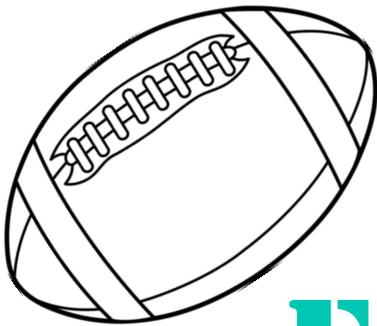


# JEFFERSON PARKS, RECREATION & FORESTRY

[www.jeffersonwis.com](http://www.jeffersonwis.com)  
2016-2017



## FALL BALL



### CONTACT US

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317 South Main Street  
Jefferson, WI 53549  
920.674.7720 Phone

# DEPARTMENT POLICIES

## Residency

A resident for registration purposes is anyone who lives within the Jefferson School District. Any person residing outside the District boundaries will be considered a non-resident and assessed an additional 25% fee.

## Fee Assistance Scholarship Program

Through the generous donations of several local service groups, and businesses a Scholarship Program is available to participants unable to pay fees. Confidential applications are available at the Department. The applicant may be granted a 50% reduction in fee or payment plan at the discretion of the Committee.

## Insurance Coverage

Please recognize that neither the Jefferson Park & Recreation Department nor the Jefferson School District carries medical or hospital insurance for injuries or illness participants may sustain in programs. All persons participating in department sponsored activities must provide their own insurance and assume risk of all injuries. The department will not be liable for personal or liabilities of accidents.

## Satisfaction Guarantee Credit/Refund Policy

It is our intent to provide recreation programs that meet your expectations of a meaningful leisure time experience. If you are not satisfied, a Credit or Refund, whichever the registrant prefers, will be issued on a prorated basis for cancellation of classes and/or general inability to participate.

## Cancellations

The Jefferson Park & Recreation Department reserves the right to cancel, postpone, or combine classes due to insufficient enrollment. All cancellations due to weather and/or facility conditions will be made as soon as possible. Team captains should call after 4:00 p.m. and notify their team members.

## School District Cooperation

The Jefferson Parks & Recreation Department would like to thank the Jefferson School District for their support and cooperation with facility scheduling. The extra time and energy from secretaries, custodians, teachers and principals is greatly appreciated.

## No Smoking/Alcohol Use Policy

A reminder to program participants: The use of all tobacco products or drinking of alcoholic beverages on premises owned by the Jefferson School District is prohibited by State Law. Your cooperation in upholding this law is necessary.

## Lost/Stolen Items

The department is not responsible for personal equipment, clothes, etc. that are lost or stolen during participation in any sponsored activity. However, please contact our office concerning lost items as many times they are turned in by others.

## Special Services

If you require special accommodations to fully participate, please notify the Park & Rec. Department by phone 920/674-7720 or in writing.

## Notice of Nondiscrimination

No person shall, on the basis of sex, race, national origin, ancestry, creed, marital or parental status, age or disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity, including employment.

## General Registration Details

All registrations will be taken on a first come, first serve basis. Registration forms are found in schools, the Recreation Dept. office and online at [www.jeffersonwis.com](http://www.jeffersonwis.com) All forms must be returned to the Recreation Dept. office along with the fee on or before the deadline date.

## Registration Deadline

Deadlines are used as a tool to determine whether there is enough interest in a class/activity. Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by a the deadline, the course may be canceled.

## Participant Publicity Acknowledgement

Our department reserves the right to utilize photos and the names of participants for publicity purposes. Participants desiring their names and/or photos not be used for publicity purposes must notify the department in writing at the time of registration.

## 3 Ways to Register

**WALK-IN** You may register in person Monday through Friday from 8:00 a.m. to 5:00 p.m. at the Parks, Recreation & Forestry Department office, 317 South Main Street.

**MAIL-IN** Send completed form with check made payable to: *City of Jefferson*. You will receive no notification unless class is filled or canceled.

**24- HOUR DROP BOX** Simply drop off your registration in our Drop Box located on the outside of the East Dodge Street entrance. It is accessible 24 hours each day and is emptied Monday through Friday.

## Late Fee

Any registration received after the deadline date is classified as late. The Recreation Supervisor will determine acceptance of the late registration. If accepted, a late fee of \$5.00 will be assessed.

## Returned Checks

If your payment is returned by your bank, we will charge an NSF fee of \$50. Each returned check will be presented to the bank no more than two times in an effort to obtain payment. City of Jefferson is not responsible for any additional fees charged by your bank.

# YOUTH ACTIVITIES

## NFL COED FLAG FOOTBALL – Grades 1–4

**Dates:** Saturday, September 10 - October 8

**Fee:** \$40 Each player will Receive an NFL Reversible Jersey and NFL Flag Belt and set of flags to keep.

**Place:** Tensfeldt Park

**Grade 1 & 2:** 10:00 a.m.

**Grade 3 & 4:** 9:00 or 10:00 a.m.

**Registration deadline FRIDAY, AUGUST 12**



## FLAG FOOTBALL CLINIC



The High School football staff and varsity players will put on a Clinic for grades 1-4 helping the players get ready for the upcoming Flag Football season. It will be at the High School practice fields **August 27 at 9:00 a.m.**

## CHILDREN'S YOGA– Ages 7– 12

Instructor Kelly Terkeurst started practicing yoga at her local YMCA almost 20 years ago. She received her RYT 200 in 2014. With the added bonus of helping to calm the mind and focus on pairing breath and movement, yoga is the perfect balance between mind and body.

**Dates:** Tuesday, September 13—October 4

Tuesday, October 11—November 8

(no class 10/25)

Tuesday, November 15—December 6

**Fee:** \$20

**Time:** 3:45—4:30 p.m.

**Place:** 1420 S. Rockwell Ave. VFW Rec. Center

## WEEKLY RECREATION NEWS

The Jefferson Recreation Dept. publishes a news column most weeks with important information on our current and upcoming events and programs. If you would like to be added to our email list, contact [mary@jeffersonwis.com](mailto:mary@jeffersonwis.com). Your email address will not appear in the recipient list and we will not share email addresses in any way.



## INDOOR SOCCER

**Dates:** Saturdays

**Place:** Middle School

**Fee:** \$27 w/ T-shirt

**Grades 1&2:** Oct. 15- Nov. 5

**Reg. deadline Friday, Sept. 9**

**Age 5—Kindergarten:** Nov. 19– Dec. 17 (no class 11/26)

**Reg. deadline Friday, Oct. 14**

**Grades 3 through 5:** Nov. 19 - Dec. 17 (no class 11/26)

**Registration deadline - Friday, October 14**

3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup> Grade

New this year, these grades will play scheduled games of indoor soccer. The first week will be an overview of strategy & game play for indoor soccer. Smaller rosters will be introduced and games will be played during a 40 minute time period with no goalie and a small 3 foot rounded goal. The games will be fast paced and allow for multiple substitutions.

## MOM AND ME PAINT NIGHT

**Date:** Tuesday, November 1

**Time:** 5:30—7:00 p.m.

**Place:** City Hall Meeting Rooms,  
317 S. Main St.



Painting type and fee to be announced. Please check [www.jeffersonwis.com](http://www.jeffersonwis.com) for more info on Sept. 1

## YOUTH KARATE Ages 3 and older

**Day:** Mondays and Wednesdays

**Date:** September 12 – October 19

November 2—December 14

(no class 11/23)

Ages 3 and 4 Monday OR Wednesday

**Fee:** \$25 Res./\$31.25 Non-Res.

**Time:** 2:30—3:00 p.m.

Ages 5-8

**Fee:** \$45 Res./\$56.25 Non-Res.

**Time:** 3:30—4:00 p.m.

YOUTH KARATE Ages 9 and up

**Fee:** \$50 Res./\$62.50 Non-Res.

**Time:** 4:00—4:45 p.m.



**Place:** 1420 S. Rockwell Ave. (former VFW Bldg.)

Instructor Sensei Patricia Bolton has been practicing martial arts for almost 20 years with experience in multiple disciplines. She holds a 3rd degree black belt and title of Shidojin. She is also the first female to be awarded full instructor certification in practical karate and bunkai by Sensei Iain Abernethy. The dojo is proud to be a member of Sensei Jerry Figgiani's international organization, SRKDI.

**WRESTLING – Grades K – 8**  
***BEGINNING WRESTLERS***

**Day:** Mondays  
**Dates:** December 5 – February 13  
(off 12/26)  
**Time:** 5:15 – 6:15 p.m.  
**Fee:** \$35 fee w/T-shirt  
**Place:** High School upper wrestling room



***ADVANCED WRESTLERS***

***Will Participate in Tournaments***  
***(must take the Monday Wrestling Class)***  
**Day:** Wednesdays  
**Dates:** December 7 – February 15 (off 12/28)  
**Time:** 5:15 – 6:45 p.m.  
**Fee:** \$35 fee w/T-shirt  
**Place:** High School upper wrestling room

**Registration deadline – Friday, November 18**

**ICE SKATING – Oakridge Park**

The ice at the skating rink is made and maintained as temperatures permit. There is no warming house at this facility. The rink is lighted for night skating.



**FALL GYMNASTICS Grades 1 thru 8**

**Dates:** Saturday, October 1 – 29  
**Fee:** \$35  
**Place:** Jeff. High School Gym  
**Time:** 10:10—11:00 **Beginners**  
11:10—12:00 **Returning gymnasts**  
Limit 30. Class fills quickly, please register early.  
**Reg. deadline – OPEN UNTIL CLASS IS FULL**

**PRESCHOOL GYMNASTICS**

**Ages 3-5**  
**Dates:** Saturday, Oct. 1—29  
**Fee:** \$30  
**Place:** Jeff. High School Gym  
**Time:** 8:30—9:10 **Beginners**  
9:20—10:00 **Returning gymnasts age 4 & 5**  
Limit 20. Class fills quickly, please register early.  
**Reg. deadline – OPEN UNTIL CLASS IS FULL**  
***REGISTRATION BEGINS SEPTEMBER 12 FOR ALL CLASSES AND AGES***



**CO-ED BASKETBALL—Grades 1-3**

**Dates:** Saturday, January 7 – February 11  
**Fee:** \$40 w/T-shirt & Basketball  
**Time:** 9:00 - Kind. & 1<sup>st</sup> Grade  
10:00 – 2<sup>nd</sup> & 3<sup>rd</sup> Grade  
**Place:** Jefferson High School  
**Registration deadline:**  
**Friday, December 9**



**OUTDOOR SOCCER Age 5 to Grade 8**



**Dates:** Saturday, April 8 – May 6  
**Fee:** \$32 w/ T-shirt  
**Time:** As scheduled;  
Micro Soccer 10:00-11:00 a.m.  
**Place:** Tensfeldt Park  
**Registration deadline: Friday, March 3**

**BORN TO BE WILD—Children ages 0 to 4**

**Dates:** Saturdays, February 4—March 4  
**Fee:** NO CHARGE  
**Place:** East Elementary School Gym  
**Time:** 9:00—11:00 a.m.

This is an opportunity for parents to play with their kids in a gym setting. Burn off some extra energy playing with scooters, bean bags, rubber balls, hula hoops, etc. There will be no individual child supervision provided, so all children must be accompanied by a parent or guardian. For the safety of all the younger ones, no children age 5 and older will be allowed.



**Jefferson Youth Basketball**

Registration will be at the **Jefferson High School Commons at 7:00 p.m. on Sunday, September 18 for Girls and Boys grades 3 - 8** who want to participate in a traveling basketball league. Fees and information will be discussed at the meetings. Contact Chuck Moehling at 920-397-6124 or 3isenuf@charter.net

# ADULT ACTIVITIES

## BEGINNING YOGA—Wednesdays

**Time:** 7:15 – 8:15 p.m.

**Fee:** \$40 per person per nine week session

This class is for people who are interested in taking a yoga class and: **a)** have no prior experience, **b)** practiced yoga but are no longer familiar with the basics, **c)** are familiar with yoga but prefer a very gentle, relaxing practice.



## CONTINUING YOGA—Wednesdays

**Time:** 6:00–7:00 p.m.

**Fee:** \$40 per person per nine week session

Beginner to intermediate levels. Beginners are encouraged to start with *Yoga Basics* but it is not required. Participants will progress at their own pace, and many options will be given to accommodate various levels and abilities. Information on the fundamentals of yoga will be interspersed into classes.

**ALL YOGA IS HELD AT 1420 S. ROCKWELL AVE  
VFW RECREATION CENTER**

*You may also come when you can and pay the instructor \$5/night.*

### SESSION DATES

**September 14 to November 9**

**Winter sessions to be announced.**



*Aqua Zumba is a fun and exciting “pool party” style fitness class that will challenge you and leave you wanting more. This class incorporates the principles of Zumba with the resistance of water to create a workout like no other! Various Latin style dances will be used along with other movements such as hamstring curls, kicking and twisting. Please come prepared to splash in the pool with appropriate attire (swim suit, shorts, T-shirt, etc.) and towel.*

**Thursday Evenings: 5:30—6:15 P.M.**

**Jefferson High School Pool**

To register, call the Rec. Dept. at 674-7720 or email [mary@jeffersonwis.com](mailto:mary@jeffersonwis.com)

September 1 to October 6 \$25

October 27 to Dec. 15 (no class 11/10, 11/24) \$25

January 5 to February 23 no class 1/12, 1/19) \$25

## GROUP FITNESS WITH LYNNETTE BROWN

**Dates:** Tuesday, August 2 – September 6

Tuesday, September 13—October 18

Tuesday, October 25—November 29

Tuesday, January 3—February 7

Tuesday, February 14—March 21

**Time:** 5:30–6:30 p.m.

**Place:** 1420 S. Rockwell Ave., VFW Rec. Center

**Fee:** \$42/person per session

“Group Fitness with Lynnette Brown” featuring multiple types of Zumba Fitness Specialties, POUND Fit, hula hooping, and boot camp-like strength training for all ages and athletic abilities. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you are getting fit and energy levels are soaring! It’s easy to do effective and totally exhilarating. POUND® IS THE WORLD’S FIRST CARDIO JAM SESSION INSPIRED BY THE INFECTIOUS, ENERGIZING AND SWEAT-DRIPPING FUN OF PLAYING THE DRUMS. More information on equipment needed and for purchasing Pound Ripstix and Zumba Toning Sticks will be available at the first class of the session. Hula Hoops will be provided.

*To register, call the Rec. Dept. at 674-7720 or email [mary@jeffersonwis.com](mailto:mary@jeffersonwis.com) with your name and contact phone number.*

## RESILENCY CLASSES

**1420 S. Rockwell Ave., VFW Rec. Center**

### Medicinal Tea \$20

**Dates:** Saturday, November 19, 9:00 to 11:00 a.m.

With the winter season comes the cold and flu season as well as the desire for hot drinks. This class will discuss the history of tea being used to ward off sickness and improve overall health. We will try 6 teas and discuss the health benefits of each. Teas can also be used to lower blood sugar levels, boost metabolism and relieve anxiety. We will discuss mostly herbal teas but discuss the history and use of both black and green teas.

### Make you own lotion \$20

**Dates:** Saturday, February 4, 9:00 to 11:00 a.m.

Do you have sensitive skin or just can’t find a natural body massage cream that you like? Here’s the chance to create your own body butter massage cream with a scent that YOU like. All ingredients are natural, organic, and gentle enough to use on even the most sensitive skin. Infuse your favorite herb and use it in a homemade lotion. Participants will be able to mix in their own essential oil scent and take a 4 oz. container home with them.

# ADULT ACTIVITIES

## MEN'S BASKETBALL TRI COUNTY

**Dates:** Wednesday evenings beginning October 26  
**Team Fee:** \$300 per team  
**Place:** Games will be played in Jefferson, Cambridge, and Lake Mills.

This is an eight(8) week season. Please contact Karl at 920-674-7720 for more information or to register a team by Wednesday, October 19

## SELF DEFENSE CLASS

**FOR ANYONE AGES 14 AND OLDER**

**Dates:** Saturday, August 13 OR Saturday, January 7

**Fee:** \$30 per person.

**Time:** 10:00 am - 1:00 pm

**Place:** 1420 S. Rockwell Ave. VFW Rec. Center

Instructor Sensei Patricia Bolton has been practicing martial arts for almost 20 years with experience in multiple disciplines. She holds a 3rd degree black belt and title of Shidojin. She is also the first female to be awarded full instructor certification in practical karate and bunkai by Sensei Iain Abernethy. The dojo is proud to be a member of Sensei Jerry Figgiani's international organization, SRKDI.

**Registration:** To register, call the Recreation Dept. at 674-7720 or email [mary@jeffersonwis.com](mailto:mary@jeffersonwis.com)

## WOMEN'S VOLLEYBALL LEAGUE

**Dates:** Wednesday evenings, begins October 19

**Team Fee:** 'A' League, \$150

'B' Open Hand League, \$100

**Place:** Jeff. Middle School



**Reg. deadline Friday, September 23**  
Call the Rec. Dept. to register at 674-7720

## VALENTINE'S DAY CARD MAKING

**Date:** Saturday, February 4

**Time:** 1:00—4:00 p.m.

**Place:** VFW Rec. Center, 1420 S. Rockwell Ave.

**Fee:** \$30 per person

Call the Rec. Dept. at 920-674-7720 to register or email [mary@jeffersonwis.com](mailto:mary@jeffersonwis.com).

## OPEN GYM \*

**Dates:** Saturday & Sunday afternoons  
Nov. 5 – Nov. 20; Dec. 3—Dec. 18;  
and Jan. 7 – Jan 22

**Fee:** NO CHARGE

**Time:** 1:00 - 4:00 p.m.

**Place:** Jefferson Middle School

## ADULT WATER EXERCISE CLASS \*

**Dates/Time:** Mon. & Wed., beginning Sept. 5 5:45—6:45 p.m.

**Fee:** \$2.00 per class

**Place:** Jeff. High School pool



## ADULT LAP SWIM \*

**Dates:** Monday & Wednesday.

**Time:** 6:45 – 7:45 p.m.

**Place:** Jefferson High School

**NO CHARGE**

## INDOOR WALKING PROGRAM \*

**Days:** Monday-Thursday

November 7—March 16

**Fee:** NO CHARGE

**Time:** 4:30 - 5:30 p.m.

**Place:** Jefferson High School

**\* PROGRAM WILL NOT MEET IF SCHOOL IS NOT IN SESSION.**



**Days:** Monday & Wednesday, 4:45 – 5:45 p.m.

This is an on-going class: new members are welcome to join anytime.

**Place:** 1420 S. Rockwell Ave. VFW Rec. Center

FALL SALE—Aug. 15—Sept. 15

Join for \$0 with no payments until October.

6 mo. Min. EFT registration required.

*A weekly rotation of 6 workout formats. **Dance Mixx, Interval Dance Mixx, Fusion, Interval Fusion, Strength60 and Flip Fusion***

Class Price Options: \$35 - \$40/month EFT (auto pay) or Non EFT options: \$45 (1 month pass) or \$119 (3 month pass) Single Class \$10 or \$15/one week

Register online at [Jazzercise.com/Fall2016](http://Jazzercise.com/Fall2016) or call 608-302-7151. You may also register at class.

## **JEFFERSON FIT CLUB**

**Dates:** Wednesdays, September 14—October 19

**Time:** 9:30–10:15 a.m.

**Place:** 1420 S. Rockwell Ave., VFW Rec. Center

**Fee:** \$30/person per session. \$6 drop in per class

The Jefferson Fit club gives participants an opportunity to learn about healthy eating habits and teaches different daily workouts. Participants will be able to incorporate these elements into their daily life and talk about healthy lifestyle with peers. Instructor Carmie Theisen is a stay at home mom with a teaching degree and loves motivating others to live a healthy and fit lifestyle. Carmie will introduce various eating habits/daily workouts she has tried throughout her life. The programs include 21 Day Fix Extreme, Turbo Jam & the Masters Hammer & Chisel, all of which are various programs she has done and enjoyed. These programs are great for beginner (with modification) to



someone who needs to change up their work out and see results. Please check our website for a list of exact workouts for the session at

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

## **PARK SHELTER RESERVATIONS**

**The Parks, Recreation, & Forestry Department of office issues shelter reservations beginning the first working day in January of each year.**

A reservation fee of \$30/weekdays and \$45/weekends is required. A deposit of \$100 is charged, but will be returned if the shelter is cleaned and there is no damage. The fee, deposit, and signed agreement must be returned to the office within one week of the reservation. Shelters are available at Tensfeldt, Stoppenbach and Riverfront Parks between the hours of 8:00 a.m. and 10:00 p.m. Each shelter offers electricity, access to fresh water, dusk to dawn lighting, picnic tables and trash receptacles. To reserve a shelter, call the office at 920/674-7720

## **ROTARY WATERFRONT PAVILION**

Our newest pavilion is available for rentals. This beautiful pavilion was designed for special occasions in mind. The cost is \$100 with a refundable \$200 deposit. Please contact our office for more information or to reserve the pavilion today!

***A special Thank You to the Jefferson Youth Baseball/Softball Club for their endless hard work.***

thank you!

### **2016 DONORS**

**BRANTMEIER LAW, HAAG SULLIVAN FAMILY, JEFFERSON UNITED SOCCER CLUB, MASTER GARDENERS,**

**JEFFERSON MUSIC FOUNDATION**

These individuals donated their time and talent to ensure that the children of Jefferson were involved in recreation programs. We couldn't do it without you.

**FLAG FOOTBALL:** Matt Bruhn, Terry DeBlare, Marcus Dehnert, Greg Dempsey, Kurtys King Adams Magritz Joe Strupp, Tim Nobling.

**T-BALL:** Steve Gee, Chris Hudson, Matt Janz, Jeremy and Isabella Smith, Joe Strupp, Mike Vik, and all the parents of players that helped out.

**MINOR LEAGUE:** Glenn Fleming, Nick Kerkenbush, Abby Klingbeil, Justin Thiede, and all the parents of players that helped out.

**MAJOR LEAGUE:** Terry DeBlare, Pete Kalmon, Scott Kammer, Mark Peterson, Jeff Schmidt, Jennifer Schroedl, Toby Tully Jr., James Witucki.

**LITTLE LEAGUE:** Tyler Biederman, Shane Devine, Nick Klettke, Duane Loeder, Shawn Smith.

**PONY LEAGUE:** Josh Zeh, Brad Veenhuis, Shane Wade.

**OUTDOOR SOCCER:** Dana Cox, Sam El Beri, Brian Erickson, Kurtis Frank, Dan Fuller, Alison Jaeger, Sam Jaeger, Michael Janke, Scott Kammer, Nick Kerkenbush, Clarra Krau, Jason Marin, Doug McMahon, Saul Mendez, Tom Moore, Luis Renteria, Miguel Rodriguez, Joe Sikora, Jeff Skoug, Bryan Walhovd, Dave Warner.

Thank you to the countless parents that also pitched in. We have not intentionally omitted anyone, so we sincerely apologize if your name was not listed.

Parks, Recreation and Forestry  
317 South Main Street  
Jefferson, WI 53549  
www.jeffersonwis.com

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# Jefferson Parks, Recreation & Forestry Department 2016-17 FALL—WINTER PROGRAMS

**CONTACT US**

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317 South Main Street  
Jefferson, WI 53549  
920.674.7720 Phone

## CLASS IDEAS

Do you have a great idea for a class that is not being offered? Do you know someone who has an interest, talent or hobby that they would like to share with others? If so, let us know. The Jefferson Parks, and Recreation Department is always open to suggestions and new ideas for improving or further developing our program offerings. Please call our office at 674-7720 with your ideas today!

## **PARK SHELTER AND COMMUNITY GARDEN RENTAL**

Anyone interested in renting a City of Jefferson Park Shelter or Community Garden Plot for the 2017 season may do so beginning January 3 at 8:00 a.m.

[www.jeffersonwis.com](http://www.jeffersonwis.com) (920) 674-7720

