comprehensive program will focus on teaching the fundamentals of softball, including basic skills, infield/outfield play, hitting, base running, pitching, catching and motivation in all sessions.

Session 1 will introduce and develop the proper mechanics of the skills used in softball in a structured and fun approach. Informal t-ball scrimmages will start after the second week of instruction. The third week, the format will change to approximately one hour of instruction and one our of scrimmage.

Enrollment will be based on the grade you are in now.

Begins June 13 and runs for 7 weeks.

Session/Grade:	Days:	Times:
#1 K—2	M & W	8:30—10:30AM
#2 3 & 4	M & W	11:15AM—1PM
#3 5 & 6	T & Th	8:30—10:30AM
#4 7 & 8	T & Th	11:15AM—1PM
Pitching and Catching Session		
#5 3—8	M—Th	10:15—11:15AM

Where: VAHS ball diamonds at Country View

Cost if registered by 5/27/16: R = $70 NR = $85

Add $10 if registered after 5/27/16

Instructional sports are a great way to learn basic skills and knowledge of the game!

INSTRUCTIONAL GOLF

PGA Golf Professional Ned McGinley will introduce the basics of the golf swing and game to your child in a fun and relaxed environment. Lesson fee includes one round of golf and PGA Rulebook. Clubs are provided, or bring your own clubs for proper fitting. All lessons will be at Norsk Golf Club in Mt. Horeb. **Max:** 8

Spring Session 1	April 16—May 7
Spring Session 2	May 14—June 4

Age groups:	Day:	Times:
6—7	Saturdays	10:30—11:30AM
8—10	Saturdays	12:00—1:00PM
10 +	Saturdays	1:30—2:30PM

Summer Session 1	June 14—June 17
Summer Session 2	June 21—June 24
Summer Session 3	June 28—July 1
Summer Session 4	July 12—July 15
Summer Session 5	July 19—July 22

Age groups:	Day:	Times:
6—8	T—F	9:00—10:00AM
9 +	T—F	10:30—11:30AM

Fee per session: R = $65 NR = $80

Registration deadline: 1 week prior to each session

Please indicate your child's age and the spring or summer session when registering

YOUTH ACTIVITIES

NFL FLAG FOOTBALL PROGRAM (K—8)

The Verona Recreation Department will run the NFL Flag football program again this fall. Sign up your child based on the grade they will be entering for the **2016/2017** school year. Kids will get an official NFL league jersey. League games will be played on Saturdays, at Community Park. 4-8th grade games will include teams from Fitchburg, Mt. Horeb, Stoughton, Monona and Cross Plains. Additional practices will be scheduled by the coaches on weeknights throughout the season. Coaches are needed so please volunteer to coach your child's team. Program begins with the first practice Saturday, August 13th. Opening Kick-Off Weekend! The first day of games will be on Saturday, September 10th, 2016. To celebrate the beginning of a new Flag Football season, games will be starting in the afternoon and run into the evening with the older kids playing under the lights!

Session:	Grades:	Dates:
#1	K—1 Coed	8/13—10/15
#2	2nd Coed	8/13—10/15
#3	3rd Coed	8/13—10/15

Times (1 hour): 9:00AM—3:00PM, game times to vary
Cost if registered by: 7/15/16
Fees: R = $55 NR = $70
Add $10 if registered after 7/15/16

Session:	Grades:	Dates:
#4	4—5 Coed	8/13—10/29
#5	6—8 Coed	8/13—10/29

Times (1 hour): 9:00AM—3:00PM, game times to vary
Cost if registered by: 7/15/16
Fees: R = $65 NR = $80
Add $10 if registered after 7/15/16

WILDCAT YOUTH FOOTBALL

REGISTRATION: APRIL 1ST—JUNE 30TH

The Wildcat Youth Football program is an organization run by parent volunteers which is open to all children entering 4-8 grades within the Verona Area School District. The immediate goals of our program are to: I) provide each player with the skills and fundamentals to play the game of football. (II) to assure, to as great an extent as possible, a safe environment, both physically and emotionally, in which each player is encouraged to grow at his/her own rate. (III) To teach and model sportsmanship and respect coaches, officials, opponents and each other, as the players learn to enjoy and respect the game.

For more info or to register visit: www.wildcatyouthfootball.com. Or contact Nicole 608-577-7155
Coaches needed, please contact Tony at 843-9472 ***Reminder, this is NOT a Verona Rec Program**

VERONA AREA HIGH SCHOOL GIRLS BASKETBALL CAMP (K—10)

The Verona Area Girls Basketball program is running summer basketball camps for girls ENTERING grades K-10 (sign up for the grade your daughter will be Fall 2016). The K-8th grades camps will run the week of Monday, June 27th through Thursday, June 30th . Camp for girls entering 9th and 10th grade will be Monday, June 20th - Thursday June 23rd. To register, receive a camp brochure, or if you have any questions, contact Coach Angie Murphy at: 608-469-6641 or veronagirlsbasketball@gmail.com. Scholarships are available. All camps are at VAHS main gym and all campers receive a camp T-shirt.

Age Group:	Dates:	Times:	Fee:
K—2nd Grade	6/27—6/30	8:00—9:15AM	$35
3rd—5th Grade	6/27—6/30	9:30AM—12:30PM	$85
6th—8th Grade	6/27—6/30	1:00—4:00PM	$85
9th—10th Grade	6/20—6/23	3:00—5:00PM	$50*

*For incoming 9th graders, **free** for 10th graders

Reminder, this is NOT a Verona Recreation Program

To register, please contact Coach Angie Murphy at 608-469-6641 or veronagirlsbasketball@gmail.com

YOUTH ENRICHMENT

ENGINEERING FOR KIDS

In conjunction with Engineering for Kids, we provide children grades Pre-K-5th with fun, hands-on engineering enrichment that encourages team work and creative thinking. Professionally trained instructors will be directing each class. All classes to be held at the Verona Badger Ridge Middle School room 503.

Wings, Wheels & Sails

Everyone has to travel, and engineers are involved in all the steps of designing different modes of transportation, as well as inventing and designing tolls that aid in travel. Everyone's travel needs are different, whether they need to walk around their local community to do errands, or they need to be halfway across the world by evening! During this camp, students will get their passports and travel to a new country every day by a different means! They will engineer their mode of transportation daily to get to their destination country.

Dates: June 13—June 17
Grades: K—2nd
Time: 9:30AM—12PM
Fees: R = $168 NR = $188 **Min/Max:** 8/14

MinecraftEDU: Medieval Redstone

MinecraftEDU is an expansive game that lets players design and create unique worlds with amazing structures. One of the more complicated aspects of MinecraftEDU is Redstone, which is MinecraftEDU's version of electrical circuitry. This camp will introduce students to the many uses of Redstone through a Medieval themed adventure of creation, exploration and castle besieging. Students will make mine cart tracks to help them gather resources, work together to build their kingdom and design traps to defend their castle, all with the use of Redstone

Dates: June 13—June 17
Grades: 3rd—6th
Time: 1:30PM—4:30PM
Fees: R = $198 NR = $218 **Min/Max:** 10/20

Robotics: Mindstorms Ev3 Robo Battles

During the LEGO® Robo Battles camp, students create, program and control robots designed to perform challenges such as the SumoBots Challenge, Jousting Challenge and Catapult Challenge. Students use LEGO® Robotics and computers to learn principles of robotics, computer program and teamwork.

Dates: July 25—July 29
Grades: 3rd—6th
Time: 1:00—4:00PM
Fees: R = $168 NR = $188 **Min/Max:** 10/20

Game Design Camp: Racing Games

During our Electronic Game Design Racing cmap, students will use Multimedia Fusion 2® to create their own video game. Students design a racetrack, race cars and an environment in which their cars compete. At the end of the camp, everyone takes home a working Windows-compatible game.

Dates: July 25—July 29
Grades: 3rd—6th
Time: 9:30AM—12PM
Fees: R = $168 NR = $188 **Min/Max:** 10/20

WeDo LEGO Robotics Adventures

This class is a perfect mixture of fun and learning, involves open and structured build time using LEGO® bricks. Students build and program a giant escape, sailboat storm, fire truck, alligator and much more. They also learn how to program and operate their creations.

Dates: August 8—August 12
Grades: K—2nd
Time: 9:30AM—12PM
Fees: R = $168 NR = $188 **Min/Max:** 8/14

Agent of Change

Superheroes have amazing powers and limitless energy...what about the rest of us? Can we use wind and water to produce electricity? How can we harness the power to help others? These questions and more are explored as students team up to create their own lab and investigate energy sources and harness power. Be an Agent of Change and learn to capture wind and create light.

Dates: August 8—August 12
Grades: 3rd—6th
Time: 1:00—4:00PM
Fees: R = $168 NR = $188 **Min/Max:** 10/20

YOUTH ENRICHMENT

YOUTH DANCE

Classes are offered to give children the opportunity to learn the art and joy of dance, while gaining poise and building self confidence. This is a great way to give your children a taste of dance without having to make a big financial commitment. Each class will meet once a week for 30 minutes for 3—6 year olds & 45 minutes for children age 7 and up. Each session will run for approximately 5 weeks with a small presentation to culminate the program.

Lyrical/Contemporary: A combination of ballet and jazz technique, and lots of emotion. Students learn how to tell the story of the music through music through movement and emotions, as well as how to breathe life into the choreography.

Hip Hop: A freestyle, high energy dance that is upbeat and fun. Hip Hop dance relies on jazz technique while adding flair and attitude. Students dance to today's popular hip hop and pop music.

Jazz: A dynamic form of dance focusing on rhythm, expression and style. Forms and various styles of American dance are taught concentrating on coordination, isolated rhythmic movements and specific jazz technique.

Musical Theatre: Explore the theatrics of dance through the music from Broadway and musicals. This class focuses on portraying a character through choreography and technique. Students will learn how to act while they dance.

Classical Ballet: The most disciplined foundation for all dance forms concentrating on technical and linear development, proper alignment, turn-put, placement and coordination. A reinforced ballet vocabulary is also emphasized to all students involved in classical ballet training.

The Dance Instructor: Chelsea Moten began teaching dance 10 years ago at a dance studio in La Crosse, WI; specializing in children's Tap, Ballet and Jazz. For 6 years, she taught Ballet and Hip Hop outreach classes at daycare enters and elementary schools. She has been teaching dance here in Verona for the past 4 years. Miss Chelsea was 5 years old when she began dancing. She has studied Ballet, Pointe, Jazz, Tap, Modern and Hip Hop. Miss Chelsea has a passion for dance and is eager to share that passion with her students.

Class Minimum: 5 **Class Maximum: 10**

All classes will be held at the Verona Senior Center. Classes with low enrollment may be changed to accommodate more popular classes.

Youth Dance Summer Session # 1 **Monday June 27 – Wednesday July 27**		**Youth Dance Summer Session # 2** **Monday August 1 – Wednesday August 31**	
Monday	**Wednesday**	**Monday**	**Wednesday**
Ballet Age 3 – 4 4:10-4:40 pm	Jazz Age 3 – 4 4:10-4:40 pm	Ballet Age 3 – 4 4:10-4;40 pm	
Hip Hop Age 3 – 4 4:45-5:15 pm	Hip Hop Age 5 – 6 4:45-5:15 pm	Jazz Age 5 - 6 4:45-5:20 pm	Jazz Age 3 – 4 4:45-5:20 pm
Jazz Age 5 – 6 5:20-5:50 pm	Ballet Age 5 – 6 5:20-5:50 pm	Musical Theatre Age 5 – 6 5:20-5:50 pm	Hip Hop Age 5 – 6 5:20-5:50 pm
Musical Theatre Age 5 – 6 5:55-6:25 pm	Hip Hop Age 7 – 9 5:55-6:40	Lyrical Age 7 – 9 5:55-6:40	Ballet Age 5 - 6 5:55-6:25 pm
Ballet Age 7 – 9 6:30-7:15 pm	Lyrical Age 10 + 6:40-7:25	Jazz Age 7 – 9 6:40-7:25	Musical Theatre Age 7 - 9 6:30-7:15 pm
Musical Theatre Age 10+ 7:15-8:00 pm	Hip Hop Age 10 + 7:25-8:10	Hip Hop Age 10 + 7:25-8:10	Jazz Age 10 + 7:15-8:00 pm

Fees: Ages 3-4 & 5-6 R: $45 NR: $60 **Ages 7-9 & 10+ R: $50 NR: $65**

Registration Deadline 2 weeks prior to start date. Add $10 after deadline.

YOUTH ENRICHMENT

BORN TO MOVE® YOUTH EXERCISE CLASSES: NEW!

BORN TO MOVE® PRESCHOOL CLASSES:

Born To Move® classes are jam-packed with smiles, laughter, signing, and fun. This preschool class is all about action, adventure, discovery, and song! There's plenty of opportunity to develop self-awareness, balance, coordination, and concentration skills as they interpret music, explore motor skills, and move to a beat. Born To Move® is engaging, active, and an imaginative journey that is sure to have your preschooler falling in love with movement and music! All of our Born To Move® classes are led by licensed teachers with lots of experience working with children. Check out the link to learn more about Born To Move®: http://www.lesmills.com/borntomove/

Session: #1
Day: Wednesday **Time:** 10:30—11:15AM
Dates: April 13—May 18 (No class 5/13)
Ages: 3—5
Fees: R = $ 45 NR = $60 **Min/Max:** 4/12
Location: Verona Public Library Community Room

Session: #2
Day: Friday **Time**: 9:00—9:45AM
Dates: April 15—May 27
Ages: 3—5
Fees: R = $ 45 NR = $60 **Min/Max:** 4/12
Location: Verona Public Library Community Room

Session: #3
Days: Wed & Fri **Times:** 10:30—11:15AM
Dates: June 15—July 1
Ages: 3—5
Fees: R = $ 45 NR = $60 **Min/Max:** 4/12
Location: Badger Ridge Middle School Aux Gym

Instructor: Jackie Rood has a Bachelor of Science in Kinesiology from UW-Madison and a Master's Degree in Educational Leadership. Her broad fitness experience includes: Teaching Physical Education in the public schools, Teaching Group Fitness and Yoga classes to all ages, as well as Personal Training. Jackie is a National Trainer for Les Mills® and is passionate about teaching others about health & fitness.

BORN TO MOVE® 8-12 YEARS OLD CLASS:

When it comes to learning a whole lot of cool fitness moves; dance, martial arts, games, and yoga, this class is the way to go! Each Born To Move® class is jam-packed with cool music, a foundation of fitness skills, and games your kiddos will love. This class is designed for children to build not only physical skills but self-esteem and confidence! All of our Born To Move® classes are led by licensed teachers with lots of experience working with children. Check out the link to learn more about Born To Move®: http://www.lesmills.com/borntomove/

Session: #1
Day: Tuesday **Times:** 3:00—3:45PM
Dates: April 5—May 10
Ages: 8—12
Fees: R = $ 45 NR = $60 **Min/Max:** 4/25
Location: Glacier Edge Elementary School Gym
Instructor: Lindsay Herb has an MA in Elementary Education and has been working as an educator with elementary-aged kids for nearly 14 years. She is a licensed Les Mills: Born to Move instructor. Lindsay is a sports enthusiast and is constantly training for her next marathon!

KIDS KAYAKING

Back by popular demand! Spend two fun-filled afternoons learning how to kayak at the Verona Beach. This course, a partnership between the Verona Rec Dept and Rutabaga Outdoor Programs, will teach you kayak strokes and rescues. Come prepared to get wet and play some cool games, like Dead Fish Polo, as you develop your new paddling skills.
Ages: 8 & up
Dates: August 9 & 11 (Tuesday & Thursday)
Time: 1:30—4:30PM
Fees: R = 130 NR = $150 **Min/Max**—6/12

Registration Deadline: Two weeks prior to class
Indicate height and weight on registration form

YOUTH ENRICHMENT

RHAPSODY CLASSES

Youth music and art classes are available through the Verona Recreation Department and are offered in conjunction with Rhapsody Arts Center. All classes take place at 1031 North Edge Trail. Registration deadlines for each program are once week prior to the class start date. Rhapsody Arts Center staff will make confirmation phone calls one week prior to class start dates to families registered through the Verona Rec Dept. Rhapsody Arts Center is a non-profit community school of the arts. To see their full list of programs, please visit: www.rhapsodyarts.org

Babies Music(3—18mos. with caregiver)
Participating in music enhances bonding between you and your baby while encouraging the discovery of sounds. Watch as your child's natural instincts develop through singing and vocal play. **Instructor: Julie Mazer**
Wednesdays 10:00-10:30am June 8-July 6
R Fee: $60 NR Fee: $75 Min/Max: 5/10

Toddler Tunes (18mos.—3 years with caregiver)
Repetition of familiar tunes, dances, and stories stimulates the toddler's musical learning. By absorbing new melodies and predicting the movements that will accompany them, young children are more easily able to soothe themselves and develop critical listening skills. Come share this time with your toddler while singing and dancing to your favorite songs and learning new ones as well. **Instructor: Julie Mazer**
Wednesdays 10:45-11:30am June 8-July 6
R Fee: $85 NR Fee: $100 Min/Max: 5/10

Family Music (1—5years)
Children ages 1-5 and their caregiver are invited to sing, dance, and play together in this special mixed aged class. Activities will be adapted so that children of all ages can participate. This class is perfect for families with multiple children, older children who enjoy being role models, and younger children who are motivated by leadership from older children.
Instructor: Julie Mazer
Wednesdays 9:15-9:45am June 8– July 6
R Fee: $60 NR Fee: $75 Min/Max: 5/10

Kids N Keys (4—6 years)
This class engages children in singing folk songs, learning to play simple instruments, and introduces them to reading and writing simple music notation all within the process of developing basic keyboard skills. Kids N Keys is excellent preparation for private piano lessons or our beginning piano class.
Instructor: Amber Bruns **Sessions are not cumulative*
Wednesdays 4:00-4:45pm
R Fee: $105 NR Fee: $125 Min/Max: 3/4
SESSION 1: June 15-July 13 SESSION 2: July 20-August 17

Little Voices (4—6years)
Young singers come together and experience their first group singing class in Little Voices. This class introduces music notation and beginning singing techniques through vocal play and
music games. Students will put on a small presentation for family and friends on the last day of class.
Instructor: Emily Worzalla *Sessions are not cumulative
Tuesdays 10:00-10:45 June 14-July 12
R Fee: $105 NR Fee: $125 Min/Max: 3/8

Beginning Piano (6—8 years and 9—11 years)
Rhapsody's beginning piano class is ideal for the student with an interest in the piano and the parent with reservations about their child's commitment to study. No experience needed— we start with the basics! Class is limited to four students. *Students must have access to a piano at home for daily practice.*
Instructor: Amber Bruns *Sessions are not cumulative
6-8 yrs: Tuesdays 4-4:45pm
SESSION 1: June 14-July 12 SESSION 2: July 19-August 16
9-11 yrs: Tuesdays 5-5:45pm
SESSION 1: June 14-July 12 SESSION 2: July 19-August 16
R Fee: $110 NR Fee: $130 Min/Max: 3/4

Kids on Broadway(6—8 years and 9—11 years)
Play cool music games, build confidence in your voice, increase your projection and perform group and solo songs in this week-long class. Students will learn to sing popular Broadway hits with healthy vocal techniques. A small performance for family and friends featuring our budding stars will be held on the last day of class. **Instructor: Emily Worzalla**
6-8 yrs: M—F 1:00-2:00pm July 18th-July 22nd
9-11 yrs: M—F 2:00-3:00pm July 18th-July 22nd
R Fee: $110 NR Fee: $130 Min/Max: 3/12

Right Brain Rockstars(7—12 years)
In this class, we'll learn about and celebrate famous artists that have made awesome art over the years! There are so many men and women who have inspired artists of all ages, and we're going to spend time learning about them, and then making a piece of art in honor of our right brain rockstars! This class will be educational as well as hands on! Come join the creative fun! **Instructor: Jen Walkington** *Sessions are not cumulative
Wednesdays 11:00 pm-12:00pm June 29-July 27
R Fee: $95 NR Fee: $110 Min/Max: 3/12

Outside the Lines(5—10 years)
An art class designed for special needs kids who love to create! Projects will include sensory materials like clay, paper tearing, sponge painting, and more! Each week the students will create their own piece of art to take home and display. Parents are asked to stay with their child during all lessons.
Instructor: Jen Walkington *Sessions are not cumulative
Fridays 10:00 am-11:00 am July 1– July 29
R Fee: $95 NR Fee: $110 Min/Max: 3/10

STEAM
(8—12 years)
Does your child enjoy Science, Technology, Engineering, Art, and Math? This class combines them to create fun projects each week! We'll work with grids, symmetry, magnets, patterns, and pendulums all while making a cool piece of art to take home! **Instructor: Jen Walkington**
*Sessions are not cumulative
Wednesdays 9:45-10:45 am June 29-July 27
R Fee: $95 NR Fee: $110 Min/Max: 3/10

Learn more at campinvention.org or by calling 800.968.4332.

Sign up by March 21 to save $25!

Coming to Glacier Edge Elementary,
June 20 - 24, 2016

National Inventors Hall of Fame®

In partnership with the United States Patent and Trademark Office

ADULT ACTIVITIES

MAKEUP BY FRANCESCA

NEW!

A New York—Chicago makeup artist right in your backyard! Francesca Johnson has been in the makeup and beauty industry for 15 years. "I believe that beauty and make-up is an artful way of looking at yourself and understanding what makes you feel special. Your personality should always shine through."

Prom Perfect: Style & Makeup

What makeup style are you thinking about for prom this year? Learn makeup techniques for your face, whether it's natural or dramatic. Demonstration, questions and answers followed by one on one consults. Book this class! Seats are limited, tell your friends and reserve your spot today.

Session #1	April 8th, 2016	6:30PM—8:30PM
Session #2	April 10th, 2016	3:00PM—5:00PM
Fees: R $30	NR $45	**Min/Max:** 4/20

Mother's Day Glam

I am a mom of a daughter, and makeup is a conversation we are all going to have. I would love to help you talk to your daughter about makeup and give you tips and tricks to enhance your natural beauty. This is lovely way to treat your mom for her special day! Demonstration, questions and answers followed by one on one consults. Book this class! Seats are limited, tell your friends and reserve your spot today.

Session #1	April 22nd, 2016	6:30PM—8:30PM
Session #2	April 24th, 2016	3:00PM—5:00PM
Fees: R $30	NR $45	**Min/Max:** 4/20

All workshops will be held at The Purple Goose (400 W Verona Ave)
Featuring glō mineral products

ADULT COOKING CLASSES

NEW!

Do you struggle to fit cooking into your busy life? Are you sick of stressing out about what's for dinner? Would you like your meals and snacks to be easy, healthy, and delicious? Join Danielle Smith, MPH for two brand new series of healthy cooking classes this spring and summer!

All food and equipment will be supplied. After class, each participant will be emailed a PDF reference guide that reviews the tips and tricks covered in class, along with several recommended recipes. **Due to the advanced planning and grocery shopping required to prepare for class, we are only able to offer refunds if cancellations are made prior to five days before the class date.**

Basics of Healthy Cooking

Each class is a practical, interactive, and hands-on learning experience that will teach you a variety of basic skills that will help you become a healthier and more efficient cook.

Min/Max: 4/8 **Location:** VAHS Room #B135

Session #1) Fundamentals of Recipe Preparation and Organized Cooking (3/14/16 6—8:30PM)

Maximize efficiency and minimize stress in your kitchen! Learn how to properly interpret recipes, cook strategically, and maintain an orderly and safe cooking space.

Session #2) Pantry Stocking and Last Minute Cooking (3/28/16 6—8:30PM)

Prepare for those busy nights when you don't have time to find a recipe or stop at the store! Learn how to properly stock your pantry with healthy ingredients and throw together a healthy meal without investing a lot of time or thought.

Session #3) Flavoring with Herbs, Spices, and Seasonings (4/11/16 6—8:30PM)

Stop relying on high-calorie dressings and packaged sauces for flavor! Learn how to flavor your foods with a variety of nutritious and low-calorie herbs and spices.

Session #4) Preparing Foods in Advance (4/25/16 6—8:30PM)

Speed up cooking times in your kitchen without sacrificing taste or quality! Learn how to strategically pre-prepare foods that can be the basis for a variety of meals to ensure that you always have a fresh and healthy meal on stand-by.

Fees (per session): R: $55 NR:$70

Cooking with the Seasons in Wisconsin

Learn a variety of healthy and delicious ways to prepare local, seasonal ingredients in this series of classes. Each class is a practical, interactive, and hands-on learning experience that will teach you how to select, store, prepare, and cook in-season fruit(s) and vegetable(s).

Min/Max: 4/8 **Location:** VAHS Room #B135

May(5/16/16 6—8:30PM)**:** Asparagus, Spinach, and Rhubarb

June(6/13/16 6—8:30PM)**:** Arugula, Peas, and Strawberries

July(7/18/16 6—8:30PM)**:** Summer Squash, Green Beans, and Melon

August(8/15/16 6—8:30PM)**:** Tomatoes, sweet corn and raspberries

Fees (per session): R: $55 NR:$70

Instructor: Danielle Smith has a Master of Public Health from UW-Madison focused on food systems and the prevention of obesity and other chronic diseases. Through trial and error, Danielle has learned how to cook simple, healthy, and affordable meals that fit into her busy life. She now shares her knowledge and skills with others as a healthy home cooking coach. For more information, please see www.GetCookingWithDanielle.com.

ADULT ACTIVITIES

INSTRUCTIONAL TENNIS

If you enjoy tennis and are interested in learning more about the basics of tennis, this program is for you! This program is for beginner and intermediate tennis enthusiasts. Instructional tennis will cover the fundamentals of the forehand, backhand, serve, scoring and rules. Lessons will be held at the VAHS Tennis Courts. Come on out and play!

Session:	Day:	Time:	Dates:
#1 Adult Beg/Int	T & Th	6—7PM	6/20/16—7/28/16

Fees: R= $54 NR = $69

INSTRUCTIONAL GOLF

PGA Professional Ned McGinley will introduce the basics of the golf swing and game to you in a fun and relaxed environment. Lesson fee includes one round of golf and a PGA rulebook. Clubs are provided, or bring your own clubs for proper fitting. All lessons will be at Norsk Golf Club in Mt. Horeb. Registration deadline: 1 week prior to class.

Session:	Day:	Time:	Dates:
#1	T & Th	6—7PM	5/3/16—5/12/16
#2	T & Th	6—7PM	5/17/16—5/26/16
#3	T & Th	6—7PM	6/7/16—6/16/16

Fees: R= $75 NR = $90

ADULT SOFTBALL LEAGUES

For information on and of our Adult Softball Leagues, contact the appropriate commissioner listed below:
Coed Slow-Pitch: Mon nights, Jill Dudley, 712-2436
Men's Fast-Pitch: Tues night, Craig Neuroth, 438-2356
Over 35 Slow-Pitch: Thurs night, Dave Zurbuchen, 220-7077
Men's Slow-Pitch: Thurs night, Terry King, 249-8201

ADULT COED KICKBALL

New summer league! Get your friends together for this recreational kickball league! There will be no referees for this program. Teams will need a minimum of 5 men and 5 women. Sign up today! The season will being July 24th and run for 6 weeks.
Night: Sundays
Location: Community Park
Team fee: $50
Game times: 6:00—8:00PM

TRAIL WALK/RUN

Enjoy spring by exploring the trails offered in and around Verona. This class will take you off the main streets and onto a variety of trails. Each class will include a warm-up, trail walk, and stretch. Our meeting place will vary each week. Requirements: Good running shoes, ability to walk/run 30-45 minutes.

Instructor: Laurie Tackett
Laurie has a Bachelor of Science in Community Health Education and Corporate Fitness for UW-LaCrosse. She has been in the health and fitness field for over 30 years teaching a wide variety of fitness classes. Laurie is an avid runner/walker, and loves to keep fitness a part of her every day life. **Min/Max**: 5/15

Session:	Day:	Time:	Dates:
#1	Wednesday	6:30PM	4/6/16—6/8/16

Fees: R= $50 NR = $65

WALK RUN CLUB

Kick off Spring by joining us for a walk/run or combo of both around the neighborhoods of Verona. Warmup 5 minutes, walk 1 minute - run 4 minutes for 35-40 minutes, core strength 5 minutes, stretch 5 minutes. Wear comfortable clothes, good running shoes, and bring a yoga mat or towel and water. Meet at the high school PAC entrance.
Instructor: Laurie Tackett **Min/Max**: 5/15

Session:	Day:	Time:	Dates:
#1	Wednesday	5:30AM	4/6/16—6/8/16

Fees: R= $50 NR = $65

BIKING 101

NEW!

Explore the gravel and paved biking trails in and around Verona. Meeting locations will change weekly. Class is 90 minutes. Required: bike, helmet, water, trail pass.
Instructor: Laurie Tackett **Min/Max**: 5/15

Session:	Day:	Time:	Dates:
#1	Tuesday	6:00PM	5/3/16—6/21/16

Fees: R= $50 NR = $65

ADULT ACTIVITIES

TABATA ON THE TRACK

NEW!

Challenge yourself to a new workout! Tabata features 20 second strength activity/10 seconds rest for 4—8 sets. Class structure: warm up, Tabata interval, walk 1/4 of the track, repeat, Tabata interval, twice around track. Stretch. Required: water, large towel or yoga mat. Meet at the VAHS track. (no class 5/30)
Instructor: Laurie Tackett

Session:	Day:	Time:	Dates:
#1	Monday	6:30PM	4/4/16—6/27-16
#2	Tuesday	5:30AM	4/5/16—6/21/16

Fees: R= $60 NR = $75 **Min/Max**: 5/15

YOGA

This class is made for all fitness levels and focuses on vinyasa flow mixing in some yin and restorative poses. Cassie hopes that you will find yourself inspired and also notice enhanced flexibility, strength and less stress with each class.

Instructor: Cassie Slaby
Cassie has been practicing yoga for a little over 2 years. She recently received her 200 hour certification through Dragonfly Hot yoga.

Session:	Time:	Day:	Dates:
#1	6:00– 6:45PM	Wednesday	3/16-4/20
#2	6:00—6:45PM	Thursday	3/17-4/21
#3	6:00—6:45PM	Wednesday	5/4-6/8
#4	6:00—6:45PM	Thursday	5/5-6/9
#5	6:00—6:45PM	Wednesday	6/22-7/27
#6	6:00—6:45PM	Thursday	6/23-7/28

Fees: R= $30 NR = $45 Min/Max: 8/30

KNITTING

NEW!

Knitting 1: Beginner Kitchen Set
Looking to add some personality to your kitchen? Need a housewarming gift? Cast on, knit, purl, yarn over, knit 2 together and bind off while working on a stylish cleaning set. Learn to make dishcloths, potholders and scrubbies. See for yourself why so many people swear by handmade kitchen items!

Day: Mondays **Dates**: 3/28, 4/4 & 4/11 **Time**: 10AM—12PM
Fees: R: $35 NR: $50 **Min/Max**: 4/8

Knitting 2: Intermediate Hat
Do you know how to knit, purl and cast on? Take your knitting skills to the next level. Learn how to knit in the round with double pointed and circular needles. Increase and decrease stitches to shape a basic hat pattern and make it your own.

Day: Fridays **Dates**: 3/18, 4/1 & 4/8 **Time**: 12—2PM
Fees: R: $35 NR: $50 **Min/Max**: 4/8

YOGALATES

In this low impact class, we combine the benefits of both Yoga and Pilates in a meditative flow. Develop your core strength and stabilization through Pilates, and improve your flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation. Bring your mat and water bottle. All ages and abilities welcome. Class is 45 minutes.

Instructor: Lindsay Pelletier
Lindsay is a certified ACE Personal Trainer and Pilates Instructor. She has taught since 2007 and currently teaches at her studio: Hometown Pilates. Fitness and movement have always been a part of her life and she is happy to share this joy with others. When she is not teaching, she enjoys gardening, hiking with her dog, and making jewelry. She lives with her son and husband in Verona.

Session:	Day:	Time:	Dates:
#1	Tuesday	7:30PM—8:15PM	3/22/16—4/19/16 (no class 3/29)
#2	Tuesday	7:30PM—8:15PM	5/3/16—5/24/16
#3	Tuesday	7:30PM—8:15PM	6/7/16—7/12/16
#4	Tuesday	7:30PM—8:15PM	7/26/16—8/30/16

Fees: Min/Max: 8/30
Sessions1 & 2 R= $20 NR = $30
Sessions3 & 4 R= $30 NR = $45

For all exercise classes, please register one week prior to the start date. Add $10 to cost of class if registered within a week of the start of the class.

CROCHET

NEW!

Crochet 1: Beginner Farmer's Market Bag
Have you always admired those cute handmade market bags? Here is your chance to make one of your very own just in time for the Summer Farmer's Market. Learn basic crochet stitches from chaining to double crochet, while creating a bag with your own personal flair.

Day: Wednesdays **Dates**: 4/6, 4/13 & 4/20 **Time**: 10AM—12PM
Fees: R: $35 NR: $50 **Min/Max**: 4/8

*Each of these classes has a supply list that you must purchase. Upon registration, you will receive this supply list via email from Ali
All classes located at the Verona Public Library, Study room 123
Instructor: Renee Mettes has been passionate about needle crafts since her grandmother taught her to crochet at age six. Her love affair with crafts continued as she began knitting after her son was born. Renee is also passionate about teaching. Now she has the chance to combine her joy of teaching with the fun of crafting.

FAMILY ACTIVITIES

FIREMAN'S PARK BEACH

On those hot summer days, come and enjoy the sun and play in the water at the Verona Beach! The City of Verona offers outdoor swimming at Fireman's Park in the summer. The season runs from June 13—August 21. Come and enjoy the two water slides, one for the older kids and adults, and one for the younger kids to enjoy. The beach is staffed with certified lifeguards from 12:00PM—6:00/7:00PM, and has picnic tables, a beach house with changing rooms and concessions available for your convenience. Hours may be adjusted periodically due to weather or other circumstances. Children under the age of **8** must be supervised at all times by a responsible person **15** years of age or older. **Floatation devices of any kind are not allowed**. This year, you can pay for a season pass online at www.activityreg.com and you can pick up your pass at the beach. Season passes can also be purchased at the beach during open hours. The park offers great shore fishing for bluegill and bass with two piers available to fish off. There is no fishing in the swimming area while the beach is open. Join us for the 16th Annual Beach Bash on Wednesday, August 3rd, 4:00—7:00PM. Come and enjoy games, free food, prizes and music.

SEASON MEMBERSHIP RATES—2016

VERONA RESIDENTS	NON-RESIDENTS	COMBO BEACH/NATATORIUM MEMBERSHIP
$35 Youth	$60 Youth	$60 Adult
$50 Adult	$75 Adult	$110 Family
$90 Family	$140 Family	(Available to City of Verona Residents Only)

2016 BEACH HOURS		DAILY FEES	YOUTH	ADULT
June 13—June 21	12:00—6:00PM	Resident	$2.00	$3.00
June 22—August 7	12:00—7:00PM	Non-Resident	$4.00	$5.00
August 8—August 21	12:00—6:00PM	*Residents refer to people who reside inside the City of Verona*		
June 19—August 7	(Fridays) Opening at 9:00AM			

DISCOUNT TICKETS

In cooperation with the Wisconsin Park and Recreation Association, we are providing discount tickets to several attractions. Tickets will be available May 1—August 29 during normal business hours 8:00AM—4:30PM. Quantities are limited, don't delay!

ATTRACTION	YOUR PRICE	GATE PRICE	CHILDREN
Noah's Ark	$28	$41.64	Children under 3 are free
Great America—ANY Day	$47	$70.30	Children under 3 are free
Great America WPRA Week (July 2—10 ONLY)	$36	$70.30	Children under 3 are free
Milwaukee County Zoo	Adult: $11 Child: $9	Adult: $14.25 Child: $11.25	Children under 3 are free

FAMILY ACTIVITIES

PARK SHELTERS

The City of Verona has seven different park shelters (Harriet, Festival, Fireman's, Veterans, Community, Tollefson and Hometown Junction) that can be rented for family gatherings, parties and special occasions. Parks can be reserved in person or online at www.ci.verona.wi.us. Rental fee is $40/50 people for residents of the City of Verona and $60/50 people for non-residents of the City of Verona. Private individuals can once again sign up online at www.ci.verona.wi.us. Those reserving on behalf of an organization should call 845-6695 for more information.

Harriet Park: shelter, bathrooms, playgrounds, basketball court, tennis courts, street parking
Festival Park: large shelter, bathrooms, parking lot at City Hall
Fireman's Park: swim area, shelter, bathrooms, playground, soccer fields, parking lot
Veterans Park: shelter, bathrooms, playground, baseball diamonds, soccer fields, tennis courts, basketball court, parking lot
Community Park: shelter, bathrooms, playground, baseball diamonds, skate park, parking lot
Tollefson Park: shelter, bathrooms, playgrounds, kickball field, tennis courts, basketball court, street parking
Hometown Junction: shelter, bathrooms, along Military Ridge State Trail, parking lot

LEARN TO TURKEY HUNT

The Deer Creek Sportsman's Club will be sponsoring a spring learn to turkey hunt in cooperation with the Wisconsin Department of Natural Resources. Come learn turkey hunting methods including turkey biology, calling, decoy use, and safe hunting practices. The course includes a four hour classroom portion where participants will learn turkey hunting techniques and have an opportunity to sight in and familiarize themselves with a shotgun for the hunt. Participants will then go in the field for an actual turkey hunt the following weekend. There is no age limit to attend, but participants must be at least 10 years old by the day of the hunt. Hunters will hunt with an adult mentor, and parents are welcome to attend the hunt. No hunter education or special equipment is required. Camouflage clothing is helpful but not necessary. Firearms can be provided upon request. Participation is limited and will be on a first come basis. If you have five years of turkey hunting experience and wish to become a mentor for the program, please contact Ray Gildon.

Cost: Free Contact: Ray Gildon 608-832-6261
Dates: April 3, 2016 1 p.m.-5 p.m. (classroom)
April 9-10, 2016 hunting in the field (times will vary)
Location: Deer Creek Sportsman Club 8475 Miller Road, Verona, WI 53593

ART CART EXTRA

Art Cart Extra is back in Verona again this year! This program will be here August 6h from 2—4 PM at Veterans Park. Art Cart Extra provides **FREE** outdoor art-making experiences for kids and their families and is a program of the Madison Museum of Contemporary Art. Art Cart Extra carries portable art projects to parks in twelve Dane County communities. Individual and group art projects are planned for kids ages 3 through 8. Older kids are welcome too; all kids must be accompanied by a supervising adult. Activities are led by experienced art teachers.

Day:	Age:	Times:	Location:	Date:
Saturday	3—8	2:00—4:00PM	Veterans Park	August 6th

2016 Spring & Summer Program Registration Form
Verona Recreation Department
410 Investment Ct. Verona, WI 53593

For Office use only

Check # _____

Date _____

Last Name: _____ Address: _____ School: _____

City: _____ Zip: _____ Home Phone: _____

Mother's Name: _____Cell Phone: _____Email Address: _____

Father's Name: _____ Cell Phone: _____ Email Address: _____

Has any of your contact information has changed? Yes No

Program Name	Session	First Name/Gender	Birth Date	Grade (15-16 school year)	T-shirt size (YS,YM, YL, AS, AM, AL)	*Friend Request 1 per registrant	Fee
EX. Playground	#1	Allison/Girl	6/04/03	6	AS	Amber Jennings	$135

***Requests are for team sports only**. Requested individual must request you. **TOTAL FEE PAID: $**_____

Requests are not guaranteed, but we will do our best to grant them if it is at all possible.

Youth Sport Player Assessment

Height _____ **Weight** _____ **Speed** (Fast/Average/slow) **Skill** (Good/Average/Below) **Experience** _____

VOLUNTEER COACH? **Yes** (Circle) I would like to coach my son/daughter's team in this activity: _____

Name: _____ Day Phone: _____ Email: _____ Shirt Size: M L XL XXL

PLEASE READ THE FOLLOWING AND SIGN

"We the undersigned; hereby acknowledge that we are familiar with the risk and dangers inherent in recreational activities. We hereby grant permission for the undersigned child/ward to participate in such activity. We agree to hold the City of Verona, its officers, agents, and employees, both individually and in his or her official capacity, harmless from any liability for injury or damage to person or property as a result of the undersigned's participation in said activity(ies). We further agree that the person supervising the activity may, without further permission, take whatever step he or she deems necessary in case of injury. Which may include, obtaining emergency medical or dental care and to hold the City of Verona, its officers, agents, and employees harmless from liability in connection therewith as above specified."

_____ _____

PARENT/GUARDIAN SIGNATURE DATE

As a Parent and Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

Athlete Agreement: I_____ have **read** the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I understand the importance of reporting a suspected concussion to my coaches and my parents or guardian. I understand that I must be removed from practice or play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play. I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Athlete Signature_____ **Date**_____

Parent Agreement: I _____ have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected. I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach. I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian Signature_____ **Date** _____

ASSUME YOU ARE REGISTERED IN ALL THE PROGRAMS YOU HAVE SIGNED UP FOR.

THE VERONA RECREATION DEPARTMENT WILL ONLY NOTIFY YOU IF A PROGRAM IS FULL OR CANCELLED.

410 Investment Court, Verona, WI 53593

1) Including yourself, how many people live within your household?_____

2) How many children in each age group currently live in your household?
Ages: (indicate total number in each age category)

1-3_____ 10-12_____

4-6_____ 13-15_____

7-9_____ 16-18_____

3) What programs offered by the Verona Recreation Department have you or anyone in your household participated in?
Programs: (please check each program that someone within your household has participated in)

Youth Dance: _____ Baseball Instruction:_____

Youth Soccer: _____ Adult Volleyball: _____

Youth Flag Football_____ Adult Basketball: _____

Youth Baseball: _____ Golf Instruction: _____

Youth Basketball _____ Tennis Instruction:_____

Playground Program:_____ Softball Instruction:_____

Verona Beach: _____ Other: _____

4) Does online registration benefit your family? YES NO

5) Are you satisfied with the quality of the programs you have participated in?
YES NO

6) Are you satisfied with the type of programs offered through the City of Verona Recreation Department?
YES NO

7) What improvements would you like to see in the programs offered by the City of Verona Recreation Department?

_____
_____
_____

8) What type of programs or classes would you like to see offered from the City of Verona Recreation Department?
_____
_____
_____

Please email additional comments or concerns to casey.dudley@ci.verona.wi.us or ali.tackett@ci.verona.wi.us

VERONA PUBLIC LIBRARY

500 Silent Street, Verona, WI 53593●Phone: 608.845.7180●www.veronapubliclibrary.org●vpl@ci.verona.wi.us
Monday—Thursday 9AM—9PM● Friday 9AM—5PM●Saturday 9AM—4PM

YOUR PUBLIC LIBRARY PROVIDES: Books, Magazines & Newspapers, Audio Books, Large Print Books, DVD's & Blu-rays, Music CD's, Video Games, Internet & High Speed Wireless, Computer Lab, Laptops for Checkout, Copier & Scanner, Fax Service, Meeting Rooms, Local History Collection, Exam Proctoring, Computer Classes, Children's Story Times, Teen Events, Computer Classes, Adult Events, Research Assistance, and Volunteer Opportunities.

VERONA
public library

Adult Programs at the Verona Public Library

The Poets of Tin Pan Alley
Tuesday, March 1, 6:30-7:30 p.m.
The Great American Songbook comes to life through the work of four leading lyricists of the era: Irving Berlin, Cole Porter, Lorenz Hart, and Ira Gershwin.
Inspired by the work of Philip Furia, author of *The Poets of Tin Pan Alley: A History of America's Great Lyricists*, Four Seasons Theater presents some of the best local singers to introduce you to the songsmiths of Tin Pan Alley and to perform the poetry that made the world sing. This program is made possible by Four Seasons Theatre with support from Beyond the Page, National Endowment for the Humanities and the Madison Community Foundation.

Legends of the Leprechauns: A Live Radio Play For All Ages
Tuesday, March 8, 6:30-7:30 p.m.
This radio play, performed by HeartLine's Theatrical Productions, will introduce the audience to Celtic folk tales collected by William Butler Yeats and Thomas Crofton Croker. Funded by a grant from Beyond the Page.

Awakening the Silent Messages of Animal Telepathy
Thursday, March 24, 7-8 p.m.
Imagine knowing what your animal companions are saying. Asia Voight, expert animal communicator, will show you how to open the connection with your dogs, cats, and horses.
Bring photos of your animal companions for a chance for a free reading. Please leave your animals at home.

Phosphorus in the Badger Mill Creek and Sugar River
Tuesday, March 29, 6:30-8 p.m.
Marty Cieslik, assistant director of Verona's Public Works department, will discuss phosphorus levels and management in the Badger Mill Creek and Sugar River and stormwater management rebate opportunity for city of Verona residents.

The Joy of Life Story Writing
Thursday, March 31, 7-8 p.m.
Ever thought about writing your life story? Linda Abbott, founder of Never Forget Legacies & Tributes, will show you how to capture and preserve your family's memories and stories.

Origami Folding: The Art, History and Culture
Wednesday, April 13, 6:30-8:30 p.m.
Ruthanne Bessman, world-renown artist, will present the art, history and culture as it related to origami. Each attendee will create origami models to take home. Funded by a grant from Beyond the Page.

Getting to Know Medicare
Monday, April 25, 6:30-8 p.m.
Whether you're planning to enroll in Medicare or have had it for years, most people have questions. Plus, changes occur regularly. Have your questions answered by Jesse Grutz, a Wisconsin licensed insurance agent.

Spotlight Polka Band
Thursday, April 28, 6:30-8 p.m.
Performance by Spotlight Polka Band. Dancing is encouraged. Funded by a grant from Beyond the Page.

Strategies for Social Security and Retirement Income
Wednesday, May 4, 6:30-8:30 p.m.
There are more than 500 different combinations of Social Security benefits for married couples.
Jesse Grutz, from The Retirement Classroom, will help you decipher this government program by discussing the basic rules and taxation of Social Security income, various options of collecting it, and calculation of benefit.

VERONA PUBLIC LIBRARY

Insurance for Your Business
Tuesday, June 7, 6-7:30 p.m.
Protect your business with the correct type of insurance. Learn why you need insurance, what each type covers, and where to buy it. Presented in partnership with the Wisconsin Women's Business Initiative Corporation. Registration required. Call 608-257-5450.

Antique and Collectibles Appraisal Event
Saturday, July 9, 10 a.m. – 1 p.m.
It's time to look through the attic or the garage. Bring your antique/collectible item to see what, if any, historical or monetary value they may have. Author and antiques expert, Mark F. Moran (*markfmoral.com*), will be available to appraise objects. Registration required. Limited to 40 participants and one object.

Computer Classes
Computer training will be provided by John Harris from Harris Multimedia & Computers.

Computer 101
Wednesday, Feb. 17, 6:30-8:30 p.m.
Learn basic computer components and how to navigate the Windows environment and operate the mouse. This class is designed for beginning computer users. Registration required.

Microsoft Word 2010 Basics I
Wednesday, March 16, 6:30-8:30 p.m.
Use features and programs of Work 2010 to create professional-looking documents. Registration required.

Microsoft Word 2010 Basics II
Wednesday, March 30, 6:30-8:30 p.m.
Learn formatting techniques to create tables, page breaks and lists. Plus, learn how to use shortcut keys. Registration required.

Microsoft Access
Wednesday, April 20, 6:30-8:30 p.m.
Learn what Access is, why and when to use it, how to set up and retrieve data from a basic Access database, and how to set up a basic Access form for data input. Registration required.

Introduction to Microsoft Excel
Wednesday, May 11, 6:30-8:30 p.m.
Create and revise a Microsoft Excel worksheet, including formulas and functions. Format and sort data, and create charts. Registration required.

Intermediate Microsoft Excel
Wednesday, May 25, 6:30-8:30 p.m.
Build on the skills learned in Introduction to Microsoft Excel. Registration required.

PowerPoint Basics
Wednesday, June 1, 6:30-8:30 p.m.
Use Microsoft PowerPoint, to create a basic slide presentation. Registration required.

Word on the Street 5K Run/Walk to benefit the Verona Public Library
Saturday, May 21
5K run/walk start time 8:00 am
Kids 1/4 mile or 1/2 mile run start time 9:15 am
The course will begin and ends at the Verona Public Library and goes through residential streets and along the park road in scenic Badger Prairie Park. Running-related quotes on signs and in chalk along the course will keep you inspired and entertained! All proceeds from the event will go directly to the Verona Public Library Endowment fund to fund events, programs, and learning opportunities for all ages. Register online at veronapublicli-brary.org/5k.

Story Times at the Verona Public Library
Spring Session: March 28 – May 6
Summer Session: TBA
Story times are drop-in, no registration.

Baby Story Time (ages 0-18 months)
A lap-sit story time for infants and their caregivers.
20 minutes with playtime afterward.
Fri 10:30 am

Toddler Story Time (ages 1 & 2)
Stories, songs, fingerplays, & crafts for toddlers and their caregivers. 30 minutes.
Mon 9:30 am
Wed 9:30 am
Thurs 9:30 am

Preschool Story Time (ages 3-5)
Stories, songs, & crafts. Child may attend independently or with an adult. 30 minutes
Wed 10:30 am
Thurs 10:30 am

Everybody Story Time (ages 0-5)
Stories, songs, and crafts for children and their caregivers.
30 minutes. No registration.
Mon 10:30 am
Tues 9:30 am & 10:30 am

Sensory Friendly Story Time (ages 3-5)
Build communication & friendship skills in a supportive environment. Meets throughout the school year except holidays and school breaks.
Fri 9:15 am

For more events for children and families, please visit our website veronapubliclibrary.org

SENIOR CENTER ACTIVITIES

FUNCTIONAL FITNESS CLASS

MY GOALS FOR YOU: Increase strength, Improve balance, Reduce pain & fatigue, Restore joint range of motion, Improve overall health

These classes can improve your ability to function independently in your daily activities & enjoy moving. Hopefully it will help you find "play in your life".

Days: Tuesdays **Time:** 9:00AM
Instructor: Deb Stevens

MELT

Did you wake up this morning feeling like your feet or low back were a little stiff? If this sounds familiar, then this MELT Class is for you. In this 8-week session, all-levels class you will learn the primary cause of pain and will be taught simple, self-care techniques you can do at home to remain active, healthy and pain-free for life. Using specialized soft body rollers and small MELT Hand and Foot Treatment Balls to simulate the results of manual therapy, you will learn how to reduce inflammation, ease chronic neck and low-back strain, and more. The MELT Method was developed for the general public as a self-care tool to prevent and relieve chronic pain. It's an essential addition to any wellness or fitness routine.

Day: Wednesdays **Time:** 11:00AM
Instructor: Liron Weiss

CORE STRENGTH

Days: Thursdays **Time:** 2:00PM
Instructor: Led by Seniors

TAI CHI I & TAI CHI II

Tai Chi classes are offered at the Verona Senior Center by Jody Curley, M.A., designated a Master Instructor by her teacher of over 30 years, Grandmaster William C.C. Chen of New York City. Tai Chi Chuan originated in China hundreds of years ago as a health practice, meditation and self-defense art, and it is now practiced principally for improvement and maintenance of balance, mobility, strength, range of motion and stress management. Many studies have verified its health benefits. Tai chi is gentle to joints, slow enough that it helps to prevent injury while exercising, and when coordinated with breathing, it becomes a moving meditation. It can be adapted to make it accessible to people with a wide variety of limitations and special needs. And it feels good!

Days: Fridays **Time:** 10:00 & 11:15AM
Instructor: Deb Stevens

LINE DANCING

Join our class and meet some of the most fun and sassy seniors in the Verona area for an hour of line dancing and fun. Beginners are always welcome! Register now for the next 8 week series.

Days: Thursdays **Time:** 3:30PM
Instructor: Marlene Cordes

SENIOR FITNESS CLASSES

Fitness training is an important aspect of senior health for both men and women. The main goal of Shannon's classes is to improve your quality of life. She wants you to be able to walk reasonable distances without tiring, walk up and down stairs without difficulty, and be able to play with your grandchildren without problems getting down on the floor and back up again. She stresses fitness not only for mobility but also for fall prevention.

To achieve these goals, the 1-hour classes involve whole body workouts with a common theme of strengthening your body's core muscles. The classes typically involve four components.

Strength training – Strength training involves using lightweight dumbbells, bands, and stability balls. Participants across all strength levels can participate.

Balance – Exercises are performed that target and strengthen the balancing muscles in the core, ankles, and hips.

Flexibility – Flexibility is targeted through stretching exercises which may involve gentle yoga or chair yoga.

Cardiovascular endurance – Cardiovascular endurance is improved through functional fun movements and may involve walking, dancing, and even boxing exercises.

Classes are open to seniors of all levels—beginners to advanced. No prior exercise experience is necessary. The exercises can be performed standing or modified to enable you to perform them while sitting in a chair. Participants are encouraged to work at their own pace and listen to their body.

Shannon has been teaching senior fitness classes for over 3 years. She has taken continuing education classes to earn certifications in stability, balance and the cognitive function of seniors.

CHAIR YOGA

Days: Thursdays
Time: 9:50AM

KEEPING FIT

Days: Mondays & Thursdays
Time: 8:45AM

YOGA

Days: Fridays
Time: 8:45AM

All of these 8 week exercise classes are $35. To find out the start date for these classes, please contact the Senior Center at 845-7471.

SENIOR CENTER ACTIVITIES

FOOT CARE CLINIC

Appointments must be made in advance. The cost is $20.00, payable to Home Health United. Please bring (2) towels for your own use. Fingernails can also be done at the same appointment time for an additional $10.

Mondays Appointments begin at 8:45 AM

DIABETIC FOOT CARE

Call early! Appointments are required and fill quickly. The cost is $28.00 per visit, payable to Home Health United. Please bring 2 towels with you to your appointment.

4th Monday of the Month
Appointments begin at 8:45 AM

FOOT REFLEXOLOGY

The therapist applies pressure with thumb and finger to ends of nerves to help bring about increased circulation, a balancing effect, and a relaxation which enhances general well-being. 30-minute session for $20; 1 hour, $40. Appointment needed.

1st Tuesday of the Month
3rd Thursday of the Month
Appointments begin at 8:45 AM

CHAIR MASSAGE

Enjoy the benefits of a massage of the neck, head, back, shoulders, and arms. A 15-minute session is $10.00; a 30-minute session is $20.00. Call 845-7471 to schedule an appointment.

Tuesdays: Except First Tuesday
Appointments begin at 8:45 AM

NURSE BARBARA

Barbara does blood pressure and glucose checks, weigh-ins, and informal discussions of your health and nutritional goals and concerns. Most of the services available with Nurse Barbara are on a "drop-in" basis, but you can call the Senior Center, 845-7471, if you would like to make an appointment for a private consultation.

Wednesdays from 9:30 AM-2:00 PM

CLUB 108

Club 108 is a program for individuals with early memory loss. There is no cost for the Club. We currently have openings for this program. If you are interested in enrolling or have questions, please contact our case manager, Becky Losby, at 845-7471.

Every Wednesday 10:00-11:30 AM
1st & 3rd Tuesdays
(During Caregivers Support)

LOW VISION SUPPORT GROUP

Join Rita Martin for this once a month support group for those care for or those effected by low vision. This group will meet the second Tuesday of each month.

2nd Tuesday of the Month 10:30 AM

VETERANS CLUB

All branches and all age groups are welcome. Please call Becky Losby with any questions at 845-7471.

3rd Thursday of the Month 3:00 PM

CAREGIVERS SUPPORT GROUP

This group meets on the first and third Tuesday of the month. All caregivers or former caregivers are welcome! RSVP not required; however, if you need transportation please call Becky at 848-0432.

1st & 3rd Tuesday of the Month 10:00 AM

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VERONA SENIOR CENTER

These activities are organized through the Verona Senior Center. If you have any questions regarding Senior Center activities or services, please contact the Senior Center at 845-7471

Wisconsin YOUTH
where kids thrive beyond the school day

2016 Summer of
CHAMPIONS

Verona's Camp Wildcat Offers:

- Weekly summer day camp enrollment June 13 through August 19
- Camp hours 9 a.m.-4 p.m.
- Before and after camp care available (7:30-9 a.m. & 4-5:45 p.m. no additional cost)
- **Half-day afternoon camp option for summer school students | 11 a.m.-4 p.m.**
- Ages 5-11 (entering grades K-5)
- Weekly theme-based activities, swimming/aquatic fun at local splash pads, pools and beaches, field trips, Friday festivals and more!

Wisconsin Youth Company Also Offers:

Middle School U • Entering grades 6-9
Hands-on hobby & life skills courses

Immersion Camps • Entering grades 1-9
Circus, Theater & World Language

Wander Wisconsin • Entering grades 3-8
Travel Clubs & Wander Immersion Camp

Registration begins in March
608-276-9782
www.wisconsinyouthcompany.org

Summer Adventures Above and Below Ground !

CAMP BRIGHAM

HALF DAY - FULL DAY - WEEKLONG
Day Camps for Ages 5-12

at
CAVE OF THE MOUNDS®
National Natural Landmark

NEW Verona Shuttle Stop
Reddan Soccer Park

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WHERE KIDS ROCK!

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groups@caveofthemounds.com
www.caveofthemounds.com

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430 East Verona Ave.
845-2010
www.culvers.com

PLEASE DOWNLOAD REGISTRATION FORM FROM THE WEBSITE

Verona Little League

2016 REGISTRATION STARTS FEBRUARY 1ST

Verona Little League (VLL) registration opens February 1st and closes on March 1st. The VLL newsletter is available on the website, and there are hard copies at the Verona and Fitchburg public libraries, as well as Miller & Sons.

Visit veronalittleleague.org for more information

GO WILDCATS!

VERONA SOCCER CLUB

Interested in enhancing your soccer skills?
Verona Area Soccer Club is the place for YOU!

- Ages 6-17 years old
- Skills Development Clinics
- Summer Camps
- Excellent Coaching

Contact Us!
(608) 848-7616
admin@veronasoccer.org
www.veronasoccer.org

Spring Registration NOW OPEN!

VERONA LACROSSE

Register Online:
www.veronalacrosse.com

Experience the fastest game on two feet!

Boys & Girls Grades 2nd - 12th

NEW PLAYERS WELCOME!

*February Kickoff Meetings Scheduled
*Free Open Gym Practices Jan. - March
*Season Runs March - June 2015

VERONA AREA GIRLS SOFTBALL ASSOCIATION

VAGSA is a non-profit organization committed to providing opportunities for recreational, competitive, and tournament softball to all girls in the Verona area ages 5-18. The program encourages the development of solid fundamentals through age & skill appropriate leagues and camps administered by experienced former players and coaches. We offer three levels of softball opportunities including recreational leagues, competitive leagues, & traveling tournament teams (Cougars). Our program affords both experienced players and athletes new to softball a fun & safe environment to experience the game and build new friendships along the way. In conjunction with the Verona Rec Dept we offer an Instructional Softball program that runs throughout the summer. Players are encouraged to participate in both league play and the instructional program.

Preseason Warm-Up Clinic: Preseason Warm-Up Clinic for any players wishing to "brush-up" their skills before the summer begins!
Cost: $25 **Where:** VAHS Main Gym **When:** April 10

Skill Evaluation: Skill evaluation determines player placement on recreational and competitive teams for the summer league season.
Where: VAHS Main Gym **When:** April 17

PROGRAMS & FEES (Grade refers to the current 2015/16 grade):

Registration Fees	**District***	**Non-District***
3rd - 4th Grade Girls League	$100	$120
5th - 12th Grade Girls League	$125	$145
Competitive League (additional fee)	**District***	**Non-District***
10U Birth-years 2005-2008	$75	$75
12U-18U Birth-years 1999-2004	$50	$50

(Competitive leaguers will be age based)
**Verona Area School District and subject to a $25 cancelation fee.*
For registration materials and more information, visit our website: www.vagsa.org. Be sure to invite your friends to join you.

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