

Oconomowoc Parks, Recreation & Forestry 2017 Spring-Summer Activities Brochure



DID YOU KNOW?

Parks and Recreation Centers serve as an affordable place for people to exercise, enjoy nature, and spend time with their family and friends. Find out more great stuff about your local recreation opportunities inside!

**REGISTRATION
BEGINS MARCH 13**

**2017 Spring-Summer
City Newsletter Inside**

Welcome to Rec Desk

WE HAVE NEW REGISTRATION SOFTWARE, WOO HOO!

Rec Desk is our new registration software.

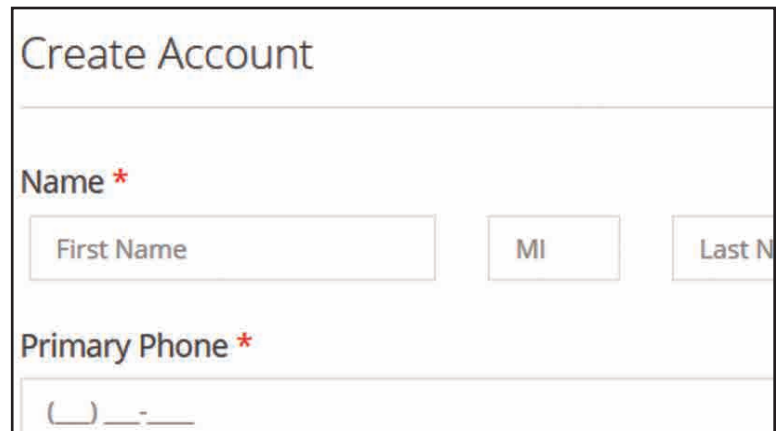
EVERY member must create a new profile in Rec Desk.

1.

Access our registration site online at <http://oconomowoc.recdesk.com>

You will start by creating an account.

Fill out your general information and create a username and password.

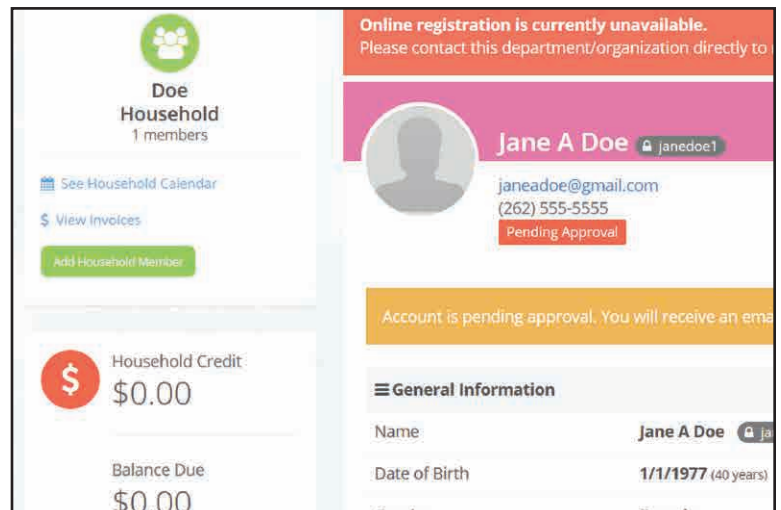


2.

After you successfully enter all your information, you will receive a notice that your account is pending approval.

You can also see that your account information has been created.

You can add more family members, and access other information for your profile.



PLEASE REMEMBER

- Accounts can only be verified during business hours. Business hours are 8 a.m. to 5 p.m. Monday through Friday.

* If you create an account on the weekend, it cannot be verified and used until Monday.

- You will be notified via email when your account is approved.

- Your verification email will include a link to the registration site.

Department Information

Contact Us

Parks, Recreation & Forestry Department
220 W. Wisconsin Ave
Oconomowoc, WI 53066

Monday - Friday
8am - 5pm

PHONE: (262) 569-2199

FAX: (262) 569-3221

www.oconomowoc-wi.gov/parks

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Staff

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John Kelliher

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Jennifer Froemming

Parks & Forestry Superintendent

Bryan Spencer

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Jennifer Clayton

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Scott Antonneau	Vice President
Jeff Schmidt	Alderman
Matt Rosek	Alderman
Bruce White	
Denny Daggett	
James Hall	
Lauren Wittnebel	

Policy Information

Recreation Program Refunds

Canceled Programs:

- A full refund will be issued.
- Online credit card processing fees will not be refunded.

The City reserves the right to cancel or combine any activity due to insufficient registration or for any other reason that would prevent the department from providing a quality program. The Department will make every effort to make up classes canceled due to inclement weather. Facility availability or other factors may prohibit classes from being made up therefore the Department does not guarantee make-up classes.

Requesting a Refund:

- Refund requests must be submitted in writing at least one week prior to the start date and are subject to review.
- No refunds will be issued after the start of a program.
- A \$10 processing fee will be assessed per person and per program.
- Online credit card processing fees will not be refunded.
- Refunds due to medical reasons will be prorated to reflect classes attended and direct costs to the department.
- Refund requests for contracted programs must be submitted ten days prior to the class start date.
- Trip registrations are non-refundable.

Missed Classes:

- Refunds will not be issued for individual classes missed.
- Missed classes will not be made up nor may the participants attend any other class in its place.

Non-Residents:

- The non-resident fee will be refunded in full.
- Yearly non-resident cards will not be refunded.

Receiving Your Refund:

- Accepted refund requests are processed through City Hall and a check will be mailed within two weeks.
- Credit card transactions will be credited to the card within two weeks.
- A refund can be credited to your Parks and Rec account.

Recreation Program Transfers

- Transfer requests must be made at least one week prior to the start date with the exception of level advancement determined by the instructor.
- A \$10 processing fee will be assessed per person and per program excluding level advancement transfers.
- Transfers are subject to availability of the desired class.

Park Rental Refunds

- A full refund will be issued up to two business weeks from the reservation date less a \$10 processing fee.
- Reservations canceled within two business weeks from the reservation date are non-refundable.
- The non-resident fee will be refunded in full.

REGISTRATION DEADLINES

- **Summer Session registration begins March 13**
- **Registration deadlines are one week prior to the program start date unless noted otherwise.**
- **Late registrations are accepted only if spots are available in the class and will be subject to a \$10 late fee.**

WEATHER CANCELLATIONS

You can find weather cancellation postings on the Parks Department page of the City website, www.oconomowoc-wi.gov/parks under News and Announcements. We make every effort to hold class but safety comes first.

Weekday cancellations will be posted on the website by 4 p.m. Any cancellations made after 4 p.m. will be made on site. When time permits, we will post cancellations made after 5 p.m. or on weekends. After-hour and weekend cancellations may not be posted on the website. If unsure, report to the site and recreation department staff will direct you.

- We make every effort to make up classes canceled resulting from inclement weather.
- There is no guarantee that this will be possible.
- No refunds will be given.

NEW PROGRAM IDEAS

Suggestions for new programs, or improvements to existing programs, are encouraged and can be presented to the Recreation Manager.

EMPLOYMENT OPPORTUNITIES

You can find information on current job openings or and employment information at www.oconomowoc-wi.gov.

PHOTO POLICY

For program promotion, photographs may be taken of participants. If you do not wish to have your photo taken, please notify the photographer or class instructor. Photographs will be shared on city social media sites, the city website and in department promotional materials.

ANTI-DISCRIMINATION POLICY

It is the policy of the City of Oconomowoc Parks, Recreation & Forestry Department that no person shall be excluded from participation or subjected to discrimination on the basis of race, color, national origin, age, sex or religion.

INFORMATION DISCLAIMER

Information in this brochure is subject to change without notice.

The Oconomowoc Parks, Recreation & Forestry Department is not responsible for errors nor omissions. Please speak with Parks, Recreation & Forestry Department associates for the most up-to-date information.

Registration Information

You can sign up online! Visit www.oconomowoc.recdesk.com

You can also sign up in person

1. Complete a registration Form (page 6)
 - Include non-resident fees if applicable (See residency policy below)
 - Include a \$10 late fee if applicable (see page 4)
 - Make checks payable to "OPRD"
 - Receipts will be emailed.
2. Complete a waiver (page 7)

**Registration for
summer classes
begins March 13**

Return forms and payment by mail, drop box, or in person at:

Oconomowoc Parks, Recreation & Forestry Department
220 W. Wisconsin Avenue, Oconomowoc WI 53066

Office Hours: Monday-Friday from 8am-5pm

24 hour Drop Box outside front doors

No Phone Registrations

RESIDENCY POLICIES

RESIDENTS Residents are those who reside in the city and pay City of Oconomowoc taxes.

NON-RESIDENTS Individuals who reside outside the City of Oconomowoc.
This includes the Town of Oconomowoc.

PROGRAMS HELD ON CITY PROPERTY

When a program is held on City Property (Community Center, Park, Beach, etc.), non-residents must pay a non-resident fee in addition to the program fee.

PROGRAMS HELD ON SCHOOL DISTRICT PROPERTY

When a program is held on school district property (Park Lawn, High School, etc.) those residing outside of the school district must pay an out of district fee in addition to the program fee.

NON-RESIDENT FEES ARE PER PROGRAM

Non-residents may choose to pay a per-program non-resident fee calculated as an additional 50% of the program fee. The additional fee will not exceed \$25 per program.

NON-RESIDENT YEARLY FEE

Non-residents may choose to purchase a yearly membership card for \$50 per person or \$150 per family plus tax. All family members must reside at the same address. The yearly membership card expires one year from date of issuance as the date corresponds with the start of the program.

EXCEPTIONS

Season swimming bands will require a \$25 non-resident fee per person in addition to the band fee.

Adult team programs with a non-resident team will not be eligible for the per program option and must pay the \$50 plus tax non-resident fee.

City park and shelter rentals will require a non-resident fee of \$50 plus tax in addition to the rental fee.

Registration Form

Activity Payer

PLEASE DO NOT LEAVE ANY BLANKS

NAME _____

PHONE _____

EMAIL _____

NEW CUSTOMER? ALSO COMPLETE THE CUSTOMER ACCOUNT APPLICATION ON THE NEXT PAGE

Activity Participants

NAME _____

AGE _____

BIRTHDATE _____

SEX _____

GRADE _____

T-SHIRT SIZE _____

ACTIVITY NAME _____

SCHOOL _____

DAY/TIME _____

NOTES _____

SESSION DATES _____

COACHING _____

ACTIVITY FEE (PER SESSION) _____

Photos may be taken for promotional use only

N.R. FEE _____ N.R. #(IF APPLICABLE) _____

Sign a waiver for each participant and program.

TOTAL FEE _____

NAME _____

AGE _____

BIRTHDATE _____

SEX _____

GRADE _____

T-SHIRT SIZE _____

ACTIVITY NAME _____

SCHOOL _____

DAY/TIME _____

NOTES _____

SESSION DATES _____

COACHING _____

ACTIVITY FEE (PER SESSION) _____

Photos may be taken for promotional use only

N.R. FEE _____ N.R. #(IF APPLICABLE) _____

Sign a waiver for each participant and program.

TOTAL FEE _____

Waiver

WAIVER AND RELEASE OF LIABILITY AND INDEMNITY AGREEMENT

In conclusion of being permitted to enroll and participate in the _____ program to be conducted on City of Oconomowoc premises, and to accept City services and attend said program for any purpose, including but not limited to observation, or use of facilities or equipment, or participation in said program, without respect to location, the undersigned, for himself/herself and any personal representatives, heirs and next of kin, hereby acknowledges, agrees and represents that he/she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities and the program. It is further warranted that such entry onto and into the City of Oconomowoc premises for observation or use of facilities and equipment thereon or affiliated programs have been inspected and carefully considered, and that the undersigned finds and accepts the same as being safe and reasonably suited for the purpose of such observation, use or participation.

In further consideration of being permitted to participate in the aforementioned program for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the aforementioned program, without respect to location, the undersigned hereby agrees to the following:

- The undersigned hereby releases, waives, discharges, and covenants not to sue the City of Oconomowoc, its officers, employees and agents (hereinafter referred to as "Releasees") from all liability to the undersigned, his/her personal representatives, assigns, heirs and next of kin for any loss or damage and any claims or demands therefor on account of injury to the person or property resulting in the death of the undersigned, whether caused by the negligence of Releasees or otherwise while the undersigned is in, upon or about the premises or any facilities or equipment therein, or participating in any program affiliated with the City without respect to location.
- The undersigned hereby agrees to indemnify and save and hold harmless the Releasees and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned in, upon or about the City premises or in any way observing or using any facilities or equipment of the City or participating in any program affiliated with the City, whether caused by the negligence of the Releasees or otherwise.
- The undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage due to negligence of Releasees or otherwise while in, about or upon the premises of the City and/or while using the premises or any facilities or equipment thereon, or participating in any program affiliated with the City program.
- The undersigned further expressly agrees that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as is permitted by the laws of the State of Wisconsin, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
- The undersigned has read and voluntarily signed the release and waiver of liability and indemnity agreement and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

Dated: _____

Participant's Signature

Print Name

For Parents/Guardians:

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees and, for myself, my heirs, assigns and next kin, release and agree to indemnify the Releasees from any and all liability incident to my minor child's involvement or participation in the above program, even if arising from negligence of the Releasees. This release includes all costs for medical treatment for which I and my spouse are responsible.

Dated: _____

Parent/Guardian Signature

Print Name

Sand Volleyball & Golf

GOLF (Ages 4-9)

The KidsSports Golf program focuses on golf introduction and skill development. It is designed to introduce and develop in beginning players, key golf concepts primarily focused on form, approach, swing, club introduction, drive, irons, chip, putt etc.

Tuesdays Chaffee Park
Summer I June 13-July 11 (off July 4; rain date July 18)
Summer II July 25-Aug. 15 (rain date Aug. 22)

Ages 4-5 2-2:40 p.m.
Ages 6-7 2:45-3:25 p.m.
Ages 8-9 3:30-4:10 p.m.

Saturdays Chaffee Park
Summer I June 3-24 (rain date July 1)
Summer II July 29-Aug. 19 (rain date Aug. 26)

Ages 4-6 11:15-11:55 a.m.
Ages 7-9 12-12:40 p.m.

\$48/resident; \$72/nonresident

JUNIOR GOLF LESSONS (Age 7-17)

Come improve your skills in this hands-on course with the golf pro. You will be able to work on skills on the range. Students will learn swing fundamentals, golf etiquette, respect for the course and each other, and teamwork. Last day concludes with limited course play. Fee includes range balls and clubs upon request.

Monday - Friday La Belle Golf Club
Beginners (ages 7-12) 7:30-8:30 a.m.
Intermediate (ages 10 - 17) 9- 10 a.m.

Summer I: June 19 - 23
Summer II: July 31-August 4
For weather cancellations, call (262) 567-7833
Fee: \$60 per session

ADULT GOLF LESSONS (Age 18 & Up)

Beginner golf is for adults with little or no golf experience. Golf Professionals will teach you everything you need to play golf, including proper grip, stance, ball positions and the basics of all aspects of the game. Participants will be taken through a progression of the game: putting, chipping, pitching, full swing and playing. Work on skills on the range. Last day concludes with limited course play. Fee includes range balls and clubs upon request.

Monday - Friday La Belle Golf Club
5:30-6:30 p.m.
Summer I: June 19 - 23
Summer II: July 31-August 4
For weather cancellations, call (262) 567-7833
Fee: \$75 per session

COED SAND VOLLEYBALL (Grades 4-12)

Combination of instruction and game play to get your ready to play actual volleyball games. Instructor will work with students at their ability level. Instructor: Steve Gnewuch

Summer I: June 14-July 19 (off July 5)
Summer II: July 26-Aug. 23

Wednesdays Roosevelt Park
Grades 4-8 5-6 p.m.
Grades 9-12 5-6 p.m.

\$40/resident; \$60/nonresident Fee is per person

HIGH SCHOOL SAND VOLLEYBALL LEAGUE

High School league play for boys and girls grades 8 to 12. Sign up as teams of 6's, boys, girls or coed.

June 12-Aug. 7 (off July 3) Roosevelt Park
Mondays 6 p.m.

\$150/ per resident team; \$200/nonresident team
Minimum of 4 teams needed

ADULT SAND VOLLEYBALL (18 and up)

12 week minimum play. Fee is per team. Any team with a member residing outside the city limits is considered a nonresident team. Leagues limited to 16 teams per night.

Instructor: Steve Gnewuch

6:30 p.m. Roosevelt Park
Tuesdays Coed 6's Recreational
Wednesdays Coed 6's Recreational
Thursdays Coed 6's "B"

Practice - May 10, 11 & 12
Play begins - May 17, 18 & 19

Registration deadline is April 14

\$175/resident team; \$225/nonresident team

ACCOUNTING SERVICES UNLIMITED DONNA J. SCHLENDER

INCOME TAX PREPARATION • COMPUTERIZED PAYROLL
ACCOUNTING SERVICES • BUSINESS & INDIVIDUAL

"NO BUSINESS TOO SMALL"

No Charge For Initial Appointment

137 Cross Street

567-5596

Baseball

PEE WEE BALL (age 3-4 by June 13, 2017)

The emphasis for pee wee ball will be on the basic rules, skills, sportsmanship and having fun. A tee and softie ball will be used to assist in teaching rules and game strategies. Parent participation is encouraged. **Volunteer coaches needed!**

Age 3 Monday 5:30-6:15 p.m. Park Lawn School
Age 4 Wednesday 5:30-6:15 p.m.

June 12-July 26 \$30/resident
(Off July 3 & 5) \$45/out of district

MINORS (age 7-8 by Sept. 1, 2017)

Minors baseball offers an introduction to pitching, hitting and catching techniques. Coaches do the majority of the pitching but a tee will be used for batters who do not hit a fair ball within 4 pitches. Teams will practice and play full games helping players prepare for the transition into higher levels of play. **Volunteer coaches needed!**

Mondays & Wednesdays 6:30-8 p.m. Park Lawn School & City Ball Diamonds

June 12 to July 26 \$40/resident
(Off July 3 & 5) \$60/out of district

TEE BALL (age 5-6 by Sept. 1, 2017)

The emphasis for tee ball will be on the basic rules, skills, sportsmanship and having fun. A tee and soft-core ball will be used to assist in teaching the rules and game strategies and to build confidence. Coaches begin to pitch to players. A batting tee is used to enhance learning. Parent participation is encouraged. **Volunteer coaches needed!**

Tuesdays & Thursdays
Age 5 5:30-6:30 p.m. Park Lawn School
Age 6 6:45-7:45 p.m.
June 13-July 27 \$40/resident
(Off July 4 & 6) \$60/out of district

VOLUNTEER COACHES - WE NEED YOU!

You do not have to be a baseball expert to help your child's program.

Our programs are in need of parents to volunteer to help coach. The commitment is minor - you're going to be there to watch your child participate anyways, right?

Volunteer coaches are necessary to help make our recreation program successful. Please consider signing up to volunteer when you register your child.

**REGISTER BY MAY 1 OR \$10 LATE FEE APPLIES
AND THERE IS NO GUARANTEE OF ACCEPTANCE INTO THE PROGRAM**

TEAM PICTURES ARE TAKEN ON THE FIRST NIGHT

DID YOU KNOW?



You can sponsor a youth baseball team for the 2017. It's a great way to support the rec program and get your business or organization name out there. You're part of the team so we print you a shirt and send you a team photo!

Thank You 2016 Baseball Team Sponsors!

Barnes Jewelers	Radtke Appliance
O'Towne Auto	Hystro Products
SpeechWorks	Fox Bros. Piggly Wiggly
Merton Auto	Lake Country Heating & Cooling
Derge & Sons Electric	Lorleberg's True Value
Dr. John Bitner D.D.S.	Pat's Heating & Air Conditioning
Kiltie Drive-in	Vic's Carpet & Flooring
Great Clips	Oconomowoc Utilities

WANT TO GET IN THE GAME?

**SPONSOR A TEAM FOR THE 2017 SEASON
CALL (262) 569-2199 FOR INFO ON HOW TO
SUPPORT LOCAL YOUTH PLAYERS**

Youth Sports

FLAG FOOTBALL (Ages 3-5)

The KidsSports Flag Football program is designed to include a variety of fun active games and activities professionally designed to develop sport specific skills such as throwing, receiving, running, blocking, defending, kicking, and punting along with general motor skills such as eye-hand and foot-eye coordination, large and fine motor skills, muscle development, body balance and agility. All in a relaxed environment. Game-situations and actual games will be utilized with a focus on gaining a basic understanding.

Tuesdays 4:20-5 p.m. Chaffee Park

Summer I: May 2-May 23 (rain date May 30)

Summer II: Sept. 5-Sept.26 (rain date Oct. 3)

\$48/resident; \$72/nonresident

FLAG FOOTBALL (Grades 1-6)

Learn the fundamentals of football under the lights at Champion Field. Drills and scrimmages will be used to teach skills. Emphasis will be on sportsmanship and having fun. Practice will be on Monday and games on Thursday; 5th & 6th will play a few Saturday games.

Registration ends Aug. 1 NO EXCEPTIONS

Monday & Thursday Aug. 28-Oct. 12 Champion Field
Grades 1-2 5:30-6:30 p.m.
Grades 3-4 6:30-7:30 p.m.
Grades 5-6 Times TBD

\$55/resident; \$80/nonresident

FLAG FOOTBALL CAMP (Grades 1-5)

Join the coaches from the Oconomowoc Youth Football Organization in this no-contact camp that will focus on development drills and the fundamentals of football. Includes a T-shirt.

Dates and times TBD. Check our website for details. Program will be held at Champion Field

\$25/resident; \$37.50/out of district

Register for our Flag Football program and the camp is only \$15!



LACROSSE (Ages 6-9)

The KidsSports Lacrosse program is focused on lacrosse introduction and skill development. It is designed to introduce and develop in beginning players, key lacrosse concepts primarily focused on ball control, passing, receiving, dribbling, shooting, defense, etc. Focus will be on building a basic foundation for players to move to playing at a competitive level. Game-situations and actual games will be utilized with a focus on gaining a basic understanding.

Tuesdays 5:10-6 p.m. Chaffee Park

Summer I: May 2-May 23 (rain date May 30)

Summer II: Sept. 5-Sept. 26 (rain date Oct. 3)

\$53/resident; \$78/nonresident

LACROSSE CAMP (Grades 2-12)

This camp is offered as an all-position, no-contact camp to introduce young athletes (grades 2-12) to the sport of lacrosse. This instructional lacrosse camp is directed by Oconomowoc High School Lacrosse coaches. Campers will learn the techniques of every lacrosse position, both individually and as a team. A lacrosse stick is required and available at an additional fee of \$35. Camp includes T-shirt and special awards.

Wednesday & Thursday 1:30-4:30 p.m. July 19 & 20
Champion Field

\$45/resident; \$67.50/nonresident

Soccer & Kickball

SPRING INDOOR SOCCER

Saturdays April 22-May 20

Silver Lake Intermediate School Gym

Registration deadline: April 15
Sign up early, classes fill up fast!

PEE WEE KICKERS (Ages 3-4)

Your kickers will get to play with others their age while learning the elementary skills of soccer and sportsmanship in this indoor soccer program. Parent participation is encouraged.

Age 3 9:30-10 a.m.
 Age 4 10:15-10:45 a.m.
 \$25/resident; \$37.50/out of district

KINDER KICKERS (Ages 5-6)

This program is an introduction to the game of indoor soccer. Your kickers will get to play with others their age while learning the elementary skills of soccer and sportsmanship.

Age 5 11-11:45 a.m.
 Age 6 12-12:45 p.m.
 \$35/resident; \$52.50/out of district

INDOOR SOCCER (Grades 1-2)

Fundamentals of soccer will be taught and used in game play. An indoor soccer ball is used.

Grades 1-2 8:15-9:15 a.m.
 \$40/resident; \$60/out of district

OUTDOOR SOCCER (Ages 2-8)

The KidsSports Soccer program is designed to include a variety of fun active games and activities. It covers ball control, passing, receiving, dribbling, shooting and defense with game-situations and actual matches.

Saturdays Chaffee Park
 Summer I June 3-June 24 (rain date July 1)
 Summer II July 29-Aug. 19 (rain date Aug. 26)

Ages 2-3 9-9:40 a.m. - Parent Participation
 Ages 4-5 9:45-10:25 a.m.
 Ages 6-8 10:30-11:10 a.m.

Wednesdays Chaffee Park
 Fall Sept. 6-Sept. 27 (rain date Oct. 4)

Ages 2-3 4:20-5 p.m. - Parent Participation
 Ages 4-5 5:10-5:50 p.m.
 Ages 6-8 5:50-6:30 p.m.

\$48/resident; \$72/nonresident

BRITISH SOCCER CAMP (Ages 6-16)

Experienced Challenger coaches use the most innovative approaches to coaching youth soccer in the U.S. Each day includes individual foot skills, technical drills, tactical practices, small sided games, coached scrimmages and a daily World Cup tournament. Emphasis placed upon individual skill development, core techniques and small sided games. **Register online at Challengersports.com by June 23 to receive a free British Soccer jersey. Includes FREE soccer ball, T-shirt, evaluation and wall poster.**

\$10 late fee applies after July 27.

Monday- Friday Aug. 7-11 Roosevelt Park
Must Register at challengersports.com

MINI CAMP

Ages 4-6	7:30 -9 a.m.	\$119
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HALF DAY CAMP

Ages 7-10	9:15 a.m. - 12:15 p.m.	\$148
Ages 8-14	1:15-4:15 p.m.	



DID YOU KNOW?

British Soccer Camp is the most popular camp in the USA & Canada. Amazing coaches with awesome accents offer an innovative curriculum that develops skills, speed and confidence in all players.

KICKBALL (Ages 3-9)

This program uses the game of kickball to develop basic skills of base-running, catching, throwing as well as teamwork, sportsmanship and overall coordination. During each class children will work on these skills while playing the game of kickball.

Wednesdays Aug. 2-Aug. 23 Chaffee Park

Ages 3-5 5:30-6 p.m.
 Ages 6-9 6:15-6:45 p.m.

11 \$25/resident; \$37.50/nonresident

Adult Tennis

Spring - May 1 to June 5 (off May 27-29) Registration by April 17 to avoid late fee

Summer I - June 12 to July 22 (off July 1-4) -- Register by May 26 to avoid late fee

Summer II - July 24 to Aug. 26 - - Register by July 7 to avoid late fee

All Adult Lessons are held at Fowler Park

Instructor: Barb Mueller, Certified Elite USPTA Pro

ADULT LESSONS

Beginner: Learn the fundamentals of the game. Court etiquette and doubles play. Class for those who have never had lessons.

Spring: Tue. 9-10 a.m. or Wed. 6-7 p.m.
\$50/resident; \$75/nonresident

Summer I: Tue. 9-10 a.m. \$50/resident; \$75/nonresident
or Wed. 6-7 p.m. \$60/resident; \$85/nonresident

Summer II: Tue. 9-10 a.m. or Wed. 6-7 p.m.
\$50/resident; \$75/nonresident

Intermediate: At least three years of playing. Must be able to play. Refine strokes. Learn specialty shots, drill and play.

Spring: Mon. 6-7 p.m. or Thur. 9-10 a.m.
\$50/resident; \$75/nonresident

Summer I: Mon. 6-7 p.m. \$50/resident; \$75/nonresident
or Thur. 9-10 a.m. \$60/resident; \$85/nonresident

Summer II: Mon. 6-7 p.m. or Thur. 9-10 a.m. or
\$50/resident; \$75/nonresident

USTA STATE LEAGUE

Singles, doubles and mixed competitive match play. Home matches are held at Oconomowoc High School Community Tennis Center.

Participants must be USTA members. Register for USTA membership online at: usta.com/membership

Leagues begin in May. Matches are at 6 p.m. at OHS
Must call the Recreation Department to be placed on interest list. Rosters are limited.

Tuesdays **Women's (18+) Rating 4.0** Carrie Hoyer

Tuesdays **Women's (18+) Rating 4.0** Lisa Kopfer

Wednesdays **Women's (18+) Rating 3.5** Lianne Froemming

Wednesdays **Women's (18+) Rating 3.5** Peggy Duffy

Thursdays **Women's (40+) Rating 4.0** Kara Schroeder

\$25/resident; \$37.50/out of district

ADULT CARDIO TENNIS

Advanced Beginner Cardio (2.5-3.0 rating): Sharpen your skills! Emphasis on heart-pumping fitness with a warm-up and cool down. Music included.

Spring: Call to be placed on an interest list.

Summer I: Tue. 8-9 a.m.
\$50/resident; \$75/nonresident

Summer II: Tue. 8-9 a.m.
\$50/resident; \$75/nonresident

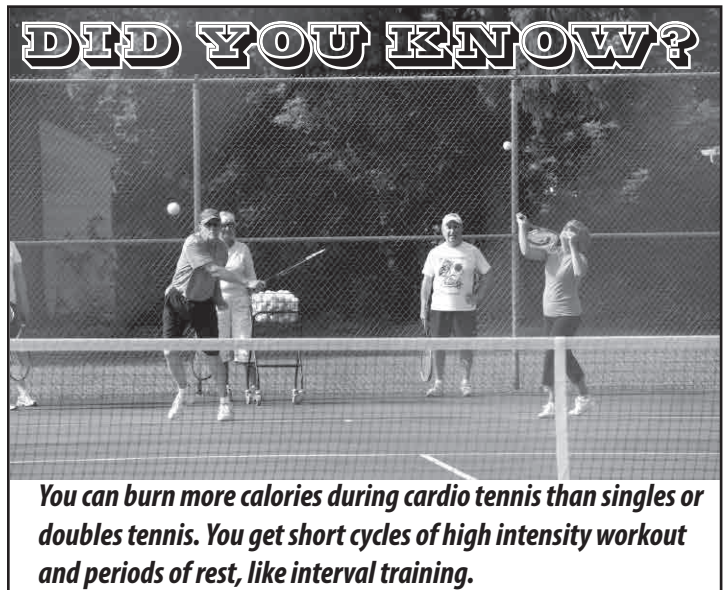
Advanced Cardio (3.5- 4.5 rating): Fast-paced drills and play for highly skilled players. Heart-pumping fitness with a warm-up and cool down. Music included.

Spring: Sat. 8:30-9:30 a.m.
\$40/resident; \$60/nonresident

Summer I: Sat. 8:30-9:30 a.m.
\$50/resident; \$75/nonresident

Summer II: Sat. 8:30-9:30 a.m.
\$50/resident; \$75/nonresident

60+ Cardio Tennis - Call to be placed on an interest list



Junior Tennis

Spring - May 6 to June 8 (Off May 27-29) - Register by April 21 to avoid a late fee
Summer I - June 12 to July 22 (Off July 1-4) - Register by May 26 to avoid late fee
Summer II - July 24 to Aug. 26 - Register by July 7 to avoid late fee
Lessons held at Fowler Park and Oconomowoc High School Community Tennis Center

* An asterisk by a class day indicates this class is taught at the Oconomowoc High School Community Tennis Center. If you reside in the Oconomowoc Area School District, you will pay the resident rate.

INTRO TO PEE WEE TENNIS (Age 4)

Hand-eye coordination skills, games and lots of fun in a relaxed atmosphere. Racquet provided.
Instructor: Barb Mueller

Spring: Weds. 5:15-5:45 p.m. or Sat. 12:30-1 p.m.
\$30/resident; \$45/nonresident

Summer I: Sat. 9:45-10:15 a.m.
\$30/resident; \$45/nonresident

Summer II: Sat. 9:45-10:15 a.m.
\$30/resident; \$45/nonresident



TINY STARS (Age 5-6)

BEGINNER: Introduction to tennis skills with hand-eye coordination drills, games and a lot of fun in a relaxed atmosphere. Racquet provided.

Spring: Sat. 10:45-11:30 a.m.
\$32/resident; \$48/nonresident - Instructor: Barb Mueller

Summer I: Wed. 9-9:45 a.m. - \$48/resident; \$72/nonresident
Instructor: Barb Mueller or
*Sat. 11-11:45 a.m. - \$40/resident; \$60/nonresident
Instructor: Lexi Sabel

Summer II: Wed. 9-9:45 a.m. - Instructor: Barb Mueller
or *Sat. 11-11:45 a.m. - Instructor: Lexi Sabel
\$40/resident; \$60/nonresident

ADVANCED BEGINNER: Hand-eye coordination drills, games and a lot of fun in a relaxed atmosphere.
One full year of lessons required. Racquet provided.

Spring: Sat. 10:45-11:30 a.m. - Instructor: Barb Mueller
\$32/resident; \$48/nonresident

Summer I: Tues. 11-11:45 a.m. - \$48/resident; \$72/nonresident
Instructor: Barb Mueller
or Sat. 11-11:45 a.m. - \$40/resident; \$60/nonresident
Instructor: Lexi Sabel

Summer II: Tues. 11-11:45 a.m. - Instructor: Barb Mueller
or Sat. 11-11:45 a.m. - Instructor: Lexi Sabel
\$40/resident; \$60/nonresident

Barb Mueller

Barb was inducted into the United States Tennis Hall of Fame in 2008. She is an accomplished tennis player who holds several world senior titles in Singles and Doubles. Barb was a Top 12 National Junior Player. She is a USPTA Elite Pro for more than 40 years. Barb has been an instructor for the Wisconsin Adaptive/Wheelchair Tennis Program for over 15 years. Her "Soar with Eagle" Tennis programs bring tennis to Native American Communities. She is a former Women's Tennis Coach at The Ohio State University. Barb enjoys teaching children and adults of all ages 4 to 94. She can be found, spring, summer and fall on our community courts for over 20 years. Barb is available to teach adaptive wheelchair tennis upon request.



STARTER STARS (Age 7-8)

BEGINNER: Learn basic stroke development, court etiquette. Fun games, skills and drills. Racquet provided.

Spring: Sat. 11:30 a.m.-12:30 p.m.
\$32/resident; \$48/nonresident - Instructor: Barb Mueller

Summer I: Wed. 10-11 a.m. - \$48/resident; \$72/nonresident
Instructor: Barb Mueller
or *Sat. 9-10 a.m. - \$40/resident; \$60/nonresident
Instructor: Lexi Sabel

Summer II: Wed. 10-11 a.m. - Instructor: Barb Mueller
or *Sat. 10-11 a.m. - Instructor: Lexi Sabel
\$40/resident; \$60/nonresident

ADVANCED BEGINNER: Stroke development, footwork and fun drills. Learn to serve and play.
One full year of lessons required.

Spring: Sat. 11:30 a.m.-12:30 p.m. - Instructor: Barb Mueller
\$32/resident; \$48/nonresident

Summer I: *Tue. 5-6 p.m. - Instructor: Andy Badura
or *Sat. 9-10 a.m. - Instructor: Lexi Sabel
\$40/resident; \$60/nonresident

Summer II: *Tue. 5-6 p.m. - Instructor: Andy Badura
or Sat. 9-10 a.m. - Lexi Sabel
13 \$40/resident; \$60/nonresident

Junior Tennis

FUTURE STARS (Age 9-11)

BEGINNER: Learn basic strokes, court etiquette, skill drills and games. Learn to play the game.

Spring: Sat. 9:40-10:40 a.m. - Instructor: Barb Mueller
\$32/resident; \$48/nonresident

Summer I: Wed. 11 a.m.-12 p.m. - \$48/resident; \$72/nonresident
Instructor: Barb Mueller
or *Sat. 10-11 a.m. - \$40/resident; \$60/nonresident
Instructor: Lexi Sabel

Summer II: Wed. 11 a.m.-12 p.m. - Instructor: Barb Mueller
or *Sat. 10-11 a.m. - Instructor: Lexi Sabel
\$40/resident; \$60/nonresident

ADVANCED BEGINNER: Continued stroke development, fun drills, games and play. One year of lessons required.

Summer I: *Tue. 6-7 p.m. - Instructor: Andy Badura
or Sat. 10-11 a.m. - Lexi Sabel
\$48/resident; \$72/nonresident

Summer II: *Tue. 6-7 p.m. Instructor: Andy Badura
or Sat. 10-11 a.m. - Lexi Sabel
\$40/resident; \$60/nonresident

INTERMEDIATE (Age 7-10) & (Age 11-13)

Three years of playing experience. Refine strokes, learn specialty shots, singles and doubles strategies.

Instructor consent required. Must register in person.

All Intermediate classes taught by Barb Mueller

INTERMEDIATE AGES 7-10

Spring: Thur. 4:30-6 p.m.
\$60/resident; \$85/nonresident

Summer I: Tue. 10-11 a.m. - \$50/resident; \$75/nonresident
or Thur. 10-11 a.m. - \$60/resident; \$85/nonresident
Tues. & Thurs. - \$88/resident; \$113/nonresident

Summer II: Tue. or Thur. 10-11 a.m. - \$50/resident; \$75/nonresident
Tues. & Thurs. - \$80/resident; \$105/nonresident

INTERMEDIATE AGES 11-13

Spring: Tue. 3:30-5 p.m.
\$60/resident; \$85/nonresident

Summer I: Mon. 11 a.m.-12:30 p.m. - \$75/resident; \$100/nonresident
or Thur. 11 a.m.-12:30 p.m. - \$90/resident; \$115/nonresident
Mon. & Thur. - \$132/resident; \$157/nonresident

Summer II: Mon. or Thur. 11-12:30 p.m. - \$75/resident; \$100/nonresident
Mon. & Thurs. - \$120/resident; \$145/nonresident

TWEEN (Ages 12-13)

BEGINNER: Learn basic strokes, court etiquette, skill drills and games. Learn to play the game. Class for those who have never had lessons. Instructor: Andy Badura

Summer I: Weds. 5-6 p.m.
\$48/resident; \$72/nonresident

Summer II: Weds. 5-6 p.m.
\$40/resident; \$60/nonresident

TEEN (Ages 14-16)

BEGINNER: Learn basic strokes, court etiquette, skill drills and games. Learn to play the game. Class for those who have never had lessons.

Spring: Wed. 4-5 p.m. Instructor: Barb Mueller
\$40/resident; \$60/nonresident

Summer I: *Wed. 6-7 p.m. Instructor: Andy Badura
\$48/resident; \$72/nonresident

Summer II: *Wed. 6-7 p.m. Instructor: Andy Badura
\$40/resident; \$60/nonresident

Summer Junior Tennis Schedule at a Glance Session Dates on Page 12

Class	Summer I & Summer II
Pee Wee (3-4)	Sat. 9:45-10:15 a.m.
Tiny Stars Beg. (5-6)	Wed. 9-9:45 a.m. or Sat. 11-11:45 a.m.
Tiny Stars Adv. Beg. (5-6)	Tue. 11-11:45 a.m. or Sat. 11-11:45 a.m.
Starter Stars Beg. (7-8)	Wed. 10-11 a.m. or Sat. 9-10 a.m.
Starter Stars Adv. Beg. (7-8)	Tue. 5-6 p.m. or Sat. 9-10 a.m.
Future Stars Beg. (9-11)	Wed. 11 a.m.-12 p.m. or Sat. 10-11 a.m.
Future Stars Adv. Beg. (9-11)	Tue. 6-7 p.m. or Sat. 10-11 a.m.
Intermediate (7-10)	Tues. 10-11 a.m. or Thur. 10-11 a.m.
Intermediate (11-13)	Mon. or Thur. 11 a.m.-12:30 p.m.
Tween (12-13)	Weds. 5-6 p.m.
Teen (14-16)	Wed. 6-7 p.m.

High School Tennis & Jr. Leagues

DID YOU KNOW?

Tennis isn't just great exercise. Tennis also helps kids develop life skills for both on and off the court.

- Kids who play tennis:**
- **48% have an "A" average**
- **81% say they will attend college**
- **73% Have never been sent to the principal's office**
- **82% Volunteer in the community**



JV & OPEN MATCH PLAY

Organized singles and doubles match play. Practice and build mental and emotional skills. Coaching by a professional. Held at OHS.
Instructor: Barb Mueller

Thursday 4:30-5:45 p.m. June 15-July 20
\$60/resident; \$85/out of district

JV & OPEN HIGH SCHOOL

Designed for JV and new High School players. Emphasis on stroke development and drills. Focus on singles and doubles strategy. Held at OHS.
Instructor: Lee Janny

Spring: Monday 6-7:30 p.m. May 1-22
\$48/resident; \$72/out of district

Summer: Saturday 10-11:30 a.m. June 17-July 22
\$72/resident; \$97/out of district

HIGH SCHOOL VARSITY PROGRAM

Players must have played on the varsity tennis team the previous season or have the consent of the instructor. Held at OHS.
Instructor: Lee Janny

Monday & Friday 6-7:30 p.m. June 12-July 21
\$144/resident; \$169/out of district

Andy Badura

Andy has been affiliated with the United States Professional Tennis Association since 2009. He is Certified with the USPTA as a Tennis Professional and teaches at Lake Country Racquet Club in Hartland, Wisconsin.



He has worked in the summer with the Oconomowoc Parks and Recreation Department as a tennis professional for many years. Andy is also certified for the 10 and Under Certification with the USPTA and enjoys educating school age children about the game of tennis.

He is a Junior Team Tennis Coordinator for the USTA for the Lake Country Area since 2011.

He resides in Oconomowoc with his wife Lauri and son Augie. The entire family is active in the game of tennis and supporting the Oconomowoc Tennis Community.

USTA JR. TEAM TENNIS LEAGUE

For 14U, 18U Intermediate

Singles, doubles and mixed competitive match play. League champions will advance to the Wisconsin District. Participants must be USTA members.

Register for USTA membership online at:
usta.com/membership

14 U - JTT Practice - Tuesday 2-3:30 p.m.
Match - Wednesday 2-3:30 p.m.

18 U JTT Practice - Tuesday 3:30-5 p.m.
Match - Wednesday 3:30-5 p.m.

Oconomowoc Community Tennis Center
Instructor: Andy Badura

June 13-July 19
Register by May 5: \$60/resident; \$85/out of district
Register May 5-June 5: \$75/resident; \$100/out of district

OCONOMOWOC CLASSIC TENNIS TOURNAMENT (Ages 9-18)

This rookie tournament is for non-ranking players. Boys and Girls Singles. 10U will use green dot balls. Two matches guaranteed.

Tournament Director: Matt Teuteberg

Entry deadline is 12 p.m. Wednesday, July 26

Saturday, July 29 at OHS Fee: \$25

Find us on Facebook,
[facebook.com/OconomowocTennisClassic](https://www.facebook.com/OconomowocTennisClassic)

Dance

3-4 Year Old Dance

We will leap, hop and jump into class learning simple dance and ballet movements, working as a group, listening skills, freeform movement and some of the ballet positions, steps and French words. Then rock it out with Freeze Dance.

Wednesdays, 5:20-5:50 p.m.

Spring: June 14-28

Summer I: July 12-26

Summer II: Aug. 9-23

\$30/resident; \$45/nonresident per session

5-6 Year Old Dance

Learn dance secrets like how to balance, what a pile and tendue are and counting in French to 5. Lots of creative movement and fun learning games.

Wednesdays, 6-6:30 p.m.

Spring: June 14-28

Summer I: July 12-26

Summer II: Aug. 9-23

\$30/resident; \$45/nonresident per session

Dance Exploration (Ages 7-9)

Warm up with ballet, then move into jazz, tap, lyrical and more. A variety of styles will be offered throughout the summer. For dancers just beginning or with 1-3 years experience. Take one session or all three. Take all three sessions and you can perform at the Oconomowoc Festival of Arts.

Wednesdays, 6:35-7:35 p.m.

Spring: June 14-28

Summer I: July 12-26

Summer II: Aug. 9-23

\$36/resident; \$54/nonresident per session

Dance Exploration (Ages 10 & up)

Learn many different styles throughout the summer. You will explore jazz, ballet, jazz funk, tap, lyrical, musical theatre and more. Take one session or all three. Take all three and you can perform at the Oconomowoc Festival of Arts.

Wednesdays, 7:40-8:55 p.m.

Spring: June 14-28

Summer I: July 12-26

Summer II: Aug. 9-23

\$40/resident; \$60/nonresident per session



TTP Academy is a group of experienced, professional dance educators who want to share their passion with all ages by offering affordable dance programs and recreation classes throughout the area.

SUMMER DANCE CAMPS

Moana Camp (Ages 4-7)

This camp will include a dance routine, easy project and simple costume piece the students will help create. A performance will be held the last 10 minutes of the Friday class. where family and friends are welcome to enjoy in the studio.

Monday-Friday 1-2 p.m.

Summer I: June 12-16

Summer II: July 24-28

\$55/resident; \$80/nonresident

Ballet Princess Camp (Ages 4-7)

Learn a dance, wear a dance skirt or tutu, hear a ballet story and create your own accessory. A performance will be held the last 10 minutes of the Friday class where family and friends are welcome to enjoy in the studio.

Monday-Friday Aug. 21-25 3-4 p.m.

\$55/resident; \$80/nonresident

Dance Performance Camp (Ages 7 & up)

A camp for two age groups - ages 7-9 and 10 and up. The older group will help all students feel comfortable and be gently challenged. Each day will begin with a ballet warm-up, then move on to many different styles and end with stretching.

Dancers will work on a routine that they are invited to perform at the Oconomowoc Festival of the Arts, Aug. 19 or 20. Experienced dancers as well as new dancers are welcome.

Monday-Thursday Aug. 7-10 and Aug. 14-17

Ages 7-9: 9-10:15 a.m.

\$110/resident; \$135/nonresident

Ages 10 and up: 10:30 a.m.-12:30 p.m.

\$150/resident; \$175/nonresident

Youth Fitness & Tae Kwon Do

TAE KWON DO (Age 6 & up)

Korean martial art form. Belt testing is held five times per year. Students will test their individual abilities and learn how to better themselves. This is a continuous monthly program. Uniforms are required at an additional fee and are purchased through the instructor. Instructor: Doug Scheerer, fourth degree blackbelt.

Mondays & Wednesdays

Kids White Belt 6-6:30 p.m.

\$25/resident; \$37.50/nonresident per month

Kids Colored Low Belt 6:30-7:30 p.m.

\$50/resident; \$75/nonresident per month

Adult High Belt 7:30-8:30 p.m.

\$50/resident; \$75/nonresident per month

*** New fees listed above go into effect in April**

***Late fee applies after the 25th of each month**

KIDS DANCE FOR FITNESS (Ages 12-15)

Let loose with this crazy fun fitness dance class specifically tailored for tweens and teens! Rock out to dynamic and upbeat music with easy to follow choreography and an energetic instructor.

Instructor: Katie George

Tuesdays 1-2 p.m.

Summer I: June 13-July 25 (off July 4 & 11)

Summer II: Aug. 1-29

\$30/resident; \$45/nonresident

ZUMBA FOR KIDS (Ages 7-11)

Kids get the chance to be active and jam out to their favorite music. Classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

Instructor: Katie George

Tuesdays 2-3 p.m.

Summer I: June 13-July 25 (off July 4 & 11)

Summer II: Aug. 1-29

\$30/resident; \$45/nonresident



DID YOU KNOW?

Tae Kwon Do is a total learning activity. Lessons are tailored to your child's age and skill level. Your child begins by practicing basic patterns, forms, board breaking, kicking, blocking, striking and punching.

These fundamental skills increase your child's physical coordination, flexibility, balance and mental acumen.

SPORTSTART (Ages 3-6)

The KidsSports SportStart Program introduces children to sports through sport concepts like throwing, catching, hitting, jumping, bouncing and more using fun and unique skill-building games and activities.

Thursdays Community Center
Aug. 3-Aug. 24

Ages 3-4 1-1:40 p.m.
Ages 5-6 1:45-2:25 p.m.
\$48/resident; \$72/nonresident

SPORTSFIT (Ages 6-9)

The KidsSports SportsFit program introduces kids of any physical ability to training principles and fitness techniques within a group setting. Designed to be fun, informative and challenging to build healthier and more confident children by using games focused on speed, agility & jump, strength & power, quickness & reaction and overall cardiovascular & muscle endurance.

Thursdays Community Center
Aug. 3-Aug. 24

Ages 6-7 2:30-3:10 p.m.
Ages 8-9 3:15-3:55 p.m.
17 \$48/resident; \$72/nonresident

Fitness

ZUMBA (18 & up)

Get fit in this heart-pumping and energizing fitness workout. Zumba uses easy to follow moves to create a dynamic fitness program. Tone and sculpt your body while burning fat.

Zumba with Aleta Shumway	
Mondays	8:30-9:30 a.m. OR 7-8 p.m.
Wednesdays	5-6 p.m.
Thursdays	6-7 p.m.
Fridays	8-9 a.m.

Zumba Sessions		
Spring	April 24-June 2 (Off May 29)	\$30/resident \$45/nonresident
*Monday Spring \$25/resident; \$37.50/nonresident		
Summer I	June 5-July 21 (off July 3-7)	\$30/resident \$45/nonresident
Summer II	July 24-Sept. 1	\$30/resident \$45/nonresident

Welcome - Katie George

Katie grew up dancing (ballet, tap, jazz, pointe, and high school cheer/dance). "After marrying my high school sweetheart and beginning our family, my once active lifestyle came to a screeching halt. I had two babies close together, didn't eat well, and didn't exercise - I was tired of having low energy and self esteem."

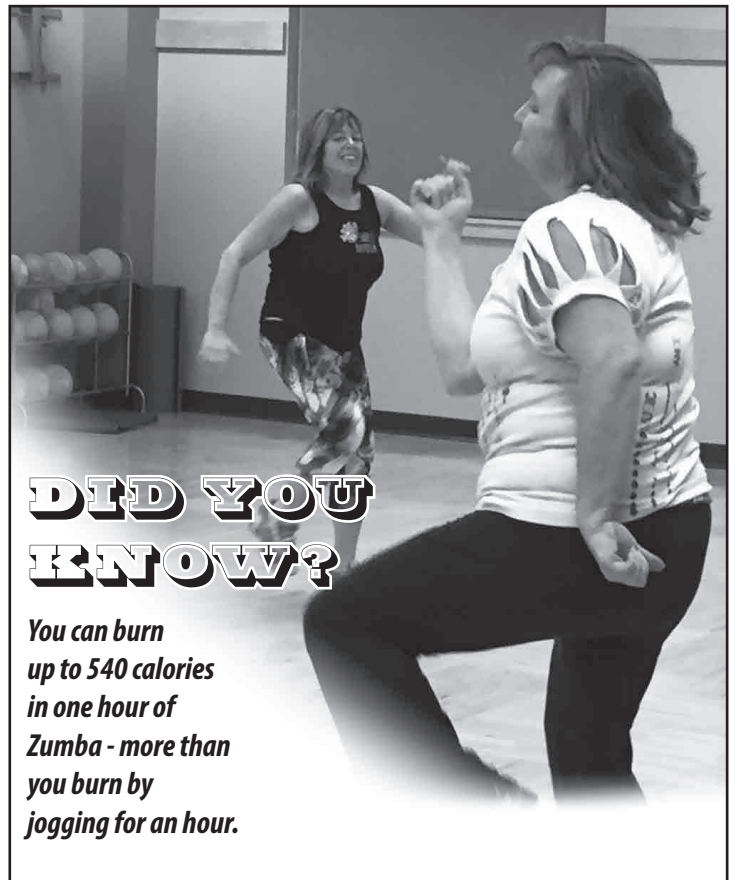


Katie decided to start eating healthy, lifting weights and exercising with DVDs at home. She also later joined a gym with her husband and after some persuading, tried the Zumba class and was immediately hooked! She loved it so much that in December 2012, Katie became a licensed Zumba instructor.

"Zumba is for everyone and all fitness levels; I can help you modify moves or show you higher intensity options to maximize and customize Zumba for YOU."

Katie is licensed to teach: Zumba, Zumba Toning, Zumba Gold, & Zumba Gold Toning.

"Have fun when you workout and it won't feel like work."



DID YOU KNOW?

You can burn up to 540 calories in one hour of Zumba - more than you burn by jogging for an hour.

ZUMBA TONING (18 & up)

This class is perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles!

How it works: The challenge of adding resistance by using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Benefits: Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Zumba Toning with Katie George		
Wednesdays	6:15-7:15 p.m.	
Winter II	March 1-April 19 (off April 5)	\$35/resident \$52.50/nonresident
Spring	April 26-May 31	\$30/resident \$45/nonresident
Summer I	June 1-July 19 (off July 5 & 12)	\$25/resident \$37.50/nonresident
Summer II	July 26-Aug. 30	\$30/resident \$45/nonresident

Fitness

CARDIO PUMP (Ages 18 & up)

The class provides a mixture of cardio exercise with combinations of kicking and punching techniques, body sculpting using weights along with floor work and stretching cool down. It's a fun, power packed workout. Build flexibility, endurance and strength.

CardioPump with Lisa Fugina	
Tuesdays	5:45-6:45 p.m.
Saturdays	9:30-10:30 a.m.

Tuesday Classes		
Spring	April 25-May 30	\$30/resident \$45/nonresident
Summer I	June 6-July 18 (Off July 4)	\$30/resident \$45/nonresident
Summer II	July 25-August 29	\$30/resident \$45/nonresident

Saturday Classes		
Spring	April 29-June 3 (Off May 27)	\$25/resident \$37.50/nonresident
Summer I	June 10-July 22 (Off July 1)	\$30/resident \$45/nonresident
Summer II	July 29-August 26	\$25/resident \$37.50/nonresident

STRENGTH TRAINING (Ages 18 & up)

You will be inspired and have fun while participating in a fantastic workout. You can expect a full body workout that targets all of the major muscle groups. You'll integrate strength and stretching exercises to produce stronger bones and muscles and increase your metabolism to help maintain a healthy body weight. Bring a towel and water.

Strength Training with Lisa Fugina		
Thursdays	5-5:45 p.m.	
Spring	April 27-June 1	\$30/resident \$45/nonresident
Summer I	June 8-July 20	\$40/resident \$60/nonresident
Summer II	July 27-Aug. 31	\$40/resident \$60/nonresident



DID YOU KNOW?
The atmosphere of group exercise is more effective at releasing endorphins than an individual workout. It can be the best way to release stress after a hard day.

DID YOU KNOW?

TRX stands for Total Body Resistance Exercise. It's a type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries.



TRX BOOTCAMP (18 & up)

Combine TRX exercises with cardio to get your heart rate up, burn a bunch of calories and build strength. Cardio TRX is a great way to amp up your workout, burn more fat and get your body moving.

Beginner Cardio TRX		
Tuesdays & Thursdays	6-6:50 p.m.	
Spring	April 25-June 1	\$72/resident \$97/nonresident

Yoga & Paddleboard Yoga

Spring - April 24 to June 1 - Off May 29

Registration Deadline - April 7

Summer I - June 5 to July 20 - Off June 29 to July 6

Registration Deadline - May 22

Summer II - July 24 to August 31

Registration Deadline - July 10

If you wait to register after the registration deadline, there is no guarantee of enrollment and a \$10 late fee applies

INTRO TO YOGA (Age 18 & up)

These classes are designed for the beginner yoga student. Introduction to fundamental poses that tone, strengthen and condition the body. Basic breathing and relaxation techniques will be taught as well.

Mondays 7:15-8:45 p.m.

Summer I only

\$81/resident; \$106/nonresident

GENTLE YOGA (Age 18 & up)

Learn how to practice yoga through the various postures and breathing techniques. Enhance flexibility, balance and muscle tone and relaxation with gentle stretching.

Mondays 6:10-7:10 p.m.

Spring: \$45/resident; \$67.50/nonresident

Summer I & Summer II:

\$54/resident; \$79/nonresident (per session)

OR

Wednesdays 5:15-6:15 p.m.

Spring, Summer I & Summer II:

\$54/resident; \$79/nonresident (per session)

YOGA (Age 18 & up)

This class alternates each week between a different form including Gentle Yoga, Basic Yoga, Beyond Basic Yoga, Yin, PiYo and Vinyasa.

Wednesdays 9-10 a.m.

Spring Summer I & Summer II:

\$54/resident; \$79/nonresident (per session)



Cindy Stark

Cindy holds a Master's Degree in Education with a Health Promotion Emphasis. She is a Certified Nutritionist, Registered Yoga Teacher and Certified Yoga and Barre instructor. Cindy's approach to maintaining and improving her clients' homeostasis and overall health is to educate them about good nutrition and engage them in the practice of yoga, barre and stand up paddleboard yoga.

"My approach to maintaining and improving clients' homeostasis and overall health is to educate them about good nutrition engage them in the practice of yoga, barre and paddleboard yoga."

YIN YOGA (Age 18 & up)

This class is designed to enhance flexibility, circulation, breathing techniques and meditation. The yoga sequence includes yin poses (floor-based exclusively) and are each held for 1 1/2-5 minutes. It targets the connective tissue of the body - ligaments, tendons and fascia (tissue that surrounds the muscles).

Tuesdays, 5-6 p.m. OR Wednesdays, 10:15-11:15 a.m.

Spring & Summer I

\$54/resident; \$79/nonresident (per session)

STAND UP PADDLEBOARD YOGA (18 & up)

Learn how to perform yoga poses on a stand-up paddle-board, while enjoying the scenery and floating on water. This class is designed for those who are comfortable on or in the water. It will enhance strength, balance and serenity. Paddle-boards, oars, sand anchors, and life-preservers will be provided.

Tuesdays, 5-6 p.m. OR Wednesdays, 10:15-11:15 a.m.

Summer II

\$72/resident; \$97/nonresident (per session)

Personalized Wellness Program: Individual and group personal wellness packages are available with certified nutritionist and yoga instructor Cindy Stark. Call (262) 569-2199 for information.

Private Nutrition: This is a series of 3 one-on-one nutritional consultations geared to help you achieve and maintain optimal health. This customized nutritional method is designed to help you overcome your health concerns and increase your confidence with food and supplement choices.
Cost: \$162/resident and \$187/nonresident

Private Yoga: This is a series of 3 one-on-one yoga sessions tailored to your needs. Private yoga can address specific goals. (ex. back, knee, shoulder, arthritis, fibromyalgia, diabetes, etc), or they can be added to your weekly class.
Cost: \$162/residents; \$187/nonresidents for 3 personalized sessions.

Yoga, PiYo & Barre

VINYASA (Age 18 & up)

This class is designed for those who have been practicing yoga and who feel comfortable with a cardio workout that includes sun salutations. This class increases strength, flexibility, and balance using the breath to flow gracefully from one pose to the next.

Mondays 7:15-8:15 p.m.

Spring: \$45/resident; \$67.50/nonresident
Summer II: \$54/resident; \$79/nonresident

MIXED BLEND YOGA (Age 18 & up)

This class is a combination of Yoga, Pilates & Barre. This class focuses on enhancing flexibility & strengthening the core. Must have Yoga experience.

Mondays 5-6 p.m.

Spring: \$45/resident; \$67.50/nonresident

PIYO (Age 18 & up)

This class is a combination of Pilates and Yoga. These classes are designed to firm and strengthen the core and other muscles as well as enhance core stability and flexibility. This class is more rigorous than yoga; it is best to have some yoga experience but not necessary.

Wednesdays 6:30-7:30 p.m.

Spring, Summer I & Summer II:
\$54/resident; \$79/nonresident (per session)

BASIC YOGA (Age 18 & up)

Learn the basic postures, strengthening and toning muscles, enhance flexibility and balance. These classes are designed for those with some yoga experience.

Tuesdays 6:15-7:15 p.m.

Spring, Summer I & Summer II:
\$54/resident; \$79/nonresident (per session)

OR

Thursdays 8-9 a.m.

Spring, Summer I & Summer II:
\$54/resident; \$79/nonresident (per session)

BARRE (Age 18 & up)

Balanced Body Barre is a fun, full-body workout set to upbeat music. It combines elements of ballet technique, yoga and Pilates. It also includes brief aerobics during warmup. Participants can plan to get a full workout targeting the core, legs and arms. Gripping socks optional.

Mondays 5-6 p.m.

Summer I & Summer II:
\$54/resident; \$79/nonresident (per session)

Tuesdays 7:20-8:20 p.m.

Spring, Summer I & Summer II:
\$54/resident; \$79/nonresident (per session)

Thursdays 9:15-10:15 a.m.

Spring & Summer II:
\$54/resident; \$79/nonresident (per session)
Summer I:
\$45/resident; \$67.50/nonresident

Spring & Summer Yoga/Barre Schedule At a Glance

Class	Times
Intro to Yoga	Mon. 7:15-8:45 p.m. - Summer I Only
Gentle Yoga	Mon. 6:10-7:10 p.m. or Wed. 5:15-6:15 p.m.
Yoga	Wed. 9-10 a.m.
Vinyasa	Mon. 7:15-8:15 p.m. - Spring & Summer II Only
Mixed Blend Yoga	Mon. 5-6 p.m. - Spring Only
PiYo	Wed. 6:30-7:30 p.m.
Yin Yoga	Tues. 5-6 p.m. - Spring & Summer I Only
Basic Yoga	Tues. 6:15-7:15 p.m. or Thurs. 8-9 a.m.
Barre	Mon. 5-6 p.m. - Summer I & II Only Tues. 7:20-8:20 p.m. - All sessions Thurs. 9:15-10:15 a.m. - All sessions
Stand Up Paddleboard Yoga	Tues. 5-6 p.m. - Summer II Only Weds. 10:15-11:15 a.m. - Summer II Only

Tumbling, Gymnastics & Baton

GYMNASTICS (Ages 6 and up)

Gymnastics instruction for **all levels** provided by experienced teachers. Includes basic foundational skills, strength and flexibility training, as well as skill development on floor exercise, vault table, uneven parallel bars and balance beam. Students will perform skills in a show on the last day of session.

Instructor: Meg Way

Assistants Danielle Hoeffel & Claire Schlobohm

Mon.-Fri. June 19-July 28 (off July 3 & 4)

8:15-10 a.m. OR

10:15 a.m.-12 p.m.

\$280/resident; \$305/out of district

DANCE & POMS (Age 6-12)

Students will learn technique and routines using pom poms and dance moves. Students will have the opportunity to perform in local parades.

Instructor: Berrin Snyder.

Thursdays 5:30-6 p.m. Community Center

June 15-Aug. 31 (off July 13, 27 and 2 days TBD)

\$48/resident; \$72/nonresident

BEGINNER BATON (Age 5 & Up)

Children will learn different techniques of baton twirling while performing a rhythmic routine. Twirlers will have the opportunity to perform in local parades. Baton is available for purchase at the first class.

Instructor: Berrin Snyder

Thursdays 6-6:30 p.m. Community Center

June 15-Aug. 31 (off July 13, 27 and 2 days TBD)

\$48/resident; \$72/nonresident

COMPETITION BATON I & II (Age 5 & Up)

Advanced level baton twirling. Instructor consent required. Twirlers will participate in the Oconomowoc Independence Day Parade July 1, 2017.

Instructor: Berrin Snyder

Competition Baton I: Thursdays 6:30-7:30 p.m.

Competition Baton II: Thursdays 7:30-8:30 p.m.

June 15-Aug. 31 (off July 13, 27 and 2 days TBD)

Community Center

\$64/resident; \$89/nonresident

DID YOU KNOW?

Tumbling at an early age has great development and socialization benefits.

Kids build grip strength by hanging from bars and learning to swing.



PARENT & TOT TUMBLING (Age 2-3)

Through group games, the use of balance beam and floor exercises, parents participate with their child in activities. Focus is on balance, coordination and socialization skills.

TUMBLING (Age 4-5)

Fitness and fun create an environment to learn motor skills, tumbling, group games and build self esteem. Children will work on a new skill each class and showcase their skills with a show at the end of the session.

SUPERHERO TUMBLING (Age 4-6)

Your little one will be the hero in this themed class that engages their super energy and teaches the fundamentals of tumbling using balance beam, uneven bars as they work on their balance and coordination.

Tumbling	
Tuesdays	
Superhero Tumbling	4:15-5 p.m.
Tumbling	5:05-5:50 p.m.
Saturdays	
Parent-Tot Tumbling	9-9:30 a.m.
Tumbling	9:40-10:25 a.m.
Superhero Tumbling	10:30-11:15 a.m.
Spring: April 22-June 3 (off May 27)	
Summer I: June 6-July 22 (off July 1 and 4)	
Summer II: July 25-Aug. 26	
Spring & Summer I:	
Parent-Tot: \$36/resident; \$54/nonresident	
Tumbling & Superhero Tumbling: \$48/resident; \$72/nonresident	
Summer II:	
Parent-Tot: \$30/resident; \$45/nonresident	
Tumbling & Superhero Tumbling: \$40/resident; \$60/nonresident	

Preschool Activities

PRESCHOOL READINESS (Ages 3-4)

Your child will prepare for fall with this preschool readiness class. Children will play and have a fun and relaxed learning experience. Focus will be on social interaction, letters, numbers, arts and crafts. Instructor Cat March

9 a.m.-12 p.m.
Mondays & Wednesdays OR Tuesdays & Thursdays

June 19-July 26 (off July 3 and 4)
\$180/resident; \$205/resident

PRESCHOOL PLAYTIME (Ages 3-4)

Join certified preschool instructor, Cat March, in exciting play activities such as games, songs and supervised play. Class will include fitness, balance, flexibility, movement and coordination through games.

12:30-2 p.m.
Mondays & Wednesdays OR Tuesdays & Thursdays

June 19-July 26 (off July 3 and 4)
\$135/resident; \$150/resident

Enroll your child in both Preschool Readiness & Preschool Playtime. Simply pack a sack lunch and they will have lunch with Miss March before having more fun in Preschool Playtime.



DID YOU KNOW?

Our Early Childhood program protects your child's important play time while balancing introducing social and learning skills needed for kindergarten.

EARLY CHILDHOOD LEARNING AND RECREATION (Ages 3-4)

This program is designed for children to play and have a fun, fulfilling learning experience. New skills will be introduced and reinforced to help prepare your child for elementary school. Prewriting skills, social and personal skills, math, science and art will be the focus.

Limited to 8 per class. Must be potty trained.

Semester I Sept. 6-Dec. 15
(off Nov. 22-24)

Semester II Jan. 8-April 2018
(off April 2-6)

Monday & Wednesday

9 a.m.-12 p.m. \$495/resident; \$520/nonresident

Tuesday & Thursday

9 a.m.-12 p.m. \$495/resident; \$520/nonresident

Friday

9 a.m.-12 p.m. \$247.50/resident; \$272.50/nonresident

Cat March

Cat has been educating and caring for young children for 9 years successfully running her own daycare in Oconomowoc. She enjoys volunteering her time as a Girl Scout troop leader for her daughters' troop and is a member of the PTO at Summit Elementary. "Watching children expand their mind through play and socialization is what I love best. My goal is to create an environment where we can experience a fun and imaginative approach to learning."



PEE WEE DANCE (Age 3-5)

Introduction to dance movements with music. This class will make your little girl feel like a princess. Children will use pom poms and other props to music in this fun and energetic class. Instructor Berrin Snyder.

Thursdays 5-5:30 p.m. Community Center
June 15-Aug. 31 (off July 13, 27 and 2 days TBD)

\$48/resident; \$72/nonresident

TINY TOT MUSIC TIME (Ages 3-5)

This class is designed to get your child moving to music. Learn to sing, listen and make music with various instruments. Rhythm and melody is incorporated in this fun and engaging class for preschoolers. Includes CD. Instructor: Nick Meske

Wednesdays 4-4:45 p.m.
June 21-August 2

\$42/resident; \$63/nonresident

Youth Arts & Crafts

PRESCHOOL ART (Ages 3-4)

Your child will explore and create theme-based arts and craft projects in this hands-on class. Each week they will finish a project to bring home.
Instructor: Cat March.

Fridays 10-10:45 a.m.

Summer I: June 16-July 14
Summer II: July 21-Aug. 18

\$30/resident; \$45/nonresident

BRICKS 4 KIDZ LEGO CAMPS (Ages 3-11)

Oconomowoc Rec is teaming with Bricks 4 Kidz to offer LEGO® brick classes at the Community Center. In these hands-on programs participants will explore engineering, architecture, physics and more while building machines, robots and more.

Ages 3-5:

July 10-14 - 9:30-11:30 a.m. - Book & Build: Fun at the Farm
Children will participate in step-by-step building as they learn about farmers and farm animals found in farms around the world. \$100/resident; \$125/nonresident

July 10-14 - 12-2 p.m. - Busy Builders

Fun-filled LEGO activities for those that like to mix it up. Children will learn various concepts, they will count and measure bricks, trace and color structures, play games and more. \$100/resident; \$125/nonresident

Aug. 14-18 - 9:30-11:30 a.m. - Book & Build: Water Everywhere
Water is part of our everyday lives. Learn more about water animals, water travel and more while practicing letter recognition, size comparison, counting, patterning and more. \$100/resident; \$125/nonresident

Ages 6-11:

Aug. 14-18 - 9 a.m. to 12 p.m. - Bat League: Heroes & Villains
Campers will help the hero defeat the bad guys as they build motorized batmobiles and cycles. They will send bat hero swimming from skyscrapers and create more scenes. \$140/resident; \$165/nonresident

Aug. 14-18: 1-4 p.m. - Brick-mon Go

Capture Pokemon creatures and train them for battle. Build Dratini, Pikachu and more. Students can also bring their own devices as we venture out to capture more creatures. \$140/resident; \$165/nonresident

Find more information about these classes at www.brick4kidz.com/build-wi

CLAY CREATIONS (Ages 4-6)

Do you want to build a snowman? Fire up your child's creativity with clay! We will create some wonderful characters such as Olaf, as well as using our own imagination to mold colorful clay into amazing artwork. Explore the exciting world of clay with me and see what we can create together! Instructor: Cat March

Fridays 9-9:45 a.m.

Summer I: June 16-July 14
Summer II: July 21-Aug. 18

Fee: \$40/resident; \$60/nonresident

DID YOU KNOW?

Arts build confidence. Because there is not just one right way to make art, every child can feel pride in his or her original artistic creations.



NO BAKE COOKING (Ages 6-8)

Who's ready to measure, mix, and make yummy recipes? Let's do it! Come explore a no bake food class! Children will learn to make healthy snacks, lunch items, and desserts. We will learn measuring skills, mixing skills, and of course tasting our creations. Not recommended for children with allergies.
Instructor: Cat March

Fridays 11-11:45 a.m.

Summer I: June 16 - July 14
Summer II: July 21 - August 18

Fee: \$40/resident; \$60/nonresident

CREATIVE ART (Age 5-8)

Your child will explore and create theme-based arts and craft projects in this hands-on class. Each week they will finish a project to bring home.
Instructor: Janna Barrie.

Saturdays 9-9:45 a.m. Community Center

Fall: Sept. 16-Oct. 14

24 \$36/resident; \$54/nonresident

Try Something Different!

NEW CLASS COMING! PHOTOGRAPHY

In this class for ages 7 and up, students will learn the basics of digital photography. There will be a different project and location each day. Students will create a portfolio. They only need a digital camera or iPhone. Details coming! Watch our website for info.

TREE TOPPERS (Ages 7 and up)

Fun, fitness, adventure! Peaceful and invigorating, recreational tree climbing allows climbers to ascend into and explore trees safely. Gain a new appreciation for trees, nature and parks. Recreational tree climbing is an activity that can be enjoyed as an individual, in small groups and especially rewarding to families. All gear and instruction is provided. Participants should wear long pants, sturdy shoes and bring a sense of adventure. Instructor: Tree Top Explorer LLC

Friday, Aug. 4
5:30-7:30 p.m. Naga-Waukee Park
651 WI-83, Hartland

Fee: \$35 per person; park entrance fee included

CONNECTING KIDS WITH NATURE (Ages 6-10)

Get Grounded! Connecting Kids with Nature and the Farm

This hands-on class will engage kids through their five senses. The colors, sounds, smells, textures and tastes of Serenity Farm will be explored and captured in a student-made journal through a variety of art and writing projects. Nature, art and gardening will be woven into each session.

Kids will be outside so sturdy shoes and ok-to-get-dirty clothes should be worn to each class.

For information about Serenity Farm, please visit www.serenityfarmwisconsin.com.

2-3:30 p.m. Tuesdays, June 20, 27, July 11, 18
Serenity Farm, N87 W37001 Mapleton Road

Fee: \$90

EQUITATE (Age 5 and up)

Equitate offers English and Western riding lessons to all levels of youth and adult riders. Each session includes an ASTM-riding approved helmet and saddle. Register at the Community Center.

Equitate Farm, N87W39389 County Road CW
North of Oconomowoc off Highway 67

Monday-Thursday or Sunday 3:30-6:30 p.m.
\$145 per 4-week lesson ride@equitatellc.com
30-minute private sessions

DID YOU KNOW?

Scientists found that when people spend time in natural surroundings — forests, parks and other places with plenty of trees — they experience increased immune function.



PARK ADVENTURES (Ages 8-12)

A day of fun outdoor adventures will begin by learning how to make your own recycled paper, then move on to learn about nature's ultimate recyclers – worms! Discover the many creatures that live in our local water bodies and see how runoff causes pollution in streams and lakes. The afternoon will include outdoor treasure hunting with a geocaching/letterboxing activity, followed by exploring wildlife habitats from the viewpoint of animals that live in the park and learn about the insect world using sweep nets.

The day will end with learning about water safety and a supervised swim in the lake.

Participants should bring a bag lunch, sunscreen, swimsuit, towel, and dress for weather conditions.

The program will take place rain or shine – activities will be moved indoors if needed.

Thursday, July 13
8:15 a.m.-4:15 p.m. Naga-Waukee Park
651 WI-83, Hartland
\$25/per participant

LEARN TO SKATE (Age 4-12)

Cool off from the hot summer weather in this instructional ice skating program. This class is held in cooperation with the Waukesha County Park System and local communities. This class consists of developing basic skating skills for youth. It's suggested children bring helmets (bike or other is fine) to the class. Please arrive early to allow time to get on skates before lesson begins.

Wednesdays 5:45-6:15 p.m. Naga-Waukee Ice Arena
(2946 Golf Road, Delafield)

Spring March 15-April 19
Summer I May 24-June 28
Summer II July 12-Aug. 16

25 Fee: \$60 per session

Community

BOOK A PARTY! TUMBLING & MUSIC



Make your child's birthday party a hit by booking at the Community Center. Party goers will be entertained with 1 hour of activity with an instructor and 1 hour for cake and gifts, (setup and cleanup time must be included in two-hour rental time).

You provide any food or favors. We provide the instructor, room with equipment, tables and chairs.

Cost is \$150/resident; \$175/nonresident plus tax for the two-hour party.

WPRA Discount Tickets

We will sell discounted tickets to the following locations from Memorial Day through Labor Day. Pricing for the season was not available at the time this publication was sent to press.

- Milwaukee County Zoo
- Six Flags Great America
- Mt. Olympus
- Noah's Ark Waterpark

Purchase tickets at the Community Center Memorial Day through Labor Day between 8 a.m. & 5 p.m. Monday through Friday. Check or Cash Only.

FAMILY CAMPOUT

Join local Boy Scout Troops #12 and #169 for a fun family camping adventure in Fowler Park. Activities will include learning pioneering skills, canoeing and safety, Scouting and camping skills, fire starting and cooking and more. The evening will conclude with smores and songs by the campfire.

Friday, Aug. 4 (no rain date)

Check in begins at 5:30 p.m. All families must be checked in by 7 p.m.

All tents must be down and cleared by 9 a.m. Aug. 5.

Space is limited, register early.

Fee: \$15/resident; \$22.50/nonresident

10& under free - adult participation required

Cost includes dinner, smores and breakfast activities.

Event held rain or shine. No refunds will be given.

2017 SCHEDULE



JUNE 15

FOWLER PARK

Badgerland Water Ski Show

JULY 13

FOWLER PARK

Badgerland Water Ski Show

AUGUST 17

FOWLER PARK

Badgerland Water Ski Show

SEPTEMBER 9

VILLAGE GREEN

Adults' Night at the Movies

www.MoonlitMovies.org

Safety Training

\$5 FAMILY SAFETY CLASS GENERAL WATER SAFETY FOR ALL AGES

This presentation covers the importance of water safety education and learning how to swim, general water safety tips, watching children around water, and water activities and safety.

Monday, June 5 5:15-5:45 p.m.
Community Center Community Room
Fee: \$5/family resident; \$7.50 nonresident family

LIFEGUARDING (Ages 15 & Up)

American Red Cross Lifeguard Training

Instruction includes CPR for the professional rescuer, AED, PDT and First Aid. Students must be able to complete the following prerequisites: swim 300 yards continuously demonstrating breath control and rhythmic breathing, tread water for 2 minutes using only the legs, complete a retrieval exercise within 1 minute 40 seconds or less. This includes; 20-yard swim, surface dive, retrieve a 10 lb brick from 9' depth, swim back 20 yards and exit without using a ladder or steps. Course also includes a waterfront module.

Successful candidates must attend every class session, pass the written exams, and perform all critical skills and three final skill scenarios. Class space is limited, so sign up early.

June 12-20
Monday – Friday 1 -5 p.m. and
Saturday (June 17) 9 a.m.-noon
\$200/resident; \$225/nonresident

WOMEN'S SELF DEFENSE (Age 12 and up)

This is the perfect class for women of all ages. The course is highly recommended for mother-daughter pairs to take together. The class gives students the tools they will need to defend themselves when in danger. Class includes blocking and striking techniques.

Tuesdays 6:30-7:30 p.m. Community Center
Summer I: April 11-May 9
Summer II: July 11-Aug. 8

Per person: \$30/resident; \$45/nonresident
Adult/child pair: \$50/resident; \$75/nonresident

Instructor: Doug Scheerer, Fourth Degree Blackbelt & Ed Hicks, First Degree Blackbelt

SAFE SITTER COURSE (Ages 11-16)

The Safe Sitter Course is a medically accurate, highly structured babysitting preparation course under the guidelines of the



American Heart Association and the American Academy of Pediatrics. The class includes: hands-on manikin practice, small-group interactive learning, role-playing and games. Each participant must pass a written and practical exam and demonstrate acceptable skills in care of a choking infant/child. This course is offered in partnership with the Tutor Doctor.

Sign up for one of the following dates:
April 15, June 17, June 24 and Aug. 5

9 a.m. - 4 p.m. Community Center

\$90/resident; \$115/nonresident



Includes workbook and completion card

DID YOU KNOW?

It's not every day that you have the chance to learn something new while fighting someone ... and our Women's Self Defense Class will enhance your awareness of your surroundings. Knowing how to defend yourself can help you feel less anxious in public or fearful when walking alone at night.

On the Lake

LOG ROLLING (Age 6-15)

Try something new and improve your balance. Learn to log roll like the lumberjacks.

Monday & Wednesday 6-6:45 p.m. City Beach

Summer I June 12-June 28 \$18/resident
Summer II July 10-July 26 \$27/nonresident

SNORKELING (Age 8 & up)

Must be able to swim underwater. Learn snorkeling while exploring Lac La Belle. Equipment provided.

Tuesday & Thursday 6-6:30 p.m. City Beach
July 25-Aug. 3 \$16/resident; \$24/nonresident

CANOEING (Age 9 and up)

Learn the correct way to navigate and paddle a canoe. Canoe, paddles and life jackets are provided.

Tuesdays & Thursdays 6-6:45 p.m. City Beach

Summer I June 20 & June 22 \$20/resident
Summer II July 18 & July 20 \$30/nonresident

CANOE & KAYAK EXPEDITION (Age 12 & up)

Explore Lac La Belle, Fowler Lake and the Oconomowoc River in this guided expedition. Students must be dropped off at the Oconomowoc River on Plank Road and picked up at City Beach. Bring a bag lunch. Canoe, kayak, paddles and life jacket are provided.

Choose one or both expeditions to add some adventure to your summer. **Experience is required.**

Fridays 1-4 p.m.

Canoe expedition July 7 \$18/resident
Kayak expedition Aug. 25 \$27/nonresident per expedition

SUNSET KAYAKING (Age 12 and up)

Try a new adventure in this instructional kayaking program. Take in a little exercise while learning a new sport and enjoying beautiful Lac La Belle. Kayak, paddles and life jacket are provided.

Monday & Wednesday 7-7:45 p.m. City Beach

Summer I June 26 & June 28 \$12/resident
Summer II Aug. 7 and 9 \$18/nonresident

LEARN TO SAIL (Ages 8-14)

Designed for the first time sailor who does not have time for the full summer program.

This class eases the student into the water with games and fun drills in the Optimist Dinghy.

Held in cooperation with the La Belle Yacht Club Sailing School.

Mon and Weds 3:00-5:00 p.m.
Shorehaven Lakefront, 1506 W. Wisconsin Ave

Summer I June 12-June 28
Summer II July 10-July 26

Fee: \$200/session includes boat rental during class and Weds Night Series racing.

For questions or more information on this program, contact: Lynn Harris dharris9@wi.rr.com (414) 303-3663

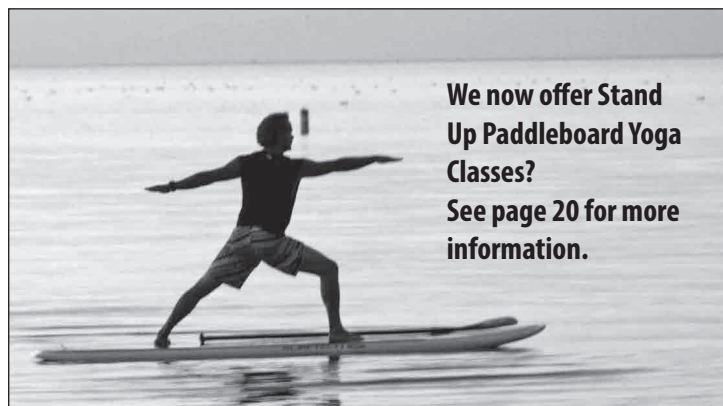
SUP LESSONS (Age 12 & up)

Learn the hottest new water sport here on Lac La Belle. Students will be given basic instructions for stand up paddleboarding and then our instructor will provide a guided practice on the lake. Paddleboard, paddle and lifejacket provided.

Fridays 1:30-2:30 p.m. City Beach
June 9 or Aug. 4
or
6-7 p.m. July 14 or Aug. 11

\$20/resident; \$30/nonresident per class

DID YOU KNOW?



We now offer Stand Up Paddleboard Yoga Classes?
See page 20 for more information.

Swim Lessons

Introductory Lessons

Parent/Child (ages 12-36 months)

This program builds swimming readiness by emphasizing fun in the water. Parents are required to be in the water with their child and will participate in several guided practice sessions that will help orient their child to the water.

Preschool (ages 3-5 by first class)

This program builds swimming readiness by emphasizing fun in the water. The child will participate in several guided practice sessions that help the child learn elementary skills.

American Red Cross Learn-To Swim Program

Level 1 - Intro to Water Skills (ages 4 & up by first class)

Purpose: help student feel comfortable in the water. Some skills covered include: basic water safety, travel 5 yards, bob 3 times, pick up a submerged object, glide on front 2 body lengths, back float for 3 seconds, recover to vertical position, and swim front and back using arm and leg action.

Level 2 - Fundamental Aquatic Skills. Prerequisite: Level 1

Purpose: Give students success with fundamental skills. Some skills covered include: front and back glide, roll from front to back float for 5 seconds, tread water using arm and leg motions, push off and swim using combined stroke on front and back.

Level 3 - Stroke Development. Prerequisite: Level 2

Purpose: Learn the survival float, elementary back float and coordinate the front crawl. Some skills covered include: jump into deep water, swim front crawl for 15 yards, tread water for 30 seconds and swim elementary backstroke for 15 yards. Introduction to scissors kick and dolphin kick.

Level 4 - Stroke Improvement. Prerequisite: Level 3

Purpose: Develop confidence in the strokes and improve other aquatic skills. Some skills covered include: feet first surface dive, front crawl and elementary backstroke for 25 yards, swim breaststroke and back crawl for 15 yards. Butterfly is introduced.

Level 5 - Stroke Refinement. Prerequisite: Level 4

Purpose: Provide refinement of all six strokes. Some skills covered include: flip turns on front and back, swim front crawl and elementary backstroke and sidestroke for 50 yards, swim breaststroke and back crawl for 25 yards.

Level 6 - Swimming & Skill Proficiency. Prerequisite: Level 5

Refine strokes so students swim them with ease, efficiency power and smoothness over greater distances. Level 6 is designed with options. Each of these options focuses on preparing student to participate in more advanced courses, such as Water Safety instructor and Lifeguard Training. Options include personal water safety and fitness swimmer.

Summer I	June 12-30 - Register by May 29
Summer II	July 10-28 - Register by June 23
Summer III	July 31-Aug. 18 - Register by July 14

Monday-Friday	\$40/resident \$60/nonresident
45-minute private lesson	\$20/resident \$30/nonresident
Parent/Child Preschool Level 1	10-10:30 a.m.
Level 2 Level 3 Level 4	10-10:45 a.m.
Preschool Level 1	11-11:30 a.m.
Level 2 Level 4 Level 5	11-11:45 a.m.
Preschool Level 1	12-12:30 p.m.
Level 2 Level 3 Level 4 Level 5 Level 6	12-12:45 p.m.
Preschool Level 1	5-5:30 p.m.
Level 2 Level 3 Level 4	5-5:45 p.m.
Parent/Child Level 1	5:45-6:15 p.m.
Level 2 Level 3 Level 5 Level 6	6-6:45 p.m.

Beaches & Boating

FREE CLINIC - JUST FISHIN' (Age 6-15)

Wisconsin Angler instructors will guide children through the basics of fishing while they are able to try their luck with the sport.

This free, two-hour workshop teaches the basics of bait, rods, fish, etc. to get acquainted with the sport of fishing. Equipment provided.

**9-11 a.m. Saturday, June 3
Veterans Memorial Park**

Cost: Free Limited to 24 participants; sign up online

KIDS DAY AT CITY BEACH (Age 3 & Up)

Join the lifeguards of City Beach for a fun afternoon of games and activities. Theme-based games such as an obstacle course, tug-of-war, sunken canoe race and many others. The day concludes with the infamous sand castle building contest with prizes from generous local businesses.

Tuesday, Aug. 15 1:30 to 3 p.m.

City Beach Free

Sand castle registration at 3 p.m.

Event held Weather permitting, no rain date.

DID YOU KNOW?

You can enjoy Stand Up Paddleboarding for free on Free Fridays this summer.

Free Fridays are from 1:30-3:30 p.m. at City Beach June 16, July 21 and Aug. 18

Each participant gets a free half hour. First come, first serve, no reservations.



BEACH INFORMATION

City of Oconomowoc Beaches, Bender Beach and City Beach, are open Memorial Day weekend through Labor Day weekend.

City Beach 10 a.m.-8 p.m.

Bender Beach 12 p.m.-6 p.m.

All beach hours are weather permitting

Beach Bands must be purchased for anyone age 6 and up in order to swim.

Beach Bands can be purchased at the beach
Daily Band: \$2.50 resident; \$5 nonresident
Season Band: \$20 resident; \$45 nonresident

Children under age 6 are free with a paid adult.

Adult must be within arm's reach of the child at all times.

The swim area will be restricted to the small section during swim lessons.

WATERCRAFT RENTALS

Rent a stand up paddle board (SUP), canoe, kayak or paddle boat at City Beach during beach hours - weather permitting.

Rental	Resident	Nonresident
1 hour	\$10	\$15
1 hour SUP	\$15	\$20
4 hour	\$30	\$45
8 hour	\$60	\$90
Paddleboards are only rented per hour		



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Seniors

BRIDGE

Beginner: Increase mental stimulation, have fun and meet new people. Bridge is arguably the best card game invented and in this six week session you will learn the basic rules.

Spring Tuesdays 1-3 p.m.
April 18-May 23

Summer Thursdays 10 a.m.-12 p.m.
June 15-July 27 (off July 6)

Bridge II: Already know the basics of bridge? This class will dive deeper into bidding so you and your partner will end up in the right contract. We will also cover popular conventions and have the opportunity for more card play.

Summer Tuesdays 1-3 p.m.
June 13-July 25 (off July 4)
Taught by ACBL Accredited Teacher Mark Nehs

\$60/resident; \$85/nonresident per class, includes book

LINE DANCING

Get out with your friends and have fun while getting some exercise. This class focuses on more than just learning dances. It incorporates variations, choreography and learning how to know which dances to do with experience. No previous dance experience needed.
Instructor: Nancy Wensch

Tuesdays 7-8 p.m. Assembly B
Spring April 4-May 23 (off April 25, May 2)
Summer I May 30-July 11 (off July 4)
Summer II July 18-Aug. 29 (off Aug. 1)
\$36/resident; \$54/nonresident

OCONOMOWOC AREA SENIOR CENTER

The Senior Center website has copies of the recent newsletters, monthly calendar of activities, contact information, travel, directory, picture gallery, membership application information and forms, and links to other websites of interest to seniors.
Coordinator: Mary Lueth

210 South Main Street
Open 9 a.m. to 4 p.m. Monday-Friday
www.OconomowocSeniors.org

\$15 (annual individual membership)
January - December
(262)567-4288 or OASCcoord@sbcglobal.net

POP TENNIS - ADULTS

POP tennis is the rebranding of the 100-year-old paddle tennis, now made "POPular" and played on shorter tennis courts with shored racquets, lower compression (green dot) tennis balls and the same scoring and rules as tennis, except for serving underhand.

Wednesdays 10:30-11:30 a.m.
April 5-May 17
Free - Sponsored by MSI General

First class meet at Oconomowoc Community Center then will meet at Fowler Park or the Community Center if there is inclement weather.

No registration needed, just show up during class time.

BLAIN STREET PICKLEBALL COURTS

Pickleball is the fastest-growing sport for "seniors" but adults of all ages are invited to play. A group of pickleball enthusiasts meet informally most nights (except Friday & Saturday) at 5 or 5:30 p.m. (when temperatures are below 80 degrees). Anyone interested in trying pickleball is welcome. No need to bring equipment. Wear court or tennis shoes.

WAUKESHA COUNTY SENIOR DINING

Fellowship, Food & Fun

Senior Dining is open to individuals 60 years of age and older at the Oconomowoc Community Center Monday through Friday. A donation of \$4 is suggested. Lunch reservations are required 24 hours in advance. Please call Oconomowoc Senior Dining Center Monday - Friday, 10 a.m. to 12:30 p.m. at (262) 567-5117.

For more information, call Waukesha County ADRC at (262) 548-7848.

Silver Streak^{INC}

Serving Oconomowoc Seniors and People With Disabilities

Providing affordable local transportation for Oconomowoc seniors and people with disabilities for 25 years.

262-567-6404
www.oconosilverstreak.org

Since 1991



Parks Information

TREE CITY USA & ARBOR DAY

Trees clean the air we breathe, beautify our neighborhoods, provide homes for wildlife, conserve energy and provide many other benefits.

Oconomowoc has proudly been recognized by the Arbor Day Foundation as a Tree City USA community for 24 years for its commitment to urban forestry.

Oconomowoc celebrates Arbor Day the last week in April every year.

We encourage groups, organizations, businesses and individuals to participate in the celebration by donating a tree or trees to be planted in our parks in memory of a loved one or for other special reasons near and dear to you.

For more information, please contact the Superintendent of Parks and Forestry at (262) 569-2180.

WAUKESHA COUNTY ARBOR DAY TREE PLANTING

This Arbor Day, start a new family tradition and grow a legacy. Help Waukesha County Parks plant trees to help enhance and preserve our natural areas.

9 a.m. to noon Saturday, April 29

Nashotah Park – W33 N5113 Highway C, Nashotah
The daily park entrance fee is waived for those participating in the event

Pre-registration is not required, but groups of 10 or more please call (262) 896-8074.

Event will be held rain or shine. If weather is severe, the event will be rescheduled to Sunday, April 30 same time (check www.waukeshacountyparks.com after 8 a.m. April 29 for status update if weather is questionable).

BIRD CITY

In March 2012, the City of Oconomowoc was granted recognition as a "Bird City" and is now part of a collaborative program for urban bird conservation throughout Wisconsin. The City of Oconomowoc takes an active role in preservation, restoration and management of its ecological assets that are critical to avian inhabitants. We are seeking volunteers who are bird enthusiasts to help with conservation and several projects the city would like to implement. Groups or individuals are welcome. Call (262) 569-2199 for more information.

STREET TREE PLANTING

The Parks Division has improved its Street Tree Planting process.

Residents now have more options when requesting a street tree to be planted in front of their home.

Historically, City residents could request a free street tree(s) to be planted in front of their home. However, the average waitlist time for that request was two years.

City residents now have the option to pay for 50% of the cost of the tree to be moved up on the waitlist, pay the full cost of the tree to have the tree planted by City crews in spring or fall, or opt to plant your own tree with approval by the City Forester.

All of this information, including a new request form can be found at www.oconomowoc-wi.gov/parks under "Tree Planting and Requests."

STREET TREE MAINTENANCE

A city street tree is any tree or woody vegetation that lies within the public right-of-way and alley right-of-way. The Forestry Division is responsible for maintaining all of the street trees in the areas between the sidewalk and the street curb.

Pruning: Street tree pruning and tree removals are scheduled during the winter months and late summer to early fall. The Forestry Superintendent marks and schedules removal or pruning of city owned hazardous trees and branches deemed necessary for public safety as time permits. The tree pruning schedule is on a 6-year cycle according to aldermanic districts. There are 4 aldermanic districts within the city and tree pruning takes place in one district at a time for one and a half years. Please do not perform any tree maintenance on any city owned street trees.

If you have a tree maintenance request, please fill out the Forestry Maintenance Request Form at www.oconomowoc-wi.gov/parks or at the Community Center, 220 W. Wisconsin Ave. Trees on private property are maintained by the homeowners. If you suspect there is a hazardous street tree, please report it to the Forestry Superintendent at (262) 569-2180.

Stump Grinding: The Forestry Division grinds all tree stumps from tree removals with top priority going to tree removals done from the previous year. Stump grinding takes place in the spring and fall of each year and consists of grinding the stump below ground level, removing the grindings and then adding topsoil, grass seed and cover. The homeowner is responsible for watering the newly seeded areas.

Parks Information

DPW YARD

The Department of Public Works yard is behind the City building at 101 Forest St. by Roosevelt Park. This yard is to be a collection site for City departments only.

Hours: Monday - Friday from 7:30 a.m. - 3 p.m.

Dates: April 1 - November 1 (Closed Holidays)

Rules

Wood mulch and cut firewood are free and available to the public on a first come, first serve basis.

No dumping of any materials, debris or trash whatsoever. This is not a landfill.

Violators will receive a fine.

COMMUNITY GARDEN

Greener Oconomowoc's two community gardens are located on the City of Oconomowoc's Utility Department grounds at 801 S. Worthington St. and 815 S. Worthington St.

Gardens are open April through November.

The 10x10-foot garden plots are available to rent for \$25 per plot. Two plots will be made available for households needing financial assistance.

Water, hoses and nozzles are available on site at each garden. Gardeners are asked to use only organic practices and products.

Garden rules and guidelines, reservation forms and liability waivers are available at

www.oconomowoc-wi.gov/parks and at the Department of Parks, Recreation & Forestry, 220 W. Wisconsin Ave.

Completed reservation forms and liability waivers, as well as payment for the plot(s), must be submitted to Parks, Recreation & Forestry staff.

DID YOU KNOW?



The City of Oconomowoc Parks Division has 35 parks and maintains around 262 acres of parkland. This includes: 15 park buildings and shelters, 17 playgrounds, 7 baseball and softball diamonds, 8 volleyball courts, 8 tennis courts and all landscape beds and site amenities throughout the city.

PARK GUIDELINES

We ask that all park users follow these guidelines:

- No person shall operate or ride upon a motor scooter, motorcycle or snowmobile in any park within the city including the Fowler Lake boardwalk, pier and gazebo.
- All parks within the city are closed between 10 p.m. and 5 a.m. daily except Riverside Park which is closed between 9 p.m. and 5 a.m. daily.
- Intoxicants and fermented malt beverages shall not be consumed in any city park after 10 p.m.
- Dogs are not allowed in city parks with the exception of the Dog Exercise Area in Roosevelt Park.
- Glass bottles and containers are prohibited in all city parks including the Fowler Lake boardwalk, pier and gazebo.
- No person shall feed waterfowl on any property owned by the City of Oconomowoc.
- Parking is allowed in designated parking areas only.

BOAT MOORING

The City of Oconomowoc offers public boat mooring facilities as a service to the residents of the city.

There are three locations available depending on boat length - Boardwalk, Island and Chestnut Street. There are a total of 21 boat slips and one jet ski/nonmotorized slip.

The typical mooring season runs from May 1-Oct. 31.

A waitlist is also maintained for future vacancies. City residents may add their name to the wait list by registering in person at the Parks, Recreation and Forestry office. As a means to encourage sincere placement on the wait list, an administrative fee of \$10 plus sales tax per location will be assessed. Wait list fees are renewed annually.

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Parks & Facilities Index

		Picnic/Eating	Swimming Beach	Portable Toilet/Restrooms	Tennis Courts	Pickle Ball Courts	Basketball Courts/Goal	Playground Equipment	Baseball/Softball/Sandlot	Soccer/Football Field	Volleyball Court	Boat Carry-in Launch	Mooring Slip	Shoreline Fishing	Park Shelter/Pavilion	Bandshell	Walking Trails	ADA Approved Pier	Natural Resource Features
1	Bender Beach Park	X	X	X															
2	Blain Street Park North	X			X	X	X	X											
3	Blain Street Park South											X							
4	Bub Heritage Park	X						X											
5	Chaffee Road Park	X		X				X	X	X									
6	Champion Field	X		X					X	X									
7	Chestnut Street Lake Access											X	X						
8	City Beach	X	X	X				X			X	X	X	X		X			
9	Fowler Boat Launch			X				X				X		X				X	
10	Fowler Park	X		X	X		X	X						X	X			X	X
11	Golden View Park	X																	X
12	Hawthorne Ridge Park	X						X											
13	Hickory Creek Park North	X						X											X
14	Hickory Creek Park South																		X
15	Island (Lac LaBelle)												X	X					X
16	Lake Road Terrace	X												X					
17	Lakeridge Park																		X
18	Lily Road Park	X		X	X			X											
19	Lisbon Road Park													X					X
20	Memorial Park East													X				X	X
21	Oerding Park	X		X											X		X		X
22	Park Street Beach		X									X							
23	Parkview Place Park																		X
24	River Bluff Park Lower							X											
25	River Bluff Park Upper	X													X				X
26	River Highlands Park	X						X	X										
27	Riverside Park	X		X				X				X		X	X				X
28	Roosevelt Park	X		X				X	X	X	X				X		X		
29	Silver Lake Park	X		X				X	X						X				
30	Timber Woods Park																		X
31	Veterans Memorial Park													X					X
32	Village Green	X																	
33	Westover Park	X		X	X		X	X											
34	Whitman Park	X					X	X	X										
35	Wood Creek Park						X	X											
36	Woodland Lane Lake Access		X									X		X					X

Park Map





Life comes **NATURALLY** here

Parks, Recreation & Forestry Department
220 W. Wisconsin Ave.
Oconomowoc, WI 53066
(262) 569-2199

Postal Customer

2017 Oconomowoc Events

Spring Gallery Night

May 5, 5 to 9 p.m. downtown
Merchant specials, entertainment, free carriage rides

Summer Farmers Market

Saturdays, May-October, 7:30 a.m. to noon downtown
Farmers and producers sell seasonal produce and wares

Memorial Day Ceremony

Monday, May 29, 10 a.m. Band Shell

Oconomowoc Legion Band Concerts

Wednesdays, June 7-Aug. 23, 7 p.m. Band Shell

Bands at the Beach - City Beach

Fridays, June 9, June 23, July 7, July 21, Aug. 4 & Aug. 18

Moonlit Movies and Waterski Show

Thursdays, June 15, July 13 & Aug. 17, 5:30 p.m. Fowler Park

Fourth of July Parade and Fireworks

Saturday, July 1, Downtown to Fowler Park

Kid's Fest

Tuesday, Aug. 15 9 a.m. to 1 p.m. Roosevelt Park

Kid's Day

Tuesday, Aug. 15 1:30 to 3 p.m. City Beach

Oconomowoc Festival of the Arts

Saturday-Sunday, Aug. 19-20, 10 a.m. to 5 p.m. Fowler Park

Midwest Paddle Festival

Saturday, Aug. 19, 7:30 a.m. to 3 p.m. City Beach

Light Up the Lake Boat Parade and Fireworks

Saturday, Aug. 19, 8:30 to 10 p.m. City Beach

Fall Festival

Saturday, Sept. 9 9 a.m. to 5 p.m. Downtown

Moonlit Movies - Adult Night Out

Saturday, Sept. 9 6 p.m. to 10 p.m. Village Green

9/11 Tribute Concert

Monday, Sept. 11, 7 p.m. Rhodee Memorial Band Shell



Spring Gallery Night



Kids Day



Moonlit Movies & Badgerland Waterski Show