



Stoughton
PARKS & RECREATION

2017
SPRING/SUMMER
GUIDE



Active Stoughton for Life (AS4L)..... 3
 Physical Literacy 3
 Seven Stages of LTAD..... 3
 Stage 1 - Active Start (Males & Females 0-6) 3
 Stage 2 - FUNdamentals (Males 6-9 & Females 6-8) 3
 Stage 3 - Learning to Train (Males 9-12 & Females 8-11) 3
 Stage 4 - Training to Train (Males 12-16 & Females 11-15) 3
 Stage 5 - Training to Compete (Males 16-23 & Females 15-21) 3
 Stage 6 - Training to Win (Males 19+ & Females 21+) 3
 Stage 7 - Active for Life (Enter at Any Age)..... 3
 General Information 3
 Residency Policy 3
 Youth Programs and Grade Level..... 3
 How to Register for a Recreation Program 3
 Inclusion Service & Recreation Programs 3
 Stay connected with the Recreation Department! 3
 We're Hiring! 3
 Weather Cancellations..... 3
 Fee Assistance..... 3
 Physical Literacy Programs..... 4
 Music & Little Movers..... 4
 PLAY for Life 4
 Circus Camp with Madison Circus Space 4
 Parkour 4
 Youth Fundamentals Class 4
 Youth Challenge Class 4
 Youth Sport Programs & Camps 4
 Youth Lacrosse Spring Skills Camp 4
 Youth Lacrosse Summer Skills Camp..... 5
 Flag Rugby with Madison United Rugby Club 5
 Learn to Play Girls Softball League (Grades K-2)*..... 5
 Rally Cap T-Ball (Boys & Girls Ages 4-Pre K)*..... 5
 Beginners BMX Bike Clinic with OnPoint BMX..... 5
 BMX Learn to Earn Program 5
 Youth Tennis Lessons (Ages 3-18) 6
 Ages 3-6 6

Ages 7-8 6
 Ages 9-12 6
 Ages 13-18 6
 Tennis Lesson Play Date 6
 Spring Miniball Soccer 6
 Fall Miniball Soccer 6
 Little Gridders Flag Football (Pre-K) 6
 NFL Youth Flag Football 6
 NFL Flag (Grades K-3) - House Leagues 6
 NFL Flag (Grades 4-10) - Travel Leagues 7
 Youth Golf Programs 7
 SNAG Golf Clinics..... 7
 Jack Nicklaus Learning Leagues with SNAG Golf..... 7
 Golf Clinic 7
 Junior Viking Track Club 7
 Youth Strength & Conditioning Club by Level Up: The Natural Athlete ... 8
 Friluftsliv (Outdoor) Classes & Events 8
 What is Friluftsliv?..... 8
 Junior Angler Club 8
 Junior Fly Fishing Club 8
 Nature Exploration Camp 8
 Wilderness Survival Camp..... 9
 Syttende Mai Canoe/Kayak Fishing Tournament 9
 Enrichment Classes & Events 9
 Art Cart by Madison Museum of Contemporary Art 9
 Functional Pottery 9
 Important Dates For Parks & Rec. 10-11
 Art Camp in the Park 12
 My Painting is Blooming!!!..... 12
 Painting in the Parks 12
 The Kids Chef..... 12
 Oodles of Noodles 12
 Sweet Strawberries! 13
 Bricks 4 Kidz - Galaxy Far Away 13
 Bricks 4 Kidz Summer Camp - Bat League: Heroes & Villains Camp 13
 Bricks 4 Girls..... 13
 Dog Obedience Classes 13
 Puppy Kindergarten 13
 Puppy 2 13
 Beginning Family Dog Training - AKC Canine Good Citizen 13
 Adult Sport & Fitness Classes..... 14
 Zumba 14
 PiYo 14
 Spinning..... 14
 Adult Parkour..... 14
 Bossfit - Initiate..... 14
 Bossfit - Elevate 14
 Drop-In Vinyasa Yoga..... 14
 Golf Lessons for Adults 15
 Tennis Lessons for Adults 15
 Fall 3 on 3 Basketball..... 15
 Adult Flag Football League 15
 Adult Slow Pitch Softball..... 16
 Wednesday Umpired League 16
 Friday Self-Umpired Leagues 16
 Adult Coed Softball..... 16
 Men's Fall Softball League 16
 Adult Coed Fall Kickball League 16
 Pickleball Summer Membership 16
 Parks & Misc. Information..... 16
 Gazebo Musikk..... 16
 Canoe Rental..... 16
 How to Reserve a Park Shelter 16
 Lowell Park Community Garden 16
 Kiwans Disc Golf Course at Amundson Park 17
 Troll Beach - Stoughton's Norwegian Fun Park 17
 2017 WPRC Discount Tickets..... 17
 Senior Center Events & Classes 17
 Senior Center Art Classes..... 17
 Senior Center Exercise Classes..... 17
 Senior Center Education Classes..... 17

**People You Know & Trust
 We Are Your Neighbors**



Cress Funeral & Cremation Service is more than just a funeral home, we are people you know and trust. For generations, providing the Circle of Care, before, during and after the loss of your loved one.



McFarland ~ Deerfield ~ Stoughton
 East Madison ~ West Madison
 Middleton ~ Waunakee ~ Sun Prairie

Day or Night (800) 235-9681
 www.CressFuneralService.com

Active Stoughton for Life (AS4L)

One of the main goals of the Stoughton Parks and Recreation Department is to create healthy lifestyles. A proven way to create healthy lifestyles is through physical activity and sport. Active Stoughton for Life (AS4L) is a movement to improve physical activity and sport in Stoughton. AS4L uses a scientific model called Long-Term Athlete Development (LTAD) as its framework. LTAD is a seven-stage training, competition, and recovery pathway guiding an individual's experience in recreation and sport from infancy through adulthood stages. Using LTAD will make physical activity and sports more enjoyable for the children with the end goal of being active participants for life. The recently released American Development Model by the United States Olympic Committee is also based on LTAD.

Physical Literacy

Developing physical literacy is a building block approach that goes this way:



Research shows that children need to learn how to do fundamental movements and sport skills before they can learn how to play a sport competently. Children learn what numbers are in school before they are taught addition and subtraction and why addition and subtraction is taught before calculus. The same reasoning is behind developing physical literacy. Parents shouldn't expect their child to be able to pitch in baseball if they don't know how to balance. Children need to learn the ABC's of physical literacy before moving on to fundamental sport skills and then sport specific techniques.

The ABC's of physical literacy are agility, balance, coordination, and speed. Once these basic fundamental movements are mastered children can then move on to learning fundamental sport skills. Fundamental sport skills are jumping, running, catching, overhand throwing, kicking, swinging, hitting, etc. Once learned, these skills can be transferred to many activities such as fishing (overhand throwing/casting) or mud runs (jumping, running, dodging). These skills can be learned any time during the course of someone's life, but it is much more efficient to learn them before the age of 12.

Seven Stages of LTAD

Stage 1 - Active Start (Males & Females 0-6)

- Children this age need to learn the ABC's of movement
- Children need to see that physical activity is a fun and exciting part of everyday life

Stage 2 - Fundamentals (Males 6-9 & Females 6-8)

- Children should further develop fundamental movement skills including the ABC's of movement
- Children should be exposed to a variety of sports and physical activities throughout the year

Stage 3 - Learning to Train (Males 9-12 & Females 8-11)

- Major skill learning stage: all basic movement and sport skills (physical literacy) should be learned before the growth spurt
- More time should be spent on training and practice than competing
- Children being exposed to multiple sports and activities should continue

Stage 4 - Training to Train (Males 12-16 & Females 11-15)

- Major fitness development stage: endurance, strength, and speed
- Continued approach of spending more time on training and practice than competing
- Most important stage in determining the long-term potential of an athlete

Stage 5 - Training to Compete (Males 16-23 & Females 15-21)

- Competition becomes serious
- High intensity, high volume training
- High school athletics

Stage 6 - Training to Win (Males 19+ & Females 21+)

- College and professional athletics

Stage 7 - Active for Life (Enter at Any Age)

- Minimum of 60 minutes moderate daily activity or 30 minutes of intense activity for adults
- Adult recreational sport leagues, fitness classes, etc.

General Information

Residency Policy

Residents are considered people who pay property taxes to the City of Stoughton. Townships, School District, etc. have no bearing on your residency for our purposes. It may be possible that you might be a resident and our online registration system considers you a non-resident. In these cases, please contact us and we can make the appropriate change to your account.

Youth Programs and Grade Level

Many of our programs for children are broken down by grade level. Please sign-up your child for the grade they are in when the program is going on. If it is a summer program, please sign them up for the grade level they were in during the spring (unless otherwise noted).

How to Register for a Recreation Program

There are two simple ways to register for a recreation program.

1. The first way is by filling out a paper registration form. A paper registration form can be found near the end of the guide. Once the paper registration form is filled out, a person can mail it to us or stop by our office.
2. The second way is by going to our online registration site, <https://activenet9.active.com/stoughtonrec/>. Online registration is fast, simple, and convenient.

Inclusion Service & Recreation Programs

Recreation and leisure activities are an important aspect of life for all people. We will make reasonable accommodations to many of our recreation programs so individuals with disabilities can participate without fundamentally changing the program. Please go to our website at www.cityofstoughton/rec, click on Therapeutic Services.

Stay connected with the Recreation Department!

Create an account on our online registration system at <https://apm.activecommunities.com/stoughtonrec/> if you would like to be kept updated on our latest program offerings. You can also add us as a Facebook friend (<https://www.facebook.com/StoughtonRec/>) or follow us on Twitter (@StoughtonRec).

We're Hiring!

This spring we will be hiring for program workers, softball umpires, and softball scorekeepers. This is a perfect way to make some money, do something positive for the community, and have fun! Please check our website (<http://stoughtonrec.com/employment-volunteer-opportunities/>) for the latest updates on job openings.

Weather Cancellations

Please check our weather hotline at 873-6724 if you believe a program may be cancelled due to the weather. A new message will be recorded if programs are cancelled. Every effort will be made to rescheduled classes and programs. In some instances it is not possible to reschedule.

Fee Assistance


It is the policy of the City of Stoughton that no child in the Stoughton Area School District will be denied participation in any program for lack of ability to pay. Please contact us if you are in a position where you need a fee waived.



Physical Literacy Programs

Physical Literacy programs are specifically designed to improve fundamental movement skills. Fundamental movement skills are precursor movements used in various forms of active play and life. Examples of fundamental movement skills are running, jumping, throwing, and catching. Research shows that children with proficient fundamental movement skills are much more likely to be physically active which leads to better physical and mental health.

	If You Can't ▶ Run	You Won't Take Part In ▶	Catch Jump Swim Throw	▶	Soccer Basketball Volleyball Track and Field Squash Rugby Tennis
	If You Can't ▶ Throw	You Won't Take Part In ▶	Catch Jump Swim Run	▶	Soccer Softball Bowling Baseball Goalball Football Rugby
	If You Can't ▶ Swim	You Won't Take Part In ▶	Throw Jump Catch Run	▶	Swimming Diving Water Polo Scuba Kayaking Sailing Surfing

 Version 2.0—April 2016

Music & Little Movers

Active Start

Adding music and dance together is a great way to get little ones moving. Each day children and parents will work on clapping rhythms, floor exercise, rhythmic motor skills, and put them together into an expressive dance. Children favorite songs such as Baa, Baa, Black Sheep will also be sung.



Ages: 3-5 years old

Days: Mondays and Wednesdays

Dates: June 12 to July 26, No Class on July 4 and July 6

Times: 5:15-6:00 pm

Location: Bjoin Park Shelter

Program Code: 1900.200

Fee: \$40 - Residents, \$45 - Non-Residents

Registration Deadline: 1 week before start date or when full

Min/Max Participants: 8/16

PLAY for Life

FUNDamentals

This activity is intended to develop physical literacy in children through fun small group activities and games that develop fundamental movement skills. Each class a child will go through a movement preparation that readies the body for physical activity. The next part of each class will be small group activities that develop locomotor (running, jumping, etc.), body stability (balance, twisting, etc.), and manipulative (striking, catching, etc.) fundamental movement skills. The last part of each class will be a fun group activity. Developing fundamental movement skills gives children the confidence in their ability to move their body which in turn gives them the motivation to participate in physical activity.

Ages: 7-9

Days: Mondays and Wednesdays

Times: 6:00-7:00 pm

Dates: June 12 to July 26, No Class on July 4 and July 6

Location: Bjoin Park Shelter

Program Code: 1901.200

Fee: \$40 - Residents, \$45 - Non-Residents

Registration Deadline: 1 week before start date or when full

Min/Max Participants: 8/24

Circus Camp with Madison Circus Space

Learning to Train

Have your child experience the fun that is the circus in a whole new way! Circus is a great for children who aren't interested in competitive sports to build skills and be physically active. Children will be instructed by Madison Circus Space instructors in circus activities such as juggling, unicycle, aerials, and German wheel. Some activities require the class to be at Madison Circus Space due to equipment. Other classes will be at Bjoin Park and will meet near the shelter.



Ages: 8-12

Days: Monday-Friday

Times: 3:00-4:00 pm

Dates: July 24 - July 28

Location: Tuesday and Thursday at Bjoin Park,
Monday, Wednesday and Friday at Madison Circus School
(2100 Winnebago St, Madison, WI 53704)

Fee: \$125

Registration Deadline: 1 week before start date or when full

Min/Max Participants: 8/16

Parkour

FUNDamentals, Learning to Train

Parkour is a challenging, demanding physical discipline to train the body to overcome any obstacle quickly, efficiently and safely. Learn to vault over railings, climb walls, navigate any terrain using your body and strengthen your mind. Wisconsin Parkour's ADAPT qualified coaches lead class. Learn more about Wisconsin Parkour at www.wisconsinparkour.com

Youth Fundamentals Class

This class is for anyone new to parkour or for those who wish to focus on the fundamentals. Emphasis will be on creating a strong foundation in techniques such as landing properly, rolling, balancing, vaulting, and climbing. Creativity and coordination are developed through individual and group drills, routes, and games.

Youth Challenge Class

A class for anyone wishing to push their parkour progress to the next level. Emphasis will be on expanding beyond technical skills to develop movement qualities such as explosiveness and fluidity. Strength, power, and intuition are developed through individual and group drills, routes, and games. Special attention is given to the development of focus, mental toughness, and reflective practice.

Class	Times	Age	Program Code
Youth Fundamentals	5:30-6:30 pm	7-11	1218.200
Youth Fundamentals	6:00-7:15 pm	12-15	1218.201
Youth Challenge	6:30-7:30 pm	7-11	1218.202
Youth Challenge	7:15-8:15 pm	12-15	1218.203

Days: Fridays

Dates: June 16 - July 7

Location: Mandt Park Shelter (near skate park)

Fee: \$40

Registration Deadline: 1 week before start date or when full

Min/Max Participants: 6/10

Youth Sport Programs & Camps

Youth Lacrosse Spring Skills Camp

FUNDamentals, Learning to Train

This program is for children in grades 1st-4th and all skill levels. The philosophy behind the program is to teach basic skills and fundamentals, develop athletic skills, make new friends, and most importantly have fun! The camp is coached by Stoughton High School Coach Josh Wollin and assistants. All equipment will be provided.

Days: Sundays

Dates: April 23 - May 21

Time: 5:00-6:00 PM

Location: Fox Prairie Lacrosse Fields

Fee: \$30 - Resident, \$38 - Non-Resident

Registration Deadline: April 15

Grades **Program Code**

1-2 1301.100

3-4 1301.101



Youth Lacrosse Summer Skills Camp

FUNDamentals, Learning to Train

This program is for children in grades 1st-4th and all skill levels. The philosophy behind the program is to teach basic skills and fundamentals, develop athletic skills, make new friends, and most importantly have fun! The camp is coached by Stoughton High School Coach Josh Wollin and assistants. All equipment will be provided.



Days: Tuesdays

Dates: July 11 - August 15

Time: 6:00-7:00 pm

Location: Fox Prairie Lacrosse Fields

Fee: \$35 - Resident, \$43 - Non-Resident

Registration Deadline: July 5

Grades Program Code

1-2 1301.200

3-4 1301.201

Flag Rugby with Madison United Rugby Club

Learning to Train

In this instructional co-ed program your child will learn the basics of rugby sevens - a 2016 Olympic sport! There is ball-carrying, passing, catching, kicking, teamwork and space strategy. Rugby is a game rooted in sportsmanship and the skills readily transfer to other sports. The coaches are Men and Women from the championship teams of Madison United Rugby (Senior, Collegiate, and High School).

Information on optional Saturday morning 'game days' will be available at the first sessions. Tentative game dates this summer are July 8, July 15, July 22, and July 29. Please see the Madison United coaches at the program for more information.

Parents are invited to learn the sport and be trained as coaches - no rugby experience necessary.

Days: Mondays and Wednesdays

Dates: June 19 - July 26

Time: 6:15-7:30 PM

Location: Virgin Lake Park

Fee: \$45

Registration Deadline: June 13

Grades (Entering) Program Code

3-5 1341.200

6-9 1341.201

Learn to Play Girls Softball League (Grades K-2)*

FUNDamentals

Our youth softball program focuses on developing softball FUNDamentals, athletic skills, and the love of sports. Thursdays will feature a one hour practice, and Sundays will have both practices and informal games. The games will feature coach pitch or t-ball depending on the player's ability level. Practices will focus on the FUNDamentals of softball such as proper overhand throwing motion. There is a wide range of ages for this program which means that there will be a wide variety of skill levels. Children will be grouped based on skill level so they are challenged appropriately. Players are responsible to bring their own glove. All other equipment is provided.



We need volunteer coaches for this program. We will be hosting a coaches training on May 26th where coaches will go through the drills and activities that happen in practices and will learn how to run the games.

Who: Children entering grades K-2

Program Code: 1100.209

Game Days & Dates: Sundays, June 4 - July 23

Practice Days & Dates: Thursdays, June 1 - July 20

Times: Sundays 6:15 - 7:15 pm, Thursdays 6:00-7:00 pm

Place: Racetrack Park Diamond #1

Fees: Resident - \$45, Non-Resident - \$53

Deadline: Register by May 20

Coaches: Volunteers needed. Training day and time is Tuesday May 23rd at 5:30 pm

Rally Cap T-Ball (Boys & Girls Ages 4-Pre K)*

Active Start

T-Ball provides the perfect introduction to the American pastime. Each week will be divided into a separate practice time of 30 minutes and a game time of 30 minutes. Teams will have 6-7 children to make the games move along at a faster pace and more playing time for each child. Practices will focus on the FUNDamentals of baseball such as proper grip on the ball and throwing motion. Practice plans will be provided to coaches. Players are responsible to bring their own glove. All other equipment is provided.

Program Code: 1111.200

Days & Dates: Sundays, June 4 - July 23

Times: 4:45, and 5:30 PM Game Times. Please note that practice could start as early as 4:15 PM

Place: Racetrack Park

Fees: Resident - \$45 Non-Resident - \$53

Deadline: Register by May 20

Coaches: Volunteers are needed. Coaches training will be on May 23rd at 6:00 pm

Beginners BMX Bike Clinic with OnPoint BMX

This is an introductory clinic to the sport of BMX. Children will learn basic techniques of the sport such as body positioning, maneuvering, and placement on the track. Along with this, children will be given a packet explaining how to get into racing, how the sport works, as well as a list of BMX racetracks in the surrounding Areas.

Days: Sundays

Times: 9:00-11:00 am

Location: OnPoint BMX Facility, 3196 County Road A, Stoughton, WI 53589

Gear Needed: Bike & Helmet

Ages: 5 - High School

Coach: Mark Nelson

Fee: \$25 per clinic

Date Program Code

May 21 1372.300

June 11 1372.301

July 9 1372.302

August 6 1372.303

August 20 1372.304

September 10 1372.305



BMX Learn to Earn Program

The BMX Learn to Earn Program is all about offering an affordable entry into the world of BMX racing. Children will receive a Mongoose Title Junior BMX bike (<http://www.mongoose.com/int/title-junior-20511>) and can choose four of the scheduled beginner clinics. The first clinic will include sizing the bike so it fits the child and the bike will be ordered if it is not in stock. Please indicate on the paper registration form which four dates you plan on attending. Online registration will include ways to select dates.

Days, Dates & Times: Same as Beginners BMX Clinic

Location: OnPoint BMX Facility, 3196 County Road A, Stoughton, WI 53589

Gear Needed: Bike & Helmet

Ages: 5 - High School

Coach: Mark Nelson

Fee: \$300

Program Code: 1373.200

• Personalized Care & Service •



Our People Make the Difference

Call us at (608) 873-3244 with questions or stop in. We're happy to help!

www.mcglynnrx.com

100 E. Main Street, Downtown Stoughton

873-3244

Hours: Mon-Fri 8 am-6 pm; Sat 8 am-5 pm; Sun 8 am-12 noon

adno=506896-01

Youth Tennis Lessons (Ages 3-18)

Active Start, FUNdamentals, Learning to Train

Stoughton Parks and Recreation Department and Premier Tennis and Fitness are working together to bring top notch professional tennis lessons to Stoughton area children and adults. Skills that will be covered consist of serving, forehand, backhand, and footwork, along with learning the rules of the game and how to score.

All equipment will be provided except for a tennis racquet.

Barry Hankel, the Tennis Director at PTF, will be overseeing the program.

Barry is a former three-time all-conference Division 1 tennis player at UW-Green Bay, and he has taught tennis for 14 years. He was Director of Junior Tennis at Western Racquet and Fitness in Green Bay and before that was Director of Tennis at Green Bay Tennis Center for three years. He has had well over a hundred students qualify for the state tournament during his teaching days and has taught many players that have gone on to play all levels of college tennis.

Ages 3-6

Using Quick Start approach, children are taught using balls that bounce lower and move slower than regular tennis balls so they are easier to hit.

Ages 7-8

Children will further develop tennis strokes, ground strokes, volleys, and the serve. Footwork drills and point playing will be introduced.

Ages 9-12

Students will refine stroke mechanics with major emphasis on improving the consistency and accuracy of ground strokes, volleys, overheads, and learning the rules of the game.

Ages 13-18

This group is designed for the high school players and/or advanced middle schoolers. Drills become more intense and focused on strategy, point play for singles and doubles.

Lesson Details

Session	Age Group	Dates	Program Code	Fee
Session 1	Ages 3-6	June 17-July 15	1180.200	\$25
Session 2	Ages 3-6	July 22-August 19	1180.201	\$25
Session 3	Ages 3-6	August 26-September 23	1180.202	\$25
Session 1	Ages 7-8	June 17-July 15	1180.203	\$25
Session 2	Ages 7-8	July 22-August 19	1180.204	\$25
Session 3	Ages 7-8	August 26-September 23	1180.205	\$25
Session 1	Ages 9-12	June 17-July 15	1180.206	\$50
Session 2	Ages 9-12	July 22-August 19	1180.207	\$50
Session 3	Ages 9-12	August 26-September 23	1180.208	\$50
Session 1	Ages 13-18	June 17-July 15	1180.209	\$50
Session 2	Ages 13-18	July 22-August 19	1180.210	\$50
Session 3	Ages 13-18	August 26-September 23	1180.211	\$50

Days: Saturday Mornings

Times: Ages 3-6 - 9:00-9:45am, Ages 7-8 - 9:45-10:30 am, Ages 9-12 - 10:30-Noon, Ages 13-18 - Noon-1:30 pm

Registration Deadline: May 26 or when full

Place: High School Tennis Courts or Norse Park Tennis Courts. The tennis courts at the high school will be resurfaced this summer and the project timeline is unknown at the time of this guide being published. Session 3 will be at Norse Park.

Min/Max Participants/Class: 6/16

Tennis Lesson Play Date

This is a great opportunity to play Premier Tennis and Fitness and to show what you have learned by competing in games against players from Janesville, Fort Atkinson, and Whitewater. This is a free opportunity for children in the tennis lesson classes. The Session 1 play date will be on July 14 and the Session 2 play date will be on August 18. Both play dates will be at Premier Tennis and Fitness in Janesville (341 Bell Street).

Spring Miniball Soccer

Active Start

Start your little Pele on his or her way to a lifelong love of recreation activities. Nothing compares to soccer for an introduction to structured

team sports. The emphasis on this program is having fun, getting your child to like sports, and developing their physical literacy. This program isn't intended on teaching high level soccer skills to your child because of the ages of the participants. Volunteer coaches needed!

Days: Sundays

Dates: April 9 - May 21, No Class April 16

Location: Racetrack Park

Fee: \$40 - Resident, \$45 - Non-Resident

Registration Deadline: March 31

Coaches: Volunteers are needed. Coaches training will take place on April 5 at 5:30 at Racetrack Park.

Ages	Program Code	Times
3 - 4 year olds	1130.100	2:00-2:45 pm*
3 - 4 year olds	1130.101	3:00-3:45 pm*
5 year olds	1130.102	4:00-4:45 pm

Fall Miniball Soccer

Active Start

Start your little Pele on his or her way to a lifelong love of recreation activities. Nothing compares to soccer for an introduction to structured team sports. The emphasis on this program is having fun, getting your child to like sports, and developing their physical literacy. This program isn't intended on teaching high level soccer skills to your child because of the ages of the participants. Volunteer coaches needed!

Days: Sundays

Dates: September 10 - October 15

Location: Racetrack Park

Fee: \$40 - Resident, \$45 - Non-Resident

Registration Deadline: September 1

Coaches: Volunteers are needed. Coaches training will take place on August 31 .

Ages	Program Code	Times
3 - 4 year olds	1130.300	2:00-2:45 pm
3 - 4 year olds	1130.301	3:00-3:45 pm
5 year olds	1130.302	4:00-4:45 pm

Little Gridders Flag Football (Pre-K)

Active Start

This program will introduce four and five year olds to the sport of football. A head coach and high school players will run parent/child pairs through a variety of fun games and activities that teach movement skills (dodging, running, throwing) to future gridiron stars. Each week will consist of a practice and a fun scrimmage. Soft footballs will be used.

Days: Tuesdays

Dates: April 18 - May 23

Times: 5:30-6:30 pm

Location: Racetrack Park (green space near barn and playground)

Ages: Pre-K, Ages 4+

Fee: \$30 - Residents. \$38 - Non-Residents (Shirts are included)

Program Code: 1152.100

NFL Youth Flag Football

FUNdamentals, Learning to Train

The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. This is a great way to introduce your child to the basic fundamentals of football and be active. Each player will receive an authentic reversible NFL Flag Football jersey.

NFL Flag (Grades K-3) - House Leagues

The grades K-1 and 2-3 programs are house leagues that will always play other Stoughton teams at Racetrack Park. The K-1 league will feature the coach playing quarterback to make the games run smooth.



Games will be played on Saturday mornings. Teams for this age group typically practice one day a week during the season. Practice night is at the discretion of the coach.

League/Grade	Program Code	Game Times
K-1	1150.300	9:00 am
2-3	1150.301	10:15 am

Game Dates: Saturdays, September 9 - October 21 (September 9 is an official practice day)

Practice Starts: August 14

Place: Racetrack Park

Fees: Resident - \$65 Non-Resident - \$73

Deadline: Register by August 1

Coaches: Volunteers are needed. Coaches meeting will be August 11 at 5:30 pm.

NFL Flag (Grades 4-10) - Travel Leagues

Learn to Train, Train to Train

The grades 4-8 programs are local travel leagues. Other communities involved with the leagues are Cross Plains, Fitchburg, Verona, McFarland, Monona, Cottage Grove and Mount Horeb. Teams will play seven regular season games and an end of season tournament. Teams for these age groups typically practice 1-2 times per week. Practice night(s) are at the discretion of the coach. There is no make-up date for the tournament if it is rained out.

League/Grade	Program Code
4	1150.302
5	1150.303
6	1150.304
7-8	1150.305
9-10	1150.306

Game Dates: Saturdays, September 9 - October 21

Tournament Date: Saturday, October 28

Game Times: Vary throughout the season. Games are typically in the morning and early afternoon.

Place: Racetrack Park for home games. Road games will be played at various Dane County communities.

Fees: Resident - \$75 Non-Resident - \$83

Deadline: Register by August 1

Coaches: Volunteers are needed. Coaches meeting will be August 11 at 6:00 pm.

Youth Golf Programs

SNAG Golf Clinics

Active Start, FUNdamentals

SNAG stands for "Starting New at Golf". It is a FUN game that is EASY to learn and can be played ANYWHERE. SNAG contains all the elements of golf but in a modified form. Falling somewhere between miniature golf and regulation golf, SNAG allows for full shots, pitching, chipping, and putting. It is a proven learning & training tool for entry level golfers. For more information go to www.snaggolf.com. Max of 12 participants in a class.



Ages	Program Code	Dates	Days	Times
5-8	1163.200	6/20-7/18, No 7/4	Tuesdays	9:45-10:30 am
5-8	1163.201	6/20-7/18, No 7/4	Tuesdays	10:30-11:15 am

Place: Norse Park

Fees: Resident - \$30, Non-Resident - \$35

Jack Nicklaus Learning Leagues with SNAG Golf

The Jack Nicklaus Learning League is a way for children to start golfing using age appropriate equipment. Children will be split into teams of four and will play team style golf. A new course using the SNAG equipment will be setup each week. Children are encouraged to take a clinic prior to the league or have taken a SNAG class with us before.

Ages	Program Code	Dates	Days	Times
5-6	1169.200	7/25-8/15	Tuesdays	9:45-10:30 am
7-8	1169.201	7/25-8/15	Tuesdays	10:30-11:15 am

Place: Norse Park

Fees: Resident - \$45, Non-Resident - \$50 (includes hat and shirt)

Golf Clinic

FUNdamentals, Learning to Train

Improve your full swing and short game at our golf clinic. Participants will receive instruction each day on driving, iron play and putting using the facilities at Coachman's Golf Resort. Clubs and balls are available for use at the Coachman's Pro Shop. Prizes awarded each day. This clinic will also get your child ready for the playing lessons program. Register by June 1.

Dates: June 13 & June 14

Days: Tuesday & Wednesday

Place: Coachman's Golf Course - Meet at Driving Range

Instructors: Dave Taebel

Fees: Resident - \$28, Non-Resident - \$38

Program Code	Skill Level	Time
1160.209	Beginner	9:00-10:15
1160.210	Intermediate	10:30-Noon

Junior Viking Track Club

FUNdamentals, Learn to Train

The Stoughton Recreation Department is proud to be working with Stoughton High School head girl's track coach Eric Benedict and Stoughton High School head boys track coach Trevor Kamolis to offer a summer track and field program for 7 to 14 year olds. Junior Viking Track Club is the only program of its kind in the City of Stoughton. The goal of the Junior Viking Track Club is to supply a program of physical activity that serves as a strong foundation for all sports in a fun manner. The Junior Viking Track Club Program is targeting the most critical period of motor skill development in youth (age 8-11 for girls, 9-12 for boys) which can lead to future success in many sports.



Under the instruction of the SHS Track and Field staff and varsity track and field athletes, your child will have fun learning the fundamental skills of running, jumping and throwing in age appropriate sequential progressions. At the end of the five weeks we will finish up with a JVT meet, allowing your child to demonstrate their growth and improvement!

This program is scheduled to be during the dates of Summer Excel and the class starts right after the Summer Excel classes let out each day. Parents are able to have their children go straight to the track before they need to be picked up for the day.

Ages	Time	Program Code
7-11	11:00-11:45	1300.200
12-14	12:00-1:00	1300.201

Dates: TBD. The SHS track will be renovated this summer and the timeline is unknown as of the time for this guide to be published.

Deadline: 6/12

Days: Monday-Thursday Both Weeks

Locations: Collins Field Track (High School Track)

Fee: \$40 includes shirt

STOUGHTON'S BEST KEPT SECRET

SPECIALIZING IN PRE-PROFESSIONAL AND RECREATIONAL CLASSES WITH LIFE LESSONS

WE TURN OUT DOUBLE PLATINUM DANCERS

ENROLL NOW

WWW.DANCEDIMENSIONSINC.COM

adno-506303-01

Youth Strength & Conditioning Club by Level Up: The Natural Athlete

Learning to Train, Train to Train

Do you have a child that is looking to get a stronger and more athletic this summer? This program is designed for them. The Youth Strength and Conditioning Club is for youth athletes entering grades 6-8. Participants will train in small groups and will follow a training program designed for youth athletes. Mike Wendorf is the main instructor for these programs and is also the owner of Level Up "The Natural Athlete". This program is two days a week for 10 weeks which is 20 group training sessions.

Level 1

For athletes who have NOT previously participated in any Level Up training or summer programs. This is for any athlete/sport. Level 1 focuses on the implementation of strength and conditioning with teaching being the main objective.

Level 2

For athletes who HAVE previously participated in Level Up's training or summer programs. This is for any athlete/sport. Level 2 focuses on implementation of strength and conditioning with progression to more advanced movements/exercises previously learned.

Who: Children entering grades 5-8

Where: Level Up Gym - 225 Hoel Ave

Days & Dates: Tuesdays and Thursdays, June 13 to August 24. No class July 4 or July 6.

Min/Max Participants: 6/8

Registration Deadline: June 1

Fee: \$150

Level 1

Grades	Times	Program Code
5-6	9:30-10:30 am	1210.200
5-6	2:00-3:00 pm	1210.201
7-8	8:30-9:30 am	1210.202
7-8	1:00-2:00 pm	1210.203

Level 2

Grades	Times	Program Code
5-6	Noon-1:00 pm	1210.204
5-6	4:00-5:00 pm	1210.205
7-8	11:00-Noon	1210.206
7-8	5:00-6:00 pm	1210.207

Friluftsliv (Outdoor) Classes & Events

What is Friluftsliv?

Friluftsliv is a Norwegian way of life that embraces the outdoors and nature. It is roughly translated as 'free air life'. Despite being in a harsh climate where they only get on average 60 days of sunshine per year, Norwegians spend a lot of time outdoors. These classes are designed to bring that spirit across the Atlantic Ocean and to Stoughton.

Junior Angler Club

Participants will learn how to identify different species of fish, assemble a fishing pole, tie basic fishing knots, select bait, and safely cast and reel. The class will be taught by a certified angling instructor by the DNR. The goal of the program is to teach enough skills so that fishing becomes a regular social activity. This is a great class for children wanting to try fishing for the first time or ones with experience. The class will culminate with a shore fishing trip at a local fishing destination to be determined. Participants must bring their own rod and reel. We have the ability to purchase discounted Zebco 33 Spincast rod and reel combos. Spincast rod and reels are perfect for beginners.

Days & Dates: Wednesdays, May 31 - June 21

Times: 5:00-6:00 pm

Location: East Park Shelter for first three weeks, Location TBD for class trip on August 3

Ages: 8-12

Fee: \$35 - Resident, \$40 - Non-Resident. (includes shirt)

Please add \$20 if you would like us to order a discounted Zebco 33 Spincast rod and reel combo.

Deadline: May 10

Program Code: 1232.200

Min/Max Participants: 6/12



Junior Fly Fishing Club

Wisconsin is one of the best places in the country to fly fish. Whether this is the world class trout fishing in the Driftless Area, fishing the salmon runs of the Great Lakes tributaries, or fishing warm water species like smallmouth bass. This class is geared for the beginning fly angler. Children will be introduced to:

- Rod, reel, line, and leader selection
- Casting instruction (roll and overhand cast)
- Knot tying and leader building
- Entomology (matching the hatch, fly selection)
- Fish identification
- Fishing on the Yahara River

We don't provide fly rods for the children. Please bring your own with fly line or we are able to purchase Echo Gecko fly combos. The Echo Gecko fly combos come with the rod, reel, line and case. These rods are specifically designed for children and are durable. Please dress appropriately for this class as it will be outside.

Days & Dates: Wednesdays, May 31 - June 21

Times: 6:00-7:00 pm

Location: East Park Shelter for first three weeks, Location TBD for class trip on August 3

Ages: 10-14

Fee: \$40 - Resident, \$50 - Non-Resident. (Includes shirt or hat)

Please add \$85 if you would like an Echo Gecko Fly Rod Outfit (includes rod, reel, fly line). These rods have a MSRP of \$170.

Deadline: May 10

Program Code: 1232.201

Min/Max Participants: 6/10

Nature Exploration Camp

This camp will let children explore the world of nature. Each day will have a different topic that includes a reflection period at the end of each class. This will be hands-on class held outdoors, so please dress appropriately and bring water. This class is run by an outdoor recreation professional.

Monday - Animal Identification

- Identifying game trails
- Animal identification using tracks and scat
- Animal patterns
- Plaster of Paris track collection

Tuesday - A Bug's Life

- Bug classifications
- Where to find bugs
- Bug identification
- Making a bug collection

Wednesday - Birds in Nature

- Common WI birds you see
- Identifying male vs female birds
- Nesting styles for different birds
- Bird identification by sounds
- Bird house construction

Thursday - Plants, Friend, or Foe?

- Identifying plants that cause skin irritation
 - Poison Ivy
 - Itch Weed
 - Poison Oak
- Edible plant identification and preparation
 - Identifying poisonous plants
 - Roots
 - Berries
 - Mushrooms

Friday - River Exploration

- Identifying river animal signs
- Crawfish catching
- Frog catching
- Using a fish basket
- Using a minnow trap

Days & Dates: Monday-Friday, July 17-21

Times: 5:00-7:00 pm

Location: Meet at Amundson Park

Ages: 10-14

Fee: \$125.

Deadline: July 3

Program Code: 1232.202

Min/Max Participants: 5/15

Wilderness Survival Camp

This camp will let children explore different wilderness survival techniques such fire building, shelter construction, and wilderness first aid. Each day will have a different topic that includes a reflection period at the end of each class. This will be hands-on class held outdoors, so please dress appropriately and bring water. This class is run by an outdoor recreation professional.

Monday - Fire Building

- Importance of fire for safety
- Primitive Fire Building
 - Friction
 - Battery & Steel Wool
 - Magnifying Glass
- Cooking over fire
- Making a simple survival kit
- Making waterproof matches

Tuesday - Shelter Building

- Primitive Shelter Building
 - Lean to
 - Tipi
 - A-frame
 - Wikiup
 - Round lodge
 - Leaf hut
 - Rough bed
- Using tarps to protect yourself from the elements

Wednesday - Wilderness First Aid

- First aid pack list for hiking or exploring
- Basic first aid kit for everyday outdoors
- Treating open wounds and injuries
- Making splints
- Wilderness crutches, splints, and walking sticks
- Constructing a sled for an injured person

Thursday - Orienteering

- General orienteering techniques
- Map Reading
- Using a compass
- Using a GPS
- Geocaching
- How to tell time without a clock
- Directions without using a map or compass

Friday - Raft Building

- Gathering materials
- Preparing items
- Raft assembly
- Testing the float

Days & Dates: Monday-Friday, July 24 - July 28

Times: 5:00-7:00 pm

Location: Meet at Amundson Park

Ages: 10-14

Fee: \$125.

Deadline: July 10

Program Code: 1232.203

Min/Max Participants: 5/15

Syttende Mai Canoe/Kayak Fishing Tournament

Don't put away your canoes after race on Friday! We will be hosting a canoe/kayak fishing tournament on Saturday! This tournament is to encourage people to get outdoors during the weekend and enjoy the Yahara River. The tournament will use a catch, photo, and release format with the total of the three longest bass winning. Participants will be given an object at the pre-tournament meeting that will need to be included in photos. The tournament will be restricted to the Williams Drive Dam south to the Dunkirk Dam. You can register as an individual, as a team, or both. Winners of each division will receive a Syttende Mai themed prize.

Divisions: Junior - Under 16, Adult - 16+, Team - Any Ages

Fishing Times: 7:00am to 2:00pm

Pre-Tournament Meeting: 7:00am at Mandt Park

Awards Ceremony: 2:00pm at Mandt Park

Tournament Headquarters: Mandt Park

Date: May 20th

Min/Max Participants: 10/99

Fee: \$20 (includes shirt)

Program Code: 2311.300

We have canoes that are available to be rented for \$25

Enrichment Classes & Events

Art Cart by Madison Museum of Contemporary Art

The program offers a variety of individual and group art projects for kids ages 3 through 8; older children are also welcome. All children must be accompanied by an adult.

Date: July 8

Day: Saturday

When: 2:00-4:00 PM

Where: Virgin Lake Park

Fee: Free

Who: Ages 3-8

Functional Pottery

This pottery class is designed for beginning through advanced students of mixed ages. Basic hand building and wheel throwing will be demonstrated while presenting many project ideas. Beginning students will be guided through a series of projects designed to help them learn form, design, pattern, and craftsmanship. All students will complete dinnerware that can be used at home and will have an opportunity to use the pottery wheel. The finished pottery is safe to use in the oven, microwave, and dishwasher. There are 5 working days, 1 glazing day, and a short 20 minute pickup day at the end. Classes will be held at Green Road Pottery on Main St. Stoughton.

Days & Dates: Tuesdays, April 4 to May 16. May 9 is glazing day and May 16 is pottery pick-up day.

Time: 5:30-7:00 pm.

Location: Green Road Pottery (261 W. Main St)

Ages: 9+

Min/Max Participant: 4/8

Program Code: 1364.100

Fee: \$120

Deadline: Friday, March 31 or when full





HANSON ELECTRONICS™



RadioShack
DEALER



U.S. Cellular
AUTHORIZED AGENT

PRODUCTS & SERVICES

Products	Computer	Cell Phones
US Cellular Service Computers HD TVs Bluetooth Headphones Tablets Accessories	Computer Setup Data Backup & Transfer Virus & Spyware Removal Computer Training Computer Repair Wireless Network	Broken Screen Charge Ports Water Damage Cell Phone Repair and much more...
<div style="background-color: black; color: white; padding: 5px; display: inline-block; border-radius: 10px;"> Onsite or In Store! </div>		
2384 Jackson St. Stoughton, WI 53589 608.877.9548	603 E. Main St. Evansville, WI 53536 608.882.0680	1015 N. Main St. Oregon, WI 53575 608.835.2980 <i>U.S. Cellular Only</i>



hansonelectronics.net



adno=505889-01

Important Dates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 2017						
	1	2	3	4	5	6
7	8 Zumba Starts	9	10	11	12	13
14	15	16	17	18	19	20 Kayak Fishing Tournament
21 BMX Clinic	22	23	24	25 Dog Classes Start	26	27
28	29	30	31 Jr Angler Fly Fishing Club Starts			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 2017						
				1 LTP Softball Starts Gazebo Mussikk	2	3
4 Rally Cup T-Ball Starts	5	6	7	8 Gazebo Mussikk	9	10 Troll Beach Opens
11 BMX Clinic	12 Art Camp Play for Life Starts Music & Little Movers Starts	13 Golf Clinic	14	15 Gazebo Mussikk Painting in the Parks	16 Parkour Starts	17 Tennis Starts Kids Chef
18	19 Flag Rugby Starts Zumba Starts	20 SNAG Clinic	21	22 Gazebo Mussikk	23	24
25	26	27	28	29 Gazebo Mussikk	30	

For Parks & Rec

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 2017						
						1
2	3	4 Gazebo Mussikk	5	6	7	8 Art Cart
9 BMX Clinic	10	11 Summer Lacrosse Camp	12	13 Gazebo Mussikk	14 Tennis Play Day	15
16	17 Nature Exploration Camp	18	19	20 Gazebo Mussikk Painting in the Parks	21	22 Tennis Starts
23	24 Circus Camp Survival Camp	25 JNLL Starts	26	27 Gazebo Mussikk	28	29
30	31 Flag Football Deadline					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 2017						
		1	2	3	4	5
6 BMX Clinic	7	8	9	10 Gazebo Mussikk	11	12
13	14	15	16	17 Gazebo Mussikk Painting in the Parks	18 Tennis Play Day	19
20	21	22	23	24 Gazebo Mussikk	25	26 Tennis Starts
27	28	29	30	31 Gazebo Mussikk	September 1 Fall Miniball Deadline	

Art Camp in the Park

Does your child LOVE art? If so, start off their summer with a fun filled, creative art camp. Each day we will be creating a beautiful project. At the end of the four days we will be having an art show for the children's families and friends to come see their masterpieces. They will be doing an amazing acrylic on canvas, a gorgeous watercolor painting, a fun multi-media piece, and a painted and decorated bird house. Each day will also include a small craft project and a snack.

The four main projects will be:

1. An acrylic painting on a 16 x 20 canvas
2. A mixed media project on a 11 x 14 canvas
3. A watercolor painting on a 11 x 14 canvas
4. A painted and decorated bird house

Days & Dates: Monday - Thursday, June 12 - June 15

Time: 9:00 am to 11:30 am

Location: Bjoin Park Shelter

Ages: 5 to 12 year olds

Min/Max Participant: 10/20

Program Code: 1384.100

Fee: \$140

Deadline: Friday, May 27

Art Show: Thursday, June 15 at 11:00 am



My Painting is Blooming!!!

For this class, each child will be painting their own flower garden! They will be using acrylic paint on a 16 x 20 canvas. Throughout the painting will be talking about primary, secondary and complimentary colors. We will also talk about bold, bright, colorful graphics. These paintings turn out colorful and whimsical and they are so much fun to do! Each child will take home a masterpiece that they will be excited to show off!!



Day & Date: Friday, April 14 (No School Day)

Time: 9:00 to 11:00 am

Location: Stoughton Youth Center (567 E. Main St)

Ages: 5+

Min/Max Participant: 10/20

Program Code: 1383.100

Fee: \$40

Deadline: Friday, April 7 or when full

Painting in the Parks

Join us for our painting in the parks class. Bring a beverage, relax, and socialize! Our experienced instructor will give participants step by step instructions on their way to creating a masterpiece. This class is modeled after popular painting and wine classes. All art supplies included. The June 15th theme will be Van Gogh's Irises, July 20th theme will be The Union Chair, and the August 17th theme will be The Red Barn. The painting samples (what the participants will be painting) are listed below.

Ages: Adults

Days: Thursdays

Date & Program Code: June 15 - 2357.200, July 20 - 2357.201, August 17 - 2357.202

Times: 6:00-8:00 pm

Registration Deadline: One week before class or when full

Location: East Park Shelter - 6/15, Bjoin Park Shelter - 7/20 & 8/17

Fee: \$45/class

Min/Max Participants: 10/20



6/15 Sample



7/20 Sample



8/17 Sample

The Kids Chef

Lily Kilfoy, AKA "The Kids Chef" is a cooking instructor and freelance chef from Madison, Wisconsin. Her goal as an instructor is to expose children to the many benefits of cooking through hands-on experiences that develop skills to be used for life. It is also to teach children about healthy foods and cooking at a young age so that they can carry these values into adulthood.

Oodles of Noodles

The Kids Chef Lily Kilfoy is back in this hands-on cooking class for kids ages 5-12 years old. Lily gets kids in the kitchen at a young age and introduces them to delicious dishes and thoughtful themes.

Almost every kid loves noodles, and in this class participants will cook multiple delicious dishes that highlight the fun food. Recipes will include Super Sight Mac and Cheese, Easy Cheesy Lasagna Cupcakes, Lily's Orzo Salad, and Texas Taco Pasta Salad. Class has vegetarian option & is nut free. Max 12 Participants.

Ages: Children 5-12

Times: 12:00-1:15 pm

Location: Stoughton Youth Center

Date: April 22

Main/Max Participants: 8/12

Fee: \$20

Program Code: 1311.300





PUBLIC GOLF & DINING

Where everything is on course.

- **New Outdoor Venue that can accommodate 350-400 people**
- **Challenging 27 Holes**
- **2 Practice Greens**
- **Fully Stocked Pro Shop**
- **Driving Range**

Affordable Junior Membership Rates*
*Ages 11-17 or High School Student
Golf Lessons Available*

College Junior Membership (Ages 18-23)*
**Some restrictions apply*

Resort Packages to Fit Your Individual Needs

Call for Reservations & Tee Time
(608) 884-8484
www.coachmans.com

Sweet Strawberries!

The Kids Chef Lily Kilfoy is back in this hands-on cooking class for kids ages 5-12 years old. Lily gets kids in the kitchen at a young age and introduces them to delicious dishes and thoughtful themes.

Summer is strawberry season, and in this class participants will prepare multiple sweet treats that highlight the ripe and juicy berry. Recipes will include Strawberry Fluff with Graham Cracker Crumbles, Strawberry Muffins, Chocolate Dipped Strawberries, and Fresh Squeezed Strawberry Lemonade. Class is vegetarian & nut free. Max 12 Participants.

Ages: Children Ages 5-12

Times: 12:00-1:15 pm

Location: Stoughton Youth Center

Date: June 17

Main/Max Participants: 8/12

Fee: \$20

Program Code: 1311.302

**Bricks 4 Kidz - Galaxy Far Away**

Join us on an adventurous journey through space! Build a rocket to blast through the atmosphere into a realm that is truly out of this world. Build a world where rebels and the dark side start epic battles. We'll build motorized models that represent spacecraft from your popular space movie and learn about space along the way.

Ages: 5-11

Days & Dates: Wednesday, June 28

Times: 9:00-Noon

Registration Deadline: One week before class starts or until full

Location: Stoughton Youth Center

Fee: \$40

Min/Max Participants: 5/20

Program Code: 1312.300

**Bricks 4 Kidz Summer Camp - Bat League: Heroes & Villains Camp**

Enter the dark city where a dangerous jokester and other evil villains wreak havoc. Thankfully there is a bat hero who comes out each night to fight against these evil-doers! The good guys will ride into action as campers build motorized models out of the bat hero's speedy vehicle and bat girl's sleek cycle. Campers will use their imaginations, building skills, and crime-fighting passion in this thrilling camp of bat heroes and villains!

Ages: 5-11

Days & Dates: Monday-Friday, July 17-July 21

Times: 9:00-Noon

Registration Deadline: One week before class starts or until full

Location: Bjoin Park Shelter

Fee: \$145

Min/Max Participants: 5/20

Program Code: 1312.301

Bricks 4 Girls

Grab your friends and come hang out with us for a girls-only afternoon of crafting and creating with LEGO bricks. Introduce your friends to our friends as we get to know LEGO brand's newest line of girl-themed models. Build adorable houses, cafes, and more for a brand new cast of female characters including Olivia and all her friends. We'll do lots of other unique things with bricks, from jewelry making to brick art and origami.

Ages: 5-11

Days & Dates: Wednesday, August 9

Times: 1:00-4:00 pm

Registration Deadline: One week before class starts or until full

Location: Bjoin Park Shelter

Fee: \$40

Min/Max Participants: 5/20

Program Code: 1312.302

Dog Obedience Classes

Have a fun time training with your dog of any age with 2 certified dog trainers teaching each class. Puppy 1 is for dog's ages 8-16 weeks old, Puppy 2 is for dog's ages 4-6 months old, and Beginning Family Dog Training is for all dog's 6 months and older. Basic commands will be taught in all classes including sit, down, stay, leave it, coming when called, and more. Learn how to have your dog sit politely for greetings and walk on a leash without pulling. Puppy classes will also include off leash socialization, as well as age appropriate tips such as house training and nipping. Please leave your dog at home for the first class and bring proof of your dog's vaccinations.

**Puppy Kindergarten**

Instructors: Samantha Dennison ABC-DT & Margo Kushner ABC-DT

Days: Thursdays

Times: 5:00 - 5:55 pm

Location: Bjoin Park Shelter

Puppy Ages: 8 - 16 weeks old

Max Dogs/Class: 8

Fee: \$100

Session	Dates	Program Code
Session 1	4/6-5/11	3236.100
Session 2	5/25-6/29	3236.200

Puppy 2

Taking Puppy Kindergarten is not a prerequisite to this class.

Instructors: Samantha Dennison ABC-DT & Margo Kushner ABC-DT

Times: 6:00 - 6:55 pm

Location: Bjoin Park Shelter

Puppy Ages: 4 - 6 months old

Max Dogs/Class: 8

Fee: \$100

Session	Dates	Program Code
Session 1	4/6-5/11	3236.101
Session 2	5/25-6/29	3236.201

Beginning Family Dog Training

Instructors: Samantha Dennison ABC-DT & Margo Kushner ABC-DT

Times: 7:00 - 7:55 pm

Location: Bjoin Park Shelter

Dog Age: 6+ months

Max Dogs/Class: 8

Fee: \$100

Session	Dates	Program Code
Session 1	4/6-5/11	3236.102
Session 2	5/25-6/29	3236.202



Adult Sport & Fitness Classes

Zumba

Active for Life

Our Zumba classes are taught by certified instructor Heidi Schenkenberg. Heidi is constantly changing up the routine to make the class fun and fresh. Zumba takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.



Zumba Class Sessions

Location: 2nd Floor of the Youth Center

Who: Ages 16+

Min/Max Participants: 12/25

Days: Mondays

Times: 6:15-7:15 pm

Fee: \$25 - Residents, \$30 - Non-Residents

Session	Dates	Program Code
Session 1	3/27-5/1	2211.101
Session 2	5/8-6/12, No class on 5/29	2211.200
Session 3	6/19-7/24	2211.201

PiYo

Active for Life

PiYo isn’t like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up including your results by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.



With every action-packed PiYo session, you can burn excess fat and sculpt and define your whole body, as you minimize the aches and pains that can come along with high-impact workouts. No matter your age, no matter your body type, PiYo will help give you dramatically visible, incredibly beautiful results.

Days: Mondays

Dates: 3/20-4/24

Times: 6:30-7:15 pm

Ages: 16+

Location: Level-Up Gym

Activity Code: 2215.103

Fee: \$30 - Resident, \$35 - Non-Resident

Min/Max Participants: 6/15

*more sessions may be added at a later date

Spinning

Active for Life

Spinning is a fun, athletic workout that closely mimics a true biking experience all from the comforts of an indoor studio! Speed, terrain and intensity vary in each class, improving cardiovascular endurance and boosting lower-body strength.



Days: Tuesdays

Dates: March 21 to April 25

Times: 6:00-6:45 pm

Ages: 16+

Location: Level-Up Gym

Activity Code: 2215.100

Fee: \$30 - Resident, \$35 - Non-Resident

Min/Max Participants: 6/15

*more sessions may be added at a later date

Adult Parkour

Active for Life

Parkour is a challenging, demanding physical discipline to train the body to overcome any obstacle quickly, efficiently and safely. Learn to vault over railings, climb walls, navigate any terrain using your body and strengthen your mind. Wisconsin Parkour’s ADAPT qualified coaches lead class. Learn more about Wisconsin Parkour at www.wisconsinparkour.com

Ages: 16+

Days: Fridays

Dates: June 16 - July 7

Times: 8:30-9:30 pm

Location: Mandt Park Shelter (near skate park)

Fee: \$40

Registration Deadline: 1 week before start date or when full

Min/Max Participants: 6/10

Program Code: 2218.200

Bossfit - Initiate

Active for Life

This class is designed with the beginner in mind and is designed to make strength training fun and accessible to everyone, even if you have never lifted a weight in your life! You will be coached through body weight exercises, kettlebell, barbell, and dumbbell exercises. Circuit training, supersets, and drop sets are used frequently, and each class ends with a challenging metabolic finisher. You will become stronger and more athletic as you burn fat and build muscle, and enjoy each training session.

Coach: Becca Abrahams, CPT, Precision Nutrition Coach

Days & Times: Tuesdays and Thursdays from 4:30-5:15 pm or 5:30-6:15 pm, Saturdays from 8:00-8:45 am

Dates: March 28 to May 6

Location: Primal Fitness (150 Business Park Circle)

Fitness Level: Beginner to Intermediate

Ages: 18+

Class Frequency	Fee	Program Code
Two classes per week	\$129	2254.100
Three classes per week	\$179	2254.101

*please indicated on your registration what days you plan on attending.

Bossfit - Elevate

Active for Life

This class is intended for those who have completed at least 6 weeks of BOSSFIT Initiate and are ready to take their strength and conditioning to the next level. Each class will be based around a main powerlifting or strongman movement and incorporate conditioning and muscle-building work. At the end of twelve weeks, assessments will be performed. Participants should expect to see new PR’s each training block and learn safe and effective technique while training with a like-minded team of individuals on a journey to become the best versions of themselves!

Coach: Becca Abrahams, CPT, Precision Nutrition Coach

Days & Times: Mondays, Wednesdays, and Fridays from 5:00-6:15 am or 5:00-6:15 pm, Saturdays from 9:00-10:30 am

Dates: March 27 to May 6

Location: Primal Fitness (150 Business Park Circle)

Fitness Level: Intermediate to Advanced

Ages: 18+

Class Frequency	Fee	Program Code
Two classes per week	\$129	2254.102
Three classes per week	\$179	2254.103

*please indicated on your registration what days you plan on attending.

Drop-In Vinyasa Yoga

Active for Life

Improve flexibility and circulation, strengthen and tone muscles, and relieve stress with our yoga class. Classes are taught by our certified instructor who specializes in Vinyasa style yoga. This is yoga class is for people who participate in yoga on a regular basis or prefer an intense workout. Wear loose fitting clothing, bare feet or socks. Please bring a yoga mat as they’re not provided. The schedule for classes can be found on our website at www.stoughtonrec.com/programs.

Days: Sundays and Wednesdays

Times: 6:15 - 7:15 pm

Location: 2nd Floor of Youth Center

Ages: 16+

Drop-In Fee: \$5

Punch Cards: A 10 visit punch card can be purchased for \$40

Golf Lessons for Adults

Active for Life

High School Golf team coach Dave Taebel will be providing golf instruction this summer for adults. This is a fourth year program that helps the beginning adult or anyone that feels a better swing would help their game. This is a great option for retired people that want to make golf their new passion. Class size is limited to the first 15 registrations. Register by April 14.

Program Code: 2160.208

Dates: April 23 - June 4, No Class on May 28

Days: Sundays

Place: Coachman's Golf Course

Time: 2:00-2:45 pm

Instructor: Dave Taebel

Fees: Resident - \$55, Non-Resident - \$65



Tennis Lessons for Adults

Active for Life

Premier Tennis & Fitness Club coaches will be providing tennis lessons this summer with us. All levels are welcome from Beginner to Advanced. Drills will work on technique, strategy, and point play. Drills will be fast paced and keep you moving.

Session	Dates	Program Code	Fee
Session 1	June 17-July 15	2180.209	\$50
Session 2	July 22-August 19	2180.210	\$50
Session 3	August 26-September 23	2180.211	\$50

Days: Saturday Mornings

Times: 8:00-9:00 am

Registration Deadline: May 26 or when full

Place: High School Tennis Courts or Norse Park Tennis Courts. The tennis courts at the high school will be resurfaced this summer and the project timeline is unknown at the time of this guide being published. Session 3 will be at Norse Park.

Min/Max Participants/Class: 6/16

Fall 3 on 3 Basketball

Active for Life

Grades: High School (Currently) - Adult

Dates: September 12- October 31 (8 weeks)

Days: Monday Nights

Time: 6:00-9:00 pm

Place: Yahara School Gym

Fee: \$90/ team (Register by August 28)



Adult Flag Football League

Active for Life

This will be the sixth year of our adult flag football league. The league features a 4 on 4 passing style that is action packed. Players sign up as a team. If you would like to get on a free agent list, contact the Recreation Department.

Who: Men

Age: Adult

When: Thursday's, September 7 - October 26 (8 weeks)

Time: 6:00-10:00 PM

Where: Racetrack Park

Registration: \$250/team

Fees and roster are due at the Recreation Department by August 21st or until league is filled. Schedules will be made and emailed to managers.



We're Here For You



Urgent Care 6 am - 11 pm Every Day
Rehab & Sports Medicine by Appointment
608.873.6611



StoughtonHospital.com



Adult Slow Pitch Softball

Active for Life

Wednesday Umpired League

Our Wednesday night league features a 12 game season and end of season City Tournament with the Friday leagues. This league will have two umpires and will use ASA rules with some local modifications. Anticipated start date for the 2017 season is May 17. Team registration forms can be found on www.stoughtonrec.com/sports.

Friday Self-Umpired Leagues

Our Friday night leagues will be self-umpired this summer. This will allow the league fee to be lower, league expansion, and use of Racetrack Park diamonds 3 and 4. We will provide a diamond supervisor who has umpiring experience to handle rule discrepancies. Anticipated start date for the 2017 season is May 19. Team registration forms can be found on www.stoughtonrec.com/sports.

Adult Coed Softball

Active for Life

These games are played on Friday evenings to help kick off a great social night out. Games are played at Mandt and Racetrack Parks. Men are required to use wood bats in this league. Women can use any ASA approved bat. Contact the Recreation Department or go online for an entry form. Contact the Recreation Department if you would like to be put on a free agent list. Anticipated start date for 2017 is May 12. Deadline for turning in a team registration is April 21. Team registration forms can be found on www.stoughtonrec.com/sports

Men's Fall Softball League

Active for Life

We offer a fall softball league on Tuesday nights. The season features a seven game season that starts in September and runs through October. Fees and roster due to the Recreation Department by August 21st or before league is full.

Who: Men

Age: Adult

When: Tuesdays, September 5 - October 17

Time: 6:30, 7:30, 8:30 pm Game Times

Where: Racetrack Park

Registration: \$30/player

Adult Coed Fall Kickball League

Active for Life

This is the sixth year of our kickball league. Teams will play a seven-game schedule. The league will be on Friday nights. This is a great social activity. Please go to our website for a team registration form. Fees and roster are due at the Recreation Department by August 21st or until league is filled. Schedules will be made and emailed to managers. This league will be self-officiated. The kicking team will provide the pitcher.

Who: Men & Women

Age: Adult

When: Friday's, September 9 - October 21

Time: 6:00-10:00 PM

Where: Racetrack Park

Registration: \$150 per team

Pickleball Summer Membership

Active for Life

Pickleball is a fun game for all ages. It is a racquet game that combines elements from table tennis, tennis, and badminton. Summer membership includes access to the storage shed near the East Park pickleball/tennis court. The storage shed is stocked with balls, nets, and wooden racquets. The fee helps us purchase and replace equipment for the program.

Program Code: 3355.200

Dates: May - September

Place: East Park

Fees: \$20



Parks & Misc. Information

Gazebo Musikk

This will be our fourth summer of offering Gazebo Musikk! Gazebo Musikk are weekly concerts at Rotary Park in the summer. These shows wouldn't be possible without our sponsors and help from Tricia Suess.

Check out the Gazebo Musikk Facebook page for the latest information - <https://www.facebook.com/gazebomusikk/>

When: Thursdays evenings from 6:00-7:30 pm starting June 2nd

Where: Rotary Park (next to the fire station)

Cost: Free!

2017 Lineup

Date	Band	Music Genre
June 1	Craig Mason Combo	Jazz
June 8	The Broken Wheel Band	Classic & Current Rock, Blues, Country
June 15	The Old Tin Can String Band	Foot Stomp'n Acoustic Bluegrass
June 22	The Dirty Grove Band	Current Hits & Classic Rock
June 29	Katie Scullin	Acoustic
July 4	Second Swing Around	Big Band
July 13	Adam Bartels Band	Country
July 20	The Rotation	Sax Rock
July 27	Blue Spruce	Acoustic Classic Rock
August 3	The Happy Fun Time Jam	Classic Rock
August 10	Distant Cuzins	Rock
August 17	The Lowdown	Rock
August 24	The Lower 5th	Americana
August 31	Blythe Gamble and the Rollin' Dice	Blues & Rock



Canoe Rental

Active for Life

Enjoy the Yahara River like never before! Paddle north into the big bay, following the river as it winds its way beautifully to Lake Kegonsa. You may want to go south through the downtown, possibly portaging at the mill dam, for an extended journey. There are four canoes, paddles and life jackets available. The Stoughton Area Senior Center will once again be the rental location.

Location: Stoughton Area Senior Center, located at 248 W. Main St. (Use Washington St entrance for parking)

Open Hours: Weekdays, 9:00am-4:00pm (Sr. Center reception desk for service)
Weekends, By Appointment (please call ahead by Thursday the week of the rental to make an appointment)

Fee: \$5 per person/hour, Children 5 and under are free.

Conditions: Anyone under 18 years of age must have a signed consent slip from a parent (available on website) At least one person must be 16 years of age or older. See www.cityofstoughton.com/rec for consent slips and rules.

Canoe Race: We rent out canoes for the Syttende Mai Canoe Race. For more information call 873-6746.

How to Reserve a Park Shelter

Park shelters in the city can be reserved two different ways. The first way is to go to our website and go through the online reservation process. This process will allow individuals to search for open dates and seek amenities that they need for their gathering. The other way is to fill out a Park Shelter reservation forms. These forms can be found at our website or at the Recreation Department office. For more details, see our website - www.stoughtonrec.com

Lowell Park Community Garden

Active for Life

This will be our fifth year of having a community garden at Lowell Park. Gardening is a great family recreation activity and promotes a healthy lifestyle. The plots at our community garden are 15 feet by 20 feet and they are \$35 apiece. Garden rules and applications are available on our website, <http://stoughtonrec.com/lowell-park-community-garden>.

Kiwanis Disc Golf Course at Amundson Park

Active for Life

The Kiwanis Disc Golf Course at Amundson Park is a nine hole course that is near the Yahara River Trail. The course is one of the first to open each spring due to having rubber tee pads. There's a gravel parking lot for the course located at the end of Amundson Parkway.

Troll Beach - Stoughton's Norwegian Fun Park

Visit our award winning aquatic park. Enjoy the best beach of beach experiences that includes clean city water, sandy zero depth entry, and large inflatable play structures!

Troll Beach is the result of a complete makeover of the Mandt Park Pool. New innovative play structures, a rebuilt full concession stand, pool chairs and umbrellas, are just a few of the updates for this historic pool.

Our trained lifeguards are ready to welcome your group for a day of great swimming and Norwegian-like hospitality.

Winner of the 2012 Wisconsin Parks & Recreation Association Outstanding Aquatic Facility Design Award.

Open: Everyday beginning June 10, 2017

Hours: 12-5 PM

Daily Rates

Resident 16+ - \$4.00

Resident 15U - \$3.00

Non-Resident 16+ - \$5.00

Non-Resident 15U - \$4.00

Group Rates (15+ People) - \$3.00

Birthday Parties - Please contact us for more information.

Season Pass Rates

Resident Family Pass - \$90.00

Resident Single Pass - \$65.00

Non-Resident Family Pass - \$110.00

Non-Resident Single Pass - \$80.00



2017 WPRRA Discount Tickets

The Stoughton Parks and Recreation Department participates in the Wisconsin Parks & Recreation Association discount ticket program. Tickets will be available from June - August. No online ticket sales and cash only.

Attraction	Gate Price	Our Price	Savings
Mount Olympus	\$40.00	\$12.25	\$27.75
Noah's Ark	\$41.62	\$27.00	\$14.62
Six Flag Great America	\$75.18	\$48.25	\$26.93
Milwaukee County Zoo			
Adult (Ages 13+)	\$14.25	\$10.50	\$3.75
Milwaukee County Zoo			
Child (Ages 3-12)	\$11.25	\$8.50	\$2.75

Senior Center Events & Classes

Below are a listing of events and classes hosted by the Senior Center. If you would like more information about them or would like to sign up for a class, please contact the Senior Center at 873-8585.

Senior Center Art Classes

Craft Club with the Senior Center & Stoughton Library

Third Tuesday of each month from 10:00-11:30 am

Jewelry Upcycle

Bring your imagination as we will have a fresh stash of junk jewelry for you to create something new. Combine elements of different jewelry to make something totally unique. Supplies are provided and there is no cost to attend this class. Class will be held Tuesday, March 21. Register by March 17 at the SC

Soap Making

Join us as we try this useful art form and create some one of a king glycerin soap to give or to keep. Supplies are provided and there is no cost to attend this class. Class will be held Tuesday, April 18. Register by April 14 at the SC.

Glass Crafts

Bring your creativity and take a glass vase or jar and turn it into something great. A variety of projects to choose from. Supplies are provided and there is no cost to attend this class. Class will be held on Tuesday, May 16. Register by May 12 at the SC.

Appetite for Arts

Join the Senior Center over the lunch hour for an interesting art lesson by Michael Hecht. Sign up for the class the day before at the SC. Both classes will be from noon to 1pm and are free. The class on Friday, March 3 will cover Frank Capra, 20th Century Art & Literature. The class on Friday, June 2 will cover Charlie Chaplin, Charles Dickens, and American art.

Handiwork

Mondays at 1:00 pm

Rosemaling

Tuesdays, February 8 to April 4, 6:00-8:00 pm.

Senior Center Exercise Classes

Chair Exercise

Mondays, Wednesdays, and Fridays. 8:00-9:00 am

Line Dancing

Tuesdays at 2:30 pm

QiGong

Tuesdays, February 14 to March 28 from 12:30-1:30 pm

Ping Pong

Mondays & Wednesdays at 3:00

Fridays at 10:30

Tai Chi

Beginners - Mondays, 10:30-11:30 am

Advanced - Mondays 1:00-2:00 pm

Wii Bowling

Mondays and Fridays, 10:00-11:00 am

Senior Center Education Classes

No prior experience with electronics is necessary for these classes.

Computing on the Cloud

Thursday, March 16, 3:00 pm

Care and Feeding of your Phone

Thursday, April 20, 3:00 pm

Care and Feeding of your Tablet

Thursday, May 18, 3:00 pm

Care and Feeding of your Laptop

Thursday, June 15, 3:00 pm

City of Stoughton Parks and Recreation

2016 Sponsorship Program



Thank You to Our Sponsors!!

The Stoughton Parks and Recreation Department introduced a Sponsorship Program to help improve the Gazebo Musikk shows, Troll Beach and our recreation programs. We appreciate the businesses and individuals that made this program a success.



Stoughton Parks & Recreation Department Registration Form

Parent/Guardian Name:

Home Phone: Cell/Work Phone:

Address:

City: Zip Code:

Email:

Please note special health concerns:

Do you require special accommodations:

Participant's First & Last Name	Birth Date	Grade	M/F	Shirt Size	Program Code	Fee

Payment Options (Check Box) **Total Program Fees:**

Cash
 Check
 Credit Card (Circle One) MasterCard VISA

Credit Card #: _____ Exp. Date: ____/____ Security Code: _____

Would you like to volunteer coach?

WAIVER

I ACKNOWLEDGE, UNDERSTAND, AND FULLY ASSUME THE RISKS OF PARTICIPATION IN RECREATIONAL ACTIVITIES AND I FULLY AGREE NOT TO HOLD LIABLE THE CITY OF STOUGHTON, THE STOUGHTON SCHOOL DISTRICT, THE STOUGHTON RECREATION DEPARTMENT, OR ANY OFFICERS, AGENTS, OR EMPLOYEES THEREOF FOR ANY PERSONAL INJURY, DAMAGE, OR LOSS OF PERSONAL PROPERTY arising out of, or in connection with, participation in a Stoughton Recreation program, event, or activity, except for damage or injury resulting from intentional or reckless acts of the Stoughton School District, the Stoughton Recreation Department, or any officers, agents, or employees thereof. I also understand the City of Stoughton, Stoughton Recreation Department, and the Stoughton School District DO NOT carry insurance on any of the participants.

- I have read and understand the WAIVER OF LIABILITY AGREEMENT and choose to accept the terms and conditions without exercising my ability to negotiate the above terms and conditions by signature below.
- I choose to exercise my ability to negotiate the terms and condition of the waiver of liability agreement and understand that I must contact the Recreation Department, at (608) 873-6746 prior to participation in a Stoughton Recreation Department program, event, activity, or reservation.

Signature of Parent/Guardian: Date:

CONCUSSION AWARENESS WAIVER—WI ACT 172

I have reviewed Stoughton Park and Recreation's Concussion Awareness Information and I agree that if it appears that my child may have sustained a concussion or head injury that he/she is to removed from any program until such time a trained medical professional can examine them and approve their return to play, pursuant to Wisconsin Act 172 relating to concussions and other head injuries. In such case, I understand I am to provide written clearance from a trained medical professional for my player to return to the activity for the City of Stoughton. I have read and fully understand the statement regarding concussions.

Signature of Parent/Guardian: Date:

For Office Use Only					
Cash: _____	Check #: _____	Credit Card: _____	Amount: _____	Date: _____	Received By: _____



The good life **IN STOUGHTON**

Active lifestyles help keep you and your family healthy, and so do we!
Committed to you, we're coming to Stoughton in Summer 2017.

**First
Choice**
DENTAL

608.848.5366 • firstchoicedental.com
1300 Nygaard St in Stoughton



A Local Company • Incredible Staff • Convenient



SERIOUSLY?!

***Good thing I just
had this serviced at
Conant Auto!!***



***We take care of your family,
by taking care of your family's car***



Hours: M-F 7:00am-6:00pm; Sat. Closed

1324 Hwy. 51-138, Stoughton • conantauto.com • (608) 873-8800



Friend us on Facebook • Home of the 2 year, 24,000 mile warranty