

THE VERONA AREA SCHOOL DISTRICT

Community EDUCATION

Fall 2018



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A MESSAGE FROM THE VERONA AREA SCHOOL DISTRICT SUPERINTENDENT

The Verona Area School District subscribes to the philosophy that public schools are owned and operated by and for its patrons and that the schools are an integral part of the community. Community involvement is an important aspect of our school district with opportunities provided to residents through VASD Community Education.

A new Verona Area School District Community Education brochure is produced each fall and spring and is available to view on the VASD website as well as being mailed to all community residents. The opportunities outlined in the brochure represent educational and recreational classes offered to residents by community members and through partnerships with municipal agencies and other organizations. In the brochure you will also find other important information regarding the school district and community events.

The Verona Area School Board recognizes that school facilities are a valuable asset to the community and encourages their use.

Dean Gorrell
Verona Area School District Superintendent

Verona Area Board of Education

Noah Roberts	President
Meredith Christensen	Vice President
Amy Almond.....	Treasurer
Russell King	Deputy Clerk
Kristina Navarro-Haffner ..	Member
Carolyn Jahnke.....	Member
Thomas Duerst.....	Clerk
Dean Gorrell.....	Superintendent

Verona Area School District Buildings

Administration Office	700 N. Main Street, Verona.....	845-4300
Badger Ridge Middle School	740 N. Main, Verona.....	845-4100
Verona Area Core Knowledge® Charter School	740 N. Main, Verona.....	845-4130
Country View Elementary	710 Lone Pine Way, Verona.....	845-4800
Exploration Academy	400 N. Main, Verona.....	845-4560
Glacier Edge Elementary	800 Kimball Lane, Verona.....	497-2100
Natatorium	400 B N. Main Street.....	845-4635
New Century Charter School	401 W. Verona, Verona.....	845-4900
Savanna Oaks Middle School	5890 Lacy Road, Fitchburg.....	845-4000
Stoner Prairie Elementary	5830 DeVoro Road, Fitchburg.....	845-4200
Sugar Creek Elementary	420 Church Avenue, Verona.....	845-4700
Verona Area High School	300 Richard Street, Verona.....	845-4400
Verona Area International School	5830 DeVoro Road, Fitchburg.....	845-4293

VASD Fall 2018 School Calendar

September 3	NO SCHOOL- Labor Day
September 4	First day of school for students
September 10	K-5* Late Start (9:25AM;CKCS Elem 10:00AM)
September 17	K-12* Late Start (K-5 9:25AM;6-12 10:00AM,CKCS Elem 10:00AM)
September 24	K-5* Late Start (9:25AM;CKCS Elem 10:00AM)
October 1	K-12* Late Start (K-5 9:25AM;6-12 10:00AM,CKCS Elem 10:00AM)
October 8	K-5* Late Start (9:25AM;CKCS Elem 10:00AM)
October 15	K-12* Late Start (K-5 9:25AM;6-12 10:00AM,CKCS Elem 10:00AM)
October 22	K-5* Late Start (9:25AM;CKCS Elem 10:00AM)
October 25	NO SCHOOL- Parent Conferences
October 26	NO SCHOOL-Optional Teacher Staff Development Day
October 29	K-12* Late Start (K-5 9:25AM;6-12 10:00AM,CKCS Elem 10:00AM)
November 5	K-5* Late Start (9:25AM;CKCS Elem 10:00AM)
November 9.....	End of 1st Quarter
November 12	K-12* Late Start (K-5 9:25AM;6-12 10:00AM,CKCS Elem 10:00AM)
November 19.....	K-5* Late Start (9:25AM;CKCS Elem 10:00AM)
November 20.....	NO SCHOOL-CKCS MS/Elem-All other schools in session
November 21.....	NO SCHOOL - Comp Day - Teacher Flex Plan
November 22-23	NO SCHOOL - Thanksgiving Break
November 26.....	K-12* Late Start (K-5 9:25AM;6-12 10:00AM,CKCS Elem 10:00AM)
December 3	K-5* Late Start (9:25AM;CKCS Elem 10:00AM)
December 10	K-12* Late Start (K-5 9:25AM;6-12 10:00AM,CKCS Elem 10:00AM)
December 17	K-5* Late Start (9:25AM;CKCS Elem 10:00AM)
December 21	Last day before Winter Break
December 24 - January 1.....	NO SCHOOL - Winter Break
January 2.....	Resume School
January 7.....	K-12* Late Start (K-5 9:25AM;6-12 10:00AM,CKCS Elem 10:00AM)
January 14	K-5* Late Start (9:25AM;CKCS Elem 10:00AM)
January 21	NO SCHOOL
January 25	End of 2nd Quarter
January 28	NO SCHOOL - Optional Teacher Staff Dev. Day
February 4.....	K-12* Late Start (K-5 9:25AM;6-12 10:00AM,CKCS Elem 10:00AM)
February 11.....	K-5* Late Start (9:25AM;CKCS Elem 10:00AM)

HEALTH AND WELLNESS

The Verona Area Community Education Office is pleased to continue bringing lifelong learning opportunities to the Verona area. We continue our positive collaboration with the America Red Cross in bringing health and safety programs to the community, along with several businesses and residents offering their expertise as instructors.

La oficina de educación comunitaria Verona se complace en eguir trayendo oportunidades de aprendizaje para el área de Verona. Continuamos nuestra colaboración positiva con la Cruz Roja de Estados Unidos en llevar programas de salud y seguridad a la comunidad, junto con varias empresas y que ofrece sus conocimientos como instructores de residentes.

Dance Classes - Beginning-Saturdays

Looking for something fun to do? Try some dance classes! These classes are designed for beginning dancers, dancers with limited experience and dancers that want to learn a new dance. You will find a comfortable, non-threatening atmosphere to learn how to enjoy dancing together. You will learn, step-by-step the mechanics of the dance, how to lead & follow and how to move around the dance floor. Each week we will add more moves.

There will be a public dance from 7:30 to 9:30 PM each Saturday night, October through January, with a variety of music \$5.00 per person, or free to class participants. Please bring comfortable, clean-soled shoes. E-mail (mmoea@aol.com) or Call Mike & Deb Moe at 608-655-3250, if you have any questions.

Course # F220 - Country 2 Step

Dates/Times: Saturdays, 5:00-6:00PM
September 15, 22, 29, October 6, 13, 20
Location: **Stoner Prairie Elementary School Gym**
5830 Devoro Road, Fitchburg, WI 53711
Cost: \$70 per couple for six classes
Min/Max: 4/10

Course # F221- East Coast Swing

Dates/Times: Saturdays, 6:15-7:15PM
September 15, 22, 29, October 6, 13, 20
Cost: \$70 per couple for six classes
Location: **Stoner Prairie Elementary School Gym**
5830 Devoro Road, Fitchburg, WI 53711

Course # F222 - Tango

Dates/Times: Saturdays, 5:00-6:00PM
October 27, November 3, 10, 17, 24, December 1, 8
Location: **Stoner Prairie Elementary School Gym**
5830 Devoro Road, Fitchburg, WI 53711
Cost: \$70 per couple for six classes
Min/Max: 4/10

Course # F223 - Waltz

Dates/Times: Saturdays, 6:15-7:15PM
October 27, November 3, 10, 17, 24, December 1, 8
Cost: \$70 per couple for six classes
Location: **Stoner Prairie Elementary School Gym**
5830 Devoro Road, Fitchburg, WI 53711
Min/Max: 4/10



Yoga for Wellness & Wellbeing

This alignment yoga course will integrate connecting the breath with body awareness and movement to improve balance, strength and flexibility as well as cultivate embodiment through meditation. We will focus on techniques to calm the nervous system by using the breath to help reduce tension and stress, while grounding the body and mind.

Each class will begin with meditation, followed by a variety of poses and conclude with a relaxing savasana. Alignment yoga is accessible to everyone and will include variations, progressions and challenges to suit what your body needs.

By the end of the 6-week class, you will be more resilient and have the tools to be more present with yourself and others. Join me on this path to a healthier and more mindful lifestyle!

Please bring a mat, yoga block or two, a strap and a large towel to roll up for support.

Course # F224

Instructor: Karen Ducharme, Certified Yoga Instructor
Days/Times: Tuesdays - 7:00-8:00PM
Fees: \$72.00 per session
Dates: *Session 1: October 23, 30, November 6, 13, 20, 27*
Session 2: December 4, 11, 18, January 8, 15, 22, 29
Location: **VASD Administration Bldg.**
700 North Main
Verona, WI 53593
Min/Max: 12/25

Lifestyle & Wellness

Restyle your Life: Make 2019 Your Best Year Ever!

This interactive workshop will help you take inventory of your present life with an open mind and fresh perspective as you break down what feels outdated and unsatisfying, what's missing and what makes you feel alive rather than drained. UW-Madison certified life coach, Theresa Ann Stuesser, will guide you through activities, powerful conversation and practical approaches to help you take action to shift forward into the best version of your life you can imagine!

Take the first step to an updated life by signing up today! All related topics such as circumstances beyond our control or not feeling in touch with ourselves right now are welcome for discussion.

Course # F225

Instructor: Theresa Ann, ACC, PLCC
Founder, Mosaic of Self Institute
ICF Certified Life Coach and Workshop Facilitator
www.TheresaAnn.com
connect@theresann.com

Location: Glacier Edge Elementary Conference Room #248
800 Kimball Lane, Verona, WI 53593
Fees: \$20.00
Dates: Thursday, January 3, 2019,
(snow date: Thursday, January 10th)
5:30-7:00PM
Min/Max: 6/25

Community Education Courses

Healthy Relationships

A Discovery Workshop for a New Love Chapter or Making Your Current Relationship the Best it Can Be

This interactive workshop, where everyone is welcome, will help you take inventory of what you want in a new or existing relationship and practical approaches for how to make it happen.

UW-Madison certified life coach, Theresa Ann Stuesser, will guide you through activities, powerful conversation and helpful models to help you identify your relationship readiness, relationship style, desires in a partner and relationship goals. She will also help you design forward action toward creating the relationship you desire.

Take this class alone or bring your partner to invest in your future love life and to invest in making your relationship the best it can be! All related topics such as dating after divorce and online dating are welcome for discussion.

Course # F226

Instructor: Theresa Ann, ACC, PLCC
Founder, Mosaic of Self Institute
ICF Certified Life Coach and Workshop Facilitator
www.TheresaAnn.com
connect@theresann.com

Location: Glacier Edge Elementary Conference Room #248
800 Kimball Lane, Verona, WI 53593

Fees: \$20.00
Dates: Wednesday, January 30, 2019
(snow date: Thursday, February 21st)
Time: 5:30-7:00PM
Min/Max: 6/25

YOU'RE ON THE AIR

How to Really Make it in Voice-Overs!

(A One-time 2 Hour Program)

YOU'VE HEARD WILL KAMP ON TV AND RADIO! Now hear Will LIVE as he illustrates how YOU could actually begin using your speaking voice for commercials, films and videos! Most people go about it the wrong way. Will is going to show you a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! Will Kamp, a successful voice-over artist, actor, and comedy improv performer, has done voice work ranging from Honda radio commercials to on-camera work for nationally recognized TV stations, to having been nominated "Best Comedic Actor"! You'll step up to the mic and do some practice recording, and best of all, you'll hear the results!

Course # F227

Instructor: Will Kamp
Fee: \$25.00
Date: Tuesday, October 16
Time: 6:30-8:30PM
Location: VASD Administration Building Conf. Room
700 N. Main St., Verona, WI 53593
Min/Max: 7/25



Kids Introduction to Karate

Karate America

This course will give an overview of the martial arts, where you will learn basic kicks, punches, blocks. You will also learn some of the traditions of the Martial Arts plus work on your flexibility, balance, and strength. The class is open to kids and adults from age 4 and up. *Please include the age(s) of the student(s) with your registration. Students should wear workout clothes to class.*

Course # F228

Instructor: Jeff Christensen, Chief Instructor
7th Degree Black Belt
Karate America - Verona
www.kaverona.com
Fee: \$10.00
Date/Time: Tuesday, October 9, 2018, 6:00-6:45PM
Location: Karate America Verona
535 Half Mile Road
Verona, WI 53593
Min/Max: 5/25



Practical Self-Defense for Girls & Women

This class is designed for girls and women, ages 9 through adult, especially mom's and daughters. This course will show you and let you try some simple yet effective self-defense methods that have been proven to work against an attacker that's larger and stronger than you. We'll also cover situation awareness, and avoiding confrontations with possible "bullies" and attackers. *Please include the age(s) of the student(s) with your registration.*

Course # F229

Instructor: Jeff Christensen, Chief Instructor
7th Degree Black Belt
Karate America - Verona
www.kaverona.com
Fee: \$10.00
Dates/Times: Tuesday, October 2, 2018, 6:00-6:45PM
Location: Karate America Verona
535 Half Mile Road
Verona, WI 53593
Min/Max: 5/25



Community Education Courses

Beginning Piano (6-8 yrs)

Perfect for students interested in the piano and parents with reservations about readiness for private lessons. We start from the beginning with basics of posture, technique and music reading while trying out practice routines and informal performing. Class fee includes a book. Students must have access to an acoustic or electronic piano for practicing. An adult size keyboard with at least 60 keys is recommended. Students may practice at RAC free of charge pending time and space availability. If the student has had previous piano instruction or group music instruction including piano outside of school, parents are asked to contact the office before enrolling. Students that complete this class are usually ready to transition to private piano lessons. Sessions 1 and 2 are not cumulative.

Course # F230
Instructor: Emily Worzalla
Rhapsody Arts Center-Verona
Fees: Tuesdays: 10 Sessions-\$200.00(*method book included*)
Session 1: September 11th - November 13th
Session 2: January 15th - March 19th
4:00-4:45PM
Time: **Rhapsody Arts Center**
Location: 1031 N. Edge Trail
Verona, WI 53593
info@rhapsodyarts.org

Kids 'n' Keys (4-6 Yrs.)

This popular class engages children in early piano skills, singing, simple instruments and more! Music reading activities will focus on learning music symbols and simple notation. This class is a great stepping stone toward our Beginning Piano class and private piano lessons.

Course # F233
Instructor: Emily Worzalla
Rhapsody Arts Center-Verona
Fees: 10 Sessions - \$185.00 (*method book included*)
Thursdays:
Session 1: September 13th - November 15th
Session 2: January 17th - March 21st
Time: 4:00-4:45PM
Location: **Rhapsody Arts Center**
1031 N. Edge Trail
Verona, WI 53593
info@rhapsodyarts.org

Student Fiddle Club 6-18 years w/prerequisites

Join Rhapsody's student performance group for violin, viola, and cello players that want to learn about playing fiddle tunes outside of the orchestral experience. All music will be learned by ear. Class includes group performance opportunities such as Rhapsody Student Recitals or visiting local retirement centers. Prerequisites: Have played violin, viola, or cello for 2+ years OR has finished Suzuki Book 1 or equivalent.

Course # F231
Instructor: Charlene Adzima
Rhapsody Arts Center-Verona
Fees: 10 weeks - \$100.00 - Mondays:
Session 1: Sept. 10th - Nov. 12th
Session 2: Jan. 14th - March 18th
Session 3: April 1st- June 3rd
Time: 4:30-5:15PM
Location: **Rhapsody Arts Center**
1031 N. Edge Trail
Verona, WI 53593
info@rhapsodyarts.org

Painting and Drawing (Ages 12+)

Explore 2-D methods of drawing, painting, and more in this fun art class. Get creative and have fun! Materials included.

Course # F234
Instructor: Elizabeth Weinstein
Rhapsody Arts Center-Verona
Fees: \$400.00 (*materials included*)
Tuesdays:
Session 1: September 11th - November 13th
Time: 4:00-5:30PM
Location: **Rhapsody Arts Center**
1031 N. Edge Trail
Verona, WI 53593
info@rhapsodyarts.org

Family Music 18 months to 5 years with caregiver

Children and their caregiver are invited to sing, dance and play together in this special mixed-age class. Activities will be adapted so that all ages can participate. This class is perfect for families with multiple children, older children who enjoy being role models and younger children who are motivated by leadership from older children.

Course # F232
Instructor: Julie Mazer
Rhapsody Arts Center-Verona
Fees: 8 weeks - \$80.00, (*each additional child \$30.00*)
5 weeks - \$60.00, (*each additional child \$25.00*)
Wednesdays:
Session 1: Sept. 12th - Oct 31st
Special Holiday Session: Nov. 14 - Dec. 12
Session 2: Jan. 23rd - March 13th
Session 3: April 3rd - May 22nd
Time: 9:15AM-9:45AM
Location: **Rhapsody Arts Center**
1031 N. Edge Trail
Verona, WI 53593
info@rhapsodyarts.org

Exploring Art (6-12 yrs)

Get your hands dirty and learn through collage, clay, mixed media, and more!

Course # F235
Instructor: Elizabeth Weinstein
Rhapsody Arts Center-Verona
Fees: 10 Sessions - \$400.00 (*include materials*)
Wednesdays:
Session 1: September 12th - November 14th
Time: 4:00-5:30PM
Location: **Rhapsody Arts Center**
1031 N. Edge Trail
Verona, WI 53593
info@rhapsodyarts.org



American Red Cross



Adult & Pediatric First Aid/CPR/AED

This course combines Adult, Child and Infant CPR with first aid. It is recommended for those interested in a complete overview of up-to-date AED, CPR and first aid procedures. Participants learn how to overcome reluctance to act and treat illness and injuries. Skills include controlling bleeding, caring for muscle, bone and joint injuries, treating burns, and responding to shock.

Course # F236
Instructor: American Red Cross
Fee: \$103.00
Date: Saturday, September 22, 2018
Time: 9:00AM-3:30PM
Location: VASD Administration Building Board Room
700 N. Main St., Verona, WI 53593
Min/Max: 8/12



Adult CPR & AED & First Aid

This course covers Adult CPR, including respiratory and cardiac emergencies, and an overview of first aid. Skills include controlling bleeding, caring for muscle, bone, and joint injuries, treating burns, and responding to shock.

Course # F237
Instructor: American Red Cross
Fee: \$88.00
Date: Saturday, October 13, 2018
Time: 9:00AM-3:00PM
Location: VASD Administration Building Board Room
700 N. Main St., Verona, WI 53593
Min/Max: 8/12

Babysitter's Training

Like any other occupation, babysitting requires specific tools to maximize your abilities. This course teaches the knowledge, skills and confidence to care for infants and school-age children. Participants learn how to respond to emergencies and illness, make decisions under pressure and recognize safety and hygiene issues. Upon successful completion of all the course requirements, participants will receive a Babysitters Training--Has Attended certificate. Prerequisite: Recommended participants be 11 years old. Please bring a sack lunch.

Course # F238
Instructor: Certified American Red Cross instructor.
Fee: \$87.00
Date: Saturday, October 6, 2018
Time: 9:00AM - 4:30PM
Location: VASD Administration Building Board Room
700 N. Main St., Verona, WI 53593
Min/Max: 10/10

Basic Life Support for Healthcare Providers

The purpose of the Basic Life Support for Healthcare Providers (BLS) course is to ensure that individuals with a duty to respond (public safety professionals and healthcare providers) have the requisite knowledge and skills to care for patients who are experiencing respiratory arrest, cardiac arrest, or airway obstruction. The emphasis is on providing high-quality care integrating psychomotor skills with the skills of critical thinking, problem solving and team dynamics to achieve the best possible outcomes.

Course # F239
Instructor: American Red Cross
Fee: \$83.00
Date: Saturday, October 20, 2018
Time: 9:00AM-3:00PM
Location: VASD Administration Building Conf. Room
700 N. Main St., Verona, WI 53593
Min/Max: 8/12

Basic Life Support for Healthcare Providers - Review

For participants with a current professional-level CPR/AED certification from the Red Cross or equivalent organization. This course will review the skills needed to respond appropriately to respiratory and cardiac emergencies.



Course # F240
Instructor: American Red Cross
Fee: \$83.00
Date: Tuesday, December 11, 2018
Time: 6:00-8:00PM
Location: VASD Administration Building Conf. Room
700 N. Main St., Verona, WI 53593
Min/Max: 8/12



Community Education Course Registration Options

You can register online for VASD Community Education Classes:



Usted puede inscribirse para las clases de Educación de comunidad VASD:

vasdcommmed.recdesk.com/community



To register for VASD Community Education by mail:
Para inscribirse en la educación de la comunidad VASD por correo;
Fill out the registration form listed below and mail to:

Please complete a SEPARATE registration form for each person and a SEPARATE CHECK for each class.

Registration is confirmed upon receipt of your payment of fees on a first-come, first-serve basis. In case of a class being canceled due to insufficient enrollment, you will be notified and your check will be refunded. Any additional fees for materials or books will be collected by the instructor at the first class session.

PLEASE NOTE:

If you register online for a VASD Community Education class you will receive a notice of confirmation at the time of registration. Be sure to register at least a week prior to the start of classes. If the minimum enrollment is not reached by that time, the class will be canceled.

REFUND POLICY:

If a class is canceled by the office, registration fees will automatically be refunded in full. A full refund will also be made if a student withdraws before the class begins. No refunds are given after a class begins.

NONRESIDENT FEES:

Courses are offered to nonresidents at a 50% higher fee, except those arranged with another agency.

SENIOR CITIZEN DISCOUNT:

Community members 62 years and older may attend classes at 50 % off the regular fee, unless otherwise noted.

Community Education REGISTRATION FORM

Name _____

Home Phone _____ Work Phone _____

Address _____

City _____ Zip _____

Email Address _____

Course# _____ Fee(s) _____

Course Title(s) _____

Exercise Class(es) _____

(Senior Citizens Discount 50%)
Checks Payable/Mail to:
VASD Community Education
700 North Main Street, Verona, WI 53593

FOR OFFICE USE ONLY
Date _____ Amt.\$ _____ Cash _____ Check# _____

Community Education REGISTRATION FORM

Name _____

Home Phone _____ Work Phone _____

Address _____

City _____ Zip _____

Email Address _____

Course# _____ Fee(s) _____

Course Title(s) _____

Exercise Class(es) _____

(Senior Citizens Discount 50%)
Checks Payable/Mail to:
VASD Community Education
700 North Main Street, Verona, WI 53593

FOR OFFICE USE ONLY
Date _____ Amt.\$ _____ Cash _____ Check# _____

When school is closed due to inclement weather all Community Education classes will be cancelled for that day.

**VERONA AREA
Performing Arts Series**

*The 2018-19 VAPAS performances
are held at the Verona High School
Performing Arts Center*

Atlantic City Boys, Saturday, November 10, 2018 - 7:30PM

The Young Irishers, Saturday, February 23, 2019 - 7:30PM

The Canadian Brass, Friday, April 5, 2019 - 7:30PM

*For performance and ticket information, call 848-2787
Tickets are available at the State Bank of Cross Plains-Verona
www.vapas.org*

VERONA AREA COMMUNITY THEATRE

*The goal of the Verona Area Community Theater, Inc.
is to provide theater experiences for the surrounding community.
For Ticket Information Call (608)845-2383*

Upcoming shows include:

Little Shop of Horrors

October 18, 2018 - 7:30PM
October 19, 2018 - 7:30PM
October 20, 2018 - 2:00PM
October 20, 2018 - 7:30PM
October 21, 2018 - 2:00PM

A Christmas Story

November 29, 2018 - 7:30PM
November 30, 2018 - 7:30PM
December 1, 2018 - 2:00PM
December 1, 2018 - 7:30PM
December 2, 2018 - 2:00PM

*VACT offers you the opportunity to utilize your talents.
Please check our website www.vact.org for these opportunities or
email us at Producer@vact.org if you have questions.*

FITCHBURG PUBLIC LIBRARY 608-729-1760 www.fitchburgwi.gov/library

The Fitchburg Public Library is pleased to be a member of the 52 other libraries that make up the South Central Library System. Stop by and sign up for a library card, or continue to use your current SCLS library card. There is something for everyone at the Fitchburg Public Library including: separate spaces for children, teens, & adults, over 30 public computers and three public meeting spaces.

The Fitchburg Public Library is pleased to offer:

Books	Large Print Books	Meeting Rooms	Adult Programs
Audio Books	Magazines & Newspapers	Study Rooms	Teen Programs
Music CDs	Online Databases	Book Discussions	Children's Programs
DVDs	Internet / Wireless	Research Assistance	Movie Showings
E-books	Laptops with Internet Access	Consumer Information	Early Literacy Toys

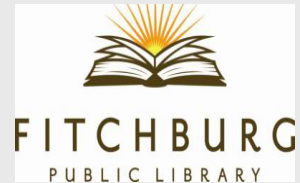
Storytimes are held throughout the year for babies (ages 0-2), toddlers (ages 2-5), & families (all ages). The library also features bilingual (English/Spanish) storytimes each month. Please contact the library for further information & exact times.

The Youth Services department offers multiple programs which are listed on the Fitchburg Library website. **Please check our calendar!**

Hours: Monday - Thursday - 9:00 a.m. to 9:00 p.m.
Friday & Saturday - 10:00 a.m. to 6:00 p.m.

Website: www.fitchburgwi.gov/library

Phone: 608-729-1760 **Address:** 5530 Lacy Road, Fitchburg, WI 53711



VERONA PUBLIC LIBRARY 845-7180 email: vpl@ci.verona.wi.us

Whether it's a quiet place to read next to a fireplace, to access to free Internet or wireless connections, to get professional research assistance, to bring friends and family for entertaining and educational programs, or to pick-up the latest book, magazine, or movie, the Verona Public Library is sure to have something for you. With a library card you may borrow and return materials wherever it is most convenient for you within the South Central Library System which includes 45 public libraries throughout a seven county area, including the eight branches of the Madison Public Library and the bookmobile from the Dane County Library Service.

Hours: Monday-Thursday 9:00 AM-9:00 PM
Friday 9:00 AM-5:00 PM (*open until 6PM beginning 9/1/16*)
Saturday 9:00 AM-4:00 PM

Website: www.veronapubliclibrary.org

Your Public Library Provides:

Books	CD-Roms	Internet & Wireless	Tax Forms
Audio Books	Large Print Books	Free Computer Lab	Meeting Rooms
Paperbacks	Scanner	Book Discussions	e-readers for checkout
Music CD	Magazines & Newspapers	Fax - Send & Receive	Exam Proctoring
DVDs	Historic Microfilm	Computer Classes	Children's Storytimes
Downloadable Content	Subscription Databases	Research Assistance	Teen Events
Business & Investment Info	Adult Programs	Consumer Information	Automotive Repair Manuals

Story Times are held throughout the year. Check the library website or call for scheduling information.

Baby Story Time. (Ages 0-18 months)

A lap-sit Story Time for infants that includes stories, songs, bounces and rhymes, followed by a time to play and visit. 30 minutes.

Toddler Story Time (Ages 1-2 years)

Toddler Story Time includes stories, songs, fingerplays and crafts. Children attend with caregiver. 30 minutes.

Preschool Story Time (Ages 3-5 years)

Preschool Story Time includes stories, songs, puppets, and more. 30 minutes.

Everybody Story Time (Ages 0-5)

Everybody Story Time is held in the evening and is a time for families to learn together. 30 minutes.

Sensory Friendly Story Time (Ages 3-5)

Build communication & friendship skills in a supportive environment. Meets throughout the school year except holidays and school breaks. 30 minutes



THE VERONA RECREATION DEPARTMENT

Fall 2018 848-6815

VERONA PARKS & RECREATION OFFICE INFORMATION

Location: Verona Public Works, Parks and
Recreation Building
410 Investment Court
Verona, WI 53593

Hours: 7:30 a.m. to 4:00 p.m.
Monday thru Friday
(Open during the noon hour)

Telephone: Main Office: (608) 848-6695
Direct to Casey: 608) 848-6815

Rec. Web Site: www.ci.verona.wi.us

Registration: www.activityreg.com/clientpage_tl.wcs

EMPLOYMENT OPPORTUNITIES!

The City of Verona Recreation Department employs many individuals to work as sports instructors, officials, and supervisors. We may have openings in the following positions.

- Youth Soccer Referees
- Flag Football Referees
- Adult Basketball Referees
- Beach concession/admissions
- Tennis, Baseball, Lacrosse, Soccer Instructors
- Playground Coordinators
- Playground Aides

Don't Delay, apply for a fun rewarding job today!
Call us at **848-6815**

The **Verona Recreation Department** offers a wide selection of leisure time activities throughout the fall and winter. Fall is the time for **Youth NFL Flag Football, Youth Soccer, Youth Dance, Babysitting Training and Adult Exercise Classes**. Again this fall will be offering NFL Youth Flag Football for boys and girls in kindergarten through 8th grade. Youth Fall Soccer is offered for boys and girls pre-k to 3rd grade. Babysitter training classes are also being offered throughout the fall/winter. Youth enrichment classes will be offered in conjunction with the Engineering for Kids and Rhapsody Arts Center.

In the winter, the **Verona Recreation Department** offers **Youth Recreational Basketball and Volleyball**. Youth Basketball is offered for boys K – 8th grade and for girls in Kindergarten through 6th grade with an emphasis on fun and fair play. Youth Volleyball is offered to kids grades 5-8th with an emphasis on skill development and competition in a fun setting.

The **Verona Recreation Department** also has several Adult offerings which include **Adult Exercise Classes, Volleyball, Basketball, and Kickball Leagues**. For more information regarding adult programs contact the Verona Recreation Department @ 845-6695 today!

Registration forms can be found at our web-site at: www.ci.verona.wi.us/recreation

The Fall/Winter Brochure will be available online approximately the 2nd week of August. Those of you who would like to receive a brochure via email can send an email to casey.dudley@ci.verona.wi.us and we will get one to you. Don't wait to register, or you could be too late! Reminder, you can register online at www.activityreg.com/clientpage_tl.wcs

For Program Information Visit: www.ci.verona.wi.us

To register on-line: www.activityreg.com/clientpage_tl.wcs



FITCHBURG RECREATION

Fall 2018 YOUTH PROGRAMS

270-4286



Location: Fitchburg Community Center
5520 Lacy Rd
Fitchburg, WI
Phone: 608-270-4285
Hours: M-F, 7:30AM to 4:30PM
Website: www.fitchburgwi.gov



Like us on Facebook at www.facebook.com/fitchrec to receive the latest program information.

Recreation Programs

The Fitchburg Recreation Department offers a wide array of programs for youth and adults. From sports and fitness to enrichment classes, we have something for everyone.

To view a current listing of activities please visit our online registration page at

<https://apm.activecommunities.com/fitchburg/Home>

Below is a sampling of programs offered.

- Youth Soccer
- Youth Dance
- Youth Basketball
- Painting Classes
- Zumba
- Adult Volleyball
- Ski trips
- Martial Arts
- Youth Flag Football
- Yoga & Mindfulness Classes

Fitchburg Community Center Rentals

The Fitchburg Community Center, located at 5510 Lacy Road, is a multipurpose facility designed to provide space for governmental meetings, civic meetings and social events. If you are looking for a facility for your next event, please contact us at 270-4285 to inquire about availability or to schedule a time to tour the facility.

Visit our website for other programs offered:
<https://apm.activecommunities.com/fitchburg/Home>

VERONA SENIOR CENTER

108 Paoli Street, Verona, WI 53593

Senior Center Hours:

Monday, Tuesday, Wednesday & Friday,
8:30AM-4:30PM, Thursday 8:30AM to 7:00PM

Phone: 608-845-7471 Fax: 608-848-2784

Senior Center Website: www.ci.verona.wi.us
or www.veronaactiveadults.org

Staff: Mary Hanson, Director
Becky Lobsy, Case Manager
Alasa Wiest, Program Manager
Cindy Martin, Nutrition Coordinator
Barb Rasmussen, RN
Michele Harding, Administrative Assistant
Jan Paul, Programs Assistant

The Verona Senior Center offers programs and services for adults age 55 and over, including meals, transportation, case management, health & wellness programs, exercise classes, veterans group, support groups, musical entertainment, special events, and more. We also offer Dementia friendly training for local businesses.

Programs and Activities:

- Yoga, Tai Chi, Line Dancing, & Exercise Classes
- Educational Presentations
- Special Events
- Musical Entertainment
- Veterans Group
- Computer Assistance
- Cards, Games, and Films
- Day Trips & Shopping
- Arts & Crafts

Health and Wellness Support

- Congregate & home delivered meals (RSVP required)
- Case Management Services
- Wellness Nurse
- Transportation to meals/medical appts.
- Healthy Lifestyles Discussion Group
- Caregivers Support Group
- Parkinson's Support Group
- Early stage memory loss program
- Foot Care, including Diabetic Foot Care
- Chair Massage & Reflexology
- Loan Closet - wheelchairs, walkers, etc.

FITCHBURG SENIOR CENTER

5510 E. Lacy Road, Fitchburg, WI, 53711

Senior Center Hours:

Monday-Friday, 8:00-4:00PM

Phone: 270-4290

Staff: Jill McHone, Director
David Hill, Asst. Director
Mandi Miller, Nutrition Site Manager and Volunteer Coord.
Amy Jordan, Social Worker
Sarah Folkers, Social Worker

Ongoing Activities:

- **Meals** served Monday-Friday at noon. Please call 270-4290 by noon the day before to reserve a meal and transportation.
- **Home Delivered Meals** - Available Monday thru Friday by request to the homebound or those unable to prepare meals.
- **Footcare** - Regular and Diabetic footcare offered through Home Health United. Call for schedule, pricing and to make an appointment - 270-4290.
- **Massage** - Please call the Senior Center for days, times and fees.
- **Ongoing Classes** - There are a wide range of classes offered ranging from arts and crafts to technology. Call the Senior Center for the most recent offerings.
- **Social Groups:** Bunco, Euchre or 500, Bingo, Social Bridge, Dominoes, Mah Jong, Scrabble, Sheepshead, Discussion Group, Active Women's' Group, Active Men's' Group. Call for more specific information.
- **Blood Pressure Screening** - Offered monthly. Please call the Senior Center for current day/time.
- **Transportation** - For rides to the Senior Center for the meals and to local shopping destinations, please call the Senior Center. Reservations for these rides must be made a day in advance.
- **RSVP Driver Escort** - For rides to the doctor, dental appointments, etc. - call 270-4290 at least five days in advance to schedule a ride..
- **Senior Exercise** - There are a wide range of health and wellness classes offered on a weekly basis. Please call the Senior Center for current offerings, schedules and pricing.
- **Social Work Services** - Connection to services and caregivers to help older adults stay in their homes. Fitchburg residents can call the center at 270-4290, or leave a message.

Monthly newsletter-contains schedules of events, menu, helpful information for seniors.

Newsletters available monthly at the Senior Center for pick up or you can access online at:
www.city.fitchburg.wi.us

All area residents who are 62 years and older are eligible to receive a Gold Card. Gold Cards entitle the bearer to free admission to plays, forensics, sporting events, non-WIAA tournaments, and various other activities sponsored by the Verona Area School District. Applications are available at both Senior Centers and at the District Office. The VASD welcomes and encourages you to share in these activities.

Verona Area Natatorium Information

Verona Area Natatorium Mission Statement

To provide the entire Verona Area School District community with a wide range of equitable, safe, educational, and fun aquatic activities and programs.

General Information

Get your Natatorium Programs & Schedules Electronically

You can sign up to receive Natatorium information via e-mail. Do so by going to the [Verona Area School District Website at www.verona.k12.wi.us](http://www.verona.k12.wi.us), click on Select a School (top left hand corner). Then click on Verona Natatorium. On the front page you will find the [Natatorium Newsletter Sign-up](#). Click on that and follow the prompts.

Resident/Non Resident

A resident is someone who resides within the Verona Area School District. A Non-Resident is anyone who resides outside the Verona Area School District.

Program Cancellations

All classes must have a minimum number of students. The Natatorium reserves the right to cancel, combine, or make schedule revisions as necessary.

Family Swim

Family Swim is designed as a time for families to swim together. All children, must have an adult in the water with them at all times. Families are welcome to bring pool toys with them to family swim. Water wings, floating rings, and air mattresses will not be allowed. A lap lane will be provided during Family Swim unless the pool is crowded.



Verona Area Natatorium Swimming Fees 2018-2019 Membership Information

SCHOOL YEAR FEES: Daily Fees

DAILY FEES:	Resident	Non-Resident
Youth - Under 18	\$2.00	\$3.00
Adult	\$3.00	\$4.00

Membership Fees:

Natatorium - 6 Month Pass

School District Resident

Individual - \$55.00

*Family - \$95.00

Non-School District

Individual - \$110.00

Family - \$135.00

Annual Pass - (Begins on date of Purchase)

School District Resident

Individual - \$110.00

*Family - \$190.00

Non-School District

Individual - \$220.00

Family - \$270.00

Membership forms are available at the Natatorium Office

Make checks payable to VASD (Verona Area School District) & drop off at or mail to: Verona Area Natatorium, 400B N. Main St., Verona, WI 53593

Get Your Natatorium Programs & Schedules Electronically

If you have Internet Access, you can sign up to receive Natatorium information via e-mail. You can do this by going to the Verona Area School District Web Site at www.verona.k12.wi.us and under District Information, you will find the link [Subscribe to VASD Newsletters](#). Click [Subscribe](#), and follow the prompts for the newsletters you would like to receive.

SENIOR CITIZENS

Resident Senior Citizens may use the pool daily at no charge (62 years of age and older). A Senior Citizen Gold Card may be obtained at the District Office. Fees will be charged for classes and pool rentals.

Snow Days Weekend Cancellations

If the weekend weather is questionable - please call the Natatorium at 845-4635. Cancellation information will be provided.

School Day Cancellations

When the Verona Area School District closes due to weather, all Natatorium Programs will be cancelled also!

SWIM DIAPERS

Swim Diapers (cloth or disposable) are required (by State Law) for all non-toilet-trained individuals.



Verona Area Natatorium Information

Master Swim Program

The Master Swim Program is an organized coach program for Adults. Practice sessions will consist of stroke techniques and development of all four racing strokes, starts, and turns. The program will also focus on developing general fitness, endurance and speed.

Anyone looking for any or all of the following should consider the program: general higher level of fitness, competition, triathlon and open water swimming. The program runs Monday and Wednesday evenings from 8-9 PM. Registration will not be taken over the phone, payment must accompany registration to hold a spot in the class.

Session 1 - Mondays & Wednesdays, 8-9PM

September 24 - October 31, 2018

Session 1 Fees: \$75.00 VASD Resident - \$90.00 Non-Resident

Session 2 - Mondays & Wednesdays, 8-9PM

November 5 - December 19 (no class 11/21/18)

Session 2 Fees: \$75.00 VASD Resident - \$90.00 Non-Resident

Session 3 - Mondays & Wednesdays, 8-9PM

January 2 - March 11

Session 3 Fees: \$120.00 VASD Resident - \$140.00 Non-Resident

Session 4 - Mondays & Wednesdays, 8-9PM

March 13 - May 29 (no class 3/25 & 3/27, May 27)

Session 3 Fees: \$120.00 VASD Resident - \$140.00 Non-Resident

SENIOR WATER EXERCISE

A Water Exercise classes for adults age 62 and older are offered on Mondays & Wednesdays throughout the school year. A possible 3rd class may be available once the school schedule is determined. No pre-registration is necessary.

Session A - Mondays, 2:20-3:05PM; Wednesdays, 2:20-3:05PM

Session A - September 5, 10, 12, 17, 19, 24, 26,
October 1, 3, 8, 10, 15, 17, 22, 24

Session B - Time will be determined once the school schedule is known.

Session B - October 29 - December 21

Session C - Time will be determined once the school schedule is known.

Session C - January 2 - February 21

Session D - Time will be determined once the school schedule is known.

Session D - February 25 - April 18

Session E - Time will be determined once the school schedule is known.

Session E - April 22 - June 12

Session Fees:

Drop-In Class Fee
\$1.00 VASD Resident
\$2.00 Non-Resident

Refund Policy

Full refunds will be given if the Natatorium cancels a class. A prorated credit will be given only if severe illness or injury prevents participation. (See Natatorium Director)

Program Cancellations

All classes must have a minimum number of students. The Natatorium reserves the right to cancel, combine, or make schedule revisions as necessary.

Missed Lessons:

Occasionally, students may need to miss a lesson. There are no make-up classes available for missed lessons.

SBR-Personal Best Swim Practices

Session 1 will focus on developing swimmers' aerobic fitness, strength and speed in the water. We will incorporate technique work into the workouts through drills and personal stroke feedback from the coaches. This will develop the swimmers' base for sessions 2 and 3.

This will be a great class for you if you have only spent 10 hours in the pool, or swim 10 hours per week swimming. The goal is for each swimmer to get the most out of any time spent in the pool. Confidence is built with having proper attention from a coach, and workouts to help you reach new levels.

Session 1A - Tues. & Thurs. 6AM-7AM

SBR-Focus on a Aerobic Fitness, Strength and Speed

October 23 - December 20, 2018 (no class 10/25, 11/22)

Session 1A Fees: \$115.00 VASD Resident - \$135.00 Non-Resident

Session 2A - Tues. & Thurs. 6AM-7AM

SBR-Focus on a "Base" phase with high yardage practices

January 3 - March 21, 2019

Session 2A Fees: \$150.00 VASD Resident - \$170.00 Non-Resident

Session 2B - Mon. & Wed. 6AM-7AM

SBR-Our Monday/Wednesday swims will focus heavily on technique development to improve swimming ability. Beginner friendly. The daily yardage will be less than the Tuesday/Thursday swims, though still providing a workout. SHORTER SESSION

February 4 - March 20, 2019

Session 2B Fees: \$105.00 VASD Resident - \$125.00 Non-Resident

Session 3A - Tues. & Thurs. 6AM-7AM

SBR-Focus on season prep phase w/threshold intervals by race pace

April 2 - May 30

Session 3A Fees: \$135.00 VASD Resident - \$155.00 Non-Resident



Natatorium News



WATER EXERCISE



Water exercise classes are offered on weeknights throughout the school year. Classes include a combination of muscle building exercises, aerobics, water resistance exercises, and stretching. Participants do not need to know how to swim. No pre-registration is necessary.

Class Dates are: Mondays/Wednesdays, 5:30-6:30PM

September 10, 12, 17, 19, 24, 26

October 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

November 5, 7, 12, 14, 19 (No Class Nov. 21) 26, 28

December 3, 5, 10, 12, 17

Fees: \$3.00 Resident

\$4.00 Non-Resident

Youth Lap Swim

Swimmers under the age of 18 are welcome to swim laps during open swim. A lap lane will be provided during all open times unless the pool becomes crowded.

See Monthly Schedule for detailed times.

Adult Lap Swim

Adult Lap Swim is open to anyone 18 years of age or older. Circle swimming is encouraged during peak times. Please refer to the pool schedule for specific lap times. Swimmers under the age of 18 are welcome to swim laps during Open Swim times only. See Monthly Schedule for detailed times.

Adult & Teen Swim Lessons

Do you need to learn the basics of swimming?
Are you an OK swimmer, but want to improve your strokes?
Do you feel you could gain more benefits from swimming if someone could give you advice in "tweaking" your stroke or suggesting something different. If you answered YES to any of these questions, then adult lessons is the class for you.

Ages 15 and up. 5 Minimum - 10 Maximum

Session M

November 5 - December 17, 2018

Mondays, 7:30-8:10PM

Fees: \$40.00 VASD Resident \$57.00 Non-Resident

Waiver of Liability

The Verona Area School District is not responsible for any injuries sustained as a result of participation in any department sponsored activities, or while using district facilities. The Verona Area School District recommends that anyone enrolled in a program or using district facilities make provisions for adequate insurance coverage.

Pool Rentals & Rates

Please make reservations at least two weeks in advance. To make a reservation, call Angie Lucas at 845-4632. The Natatorium rental rates are charged to cover lifeguard and custodial services and facility use costs. The pool will not be rented for fundraising or profit making ventures. The Natatorium Director has the sole discretion to approve rentals. Pool Rules must be followed. The fee is required at the time of arrival. Adult supervision is required for all groups of children.

	RESIDENT	NON-RESIDENT
1-30 Swimmers	\$60.00 Per Hour	\$90.00 Per Hour
31-50 Swimmers	\$70.00 Per Hour	\$110.00 Per Hour
51-75 Swimmers	\$90.00 Per Hour	\$132.00 Per Hour



GROUPS

Groups are welcome to attend Open Swim. Please call in advance so we are aware that you wish to come. Groups over 12 swimmers are asked to rent the pool at a time other than Open Swim.

OPEN SWIM

Everyone is welcome to attend open swim. Children, 8 years of age and older may attend Open Swim without an adult. Children under the age of 8 must have a responsible person (15 or older) in the water with them at all times. Floatation devices are not allowed during Open Swim. A lap lane will be provided during Family Swim unless the pool is crowded. See Monthly Schedule for detailed times.

Fall 2018 Swimming Registration Information

Verona Area Natatorium (845-4635) Fall 2018 Community Swim Class Information

Lesson Rates: Youth & Preschool VASD Resident \$35.00
Youth & Preschool Non-Resident \$57.00

Winter/Spring Registration begins on Wednesday, August 15, 2018

You will be able to register on-line beginning Wednesday, August 15, 2018 by using the link listed below.

<http://veronanat.recdesk.com>

If you are unable to register on-line you can drop or mail-in your completed registration with payment. Registration forms can be found in the back of this program. Completed Registration forms that are mailed in or dropped off will be processed during work hours (8:00AM - 4:00PM) Monday through Friday.

Questions about Lessons? Call 845-4635
Or email: angie.lucas@verona.k12.wi.us, or castellm@verona.k12.wi.us
Web Site: www.verona.k12.wi.us. Click on Find your school.

Lessons are filled on a "first-come, first-serve" basis. All classes have limited space available, so register early. Please note that registrations will not be accepted over the phone. You will receive class confirmations from RecDesk upon registration.

Age Pre-Requisites:

Your child must be six months of age to participate in Parent-Tot, four years of age to participate in Preschool 1 and Preschool 2, & 3 and 5 years of age to participate in Level 1 - Level 6.

Please specify on the registration form when you register if your child has any special concerns that might require extra assistance in the water.

Lesson Rates: Youth & Preschool VASD Resident \$35.00
Youth & Preschool Non-Resident \$57.00

Each child may register for ONE swim (Parent-Tot-Level 7) class at a time. Participants may sign up for a swim lesson and Logrolling or Junior Lifeguarding during the same session. Once they have completed their first session you may register them for opening in other sessions.



NATATORIUM REGISTRATION INFORMATION

1. Online - Best Option

Visit our web page at <http://veronanat.recdesk.com> and login to your account. If you have not signed up before, click on Log-in on the top right of your screen and you will be able to create an account.

Follow the online prompts and complete the process with your credit card. You will receive a confirmation email when you register.

We accept VISA, MASTERCARD, DISCOVER and AMERICAN EXPRESS.

2. Mail-In or Drop Off (if you are unable to register on-line)

You may drop off your completed registration form and payment at the Natatorium during our open hours. Or you may mail your completed registration form and payment to Verona Area Natatorium at the following address:

400B N. Main Street
Verona, WI 53593

Completed Registration forms that are mailed in or dropped off will be processed during work hours (8:00AM - 4:00PM) Monday through Friday.

Please Note:

Registrations must be paid in full; at the time of registration.
Registrations will not be accepted over the phone.

Swim Class Descriptions and Schedules

PARENT/CHILD- 12 Max

A class for ages 6 months to 3 years. At least one adult must attend. Holding and support techniques, safety cues, entering/exiting the water, water adjustment, submerging, submerging in a rhythmic pattern, breath control, exploring buoyancy on front & back, changing directions, gliding on front & back with assistance, swimming on front and back, wearing lifejackets & basic water safety. Socialization, enjoyment of the water and fun.

Preschool 1 - 6 Max

A class for 4 & 5 Year olds w/o parent. No previous skills required. Skills include: Enter and exit water safely, breath control & submerging, bubble blowing, front glide and back float and recovery, changing directions, treading water arm and hand action, alternate and simultaneous arm and leg actions on front and back and personal and general water safety skills.

Preschool 2 - 6 Max

A class for 4 & 5 Year olds w/o parent. Prerequisite: Able to demonstrate all Preschool 1 skills. Enter & exit water safely, breath control & submerging, bubble blowing, bobbing, retrieval of underwater objects, front glide, front float & recovery, back glide, back float & recovery, changing directions and positions, treading (5 sec) arm & leg actions in shallow water, combined arm and leg actions on front and back, finning arm actions on back, self help & water safety skills, Exit skills assessment

Preschool 3 - 6 Max

A class for 4 & 5 Year olds w/o parent. Prerequisite: Able to demonstrate all Preschool 2 skills. Jumping in water safely, fully submerging & holding breath, bobbing with wall for support, front float, jellyfish float, tuck float & recovery, back glide, back float & recovery, changing directions and positions, treading in shoulder deep water (15 sec), combined arm and leg actions on front and back, finning arm actions on back, water safety skills, Exit skills assessment.

LEVEL 1- Introduction to Water Skills - 6 Max

For students ages 5 and up. No previous skills required. Enter and exit water safely, submerging, bubble blowing through mouth & nose, object recovery, front glide & recovery, back glide, back float and recovery, treading arm & leg actions, alternate & alternating arm and leg actions & combined stroke on front and back at least 2 body lengths each. Discuss & demonstrate water safety skills.

LEVEL 2 - Fundamental Aquatic Skills - 6 Max

For students ages 5 and up. Able to demonstrate all Preschool 2 or Level 1 skills. Jumping or stepping from the side, exit water safely, fully submerge, bobbing, object recovery, front float, tuck float, jellyfish float, front glide, front float or glide & recovery to standing, back glide, back float & recovery to standing, changing directions & body position, treading arm & leg actions in shoulder deep water, combined strokes on front & back for at least 5 body lengths, personal & water safety skills.

LEVEL 3-Stroke Development - 8 Max

Prerequisite: The ability to demonstrate all Preschool 3 or Level 2 skills. Deep water skills, jumping into deep water from the side, sitting & kneeling dives, rotary breathing, bobby while moving to safety, survival floating, back float in deep water, changing directions in deep water, treading water in deep water, dolphin kicking on front, 1 length front crawl, 1 length elementary backstroke, scissors kick, water safety skills.

LEVEL 4A-Stroke Improvement - 8 Max

Prerequisite: The ability to demonstrate all Level 3 skills. Deep water bobbing, buoyancy and floating positions in deep water, compact & standing dives, survival float, open turns on front and back, front crawl, elementary backstroke, back crawl, butterfly & sidestroke, general & personal safety.

LEVEL 4B - Stroke Improvement - 10 Max

Prerequisite: The ability to demonstrate all Level 4A skills. Front crawl elementary backstroke, back crawl, butterfly, breaststroke, sidestroke, open turns on front and back pushing off in streamlined position, swimming underwater, feet first surface dives, treading water using different kicks, general & personal safety.

LEVEL 5 - Stroke Refinement - 10 Max

Prerequisite: The ability to demonstrate all Level 4B skills. Shallow-angle tuck surface dives, pike surface dives, front flip turns, back flip turns, treading water for 5 minutes, front crawl & elementary backstroke - 50 meters, breaststroke, butterfly, backstroke & sidestroke - 25 meters, sculling - 30 seconds, water safety.

LEVEL 6A - Swimming and Skills Proficiency - 10 Max

Prerequisite: The ability to demonstrate all Level 5 skills. Level 6A goal is to refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. Front crawl & elementary backstroke-100 meters, back crawl, breaststroke, sidestroke, and butterfly-50 meters. Open turns and flip turns, HELP & Huddle positions, feet first & headfirst surface dives, back float, survival float, and survival swimming, treading water w/o arms, surface dives in 7-10 feet, water safety skills.

LEVEL 6B-Fitness Swimmer - 10 Max

Prerequisite: The ability to demonstrate all Level 5 skills. Perform the Cooper 12-minute swim test at beginning & end of class. Front crawl & elementary backstroke - 100 meters, back crawl, breaststroke, sidestroke, and butterfly - 50 meters. Open turns and flip turns, circle swimming, using a pace clock, swimming using pull-buoys, fins & paddles, setting up an exercise program, various training techniques, target heart rates, and aquatic exercise.

Youth Stroke Technique 10 Max

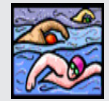
Prerequisite: The ability to demonstrate all Level 5 skills. Passed through all the Red Cross Swim Levels? Are you too young to take Lifeguarding? Students will perfect their Front Crawl, Back Stroke, Breaststroke, Sidestroke, Elementary Back Stroke, Butterfly, starts & turns. Swimmers will also work on stroke efficiency and endurance.

Junior Lifeguarding 10 Max - Ages 11-14

This course gives you a jump-start into Red Cross Lifeguarding. Learn how to prevent drowning and diving accidents, reaching and throwing assists, self-rescue, providing care for injuries, leadership skills, develop swimming skills and general physical fitness for lifeguarding responsibilities. To enroll participants should have Level 6 or equivalent swimming skills.



Fall 2018 Swim Class Schedule



Fall Classes are offered on Sundays, Mondays, and Wednesdays
once a week for 6 weeks.

Youth and Preschool lesson fees are:
VASD Residents - \$35.00 Non-Resident - \$57.00

Session J: *Wednesdays, September 19-October 24*

Session K: *Sundays, September 23-October 28*

Session L: *Sundays, November 4-December 16 (no class 11/25/2018)*

Session M: *Mondays, November 5-December 17 (no class 11/26/2018)*

Session N: *Wednesdays, November 7-December 19 (no class 11/21/2018)*

Wednesdays - Class Schedule - Session J - September 19 - October 24

5:30-5:55PM	Preschool 1, Level 1
6:00-6:25PM	Preschool 2
6:00-6:40PM	Level 2
6:30-6:55PM	Parent/Tot
6:30-7:10PM	Level 2, Level 3
6:45-7:25PM	Level 3
7:00-7:25PM	Level 1
7:15-7:55PM	Level 4A, Level 4B
7:30-8:10PM	Level 5, Level 6A

Sundays - Class Schedule - Session K - September 23 - October 28

5:00-5:25PM	Preschool 2, Level 1
5:00-5:40PM	Level 3, Level 4A
5:30-5:55PM	Preschool 2, Level 1
5:45-6:25PM	Level 2, Level 4B
6:00-6:25PM	Preschool 1
6:00-6:40PM	Level 5
6:30-7:10PM	Level 2
6:30-6:55PM	Preschool 3
6:45-7:10PM	Level 1

Sundays-Class Schedule-Session L -November 4-December 16 (no class 11/25/18)

5:00-5:25PM	Preschool 1, Parent/Tot
5:00-5:40PM	Level 3, Level 4
5:30-5:55PM	Preschool 2, Level 1
5:45-6:25PM	Level 2, Level 4B
6:00-6:25PM	Preschool 1
6:00-6:40PM	Level 5
6:30-7:10PM	Level 2, Level 6A
6:45-7:10PM	Preschool 3

Mondays-Class Schedule-Session M-November 5-December 17 (no class 11/26/18)

6:30-6:55PM	Preschool 1, Parent/Tot
6:30-7:10PM	Level 3, Level 4A
7:00-7:25PM	Preschool 2, Level 1
7:15-7:55PM	Level 2, Level 4A
7:30-8:10PM	Adult Lessons

Wednesdays-Class Schedule-Session N-November 7-December 19 (no class 11/21/18)

5:30-5:55PM	Preschool 2, Level 1
6:00-6:25PM	Preschool 1
6:00-6:40PM	Level 2
6:30-6:55PM	Parent/Tot
6:30-7:10PM	Level 2, Level 3
6:45-7:25PM	Level 3
7:00-7:25PM	Level 1
7:15-7:55PM	Level 4A, Level 4B
7:30-8:10PM	Level 5, Level 6B

Verona Area Natatorium - Fall 2018

A Community Facility for Residents and Non-Residents, owned and operated by the Verona Area School District

845-4635

www.verona.k12.wi.us
400B North Main Street
Verona, WI 53593

Angie Lucas - Director (845-4632) Angie.Lucas@verona.k12.wi.us
Margarita Castellanos Rodriguez - Admin. Assistant (845-4633) castellm@verona.k12.wi.us

Natatorium Swimming Fees and Membership Information

Daily Fees:

Resident Youth - \$2.00	Non-Resident Youth - \$3.00
Resident Adult - \$3.00	Non-Resident Adult - \$4.00

Natatorium - 6 Month Pass

VASD Individual - \$55.00	Non-Resident Individual - \$110.00
VASD Family - \$95.00	Non-Resident Family - \$135.00

Natatorium Annual Pass 2018-19 Begins on the date of Purchase)

Resident Single - \$110.00	Non-Resident Single - \$220.00
Resident Family - \$190.00	Non-Resident Family - \$270.00

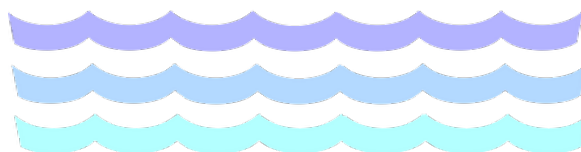
General Information

Get Your Natatorium Programs & Schedules Electronically

If you have Internet Access, you can sign up to receive Natatorium Information via e-mail. You can do this by going to the [Verona Area School District Web site at www.verona.k12.wi.us](http://www.verona.k12.wi.us) and under [District Information](#), you will find the link [Subscribe to VASD Newsletters](#). Click [Subscribe](#) and follow the prompts for the newsletters you wish to receive.

Resident/Non Resident

A Resident is defined as anyone that resides within the Verona Area School District.
A Non-Resident is anyone who resides outside the Verona Area School District.



Natatorium Mail-In/ Drop-Off Registration Form

Verona Area Natatorium
 400B N. Main Street
 Verona, WI 53593
 www.verona.k12.wi.us

Step 1 - Family Information

Family's Last Name _____ Phone _____
 Address _____ City/State _____ Zip _____
 Name of Father (if participant is under 18) _____ Cell Phone () _____
 Name of Mother (if participant is under 18) _____ Cell Phone () _____
 _____ VASD Resident _____ VASD Non-Resident
 E-mail Address _____
 Name of Emergency Contact _____ Phone# _____

Step 2 - Waiver

I, the undersigned do hereby agree to allow the individual named herein to participate in the activities indicated. I am aware and understand there may be potential risk inherent with participation in any recreation activity, and that the Verona Area School District does not provide accident insurance and cannot assume responsibility for injury to any participants in the recreation programs. I further understand the eligibility requirements for the program as stated in the department brochure and that no refunds will be given unless my spot can be filled or the department changes a class.

Participant/Parent/Guardian Signature _____ Date _____

Step 3 - Participant Information

Participant First & Last Name	Age	Date of Birth	Class Title	Session	Time	Cost

Please list any Health concerns/special needs: _____

Step 4 - MAIL-IN/DROP-OFF FORM at the Natatorium - 400B North Main Street, Verona, WI 53593

Payment is due in full at time of registration, no phone registrations will be accepted.

Make check out to VASD (Verona Area School District)

MARK YOUR CALENDAR! We do not mail confirmations.

Total Fee Due \$ _____
 Check Number _____
 Cash _____
 Date Processed ____ / ____ / ____
 Staff Initials _____

Verona Area School District
700 N. Main Street
Verona, WI 53593
School & Community - United for Excellence

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Community Education is a philosophy of education and a system for improving delivery of a community's educational services that positively affects the quality of life for all community members. By developing school-community partnerships community education results in the coordination and sharing of resources, citizen participation, and life-long learning.



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