



We're going outside.

Jefferson Recreation Department

Newsletter

MAY 9, 2018

317 SOUTH MAIN STREET JEFFERSON, WI 53549

WWW.JEFFERSONWIS.COM

Thursday Aqua Zumba
May 10—May 24
Jefferson High School Pool
\$12.50 session (\$5 drop in)
3 week mini session
Instructor: Tiffany Pernet

Outdoor Survival Wild Edible/Medical Plants

Saturday, June 2
9:00am—11:00am
\$20 per person

Lubahn Park—Watertown Avenue

Join Outdoor Survival Expert, Shannon Francis, of Resiliency Training, for tips on short term survival as well as identifying wild edible and medical plants. Shannon will walk the group through a local park and describe how to gather and prepare the plants for maximum flavor and medicinal properties. Dress for the weather and wear a good pair of hiking shoes.

Community Day Field Trip

Friday, May 25

VFW Recreation Center

During this full day program, children will meet at the VFW Rec. Center and take a field trip to multiple city departments including the Library,



City Hall and the Fire & EMS building. Students and recreation staff will travel by bus and walking ending at the VFW Rec. Center where parents will pick up their child beginning at 3PM. Drop off and pick up will be at the VFW Rec. Center. For more information go to our website at www.jeffersonwis.com or pick up a registration form at City Hall.



JAZZERCISE

Monday & Wednesday
4:45pm-5:45pm

VFW Rec. Center

Contact Christine Kenseth
For more information
608-302-7151

Registration is open for the following programs:

Blast Ball Age 4 & 4K
T-Ball Grades 1 & 2
Girls Softball Gr. 1 & 2
Outdoor Swim Lessons
NFL Flag Gr. K-6
Youth Tennis Gr. 3-12



VFW Recreation Center
1420 South Rockwell Ave.

Adult Nia

Tuesdays 8:30am-9:30am or 6:45pm—7:45pm

\$48/session \$8 drop in

VFW Recreation Center

Instructor: Beth Pizano

Nia fitness is based on the idea that exercise should feel good inside and out. This unique movement class incorporates dance, martial arts, and healing arts to empower individuals of all ages and fitness abilities to connect to their body, mind, emotions, and spirit. Each 1-hour routine is typically done barefoot, is low-impact, and encourages you to listen to your body and move the way it yearns to move for optimal health and happiness. What are you waiting for? Sign up now!

If you have questions about any of our programs, call us at 920-674-7720 or ksorvick@jeffersonwis.com



To be added to our weekly recreation email list, please email mary@jeffersonwis.com

Three easy ways to register:

1. By Mail: Complete and mail permission slip with fee to 317 South Main Street, Jefferson, WI 53549.
2. In Person: Bring completed permission slip and fee to the Rec. Dept. Monday - Friday from 8:00 a.m. - 5:00 p.m.
3. 24-hour Drop Box: A locked, wall mounted drop box is accessible 24-hours each day outside the West Dodge Street entrance to City Hall. This box is emptied every day.