

**2016-2017**

# Village of Cross Plains

## *Fall/Winter Activity Guide*



**2417 Brewery Road  
Cross Plains, WI 53528  
608-798-3241**

**Register Online at: [www.cross-plains.wi.us](http://www.cross-plains.wi.us)**



# Office Information

## Parks and Recreation Staff

Michael Axon.....Parks and Recreation Director  
Telephone.....(608)-798-3241 x107  
Email.....maxon@cross-plains.wi.us

Andrea Fullerton.....Recreation Coordinator  
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## Site Locations

Park and Recreation Office.....2417 Brewery Rd  
Cross Plains Fire Station.....1501 Bourbon Rd  
American Legion Hall.....2217 American Legion Dr

## Office Hours

Monday thru Friday 7:30 am to 4:00 pm

## Registration Information

Register online with Visa, Discover, or MasterCard. A small convenience fee is charged for the service.

Mail in registration is also available for all classes.  
Cross Plains Parks & Recreation Dept.  
P.O. Box 97  
Cross Plains, WI 53528

Fill out a registration form and drop it off, along with payment, in our drop box which is located next to the front doors at the Village Office.



## Yoga

Yoga is structured around rejuvenating and healing the body. Blankets, blocks, straps and other props are often used for safe practice and to allow the body to fully achieve each position comfortably.

### When:

Mondays: 9:00-10:15am

Tuesdays: 6:00-7:00pm

**NEW!** Wednesday: 7:00-8:00pm(start 9/14)

Thursdays: 9:00-10:15am

### Fit Pass Fees:

4 classes = \$40

8 classes = \$64

10 classes = \$70

Who: Men and woman 18 years and up

Location: Cross Plains-Berry Fire Station



## Co-ed Volleyball Drop-In

Come alone or bring a friend and join other adults in a game of volleyball.

When: Fridays 7:00-9:00pm

Fee: \$5 drop in

Location: Glacier Creek Middle School (new gym)

Dates: Nov. 4th-April 28th

Welcoming all beginners, intermediate and advanced players!



## One Stop Body Shop

A Fitness Class that shapes and tones as you focus on flexibility, strength, agility, and endurance. Exercises are easy to follow with varying intensity levels!

Who: Men and women 18+

When: Mondays 5:45-6:45pm (ongoing)

Location: Glacier Creek—Cafetorium

### Fit Pass Fees:

4 classes = \$40

8 classes = \$64

10 classes = \$70

## Basketball Drop-In

Who: Men and women

When: Wednesdays 7:00pm-9:00pm

Location: Glacier Creek Middle School (new gym)

Fee: \$5 per drop in

Dates: September 7th-May 24th

Welcoming all beginners, intermediate and advanced players!



### Little Crafters

Here is a chance for your child to get messy and discover the world of art. Each week we explore different forms of art while making new and exciting creations using a variety of art materials.

Day: Thursdays

Time: 9:00-9:45 am

Ages: 2-5

Fall Session 1: Sept 29—Oct 20

Registration Deadline: Sept 24th

Fall Session 2: Oct 27—Nov 17

Registration Deadline: Oct 22nd

Winter Session 1: Jan 12—Feb 2

Registration Deadline: Jan 9th

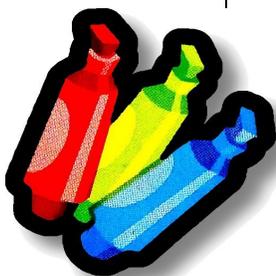
Winter Session 2: Feb 16—March 9

Registration Deadline: Feb 13th

Session Fee: \$35

Location: Cross Plains—Berry Fire Station

Min: 4 Max:8



### Toddler Time

Get your toddler comfortable with being away from you and introduced to the classroom setting as they are quickly approaching that preschool age. Our trained and Child CPR and First Aid certified staff will introduce a semi structured curriculum with fun crafts, games, story time, and free play.

Day: Fridays

Time: 9:00-10:30 am

Ages: 2-4

Fall Session 1: Sept 30—Oct 21

Registration Deadline: Sept 22nd

Fall Session 2: Oct 28—Nov 18

Registration Deadline: Oct 20th

Winter Session 1: Jan 13—Feb 3

Registration Deadline: Jan 9th

Winter Session 2: Feb 17—March 10

Registration Deadline: Feb 13th

Fee: \$35

Location: Cross Plains-Berry Fire Station

Min: 4 Max: 8

### Tot Rock & "Roll"

Class activities are designed to increase gross motor development and socialization skills. Enjoy ball play, tunnel time, parachute games, dancing, action songs, and movement activities. Please bring a small snack for circle time!

Day: Wednesdays

Time: 9:30-11:00 am

Ages: 1-4

Summer Session 3: Sept 7—Oct 12

Also found in the Spring/Summer activity guide

Fee: \$30

Fall Session: Oct. 19—Dec. 14 (no class 11/23)

Registration Deadline: Oct 12th

Fee: \$40 (8 Classes)

Winter Session 1: Jan 11—Feb 15

Registration Deadline: Jan 6th

Fee: \$30

Winter Session 2: March 1—April 5

Registration Deadline: Feb 24th

Fee: \$30

Location: Cross Plains-Berry Fire Station

Min: 5 Max: 20



## Intro to Lacrosse

Introduce your son or daughter to this growing sport! A Club Lacrosse Player will be teaching the fundamentals of the game through fun drills and games! Teamwork, sportsmanship, and FUN will be emphasized! Sticks and balls will be provided. Each Participant **MUST** have eye protection to participate.

Dates: Oct 5th—Nov 9th  
 Day: Wednesdays  
 Time: 6:00-7:00pm  
 Age: 6-9yrs Boys and Girls!  
 Fee: \$40  
 Location: Baer Park Small Diamond  
 Min: 8 Max: 12  
**Registration Deadline: Sep 29th**

## Nerf Alert

Nerf has many benefits including teamwork, exercise, disciplined fun and learning to balance competition with good sportsmanship. Each week we will have skill challenges where the kids will get to practice and compete in different aspects of Nerf Combat, and then we will have an all-out battle to end out each week. Each child **MUST** have eye protection to participate. They must bring their own guns, but we will provide the “ammo” in order to prevent losing their equipment.

Dates: Oct 4—Nov 8  
 Day: Tuesdays  
 Age: 8-12  
 Time: 6:00-7:00 pm  
 Fee: \$30  
 Location: Baer Park Skate Park  
 Min: 10 Max: 20  
**Registration Deadline: Sep 26th**



## Floor Hockey

Learn the basics of floor hockey through different drills, games, and some friendly competition. Teamwork, good sportsmanship, and FUN will be strongly encouraged.

Dates: Jan 12—Feb 16  
 Day: Thursdays  
 Session 1: 5-7 year olds  
 Time: 6:15-7:15pm  
 Session 2: 8-12 year olds  
 Time: 7:15-8:15pm  
 Fee: \$40  
 Location: Park Elementary School  
 Min: 8 Max: 16  
**Registration Deadline: Jan 5th**



## Intro to Gymnastics

Join our program as we summersault, climb ropes, hula hoops, walk the balance beam, and jump the vault. This is a non-structured program where children can run, jump, play, socialize, and get out their built up energy for the day!

Day: Tuesdays  
 Times: 6:30-7:30pm  
 Session 1: Oct. 11—Nov. 15  
 Session 2: Jan 17—Feb 21  
 Age: 5 and up  
 Fee: \$40  
 Location: Park Elementary School  
 Min: 8 Max: 16  
**Registration Deadline: Oct 3rd**



## Basketball Skills and Drills

Throughout this program, participants will learn the basics of basketball through different drills, games, and some friendly competition. The kids will also focus on teamwork and good sportsmanship.

Dates: Oct 10—Nov 21  
 \*no bball Oct. 31st  
 Day: Mondays  
**Session 1:** Grade K-3rd  
 Time: 6:00-7:00 pm  
**Session 2:** Grade 4th-8th  
 Time: 7:00-8:00 pm  
 Fee: \$40  
 Location: Glacier Creek Middle School  
 Min: 10 Max: 30  
**Registration Deadline: Oct 6th**



## Dodgeball

The popular summertime game is back for the Fall! Dodgeball is a fun activity that includes lots of running, throwing, and catching! The instructor will teach the participants the rules of dodgeball and play various types of games! This program will stress fun and excitement for all skill levels!

Dates: Oct 5th—Nov 9th  
 Day: Wednesdays  
 Time: 6:00-7:00pm  
 Age: 9-13 yrs old  
 Fee: \$25  
 Location: Baer Park Tennis Court  
 Min: 8 Max: 12  
**Registration Deadline: Sept. 29th**

## Youth Basketball League

Previously, Optimist Basketball League, this is a fun league where equal playing time and teaching fundamentals are stressed. Practice is held once a week with games on Saturdays. This league is for all skill levels! Come have some fun, learn the game, and meet new people!

\*4th-8th grade levels will travel to different communities and participate in a tournament at the end of the season.

Practices begin the week after Thanksgiving  
Games begin January 7th

Locations include: Park School, Glacier Creek Middle School, and Kromery Middle School.

Fee: \$75

Registration Deadline: November 1st



Age	Location
3rd Grade Boys	Park School
3rd Grade Girls	Park School
4th Grade Boys	Park School
4th Grade Girls	Park School
5th/6th Grade Boys	Glacier Creek
5th/6th Grade Girls	Glacier Creek
7th/8th Grade Boys	Glacier Creek
7th/8th Grade Girls	Glacier Creek

**NEW!**

## Youth Volleyball League!

Big Ten Volleyball Traveling League (5th-8th Graders) This recreational league is for 5th-8th graders who would like to have fun learning skills and getting involved in competition against players at their own skill level. Rules have been altered to accommodate young players so that success can be felt by all. Knee pads are recommended.

Practices will be on Sundays and will start on January 15th in the afternoon/evening. Tournaments will be played on February 19, February 26, March 5, March 12 and March 19 against other communities including: Mount Horeb, Fitchburg, Monona, Stoughton and Verona. The time frame for tournaments is typically 12:00-3:30p.m. **VOLUNTEER COACHES ARE NEEDED!**

Dates: January 15- March 19

Day: Sunday (once tournaments begin, practice could be on Saturday or one night during the week)

Place: Glacier Creek Middle School (tournaments will be either home or away)

Fee: \$60.00\*

Registration Deadline: December 30

# 2016 Fall Dance

Youth dance is back for the fall! Join Ms. Michele Dresen and Ms. Samantha Dresen at the American Legion Hall as we focus on rhythm, expression, and style. Various forms and styles of dance are taught concentrating on coordination, isolated rhythmic movements, and specific techniques. **Registration Deadline: Sept. 28th**

## Tuesdays:

Dates: October 4th– November 15th

\* No class October 25th

Dance	Ages	Time	Cost	Max #
Ballet	3-4	3:30pm-4:00pm	\$40	12
Ballet	5-6	4:00pm-4:30pm	\$40	12
Hip Hop	7-9	4:00pm-4:30pm	\$40	15
Fun Jazz	5-6	4:30pm-5:00pm	\$40	15
Jazz	7-9	4:30pm-5:00pm	\$40	15
Ballet	7 and up	5:00pm-5:30pm	\$40	15
Ballet	3-5	5:30pm-6:00pm	\$40	12
Hip Hop	10 and up	5:30pm-6:00pm	\$40	15
Jazz	10 and up	6:00pm-6:30pm	\$40	15
Tap	8 and up	6:30pm-7:00pm	\$40	15



## Special Events

### Madison Capitals: Cross Plains Community Night!

The Madison Capitals will be honoring Cross Plains Recreation during their game against Chicago on **November 5th!** Make sure to copy and paste the link into your web browser to order tickets!



<https://madcaps.isportstix.com/order/group/CrossPlains/>

### 6th Annual Crawl For the Cross Plains Pool

Bring out your best Halloween costume and join us in a crawl down Main Street. Stops will be made at Hooty's, Coaches, and Main Street Lanes. Prizes will be given for best costume, best solo, and best duet. (Karaoke Main Street Lanes) Money raised this year will go towards the painting of the outside of the Bath House!

Date: October 28th

Time: 6:00 pm

Fee: \$25 per person

\*Must be 21 or older to participate

### Candle Light Snow Shoe & Bonfire

Bring the family together as we explore Hickory Hill with a candle-lit hike. After the hike, head on over to the bonfire for a free hot cocoa and s'mores. All are welcome to join us for this FREE event.

Date: Saturday, February 4th

Time: 4:30pm-7:00pm

Location: **BAER PARK!**

Fee: FREE



# Village of Cross Plains Parks and Recreation Registration Form

Family Last Name \_\_\_\_\_ Address \_\_\_\_\_

City & Zip \_\_\_\_\_ Home Phone \_\_\_\_\_

E-mail address (for Rec. Dept. use only) \_\_\_\_\_

Father's Name \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell \_\_\_\_\_

Mother's Name \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell \_\_\_\_\_

Name	Program	Session	Grade	Birthdate	M/F	*T-shirt size	Fee

Total Fees: \$ \_\_\_\_\_

\*Shirt sizes: Youth S,M,L or Adult S,M,L,XL,XXL

**Method of Payment: Cash/Check/Credit Card**

Name on Card \_\_\_\_\_ Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ 3 Digit Security: \_\_\_\_\_

I request my child to be on the same team as: \_\_\_\_\_ (first & last name)  
**Requests will only be made if parents are volunteer coaches.** Requests are not guaranteed, but we will do our best to grant the requests if at all possible.

Please check if you can volunteer coach \_\_\_\_\_ Which program (s) \_\_\_\_\_  
 Name of volunteer \_\_\_\_\_

Coach t-shirt size: S\_\_\_ M\_\_\_ L\_\_\_ XL\_\_\_ XXL\_\_\_

**INSURANCE WAIVER:** In consideration of the opportunity to participate in this recreational program, I release the Village of Cross Plains and its employees, officers, and agents from all liability for any and all loss resulting from damage to my person or property, including death, which may result from participation in this recreational program, either within or outside the Village of Cross Plains. I further understand that statutes 893.80 & 895.52 of the Wisconsin State Statutes defines the limitations of the village as far as liability goes as it relates to recreational activities. Accidents are to be reported to the Village Office at once. However accident reporting is not intended to imply any kind of liability on the part of the Village, its employees, officers, or agents. I also hereby authorize emergency medical treatment for myself/son/daughter by any licensed emergency health care provider. I have read the foregoing release and fully understand it.

I do hereby grant and give these groups the right to use my child(s) photograph or image with or without my or my child's name, both singly and in conjunction with other persons or objects and presentations, advertising, publicity, and promotion relating there to. I do hereby grant that I've read and understand Wisconsin ACT 172 relating to concussions and other head injuries sustained in youth athletic settings.

Special Need/Allergies or other medical conditions:

\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_