

# Kaukauna Recreation Department 2016 Fall/Winter Program Guide



**We've Moved!**

**The office is located in the new Municipal Services Building (144 W 2nd St)**

## Fill This Fall With Friends & Fun!

**Kaukauna Recreation Department  
PO Box 890; 144 W Second Street  
Kaukauna, Wisconsin 54130**

**920-766-6335**

**[www.cityofkaukauna.com](http://www.cityofkaukauna.com)**

**On Facebook: "Like" "Kaukauna  
Recreation Department"**

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# CONTACT & REGISTRATION INFORMATION 3

## Kaukauna Recreation Department (KRD) Information

<b>Street Address</b>	<b>Mailing Address</b>	<b>Telephone</b>	<b>Office Hours</b>	<b>Website</b>
144 W Second Street Kaukauna, WI 54220	PO Box 890 Kaukauna, WI 54130-0890	920-766-6335 920-766-6339(fax)	Monday - Friday 8:00am - 4:30pm	www.cityofkaukauna.com

## Staff Contacts

Jeff Malloy	Recreation Director	jeff@kaukauna-wi.org
Michelle Mielke	Office Assistant	michellem@kaukauna-wi.org
Christina Hartjes	Office Assistant	chartjes@kaukauna-wi.org



“Like” us on Facebook to get updates on KRD programs!

Search for “Kaukauna Recreation Department”

## Registration Information

Registrations must include a completed and signed waiver form with full payment.

- Online:** Register on our website at [www.cityofkaukauna.com](http://www.cityofkaukauna.com)! (See page 4 for instructions!)
- In Person:** Visit our office or drop your registration form with payment in the 24-hour drop box located in the lobby.
- By Mail:** Mail completed forms with payment to:
  - KRD
  - PO Box 890
  - Kaukauna, WI 54130-0890
- By Telephone:** Using a credit/debit card. A waiver form will be e-mailed or faxed. It must be signed and returned before registration is complete.

## Payment Methods

We accept cash, check, money order, chamber bucks, or credit/debit cards. We accept MasterCard, Visa or Discover.

## Registration Confirmation Policy

Due to the high volume of registrations, we do not send out confirmations of registrations. We will only contact you in the case of a problem (cancellation, payment inaccuracy, program is full, etc.). You are welcome to call to confirm your registration.

## Residency

Residency can be hard to understand and may vary depending on the program! Program rules, fees and registration dates vary by Residency! Throughout this Program Guide, you will see the symbols which are defined in the table below. Use this key to help you determine your registration needs.

Group/Symbol	Definition
City Residents 	Anyone who lives or owns property within the corporate city boundaries of the City of Kaukauna.
School Residents 	Anyone who lives within the Kaukauna Area School District boundaries but is not a City Resident.
Non-Residents 	Anyone who does not fit in the first two categories. Note some Kaukauna mailing addresses are not within City boundaries.

## Photo Policy

Participants enrolled in programs or enjoying park facilities may be photographed by staff on occasion. These photographs are for publications, flyers and brochures. All photos taken by staff are for the Recreation Department’s use and become its sole property. If you do not wish to have your or your child’s photo taken, please inform the photographer.

## Symbols Used in The Guide

Symbol	Description
	These programs are new to the Program Guide. Give them a try!
	These programs provide t-shirts. Please give us your size!

## T-Shirt Sizing

For programs that include a t-shirt, please list the desired size on your registration form. Typical sizes are listed below:

Youth: YS (6-8) YM(10-12) YL(14-16)  
 Adult: AS AM AL AXL AXXL

## Online Registration

You can now register for most Kaukauna Recreation Department (KRD) sponsored programs online! Below are some instructions that you can follow to make the process as easy as possible. If you need assistance with this process, please call our office at 766-6335 during regular business hours and one of our staff will assist you.

### Online Registration Instructions (Everyone Start Here!)

1. Visit our website at [www.cityofkaukauna.com](http://www.cityofkaukauna.com)
2. Navigate to the Recreation Department page by choosing "Recreation" from the "Departments" dropdown list or just click on the basketball icon in the center of the page.
3. Choose "Register for Programs" under the "General" column of the "Kaukauna Recreation Department Information Pages" table. (This takes you off the City's website to our registration website.)
4. Choose the next set of instructions below that best fits your current status.

### I have registered for programs at KRD before, but never online:

1. Click the "Account" or "Login" link at top right.
2. Enter the email address KRD has on account for you. (If you have not previously supplied an email address jump to the "I have never registered before" section below.)
3. Click the "I forgot or don't know my password" link, and "submit"
4. A temporary password will be emailed to you. (You will be required to change this password when you login for the first time.)
5. Jump to "I have registered online before" instructions and use your new temporary password to login.

### I have registered online before:

1. Click the "Account" or "Login" link at top right.
2. Enter the email address KRD has on account for you.
3. Enter your password, and click submit.
4. You should now see "Welcome [YOUR NAME]" at the top of the screen.
5. You can now update account information and choose a family member on the "Account" tab, register the family member under the "Register" tab, see program details under the "Activity Info" tab or complete your transaction(s) under the "Cart" tab.

### I have never registered before:

1. **The registration software defaults everyone to "Non-Resident, Non-Member" status when a new account is established online! If you are a City Resident or School District Resident, you will need to contact the Recreation Department Office (766-6335) to have this status adjusted before "Resident" or "Member" status options will be available to you.**
2. Click the "Account" or "Login" link at top right.
3. Click "I would like to create a New Account."
4. Follow the prompts to provide the required information.
5. You should now see "Welcome [YOUR NAME]" at the top of the screen.
6. You can now update account information and choose a family member on the "Account" tab, register the family member under the "Register" tab, see program details under the "Activity Info" tab or complete your transaction(s) under the "Cart" tab.

## Wanted: New Programs!

We are always looking for new programs that may be exciting to people of any age and utilize the resources available in our community (people and facilities). If you have a hobby, interest, expertise or special talent, and you would like to offer a program through us please contact **Jeff Malloy (920) 766-6335**. I will sit down with you and work through all of the details necessary to create your new program including facilities, equipment, costs, revenues, and staffing. I also welcome your suggestions for new programs and will research the feasibility of offering a related program.

See page 14 for some program ideas we'd like to explore!



## Phantoms Wrestling

Wrestlers will learn the fundamentals of wrestling in a fun and encouraging environment.

Session Dates: December 5 - February 16  
Location: KHS Wrestling Room

Prog Code	Grades	Day	Time
Phan1	2-4	M/Th	6:00-7:30p

Group	Reg Start	Deadline	Fee
(R)	Now!	Prog Start	Free
(SR)	Now!	Prog Start	Free
(NR)	Now!	Prog Start	\$10.00



**Parent/Wrestler Orientation Meeting:**  
Sunday, December 4; 3:00 pm; KHS Auditorium  
Parents and wrestlers are encouraged to attend.

## Kasper Wrestling

Wrestlers will learn the fundamentals of wrestling in a fun and encouraging environment.

Session Dates: February 1 - March 8  
Location: KHS Wrestling Room

Prog Code	Grades	Day	Time
Kasp1	K	W Su	6:00-7:00p 3:00-4:00p
Kasp2	1	W Su	6:00-7:00p 4:00-5:00p

Group	Reg Start	Deadline	Fee
(R)	Now!	Prog Start	Free
(SR)	Now!	Prog Start	Free
(NR)	Now!	Prog Start	\$10.00

**Klash of the Kaspers!**  
Thursday, March 9; 6:00 pm  
Kaukauna High School

**Parent/Wrestler Orientation Meeting:**  
Sunday, January 29; 3:00 pm;  
KHS Auditorium  
Parents and Wrestlers are encouraged to attend.



## Football Fundamentals

Learn the basics of football while focusing on team work and having fun!

Session Dates: September 10 - October 15  
Location: Grignon Park (Near Grignon Home)

Prog Code	Grades	Day	Times
Fball	K-3	Sa	9:00-10:30a

Group	Reg Start	Deadline	Fee
(R)	Now!	Prog Start	\$15.00
(SR)	Now!	Prog Start	\$15.00
(NR)	Now!	Prog Start	\$25.00



## Flag Football

Learn the basics of flag football through practices and games emphasizing fun!

Code: Flag  
Grades: 4-6  
Session Dates: September 10 - October 15  
Days/Times: Saturday mornings (See League Schedule)  
Location: Alternates between Kimberly and Grignon Park

Group	Reg Start	Deadline	Fee
(R)	Now!	8/12	\$20.00
(SR)	Now!	8/12	\$20.00
(NR)	Now!	8/12	\$30.00



**Help Wanted!**  
Parents, we need volunteer coaches! Please consider volunteering!

**Skills Assessment:** All participants will participate in a skills assessment on Saturday, August 13, 2016 at 9:00a at lower Grignon Park. Any registered participant unable to attend the skills assessment will be placed on a team and contacted by their coaches.

## Gymnastics Instruction

Participants will learn the fundamentals of tumbling, beam, floor exercise, bars and horse.

Session Dates: September 6- October 20  
 Location: Electa Quinney Gym B  
 Reg max: 24 participants/class

Prog Code	Grades	Day	Time
FGym1	Pre-K	T	4:30-5:30p
FGym2	K-1	TH	4:30-5:30p
FGym3	K-1	T	5:30-6:30p
FGym4	2-3	TH	5:30-6:30p
FGym5	2-3	T	6:30-7:30p
FGym6	4-8	TH	6:30-7:30p

Group	Reg Start	Deadline	Fee
(R)	Now!	Prog Start	\$20.00
(SR)	Now!	Prog Start	\$20.00
(NR)	Now!	Prog Start	\$30.00



## Girls Volleyball Instruction

Enjoy the game of volleyball while learning the fundamental skills of passing, setting and serving. Girls will gain a basic knowledge of the game while developing their skills in a non-competitive setting taught by experienced instructors.

Session Dates: September 26- November 14\*  
 Location: Haen Elementary School Gym  
 Max: 25/Class

\*No Classes 10/3 or 10/17

Prog Code	Grades	Day	Time
VBall1	4	M	6:00-7:00p
VBall2	5-6	M	7:00-8:00p

Group	Reg Start	Deadline	Fee
(R)	Now!	9/23	\$20.00
(SR)	Now!	9/23	\$20.00
(NR)	Now!	9/23	\$30.00



## Girls Little Dribblers Basketball

Players will learn and practice the fundamental skills of dribbling, shooting, passing, defense and more.

Location: Kaukauna High School Auxiliary Gym  
 Coaches: KHS Coaches & Players

Day	Date	Grades 1 - 2 Prog Code: GLD12	Grades 3 - 4 Prog Code: GLD34
Sunday	October 16	1:00-2:00p	2:00-3:00p
Sunday	October 23	1:00-2:00p	2:00-3:00p
Sunday	October 30	1:00-2:00p	2:00-3:00p
Sunday	November 6	1:00-2:00p	2:00-3:00p
Sunday	November 13	1:00-2:00p	2:00-3:00p
Sunday	November 20	1:00-2:00p	2:00-3:00p



**Special Date:** December 9 - The Little Dribblers will perform at half-time of the KHS Varsity Ghosts game vs Neenah! (Coaches will provide more details)

Group	Reg Start	Deadline	Fee
(R)	Now!	10/7	\$20.00
(SR)	Now!	10/7	\$20.00
(NR)	Now!	10/7	\$30.00

Parents: We need volunteers to assist with the program. Please indicate on your registration form if you are willing to "coach."

## Boys Little Dribblers Basketball

Players will learn and practice the fundamental skills of dribbling, shooting, passing, defense and more.

Location: Kaukauna High School Gym  
 Coaches: KHS Coaches & Players

Day	Date	Grades 1 - 2 Prog Code: BLD12	Grades 3 - 4 Prog Code: BLD34
Sunday	January 8	12:00-1:30p	1:30-3:00p
Sunday	January 15	12:00-1:30p	1:30-3:00p
Sunday	January 22	12:00-1:30p	1:30-3:00p
Sunday	January 29	12:00-1:30p	1:30-3:00p
Sunday	February 12	12:00-1:30p	1:30-3:00p
Sunday	February 19	12:00-1:30p	1:30-3:00p

**Special Date:** February 9 - The Little Dribblers will perform at half-time of the KHS JV and Varsity Ghosts games vs. Appleton East! (Coaches will provide more details)

Group	Reg Start	Deadline	Fee
(R)	Now!	12/16	\$20.00
(SR)	Now!	12/16	\$20.00
(NR)	Now!	12/16	\$30.00



## Lil Mad Kat Studio Painting Classes

Lil Mad Kat Studio offers exciting painting classes for all ages! Students will be guided through the class's featured painting with simple, step-by-step instructions. So whether our students are aspiring to be the next Van Gogh or just looking to explore their creative side, everyone is sure to go home with a painting masterpiece that is uniquely theirs. Class fees include one pre-stretched canvas and the use of art materials including paint, easel, brushes, palette, and apron. Class names offer some description of the class; sample paintings and more detailed information about classes is available at [www.lilmadkatstudio.com](http://www.lilmadkatstudio.com).

Min/Max: 5/20  
 Fees: \$25.00/City Resident; \$35.00/Non-resident

Food & Drinks Are Allowed. Classes are scheduled for two (2) hours, however there can be great variation in the length of the class due to individuals' various painting speed.



Code	Ages	Day/Date	Times	Class Name	Location
LMKF1	6-Adlt	Thursday, September 22	5:00-7:00p	Sunflowers!	Quinney Elementary Art Room
LMKF2	6-Adlt	Thursday, October 13	5:00-7:00p	Jack-O-Lanterns!	Quinney Elementary Art Room
LMKF3	6-Adlt	Thursday, November 10	5:00-7:00p	Owls!	Quinney Elementary Art Room
LMKF4	6-Adlt	Thursday, December 8	5:00-7:00p	Christmas! (Elf Feet)	Quinney Elementary Art Room

## Calling All Photographers and Artists!

Please submit your photos and other artwork showing participation in our programs and use of Kaukauna Parks and Recreational Facilities! We are tired of using stock photos and clipart in this publication, and we really want to highlight our community and our participants! Photos must be of high quality in a jpg format and can be submitted via email to [jeff@kaukauna-wi.org](mailto:jeff@kaukauna-wi.org). We reserve the right to choose whether or not to use any submitted photos in this and other publications. We like photos showing people with smiling faces having fun. See yourself or your family in next season's Program Guide! Submit your photos today!



## Zentangle® For Kids

Zentangle® is an easy to learn method of creating beautiful images from structured patterns. Created by Rick Roberts and Maria Thomas, Zentangle is fun and relaxing, increases focus and creativity, and can be enjoyed by people of all skills and ages. In Zentangle for Kids, pattern making is easy using the step-by-step approach that is part of the Zentangle method. During this four part series, patterns (tangles) will be taught and applied to Zentangle-inspired projects and pieces of art that will reflect each students' unique style and sense of fun.



Ages 9-13  
 Min/Max: 5/20  
 Fees: \$38.00/City Resident; \$48.00/Non-resident  
 (Fees include nylon pen, blender & one tile/class)

Code	Dates	Times	Location
ZenkF	Oct 3 Oct 10 Oct 17 Oct 24	6:30-7:30p	Hydro View Training Room



### KidStage: Willy Wonka & the Chocolate Factory

The last of five coveted "golden tickets" falls into the hands of a sweet but very poor boy. He and his grandpa then get a tour of the strangest chocolate factory in the world. The owner leads five young winners on a thrilling and often dangerous tour of his factory. KidStage will need talented kids in all roles from Willy Wonka to Oompa Loompa's!

Ages: 4-12  
 Dates: 9/26-12/5  
 Days: Mondays (We may chose split into two casts with one cast on Thursdays)  
 Times: 6:15-7:30 pm  
 Min: 8 Participants  
 Location: River View Middle School Library/Media Center

Group	Reg Start	Deadline	Fee
(R)	Now!	9/19	\$80.00
(SR)	Now!	9/19	\$80.00
(NR)	Now!	9/19	\$90.00



**Performance Showcase**  
 Saturday, December 3, 2016 or  
 Sunday, December 4, 2016  
 Jane Bergstrom Theatre, St Mary  
 Central High School  
 1050 Zephyr Drive, Neenah  
 Show time TBA.

### TeenStage

TeenStage will offer weekly acting classes for teens. Teens will work on weekly improvisations and acting skills and will be cast in a one-act play (TBD based on class size) to be performed at the KidStage Showcase December 3-4. TeenStage will perform both days.

Ages: 13-17  
 Dates: 9/26-12/5  
 Days:  
 Times: 7:30-8:45 pm  
 Min: 8 Participants  
 Location: River View Middle School Library/Media Center

Group	Reg Start	Deadline	Fee
(R)	Now!	9/19	\$55.00
(SR)	Now!	9/19	\$55.00
(NR)	Now!	9/19	\$55.00



# TeenStage

**Performance Showcase**  
 Saturday, December 3, 2016 &  
 Sunday, December 4, 2016  
 Jane Bergstrom Theatre, St Mary  
 Central High School  
 1050 Zephyr Drive, Neenah  
 Show Times TBA.

### Storytime Yoga

Looking for a way to get your little one moving this winter? Join us as we combine traditional story time with exercise! A trained yoga instructor will read children a simple story book and then guide them through a series of yoga poses, exercises and songs that relate with the story. It will be a sure fire way to engage the body and the brain!

Ages: 3-6 (siblings may also attend)  
 Location: New Directions Learning Community-Gym B  
 2601 Sullivan Avenue



Code	Day	Date	Time	Group	Reg Start	Single Class	All Four Classes
STYF1	Saturday	September 10	9:00-9:45a	(R)	Now!	\$5.00	\$15.00
STYF2	Saturday	October 8	9:00-9:45a	(SR)	Now!	\$5.00	\$15.00
STYF3	Saturday	November 12	9:00-9:45a	(NR)	Now!	\$6.00	\$20.00
STYF4	Saturday	December 10	9:00-9:45a				
STYFall	All	Four	Classes				

This course is offered through a partnership with:



New Directions Learning Community  
 a public charter school

## Dance Instruction

Welcome to KRD Dance 2016-17! We have made some changes to our program. Please see the course descriptions below for information on each class and then view the course schedule on page 10 to choose your course or courses. Unless otherwise noted in the course descriptions, all classes will culminate in the performance of a routine at our annual Dance Recital April 8 and 9, 2017. All classes begin the week of September 12 and take place in the Old Library Building.

Please don't hesitate to contact us with questions on courses, schedules or fee structures.



## Course Descriptions

### Tumbling

Dancers will learn basic tumbling, flexibility, strength, balance & coordination.

### Pre-Ballet

This class is for the young ballerina and lays the foundation for proper dance technique. The class includes: ballet basics, proper position, beginning combinations, beginning turns, barre technique and more!

### Ballet

The perfect class for the ballerina in you! This class lays the foundation for proper dance technique. The class includes: ballet basics, proper positions, beginning combinations, beginning turns, barre technique and more! Dancers will gain confidence in movement, strengthen their body, and improve posture and balance.

### Ballet Advanced/Technique Class

Want to take your ballet skills to a higher level? This class offers technique in flexibility, strength, poise, balance and control, along with barre and center floor work. This class is for students that have had a minimum of four years consecutive Ballet training.

### Jazz

A popular choice! Dancers will explore moves that incorporate musical interpretation, synchronization, and technical steps. This style dance allows dancers to really express their personality!

### Lyrical

A ballet based style of dance that concentrates on the emotions and feelings of a song. Choreography is often slower and controlled while utilizing muscles and isolations. Pre-requisite: Dancers must have at least one year of Ballet instruction within the past three years to register.

### Irish Dance

Learn the fundamentals of Irish Dance. Students will work on proper foot positioning, posture, muscle development, exercises and short drills to help them understand key dance moves. Dancers are exposed to counting music, stretching, hop skips, the reel, and the jig step.

### Tap

This class focuses on basic tap steps, traveling combinations and terminology. Dancers will learn to shuffle, ball change, scuff, hop and step across the floor with invigorating and fun choreography!

### Hip Hop

For all those who love to move! This energetic class explores funky and exciting hip hop steps and beginning dance combinations. Dancers will enjoy learning a fun street style that they can do to their favorite pop hits!

### Musical Theatre

Based around Broadway Style Jazz, this class will bring out the character in you! With a focus on leaps & turn techniques, this class is a great addition to any dancers repertoire!

### Adult Tap

Why should the kids have all the fun?!?! Unleash your inner performer, get fit and have fun!

### Senior Dance/The Big Number

This number will feature our seniors as they showcase their talents! This is an excellent opportunity for your dancer to participate in a large production performance. They will see and experience how everything comes together like a real live stage performance! Multiple genres will be used as well as the use of props following a specific story line.

Seniors will meet September through December. Then, all of the other Big Number performers will join them January through April.

**All dancers must be enrolled in another KRD dance class. Dancers enrolled in two or more KRD dance classes are eligible to participate in the Big Number for FREE!**

Min:	10 Dancers
Fees:	\$40.00 City Residents \$50.00 Non-Residents

## Course Schedule

TUMBLING			
Code	Level (Ages)	Day	Time
FaDa01	Beginner (4-6)	T	3:30-4:00p
BALLET			
Code	Level (Ages)	Day	Time
FaDa02	Beginner (4-6)	M	4:00-4:30p
FaDa03	Beginner (4-6)	T	4:00-4:30p
FaDa04	Beginner (4-6)	W	3:30-4:00p
FaDa05	Beginner 2 (5-8)	T	5:00-5:30p
FaDa06	Beginner 2 (5-8)	W	5:00-5:30p
FaDa07	Intermediate (7-10)	TH	5:30-6:00p
FaDa08*	Intermediate 2 (11-14)	T	7:45-8:30p*
FaDa09*	Advanced/Technique (14-18)	TH	7:30-8:15p*
JAZZ			
Code	Level (Ages)	Day	Time
FaDa10	Beginner (4-6)	M	4:30-5:00p
FaDa11	Beginner (4-6)	W	4:00-4:30p
FaDa12	Beginner (4-6)	TH	4:30-5:00p
FaDa13	Beginner 2 (5-8)	M	5:00-5:30p
FaDa14	Intermediate (7-10)	T	6:00-6:30p
FaDa15*	Intermediate 2 (11-13)	W	6:30-7:15p*
FaDa16*	Advanced (14-18)	T	8:30-9:15p*
LYRICAL			
Code	Level (Ages)	Day	Time
FaDa17	Beginner/Intermediate (9-12)	TH	6:45-7:30p
FaDa18*	Advanced (14-18)	W	7:15-8:00p*
IRISH DANCE			
Code	Level (Ages)	Day	Time
FaDa19*	Irish (8 & Up)	M	7:15-8:00p*

TAP			
Code	Ages	Day	Time
FaDa20	Beginner (4-6)	M	3:30-4:00p
FaDa21	Beginner (4-6)	T	4:30-5:00p
FaDa22	Beginner (4-6)	TH	5:00-5:30p
FaDa23	Beginner 2 (5-8)	M	5:30-6:00p
FaDa24	Beginner 2 (5-8)	T	5:30-6:00p
FaDa25	Intermediate (7-10)	T	6:30-7:00p
FaDa26	Intermediate (7-10)	W	5:30-6:00p
FaDa27*	Intermediate 2 (11-13)	M	8:00-8:45p*
FaDa28*	Advanced (14-18)	W	8:00-8:45p*
HIP HOP			
Code	Level (Ages)	Day	Time
FaDa29	Beginner (4-6)	W	4:30-5:00p
FaDa30	Beginner 2 (5-8)	M	6:00-6:30p
FaDa31	Intermediate (7-10)	W	6:00-6:30p*
FaDa32	Intermediate 2 (10-13)	T	7:00-7:45p*
FaDa33*	Advanced	TH	8:15-9:00p*
MUSICAL THEATRE			
Code	Level (Ages)	Day	Time
FaDa34*	All (8 & Up)	TH	6:00-6:45p*
SENIOR DANCE / THE BIG NUMBER			
Code	Level (Ages)	Day	Time
FaDa35*	Seniors (Sep-Dec); All (Jan-Apr)	M	6:30-7:15p*
ADULT TAP			
Code	Level (Ages)	Days	Time
FaDa36*	All (18 & Up)	M	8:45-9:30p*

\* These courses are 45 minutes long. Please refer to the 45 minute class fee structure below.

## Fee Schedule

Quality Dance Instruction at an affordable price.



Group	Registration Start	30 Minute Classes	45 Minute Classes
(R)	Now!	\$65.00	\$98.00
(SR)	8/16	\$125.00	\$188.00
(NR)	8/23	\$150.00	\$225.00

We provide three fundraising options to help you off-set your dance program costs.

## Ballet & Tap

Dancers will be introduced to both Ballet & Tap. **Note: This class will not perform a routine at the Recital.**

Location: Old Library Building  
 Fees: \$20.00 City Residents  
 \$30.00 Non-Residents  
 Registration: Now - Program Start; Res  
 8/23 - Program Start; Non-Res



Code	Dates	Ages	Day	Time
FaDa37	9/22-10/27	3-5	Th	3:30-4:00p
FaDa38	11/3-12/15*	3-5	Th	3:30-4:00p

\*No Classes 11/24

## Tot Hip Hop

Dancers will have lots of fun movin' and groovin' to a hip hop beat. **Note: This class will not perform a routine at the Recital.**

Location: Old Library Building  
 Fees: \$20.00 City Res  
 \$30.00 Non-Res  
 Registration: Now - Program Start; City Res  
 8/23 - Program Start; Non-Res



Code	Dates	Ages	Day	Time
FaDa39	9/22-10/27	3-5	Th	4:00-4:30p
FaDa40	11/3-12/15*	3-5	Th	4:00-4:30p

\*No Classes 11/23 or 11/24

## Dance Workshops

Check out these fun dance workshops this season! All workshops take place in the old library building unless otherwise noted in the course schedule. Workshop participants will not perform a routine in the Recital.

### Ballroom Princess Workshop

Come dressed as your favorite Princess and learn ballroom steps to dance just like a real Princess!



Fees: \$10.00 City Residents  
 \$20.00 Non-Residents  
 Deadline: 1 week prior to workshop

Code	Dates	Ages	Day	Time
FaDa41	10/14	3-4	F	5:00-6:00p
FaDa42	1/27	5-7	F	5:00-6:00p

### Dance Team Prep Workshop

Learn techniques and exercises to get ready for spring dance team auditions. Dancers will learn progressions and choreography that will build the strength and balance required to execute turns, leaps and tricks.



Fees: \$25.00 City Residents  
 \$35.00 Non-Residents  
 Deadline: 1 week prior to workshop  
 Min: 5

Code	Dates	Ages	Day	Time
FaDa43	1/21	9&Up	Sa	10:00a-12:00p
FaDa44	2/11	9&Up	Sa	10:00a-12:00p
FaDa45	3/4	9&Up	Sa	10:00a-12:00p

## Private Dance Lessons

KRD Dancers now have an opportunity to work one on one with a Dance Instructor! Learn new dance steps or improve your skills and ability at your own pace and learning level.

Code: FaDa46  
 Session: 2 hrs 30 mins total time as scheduled between Individual and Instructor  
 Fees: \$90.00 Resident Individuals  
 \$100.00 Non-resident Individuals



**Adult Coed Kickball**

Feel like a kid again playing this timeless school yard game with your friends!

- Ages: 18 & Up
- League Start: September 7
- Days: Wednesday or Thursday Nights
- Location: Bayorgeon Diamond #2
- Reg max: Eight (8) Teams Per Night
- Fees: \$125.00/Team; \$10.00/Non-Resident player
- Deadline: August 26
- Rosters: Roster forms available online at [www.cityofkaukauna.com](http://www.cityofkaukauna.com)



**All fees and completed rosters are due at registration!**

**Adult Open Basketball**

Get some exercise playing a little basketball. Games are pick-up style and self-officiated.

- Eligibility: Adults 18 & up (High Schoolers allowed with parent participant only!) KASD Residents only! Must be pre-registered! No registration onsite!
- Location: River View Middle School Gym A
- Days/Times: Wednesdays, 8:00-10:00p & Sundays, 10:00a-12:00p (No Sundays until Jan 8!)
- Min Reg: 18 Players (8:30p start on Nov 30)
- Max Reg: 30 Players



Prog Code	Session	Dates
MBKF	20 wks	10/5-12/7 & 1/4-3/12

Group	Reg Start	Deadline	Fee
(R)	Now!	Prog Start	\$45.00
(SR)	Now!	Prog Start	\$45.00

**Behavioral Note:** The highest standard of appropriate behavior shall be maintained in this school facility. Participants not conforming to these high standards shall be removed from the program and no refund issued.

**T'ai Chi**

This is an introductory T'ai Chi class for people of all ages. It will teach you to be in touch with the present moment as well as improve your balance, lower body strength, and assist with lowering your blood pressure and anxiety. It is a form of moving meditation that you can do almost anywhere without any special equipment. You will learn specific postures and movement patterns and then how to put them together into a slow moving routine.

- Session I Dates: September 6– October 25
- Session II Dates: November 1– December 20
- Days/Time: Tuesdays; 4:30-5:30pm
- Location: TBA
- Fee: \$20.00 City Residents; \$30.00 Non-Residents



## Group Fitness Sampler

KRD has partnered with Ghost Town Fitness to offer a package of Group fitness classes. Participate in any three of these classes each week!

Program Code: SmpGF  
 Dates: 9/6-12/1  
 Location: Ghost Town Fitness Gym

Class	Days	Times
Group Power	M	8:30-9:30a
Group Fight	T	8:30-9:30a
Group Cycle	TH	5:30-6:30a
Group Core	TH	5:00-6:00p
Group Centergy	Su	8:00-9:00a



Group	Reg Start	Deadline	Fee
(R)	Now!	Prog Start	\$40.00
(SR)	Now!	Prog Start	\$50.00
(NR)	Now!	Prog Start	\$50.00

This course is offered through a partnership with:



## Adult Fitness Sampler

KRD has partnered with Ghost Town Fitness to offer a package of adult fitness classes. Classes are geared toward the older adult, but open to all adults.

Program Code: SmpF  
 Dates: 9/6-12/1  
 Location: Ghost Town Fitness Gym

Class	Days	Times
Zumba Gold	M	9:45-10:45a
Yoga	TH	7:00-8:00a



Group	Reg Start	Deadline	Fee
(R)	Now!	Prog Start	\$30.00
(SR)	Now!	Prog Start	\$40.00
(NR)	Now!	Prog Start	\$40.00

This course is offered through a partnership with:



## Zentangle®

Zentangle is an easy to learn method of creating beautiful images from structured patterns. In the Intro class you will learn the vocabulary and technique and create a tile consisting of four patterns. With a more intense focus the Zentangle Workshop will cover more techniques and the participant will create two tiles using a total of eight patterns or tangles.

Ages 14 & up  
 Min/Max: 5/20



### Introduction to Zentangle (90 minutes)

Code	Date	Time	Location
ZenF1	Sep 27	9:45-11:15a	New Council Chambers
ZenF2	Oct 25	6:30-8:00p	New Council Chambers

Fees: \$25/City Resident; \$35/Non-Resident (includes supplies)

### Zentangle Workshop (3 Hours)

Code	Date	Time	Location
ZenF1	Nov 8	1:00-4:00p	New Council Chambers
ZenF2	Dec 13	6:00-9:00p	New Council Chambers

Fees: \$35/City Resident; \$45/Non-Resident (includes supplies)



**Advertise Here!**  
**(7700 Copies)**  
**Call 766-6335 To Find Out How!**

### Mindfulness & Relaxation Techniques

Are you struggling to find time to relax and calm your busy mind with so many responsibilities, distractions, and a busy schedule? Learn about mindfulness and a variety of relaxation techniques to slow down your busy world. Participants will practice a few of the techniques during the session. Leave with a toolbox of ways you can calm your mind to reduce stress, increase your health, and enjoy life more.

Instructor: Kelly Kelderman, Exercise Physiologist/Personal Trainer  
 Date/Time: October 4, 6:30-7:30pm  
 Location: TBA  
 Fee: \$10.00 City-Residents; \$20.00 Non-Residents  
 Min/Max: 8/20  
 Reg Deadline: September 27



### Eat Right For Life

This session is geared for those who wish to eat healthier, increase their energy, and manage their weight. Learn 7 healthy eating tips and tricks to incorporate into your lifestyle. Sample meal plans provided. Leave with your personal nutrition improvement plan in hand to increase your health and energy.

Instructor: Kelly Kelderman, Exercise Physiologist/Personal Trainer  
 Date/Time: November 15, 6:30-7:30pm  
 Location: TBA  
 Fee: \$10.00 City-Residents; \$20.00 Non-Residents  
 Optional: Eat Right For Life Book, \$3.50  
 Min/Max: 8/20  
 Reg Deadline: November 8



### Foot Care Clinics

Thorough and professional foot care provided by a registered nurse including assessment and self-care education. Service consists of a thorough lower leg and skin assessment, a soothing bubbling foot bath with Epsom salts and essential oil followed by gentle cuticle and nail care. Calluses, corns and fungal infections are addressed. The session ends with a relaxing lower leg moisturizing and foot massage. Educational handouts provided for specific needs as well as recommendations for your physician.

Dates: Aug 29, Sep 26, Oct 24 & Nov 28  
 Time: 9:00a-3:00p;

60 min appointments scheduled every 45 minutes.

Location: Community Room  
 Fee: \$35.00



This program is offered through a partnership with:

**Fox Valley Foot Care Nurses' Association**  
*Working together to provide the best foot care.*



### Wanted: New Programs!

We are always looking for new programs that may be exciting to people of any age and utilize the resources available in our community (people and facilities). If you have a hobby, interest, expertise or special talent, and you would like to offer a program through us please contact **Jeff Malloy (920) 766-6335**.

### Some Program Ideas We'd Like to Explore

Fun stuff for ages 55 & up  
 Mommy & Me Fitness/Dance  
 Rugby  
 Disc Sports  
 Bricks/Legos  
 Rocketry

Manners Class  
 Life Skills Classes  
 Language Classes  
 Music/Performance Classes  
 Ukulele Band  
 Radio Controlled Vehicles

Coupon Clippers Club  
 Whiffle Ball (Teens/Dad & Me)  
 Dog Park Programs  
 Adventure Programs (camping, Kayak Trip, Fishing, etc)  
 Sewing  
 Senior Olympics  
 Bow Hunting Class  
 Pickle Ball  
 S.T.E.A.M. classes  
 Health & Fitness  
 Bocce Ball

144 W Second Street

766-6335

[www.cityofkaukauna.com](http://www.cityofkaukauna.com)

“Like” us on Facebook

## Strong Bones

Strength training can help you stay vital, strong and independent throughout your life. The Strong Bones Program is an eight-week exercise program for middle-aged and older adults.

Location: Old Library  
 Reg Max: 30  
 Pre-registration is required!

Code	Session	Dates	Days	Time
SBF1	Fall 1	9/6-10/27	T/TH	8:30-9:30a
SBF2	Fall 2	11/1-12/22*	T/TH	8:30-9:30a

\*No Class 11/24

Group	Reg Start	Deadline	Fee
(R)	Now!	Prog Start	\$20.00
(SR)	Now!	Prog Start	\$30.00
(NR)	Now!	Prog Start	\$30.00

This course is offered through a partnership with:



## XYZ Group

Offered in partnership with Care Partners Country Terrace Assisted Living, the eXtra Years of Zest or XYZ Group is a social group for adults age 55 and better. Events are held on the third Wednesday of the month, 12:00-2:00 pm 1000 Islands Environmental Center. A pot-luck lunch is followed by a program. Programs are informational and/or entertaining.

Bring a dish to pass or pay fee of \$4.00. Please register one week in advance of each meeting date by calling the Recreation Department at 766-6335 so that we have an accurate count for lunch.



## Stretching and Endurance

Stretching and endurance can lead to increased flexibility, increased metabolism and balance; a great routine on your way to healthy living.

Location: Old Library  
 Reg Max: 30  
 Pre-registration is required!



Group	Reg Start	Deadline	Fee
(R)	Now!	Prog Start	\$10.00
(SR)	Now!	Prog Start	\$20.00
(NR)	Now!	Prog Start	\$20.00

Code	Session	Dates	Days	Time
StrF1	Fall 1	9/6-10/27	T/TH	9:30-10:00a
StrF2	Fall 2	11/1-12/22*	T/TH	9:30-10:00a

\*No Class 11/24

## Golden Agers

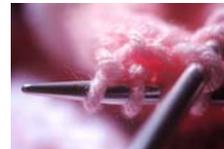
Join the Golden Agers for monthly meetings and holiday themed events/outings. The Golden Agers group meets every Monday at 1:00 pm, in the Council Chambers at the new Kaukauna Municipal Services Building. A very short business meeting is followed by Sheepshead or other games. Annual dues are \$3.00/year. Contact Bev School at 766-2936 to join.



## Hobby and Craft Club

Do you have a hobby or craft you enjoy and want to have some company?

The Hobby and Craft Club meets at Immanuel Church, located at the corner of 6th Street & Sullivan Avenue every Thursday, 9:00-11:00am. Annual dues are \$5.00. Enjoy coffee and refreshments! Share patterns! There is no age limit! Come and join the fun!!



## Parent/Infant Swim Lessons (6 mo - 3 yrs)

These classes introduce young children to the water, and prepare them for the Learn to Swim Program. Parents join their child in the water learning safety and water orientation techniques. There are two levels for children to progress through, Levels 1 and 2.

On your registration form please mark under "Program Code" the Level, Days, Time and location from the information below.

Session Dates: September 13 - November 19

Group	Reg Start	Deadline	Fee	Level(s)	Days	Times	Location
(R)	Now!	Prog Start	\$25.00	PI1	T	5:15-5:45p	St Paul Pool
(SR)	Now!	Prog Start	\$25.00	PI1	SA	9:00-9:30a	St Paul Pool
(NR)	Now!	Prog Start	\$35.00	PI2	T	6:15-6:45p	St Paul Pool
				PI2	SA	10:00-10:30a	St Paul Pool



## Preschool Swim Lessons (4 - 5 yrs)

These classes promote developmentally appropriate learning of water safety and aquatic skills, and prepare students for the Learn to Swim Program. There are three levels for children to progress through, Levels 1, 2 and 3. On your registration form, please mark under "Program Code" the Level, Days, Time and location from the information below.

Session Dates: September 13 - November 19

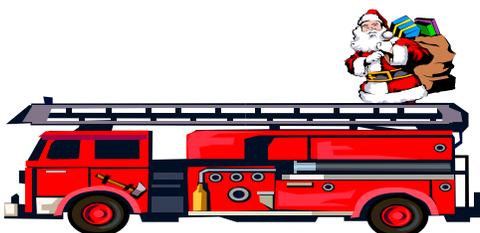
Group	Reg Start	Deadline	Fee	Level(s)	Days	Times	Location
(R)	Now!	Prog Start	\$25.00	Pre1	T	5:45-6:15p	St Paul Pool
(SR)	Now!	Prog Start	\$25.00	Pre1	SA	9:30-10:00a	St Paul Pool
(NR)	Now!	Prog Start	\$35.00	Pre2	T	6:45-7:15p	St Paul Pool
				Pre2	SA	10:30-11:00a	St Paul Pool
				Pre3	SA	11:00-11:30a	St Paul Pool
				Pre3	SA	11:30-12:00p	St Paul Pool



## 28th Annual Christmas Parade Tuesday, December 6; 6:00pm

Come join us for this annual tradition. Get in the Christmas spirit with these holiday themed floats and music. Join us at City Hall after the parade for cookies and hot chocolate with Santa. Call our office today to request an entry form.

**Christmas Theme Contest:** Would you like to ride with Santa on the Kaukauna Fire Department Ladder Truck? This contest is available to kids ages 11 and under. The winner and a friend or parent will ride with Santa on the fire truck during the parade. Entry forms are available on our website, or at the Recreation Department office. Deadline is Friday, September 16.



## Doggie Dip

Now that our human friends have enjoyed a summer filled with swimming at the Kaukauna Municipal Pool, the place is going to the dogs!!! For one night only, we are opening the pool up to the K-9s.

Date: August 22(Rain or Shine)  
 Location: Kaukauna Municipal Pool  
 Admission: \$3.00/Person; **Dogs are Free!**  
 Maximum: 25 Dogs/Session!

Prog Codes	Dogs Allowed	Session Time
Dip1	Small Dogs Only	5:00p
Dip2	All Dogs	6:00p
Dip3	All Dogs	7:00p



**All Participants must be pre-registered at the Recreation Department Office! Registrations will not be taken onsite at the pool!**

**Notice:** All participating dogs must have a 2016 County Dog License.

# 1000 ISLANDS ENVIRONMENTAL CENTER

17

1000 Beaulieu Court, Kaukauna, WI 54130  
Phone (920)766-4733



## FALL/WINTER 2016-17 PROGRAMS

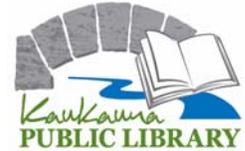
- October 4 **WILDLIFE OF WISCONSIN – ANIMALS ENTRUSTED IN OUR CARE** 6:30p Learn about the important work of WOW and meet a few patients at our facility and why they needed help. See pictures, hear stories of patients and even play a guessing game.
- October 11 **GIRL SCOUT HIKER BADGE CLINIC** 6:00-8:00p Put a night time twist on your Hiker Badge through some self-guided stations and a guided hike. **Pre-registration and payment required.** Contact the Girl Scouts of the Northwestern Great Lakes for registration.
- October 15 **BEARS CUB SCOUT CLINIC: A BEAR GOES FISHING** 10:00a–12:00p or 1:00–3:00p Water is everywhere around us here in the Fox Valley so let's learn about fishing. Find out the rules, learn about the equipment, then go fishing. All fishing equipment is provided. Completes all requirements 1-4. **Pre-registration and payment is required.**
- October 18 **FALL FROLIC** 6:30 PM Celebrate autumn with some stories, and a guided hike to look for fall colors. We will wrap up the evening with some fall crafts and refreshments.
- November 5 **WOLVES CUB SCOUT CLINIC: FINDING YOUR WAY ELECTIVE ADVENTURE** 10:00a–12:00p or 1:00-3:00p Maps and compasses are the key to finding your way through this clinic. Leaders will guide their scouts on a marked hike and complete a scavenger hunt using a compass. Completes all requirements 1-5. **Pre-registration and payment is required.**
- November 15 **AVES WILDLIFE WISCONSIN – NIGHT TIGERS: OWLS** 6:30p Owls are a mysterious group of almost exclusively night time predators. Learn how owls survive using their senses and pure stealth. Owls will put even a world class spy to shame. Get a chance to learn from living examples of Wisconsin owls.
- December 13 **UPCYCLED HOLIDAY GIFTS** 6:30p Use old materials to make wonderful new creations just in time for the gift giving season!
- December 29 **EAGLES ON THE FOX** 4:30p Join the Naturalist at the KAUKAUNA PUBLIC LIBRARY to learn about our wintering bald eagles and head outside to watch for them along the river as the sun sets.
- January 17 **SNOWY OWLS OF WISCONSIN** 6:30p The past few winters have brought many snowy owls into the state. Learn more about these magnificent birds, including why they are here and where you can safely view them.
- January 28 **EAGLE DAYS** All Day Join us for the 4<sup>th</sup> Annual celebration of the Bald Eagle. Activities will include eagle observations, presentations, hands-on activities and craft for the kids. Watch our Facebook page and website for more details.
- February 10 **MOONLIGHT SNOWSHOE HIKE** 6:30p Hike the trails with just the light of the moon, stars and naturalist to guide you. If there is ample snow on the ground we will lend out snowshoes to turn it into a snowshoe hike. Hot chocolate will be provided after the hike. **Please register at least one week in advance.**
- March 18 **KIWANIS PANCAKE & PORKIE BREAKFAST** 9:00a-12:00p Stop down for a delicious breakfast put on by the Kaukauna Kiwanis club and taste some 1000 Islands maple syrup. Visitors will also be encouraged to head outside and learn about the maple syrup making process. Tickets for the breakfast can be purchased at the door. The hike is free and open to all.
- March 28 **SEED STARTING WORKSHOP** 6:30p Learn the proper technique and timing for starting your garden plants from seed. The program will include some great info for adults as well some fun stories for kids. Everyone will leave with some planted seeds to care for.

**Please Call the Center at 766-4733 at Least One Week  
Prior to Event to Register For All Events**  
1000 Islands Environmental Center is open all year round  
Weekdays, 8:00 am - 4:00 pm  
Saturdays & Sundays, 10:00 am - 3:30 pm

# KAUKAUNA PUBLIC LIBRARY

207 Thilmany Rd Suite 200, Kaukauna, Wisconsin 54130 (920)-766-6340

## FALL/WINTER 2016 EVENTS



### Preschool Programs (No classes 11/22-11/24)

<b>Bright Babies</b> (Prewalkers)	Tuesdays	9/20-12/13	10:30a
<b>Wonderful One's</b> (1 yr)	Wednesdays	9/21-12/14	9:30a
<b>Terrific Two's</b> (2 yrs)	Wednesdays	9/21-12/14	10:30a
<b>Story Sprites</b> (3-5 yrs)	Thursdays	9/22-12/15	10:30a
<b>Morning Play Group</b> (0-4 yrs)	Thursdays	9/22-12/15	9:00a
<b>Evening Play Group</b> (0-4 yrs)	Every other Wed	9/21-12/14	6:00p
<b>Saturday Storytimes</b> (All Ages)	Saturdays	9/10, 10/15, 11/19 & 12/10	10:30a

### School-Age Programs

<b>Lego Lab</b>	Wednesdays	10/12, 11/9 & 12/7	6:30p
<b>Hackerspace</b>	Thursdays	9/8, 10/13, 11/10 & 12/8	6:30p
<b>Craftclub</b> (Grades 4 & Up)	Tuesdays	9/13, 10/11, 11/8 & 12/13	6:30p (Special Upcycled Holiday Gifts Craft Club at 1000 Islands 12/13)
<b>Mini-Sew With Me Workshop</b>	Tuesdays	11/15-11/29	6:30p Registration (Grades 3&up)
<b>Pokemon Gym Leader Challenge</b>		11/28, 12/1, 12/5, 12/8, 12/12 & 12/15	4:30p
<b>Pokemon Sun &amp; Moon Tournament</b>	Thursday	12/29	12:00p Registration (12/19)
<b>Eagles on the Fox</b>	Thursday	12/29	4:00p

### Teen Programs

<b>Teen Tuesdays</b>	Tuesdays	9/27-12/6	3:30p
<b>Hackerspace</b> (Grades 4 & Up)	Thursdays	9/8, 10/13, 11/10 & 12/8	6:30p

### Homeschool Programs (No classes 11/24-11/25)

<b>Home School Nature Journaling</b>	Thursdays	9/22-12/15	1:30p-2:30p Registration (9/14) Bring a sketchbook.
<b>Discover History</b> (School-age)	Fridays	9/23-12/16	1:00p-2:00p

### Early Dismissal & School's Out Programs

Apple Crafts	Tuesday	9/20	9:00a-8:00p
Halloween Crafts	Thursday	10/27	9:00a-8:00p
Halloween Crafts	Friday	10/28	9:00a-5:00p
Fall Crafts	Thursday	11/17	11:30a-8:00p
Thanksgiving Crafts	Wednesday	11/23	9:00a-8:00p
Fall Crafts	Friday	11/25	9:00a-5:00p
Holiday Crafts	Tuesday	12/13	9:00a-8:00p
Winter Crafts	Tuesday	12/27	9:00a-8:00p
Winter Crafts	Wednesday	12/28	9:00a-8:00p
Eagle Days Craft	Thursday	12/29	9:00a-8:00p
Winter Crafts	Friday	12/30	9:00a-5:00p

### Adult Programs

Memory Café	Mondays	9/12, 10/10, 11/14 & 12/12	2:00p
Daytime Book Discussion Group	Tuesdays	9/13, 10/11, 11/8 & 12/13	10:00a
Fall Painting Party	Tuesday	9/27	6:30p Registration (9/12-9/21)
World Relief- Fox Valley: Refugee Resettlement		10/3	10:00a, 2:00p & 6:00p
Glass Painting	Wednesday	10/12	11:00a Registration (10/3-10/11)
Holiday Wreath Making	Tuesday	11/1	6:30p Registration (10/17-10/28)
Decorative Leaf Bowl	Wednesday	11/2	11:00a Registration (10/17-10/28)
Winter Painting Party	Monday	12/5	6:30p Registration (11/21-11/30)
Crafternoon	Tuesdays	9/22-12/13 (No 11/22)	1:30p Adult time but kids welcome!
Knitting Meet Up	Wednesdays	9/21-12/14 (No 11/23)	12:00p

For more detailed information on programs, please visit our website at [www.kaukaunapubliclibrary.org](http://www.kaukaunapubliclibrary.org) or our Facebook page.



City of Kaukauna Recreation  
PO Box 890  
144 West Second Street  
Kaukauna, WI 54130

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## Advertisers Wanted!

A goal of the Kaukauna Recreation Department is to increase communications with the citizens that utilize our services. To achieve this goal, we have created three seasonal Program Guides (Winter/Spring (Early December), Summer (Early April) and Fall/Winter (Early August)). Each of these Program Guides will be mailed to all City Residents (approximately 7200 households) on the approximate dates listed above.

Your organization can be a part of helping us achieve our goal by placing a full color advertisement in these Program Guides. In addition to reaching potential customers, your ad tells citizens that you are committed to helping improve the quality of life for all Kaukauna residents and visitors.

For more information on ad space availability and pricing, please contact the Recreation Department office at 920-766-6335.

## Upcoming Winter/Spring Programs

Please watch for our Winter/Spring Program Guide which will be distributed in the beginning of April and will feature programs such as:

- Boys Spike Volleyball
- Girls Fast Pitch Softball
- Spring Beginner Dance Instruction
- Adult Softball Leagues
- Kaspers Wrestling
- Phantoms Wrestling
- KidStage
- Archery Instruction
- Lil' Mad Kat Art Classes
- Storytime Yoga
- And More!
- Boys Little Dribblers
- Parent/Infant Swim Lessons
- Preschool Swim Lessons
- Adult Open Gym Basketball
- XYZ Group
- Strong Bones
- Gymnastics Instruction
- Zentangle and Zentangle For Kids
- Fitness Classes with Ghost Town Fitness
- Tai Chi