

# Town and Village Of Eagle Recreation Department



2002-2012

10 YEARS!

LET'S

CELEBRATE!



## 2012 Winter/Spring Activity Guide

820 E. Main St. P.O. Box 575 Eagle, WI 53119

Phone: (262) 949-4232

Fax: (262) 594-5820

Website: [www.townofeaglewi.us](http://www.townofeaglewi.us)

E-Mail: [eaglerecreation@centurytel.net](mailto:eaglerecreation@centurytel.net)

# Town & Village Of Eagle Recreation Department

Hello friends of the Eagle community! Happy 10th Anniversary to you! There have been many department highlights that I would like to recognize but I only have room to mention a few.

When I began my career here in 2005, I was hired part time. I worked 20 hours a week overseeing youth sports, adult yoga, and senior citizen BINGO. That was it!

In January 2007, we became a full-time department with activities for preschool aged children and youth, sport leagues for all ages, fitness classes and enrichment courses for adults, and monthly special events and day trips for senior citizens!

In 2009, the Recreation Department hosted their first food booth at Kettle Moraine Days! This was the year that Eagle Recreation partnered with Palmyra Recreation and "Panther Sports" was created! Since then both departments have partnered up to offer monthly trips for residents 55 and older.

Today the Eagle Recreation Department works closely with other organizations to host community sponsored events and is a member of the Eagle Business Association. We partner once a month with Eagle Elementary School and the Alice Baker Library to offer a free family event throughout the school year. Beginning in January, the department will be having its 4th intern from UW-Whitewater.

I am looking forward to what the future has in store for the Eagle Recreation Department! For now, let's celebrate ten successful years!

Heather Heywood CPRP, Eagle Recreation Director



## General Information

Recreation Director:

Heather Heywood, CPRP.....262-949-4232

Recreation Intern:

Brice Walsh.....262-949-4232

Recreation Committee Members:

Don Malek.....262-594-2304

Anne Minett.....262-594-5856

Mary Schueller.....262-594-3866

Sharon Royston.....262-592-3121

Fax:

262-594-5820

Addresses:

Snail Mail:

820 East Main Street

P.O. Box 575

Eagle, WI 53119

E-Mail:

eaglerecreation@centurytel.net

Website:

www.townofeaglewi.us

The Eagle Recreation Department is a member of:

Wisconsin Park & Recreation Association

National Recreation & Park Association

South East Park & Recreation Council

Eagle Business Association

## Mission Statement

The Town and Village of Eagle Recreation Department is committed to meeting the current and future community needs by offering a quantity of quality, safe, and affordable programs to all Town and Village of Eagle residents.

## About the Eagle Recreation Department

The Eagle Recreation Department was formed in 2002. It is funded by the Town and Village of Eagle. Since 2002, soccer and baseball have been enjoyed by more than 200 children per season. We have added flag football, golf, yoga, craft classes, senior events, tennis, crochet and knitting, basketball, family events, Red Cross courses, and much more! As our department continues to grow funding becomes more of an issue. We are constantly looking for ways to generate income. We greatly appreciate donations to our programs from residents and businesses. We are always trying our best to keep program costs low. Anyone interested in making a donation can contact our office at 262-949-4232.

## Organizational Structure

The Town and Village of Eagle Boards govern the Recreation Department Committee. The Committee is comprised of one member from the Village Board, one member from the Town Board, one village resident, one town resident, and the Director of the Eagle Recreation Department. Their respective Boards appoint members. The Recreation Committee will be directly responsible for all Eagle Recreation decisions involving budget, expenditures of funds, policies, and programs offered by Eagle Recreation Department. The Eagle Recreation Department Committee will also be responsible for the direct supervision of the Recreation Director, Heather Heywood. The Committee will report to their respective Boards monthly on all issues pertaining to Eagle Recreation Department. Regular Eagle Recreation Department Committee Meetings are held on the second Monday of March, May, September, and December 6:30 pm at the Eagle Municipal Building. Special meetings for Kettle Moraine Days and Budget will be scheduled based on the committee's availability. All Town and Village of Eagle residents are invited to attend to make suggestions or constructive comments to improve programs.

## Americans with Disabilities Act

The Town and Village of Eagle Recreation Department actively seeks and supports participation by persons with disabilities in our recreational programs and services. It is the policy of the Town and Village of Eagle Recreation Department that no person will be excluded from participation, denied any benefit, or subject to discrimination on the basis of race, color, national origin, age, sex, religion, handicap, and/or disability.

# Town & Village Of Eagle Recreation Department

## Non Resident Policy

A Non-Resident is defined as one who does not pay taxes to the Town or Village of Eagle. Fees for Non-Residents are \$10.00 more per participant than fees for programs charged to residents of the Town and Village of Eagle. Non-Resident participants contribute the additional fee or surcharge to offset their non-tax status for programs. Non-Residents will be accepted into programs based on space availability. Priority is given to all Town and Village of Eagle residents.

## Refund Policy

The Recreation Committee on an individual basis will consider refunds if the first practice or class has not been held.

Refunds will NOT be considered for the following:

1. Request of friends and coaches not granted by the Director.
2. Game and/or practice schedule doesn't meet personal schedule.
3. Program doesn't meet personal standards.

A request in writing and a \$10.00 service fee will be charged on any and all refunds. In the event the Town and Village Recreation Department cancel a program, the individual participant will have the option of accepting a complete refund or transferring the money to another program.

## Youth Sports Registration Procedure

New teams are formed every season!

1. Depending on the sport, teams are organized based on GRADE OR AGE. Leagues may and can ask for proof of age, please write correct age on form or you will be removed from the team with no refund!
2. You may request one "Team Friend" on your form. "Team Friends" must request each other and register on time!
3. You are required to write your past coach on the registration form to request same team.

## There is no guarantee for any team placement!

Thank you for your understanding and cooperation with this procedure. Please understand that our youth sports programs; as well as our department; are rapidly growing and the task of team placement continues to be challenging.

## Insufficient Funds Fee

There will be a \$25.00 service charge on all returned checks.

## Community Leagues and Program Partnership

The Town and Village of Eagle Recreation Department run programs efficiently with the small communities from Waukesha, Jefferson, and Walworth County. Please be patient that some locations may be a longer drive than others.

## Sportsmanship and Fair Play Policy

All activities require a great deal of cooperation from everyone involved. Rules for all activities will be established and must be followed by all participants. For those participants who do not follow the rules, reprimands will be given in the first offense and the child may be asked to sit out the activity that day. If there is a second offense, the child will be permanently removed for the remainder of the program. No fees will be refunded. After repeat offences the Eagle Recreation Committee reserves the right to implement further actions as deemed fit. Such actions may include, but are not limited to expulsion from Eagle Recreation Department activities.

## Registration for Programs

Registration for programs can be done one of two ways:

1. Mail-in registration, with check, payable to:  
Eagle Recreation Department 820 East Main Street P.O.  
Box 575 Eagle WI 53119.
2. Walk-in registration at the Recreation Department Office.

There is No Pro-Rating of Fees!

## Volunteer Assistance

Persons interested in serving as volunteers are encouraged to contact the Town and Village of Eagle Recreation Director to discuss how you may be utilized.

## Insurance Waiver

I, as the participant or parent/legal guardian of the above named child (ren), hereby give permission for my/his/her participation in the above listed activity (ies). I am aware of and understand that there may be potential risks involved with participation in any activity, and that the Town and/or Village of Eagle do not provide accident insurance and cannot assume any responsibility for injury to any participants in its recreation programs. I agree to hold harmless the Town and/or Village of Eagle and its officers, employees, and volunteers from any and all claims.

## Coaches Policy

All adults that volunteer to coach youth sports will be required by State law to have background check completed before beginning to coach. Coaches will be responsible for all equipment that has been entrusted to their care. They also will be required to replace any such equipment lost or damaged by misuse. Coaches will return all equipment and any uniforms at the end of each sports season to the Recreation Department.

## Now Hiring!

The Eagle Recreation Department is always hiring! We are looking for spring soccer officials, summer baseball and softball officials, and fitness and programs instructors. Must be at least 14 years of age. Contact Heather at 262-949-4232 if you are interested!

# Town & Village Of Eagle Recreation Department

## Spectators Policy

In an effort to provide the safest environment for the Town and Village of Eagle Recreation Programs, spectators will be held to the highest level of conduct and behavior. Those who do not meet those standards will be first warned by the officials. The second offense spectators can and will be asked to leave the site.

## Inclement Weather Policy

Please be advised that if the Palmyra-Eagle School District is closed, the Recreation Department is closed. You will not receive a phone call! When the make-up class has been rescheduled you will receive a phone call. Watch on TMJ-Channel 4 and WISN-Channel 12 for the Recreation Department closing announcement!

## New Program Ideas

The Town and Village of Eagle Recreation Department is receptive to suggestions for organizing additional classes and any other activities that are not offered at this time. Suggestions for new programs or improvements of existing programs should be presented to the Recreation Director.

## Lost/Stolen Items Policy

The Eagle Recreation Department is not responsible for personal equipment, clothing, etc. that may be lost or stolen during participation in any sponsored activity. Please check with the Eagle Recreation Office for items that may have been turned in.

## Park Pavilion Rentals

Eagle Town Park-Pasterski Pavilion: Please call Lynn, Town Clerk at 594-5800.  
Eagle Village Park: Please call Jeanne, Village Clerk, or Darlene, Village Treasurer at 594-3400.

## Thank You to our 2011 Team Sponsors!

Ackermann's Remodeling  
Alice Baker Library  
Citizens Bank  
Eagle Heating  
Eagle Lions Club  
Tasty Z's/BP  
Eagle Fire Department  
Eagle Medical Center  
Shamsi Insurance Agency  
Steinhoff Law  
Traver and Traver Law  
Tasty Z's/Eagle BP

Your support is greatly appreciated! Thank you!

## 2011 Volunteer of the Year

Kadi Devine  
Village of Eagle Resident

Throughout the year Kadi has worked at the Kettle Moraine Days burger stand and other special events, instructed youth classes, and assisted with miscellaneous projects in the office.

## 2011 Coach of the Year

Marnie Phillips  
Town of Eagle Resident

Marnie has been coaching Pee Wee Soccer for two years. During each registration period parents are anxious to find out whether Marnie is back coaching or not. She creatively finds ways to entertain four and five year olds while teaching them the game of soccer.

# The Ultimate Image

*"YOUR FAMILY HAIR CARE CENTER"*

## **Haircuts**

**\$5.00  
Off**

**With This Coupon**

## **Perms**

**\$10.00  
Off**

**With This Coupon**

## **Hi-Lites**

**\$10.00  
Off**

**With This Coupon**

**262-594-3422  
205 GROVE STREET  
EAGLE, WI 53119**

# 55 and Better

All registrations must be turned in ONE WEEK prior to the program starting. All late sign ups will be charged a \$10 late fee.

**Cards Club**  
Last Thursday of each Month  
1:00-3:00pm  
Eagle Municipal Building  
Free!  
Bring your own cards and board games to share and play with others.

**BINGO**  
Second Tuesday of each Month  
10:00-11:00am  
Eagle Municipal Building  
Free!  
Prizes will be given out to winners!

**Potawatomi BINGO and Casino Trip**  
Wednesday, January 25th  
11:15-6:00pm  
Please register by Monday, January 16th  
\$16 fee includes transportation, \$10 Bonus Play, and lunch buffet.  
Even if you are not a gambler, the lunch buffet alone is worth the fee! Potawatomi Motorcoach Badger Bus Lines pick-up/drop-off is at the Hwy 83 and 43 Park & Ride in Mukwonago. We will all meet there for the bus. Are YOU going to be the big winner of the day?

**MillerCoors Brewery and Miller Park Tour**  
Thursday, March 15th  
9:00-3:00pm  
Please register by Monday, March 5th  
\$40 fee includes transportation, lunch, and both tours.  
This trip is for all of you who hold Milwaukee, Wisconsin in your heart. Experience the magnificence of Miller Park while enjoying an exclusive tour that includes the dugout, luxury suite level, visiting clubhouse, press box, Bob Uecker's broadcast booth and other behind-the-scenes attractions! After our tour we will have lunch at Friday's. Following lunch we tour the MillerCoors Brewery. The Miller Visitor Center offers us a guided walking tour of Miller Valley, home to more than 150 years of brewing history. We will experience everything from Fredrick Miller's arrival in Milwaukee to the high-speed production lines used today. The tour includes a video, up-close views of our packaging center, shipping and distribution warehouse, brewhouse and one-of-a-kind Miller caves, where you will have the opportunity to meet Fredrick Miller himself! We will meet at the Eagle Municipal Building.

**BINGO, and Wii Bowling Sponsored With Alice Baker Library**  
Friday, March 30th (RSVP by March 26th)  
Pizza and Dessert Served  
6:00-8:30pm  
Eagle Municipal Building  
Join us for some good treats, BINGO, and Wii Bowling! Prizes will be given out to the BINGO winners! If you have any dietary special needs please let Heather know at the time of your RSVP!

**Shedd Aquarium in Chicago**  
Monday, April 23rd  
8:00-5:00pm  
Please register by Monday, April 9th  
\$40 fee includes transportation and entrance to the aquarium. Lunch is on your own. You may either bring your lunch or eat at the food court inside the aquarium.  
Let's go explore everything wet, wild and wonderful at Shedd Aquarium. The galleries we will visit are home to creatures from the waters of the world: rivers and reefs, great lakes and small ones, and the global ocean. We will immerse ourselves in the Caribbean Reef, Amazon Rising's flooded forest, the Oceanarium's Pacific Northwest coast and Wild Reef's Indo-Pacific reef.  
Shedd's aquatic show will be sure to amaze you and wish you could take the dolphins home with you! The bus will pick us up at the Eagle Municipal Building.

**Blue Suede Shoes: The Ultimate Elvis Bash**  
Friday, February 10th  
6:30pm-10:00pm  
Please register by Monday, January 30th  
\$50 fee includes transportation, ticket, and ice cream.  
Scot Bruce and Mike Albert team up to bring you the most riveting tribute to the 'King of Rock & Roll' that you will ever see. Scot Bruce performs as Elvis, the way we remember him during his early career, followed by Mike Albert, who is superb as Elvis in his Vegas years. Together, they recreate the electrifying musical excitement of the King, in a live, biographical concert. This is one show guaranteed to get you all shook up! We will meet at the Eagle Municipal Building.

**Cave of the Mounds**  
Tuesday, May 15th  
8:00-3:30pm  
Please register by Monday, May 7th  
\$45 fee includes transportation, lunch, and entrance into the cave.  
The most beautiful cave in Wisconsin and the upper Midwest, Cave of the Mounds lies just off U.S. Highways 18/151 in Blue Mounds, WI. The United States Department of the Interior and the National Park Service designated Cave of the Mounds a National Natural Landmark because the site possesses "exceptional value as an illustration of the nation's natural heritage and contributes to a better understanding of man's environment". We will have the entire morning to explore the cave ourselves with a private tour for us. After our tour we will have lunch and enjoy an afternoon in the gardens above the cave. The three gardens are: Prairie and Savanna Restoration Garden, Rocks & Rain Garden, and the Butterfly Garden. We will meet at the Eagle Municipal Building.

**P.E.A.R.S.**  
**Personal Enrichment And Resource Series**  
Tuesday, January 17th, 1:00pm: Dr. Davis from ChiroFirst  
100 Year Lifestyle: Nursing Home or Cruise Ship  
Tuesday, February 21st, 1:00pm: Dr. Davis from ChiroFirst  
Injury Prevention  
Wednesday, March 7th, 10:00am: Scott Howard from Edward Jones  
Smart Choices in Retirement  
Wednesday, April 11th, 10:00am: Scott Howard from Edward Jones  
Focus on Fixed Income  
Wednesday, May 9th, 10:00am: Steve Steinhoff from Steinhoff Law  
Wills  
Join the Recreation Department and a local business owner from the Eagle area each month. Gain some valuable information on topics specific for the 55 and older population. The interaction between the participants and speakers are purely informational with no pressure to buy or commit to anything. Treats and beverages will be served.

# Adult Activities

All registrations must be turned in ONE WEEK prior to the program starting. All late sign ups will be charged a \$10 late fee.

## Crochet & Knitting Club

3<sup>rd</sup> Saturday of each month  
January-May 2012  
9:00-11:00am

Eagle Municipal Building  
Resident \$25 Non-Resident \$35  
Instructor Carmen Ballman

Feel you have the basics down and ready to expand to other projects? Sign up for our fall session to work with others at all levels. You will receive some personal attention and assistance on projects. Please check out [thegreenyarncompany.com](http://thegreenyarncompany.com) for further information.

## Exploring the Eagle Nature Trail-Grow Native

Saturday, April 28th  
9:00-10:30pm

Eagle Municipal Building/Eagle Nature Trail  
Resident \$5 Non-Resident \$15  
Instructor Jean Weedman

Because they have adapted themselves over several thousand years to our local environment, native plants will perform best. Learn the advantages of growing native plants from a determined, patient, and devoted gardener. Learn about local resources for native plants and how to select native plants for your environment.

## Sewing 101

Thursday, March 29th  
6:30-9:00pm

Eagle Municipal Building  
Resident: \$20 Non-Resident: \$30  
Instructor: Lynn Pepper

The ever popular Project Runway television program proves without a doubt, that a little imagination and know how, you can learn to sew...imagine being able to complete alterations or sew an outfit just the way you like it. Take this class and be in control of your own fashion statement. This class is designed for novices and those who want to return to sewing and want an update on techniques. The focus is on basic techniques, sewing terms, fabric selection, reading a pattern, pressing techniques, notions and operating a sewing machine. You will work on a garment to develop your skills and then go on to more advanced projects. Hands on class.

## Geocaching 101

Sunday, May 20th  
12:00-2:30pm

Eagle Municipal Building  
Resident \$10 Non-Resident \$20  
Instructor: Amy Jaworski

Have you ever heard of Geocaching? Well now is your chance to learn about Geocaching as well as experience it for yourself. You will first learn what Geocaching is and then go to the park for a chance to find geocaches yourself. If you have a hand held GPS, please feel free to bring it along.

## Learn How to Knit

Wednesday Evenings

February 8th-February 29th  
6:30-8:00pm

Eagle Municipal Building  
Resident \$20 Non-Resident \$30  
Instructor Carmen Ballman

With the long cold winter ahead, what better idea than to learn how to make something to keep you warm. The classes will teach you the basics of knitting. All supplies are included in the fee. Please check out [thegreenyarncompany.com](http://thegreenyarncompany.com) for further information.

## Meditation 101

Class I: Monday, January 9th, 6:30-8:30pm  
Class II: Tuesday, February 7th, 7:00-9:00am  
Class III: Friday, March 16th, 9:00-11:00am  
Class IV: Saturday, April 14th, 8:30-10:30am

Eagle Municipal Building  
Per Class: Resident: \$15 Non-Resident: \$25  
Instructor: Elizabeth Webb

This meditation instruction class will educate you to understand the different types of thoughts. Participants will receive A Guide to Spiritual Practice in the Kriya Yoga Tradition using Patanjali's Yoga-Sutras called The Science of Self-Realization. After the "How To" instructions have been expressed from this book, you'll be given an opportunity to experience peace, relaxation and or Spiritual awareness.

## CPR/AED Training

Friday, March 2nd 6:00-9:30pm  
Saturday, March 3rd 9:00-3:30pm  
Eagle Fire Station

Resident \$20 Non-Resident \$30  
Instructor Eagle Fire Department

Participants must be at least 12 years old and be able to attend both classes. Certificates will be distributed after successful completion of the written and skills tests.

## Face Reading

Class I: Thursday Mornings, January 26th and February 2nd, 10:00-12:00pm  
Class II: Tuesday Mornings, March 6th and March 13th, 9:15-10:45am  
Class III: Saturday Mornings, March 31st and April 7th, 9:00-11:00am

Eagle Municipal Building  
Resident: \$5 Non-Resident: \$15  
Instructor: Elizabeth Webb

Stop worrying about wrinkles and lines on your face! The deep or more noticeable lines are badges of honor for a life well-lived. Deeper lines show a more pronounced quality of the suggested personality profile. In this class you will learn exactly what those indicators are that cause the patterns on the human face. You will learn to recognize shapes and placement ears and what they mean in proportion to placement of eyes. We'll look at the size and structure of the nose as well as the shape of the nostrils and what personalities they reveal. We'll observe faces to comprehend, analyze and categorize face reading. This new skill will help us discover the truth of one another. Come to this class to find out what yours, your family and friend's face reveals. Discover how you can enhance personal relationships, achieve success in business dealings and fulfill your potential.

# Adult Fitness

All registrations must be turned in ONE WEEK prior to the program starting. All late sign ups will be charged a \$10 late fee.

## Yoga

Monday and Thursday Evenings

Session I: Weeks of January 9th-February 9th

Session II: Weeks of February 27th-March 29th

Session III: Weeks of April 16th-May 17th

6:00-7:15pm

Location TBD

Min 4 Max 12

Resident \$70 Non-Resident \$80

Instructor: Theresa Schreiber

Come explore the dynamic and passive facets of yoga. Our yoga practice promotes a positive, relaxed atmosphere to aid in personal growth, both physically and mentally. The classes consist of a variety of sequences in attempt to develop inner peace, lengthen and strengthen the muscles, channel breathing and encourage mind-body awareness. We welcome those of all ages and abilities. No experience necessary. Required materials include a yoga mat, a large blanket, comfortable clothing and water. A yoga strap and yoga blocks are highly recommended.

## Energy Exercises for Beginners (Chi Gong and Tai Chi)

Wednesday Mornings

Session I: Weeks of January 9th-February 6th

Session II: Weeks of February 20th-March 19th

Session III: Weeks of April 2nd-April 30th

9:15-10:15am

Eagle Municipal Building

Min 4 Max 12

Resident \$25 Non-Resident \$35

Instructor: Elizabeth Webb

Our first class we will learn to move our energy. This will create self-healing through movement. We will use Chi Gong, Chi meaning energy and Gong meaning life force. Also we will use Tai Chi, Tai meaning respect. The simple, low impact, healing movements will allow you to experience the satisfying awareness of directing and enhancing your own energy. Benefits of this class include regeneration, loosened joints, increased focus, breathing awareness, and stimulated organs for effective functioning.

## Prenatal Yoga

Saturday Mornings

Session I: Weeks of February 4th-March 10th

Session II: Weeks of March 24th-April 28th

Session III: May 12th-June 16th

9:00-10:15am

Location TBD

Min 2 Max 8

Resident \$50 Non-Resident \$60

Instructor: Theresa Schreiber

Prenatal yoga allows new mothers to nurture their body and bond with their baby. Our class will highlight an appropriate and gentle yoga approach necessary during this time of transition to motherhood. Special emphasis will be placed on breath awareness, posture and alignment. This practice is suitable for those in any stage of pregnancy. Adaptations will be provided to accommodate all trimesters. Props are necessary to experience these prenatal poses. Required materials include a yoga mat, 2 large blankets, 2 pillows, a yoga strap, yoga blocks and water. Please consult a physician prior to registration.

## Beginners Reiki

Thursday Mornings

Weeks of January 9th-February 6th

8:15-9:30am

Eagle Municipal Building

Min 4 Max 12

Resident \$25 Non-Resident \$35

Instructor: Elizabeth Webb

Reiki Level 1 will introduce the student to the ancient system of "laying on of hands" healing. This touch healing energy for humans or animal's provides comfort and relieves pain. Come prepared to have your energy channels opened and cleared of obstruction. These practical teachings will prepare you to heal yourself and others without being depleted. We will give and receive hands-on Reiki with each other. Students will receive a Reiki 1 attunement which increases life energy and creates a healer.

## Reiki-Level II

Thursday Mornings

Weeks of February 20th-March 12th

8:15-9:30am

Eagle Municipal Building

Min 4 Max 12

Resident \$25 Non-Resident \$35

Instructor: Elizabeth Webb

Reiki Level 2 is open to all who have Reiki Level 1 of any lineage. This class will increase the positive power of channeling energy. The practitioner increases its abilities to heal by practicing on classmates. Reiki Level 2 attunements will be passed aligning what is already opened in self.

## Reiki-Level III

Thursday Mornings

Weeks of March 26th-April 9th

8:15-9:30am

Eagle Municipal Building

Min 4 Max 12

Resident \$25 Non-Resident \$35

Instructor: Elizabeth Webb

Reiki Master Attunements will be given to those that have Reiki Level 2 from any lineage. A Master is simply a teacher, one who has mastered a discipline. This attunement involves spiritual level energy. In doing healing sessions practitioners experience a further increase in abilities to channel healing energy.

## Transitions-Weight Loss Solutions

Monday Evenings

Weeks of January 16th- April 2nd

6:00-7:30pm

Eagle Municipal Building-Small Room

Min 3 Max 8

Resident \$180 Non-Resident \$190

Instructor: Cheri Geraci

Do you want to look better, feel better, have more energy, and take up less space? Transitions is a comprehensive 12 week education course that focuses on low glycemic eating, exercise, stress reduction, and healthy life choices. It is a lifestyle change and is not a "diet." You will not count calories, count points, or eat small portions of food out of a box. You will learn how to maintain lean muscle mass while losing pounds, inches, and body fat. You will learn how to keep yourself in a "fat burning mode" through smart food choices while still having fun with food! The Transitions Lifestyle System is currently being taught in major health facilities around the country. It is a program designed for the average individual and is easy to maintain. Free overviews about the program will be offered on Wednesday, January 4th and Monday, January 9th at 6:00pm at the Eagle Municipal Building-Small Room.

# Youth Activities

All registrations must be turned in ONE WEEK prior to the program starting. All late sign ups will be charged a \$10 late fee.

## Red Cross Babysitting Certification

Saturday, March 3rd  
9:00-3:30pm  
Eagle Municipal Building  
Min 6 Max 12  
Ages 11 and Up  
Resident \$78 Non-Resident \$88  
Instructor Red Cross Staff

Please bring a bag lunch with you. This class can help you:

- \*Interview for a babysitting job
- \*Choose safe and age-appropriate toys and games
- \*Perform first aid
- \*Learn diapering and feeding techniques
- \*Handle bedtime issues
- \*Learn tips for having a safe babysitting experience

## Home Alone

Wednesday, March 28th  
6:00-7:30pm  
Eagle Municipal Building  
Ages 9 and Up  
Min 5 Max 30  
Resident \$5 Non-Resident \$15

The Home Alone Program is designed to help parents determine if their child is ready to stay home alone for short periods of time, and to teach kids ages 9 and older the basic safety skills for being at home when their parents are gone. Both child and parent are required to attend the program. Children are taught fire safety, security principles from police and fire officials while parents are allowed to ask questions of the police and fire representatives.

## Scarf Making

Saturday, January 21st  
9:00-10:30am  
Eagle Municipal Building  
Ages 10 and Up  
Resident \$12 Non-Resident \$24  
Instructor: Judi Heinz and Heather Heywood

We pay an arm and a leg for scarves, especially decorative ones, and why? Join us for this workshop to find out just how easy it is to make them on your own. All supplies are included in the fee. If you have any yarn at home you are welcome to bring what you have! You will see that you can make scarves just as beautiful as expensive designer ones!

## Chef Boy-ar-wee Hungry

First Monday of each Month  
(January we will meet the second Monday)  
3:45-4:45pm  
Eagle Municipal Building  
Min 6 Max 12  
Ages 7-12 years old  
Per Class: Resident: \$5 Non-Resident \$15  
All Five Classes: Resident: \$20 Non-Resident \$30  
Instructor: Sam Blonien and Brice Walsh

January: Comfort Foods  
February: Chocolate Goodies  
March: Green Eggs and Ham  
April: Opening Day Tailgate Favorites  
May: Cinco De Mayo

Bring your hungry tummies and let's learn how to make some popular favorites. Bring something to drink. We will sample all recipes and send copies home for everyone!

## Umpiring 101

Sunday, April 22nd  
1:00-2:30pm  
Veterans Memorial Park-Fleming Field  
Located in Delavan  
Participants must be at least 14 years of age  
Resident \$5 Non-Resident \$15

Looking to make some extra cash? The Eagle Recreation Department is looking for summer baseball and softball umpires. The clinic will teach the basics of umpiring including rules, signals, and the roles of the plate and base umpires.

## Leprechaun Party

Wednesday, March 14th  
5:30-7:00  
Eagle Municipal Building  
2-6 years old  
Min. 4 couples Max. 12 couples  
\$10 per couple, \$4 for each extra sibling  
Party Host: Sam Blonien

Join us for a fun evening set aside just for Mom and Son. Sons, show up in green and you will receive official leprechaun gear: beads and a top hat! We will then decorate cookies in green and gold! Lastly, we will attempt to catch leprechauns and their pot of gold when we make traps that you can take home with you!

## Be Part of the Kettle Moraine Days Parade

Sunday, June 24th  
11:00-12:00pm Line-Up on Appletree Lane  
12:00-1:30pm Parade ending at the corner of Main Street and Markham Road  
"Construction Days" TBD in May for Days and Times  
2-12 Years Old  
\$15 (Sorry, Residents of the Town and Village of Eagle Only)  
Instructor: Sam Blonien and Heather Heywood

Do you watch the parade every year and wish to be part of it? Well now you can! All Eagle children are welcome to be part of the 1st Annual "Kids of the Eagle Recreation Department" Float. We will craft the entire float by hand and work hard until it is finished to satisfaction. Supplies for the float, T-shirt to wear in the parade, and candy to toss are included in the fee!

## Daddy/Daughter Valentine's Day Party

Wednesday, February 8th  
5:30-7:00pm  
Eagle Municipal Building  
2-6 years old  
Min. 4 couples Max. 12 couples  
\$10 per couple, \$4 for each extra sibling  
Party Host: Sam Blonien

Join us for a fun evening just for Dad and Daughter! Daughters, wear your prettiest dress for this special occasion. We will play Valentine BINGO, and have prizes for the winners! We will have juice and cookies to decorate, and lastly make a valentine for Dad!

# Youth Sports

All registrations must be turned in ONE WEEK prior to the program starting. All late sign ups will be charged a \$10 late fee.

## Karate For Kids

Session I: Fridays, February 3rd-March 23rd

Session II: Fridays, March 30th-May 18th

Beginner Class (Brand New Students or Have Not Tested to Gold Belt): 5:00-5:30pm

Gold Belt Class: 5:40-6:20pm

Green Belt Class: 6:30-7:10pm

Blue Belt and Above Class: 7:20-8:20pm

Mukwonago Town Hall

1st-12th Grade

Per Class Per Session Resident \$62 Non-Resident \$72

First Time Participants need to purchase a uniform for \$20 on the first night (Cash only!)

Instructor Dana Pauli, Certified Fourth Degree Black Belt

Star Martial Arts Studios Inc-Tae Kwon Do Karate program is a safe, fun and exciting way to improve your child's quality of life. Benefits include: builds confidence and self esteem, improves grades, discipline, physical fitness, learn self defense, and teaches kids how to set and achieve goals.

## Softball Pitching and Catching Clinic

Saturday, February 25th

1:00-3:00pm

Eagle Elementary School Gym

Min 8 Max 30

Resident \$10 Non-Resident \$20

Instructor: Lisa Promersberger

All girls interested in playing Summer Softball are encouraged to attend! We will learn the basics of pitching and catching in a friendly, non-competitive setting. Anyone interesting in coaching, assisting, or even just volunteering occasionally during the season should also attend to learn how to coach the dynamics. Please bring your glove. We will supply the softballs and any other equipment needed.

## Coed Indoor Soccer Camp

Thursday Evenings

Weeks of February 6th-March 22nd

4 Years Old-1st Grade: 5:30-6:15pm

2nd-4th Grade: 6:15-7:00pm

Eagle Elementary School Gym

Min 8 Max 20

Resident \$30 Non-Resident \$40

Instructors Chris and Kristi Oliver

Learn and practice the basics of soccer before the spring season begins! Participants will learn the rules, positions, and defense and offense strategies. Drills will be run to improve skills. Camp is not limited to spring soccer league participants. Bring water and come dressed to play!

## Baseball Pitching and Catching Clinic

Saturday, February 25th

3:00-5:00pm

Eagle Elementary School Gym

Min 8 Max 30

Resident \$12 Non-Resident \$22

Instructor: Brice Walsh and UW-Whitewater Players

All boys interested in playing Summer Baseball are encouraged to attend! We will learn the basics of pitching and catching in a friendly, non-competitive setting. Anyone interesting in coaching, assisting, or even just volunteering occasionally during the season should also attend to learn how to coach the dynamics. Please bring your glove. We will supply the baseballs and any other equipment needed.

## Infield/Outfield Softball Clinic

Saturday, March 3rd

1:00-3:00pm

Eagle Elementary School Gym

Min 8 Max 30

Resident \$10 Non-Resident \$20

Instructor: Lisa Promersberger

Instruction will be focused on fielding techniques and body mechanics. Campers will learn about approaching a hit ball, cutoffs, infield and outfield positioning, footwork and throwing form. Various drills to improve quickness and foot speed may also be emphasized. Clinic will be end with some pitching. Please bring your glove. We will supply the baseballs and any other equipment needed.

## Cheer and Poms Class

Mondays, February 27th-March 26th

6:00-6:45pm

Eagle Elementary School Gym

4-12 Years Old

Min 10 Max 25

Resident \$58 Non-Resident \$68

Instructor Marla, Jamie, and Jessica McCartan

Class will cover proper pom motions, jumps, leaps, tumbling, and cheers. Pom poms, T-shirt, and CD are included in the fee! Come have fun and make new friends. A dance routine performance for family members will be presented at the last class. Participants should wear athletic clothing and gym shoes.

## Infield/Outfield Baseball Clinic

Saturday, March 3rd

3:00-5:00pm

Eagle Elementary School Gym

Min 8 Max 30

Resident \$12 Non-Resident \$22

Instructor: Brice Walsh and UW-Whitewater Players

Instruction will be focused on fielding techniques and body mechanics. Campers will learn about approaching a hit ball, cutoffs, infield and outfield positioning, footwork and throwing form. Various drills to improve quickness and foot speed may also be emphasized. Please bring your glove. We will supply the baseballs and any other equipment needed.

## Summer Swim Lessons Sponsored by the Eagle Lions Club

Monday-Friday, June 18th-June 29th

9:00-9:45, 10:00-10:45, or 11:00-11:45am

Registration Deadline: Wednesday, April 18th

Mukwonago Park

\$25 (\$20 Will be Returned at the Successful Completion of the Class.)

Levels 1 through 5 offered. Participants must be at least 5 years old. Sorry, Town and Village of Eagle residents only. Registration forms can be found after January 1st at the Recreation Department Office, BP Gas Station, and Gillette's. Cancellations or late registrations cannot be accepted. For questions please contact Dex Badinger at 594-2215.

# Youth Sports

All late sign ups will be charged a \$10 late fee.

## Pee Wee Panther Soccer (4-6 Years Old)

Registration: January 1st-January 31st  
Resident \$30 Non-Resident \$40 (Includes T-Shirt)

Please register on time! Late sign-ups will be allowed only if there is room on rosters! Participants must supply themselves with black pants or shorts. If you are interested in being a coach, please note that on your child's registration form. There will be a coaches meeting TBD at the Eagle Municipal Building. Season begins the week of March 19th. Games are April 7th through May 19th. Practice days and times are determined at the coaches meeting by the coaches. Practices can be any night Monday through Thursday. Games are Friday nights at 6:00pm. We will play with Palmyra and possibly North Prairie, depending on numbers.

## Panther Soccer (1st -2nd Grade)

Registration: January 1st-January 31st  
Resident \$55 Non-Resident \$65 (Includes T-Shirt)

Please register on time! Late sign-ups will be allowed only if there is room on rosters! Participants must supply themselves with black pants or shorts. If you are interested in being a coach, please note that on your child's registration form. There will be a coaches meeting TBD at the Eagle Municipal Building. Season begins the week of March 19th. Practice days and times are determined at the coaches meeting by the coaches. Practices can be any night Monday through Thursday. Games are Saturdays, April 7th through May 19th and played between 9:00-12:00pm. We will play with North Prairie and Palmyra.

## Panther Soccer (3<sup>rd</sup>-9<sup>th</sup> Grade)

Registration: January 1st-January 31st  
Resident \$55 Non-Resident \$65  
First time players will need to purchase a purple "Eagle" jersey for \$30

Please register on time! Late sign-ups will be allowed only if there is room on rosters! Participants must supply themselves with black pants or shorts. If you are interested in being a coach, please note that on your child's registration form. There will be a coaches meeting TBD at the Eagle Municipal Building. The season begins the week of March 19th. Practice days and times are determined at the coaches meeting by the coaches. Practices can be any night Monday through Thursday. Games are Saturday, April 7th through May 19th and played between 9:00-2:00pm. We will play with Mukwonago, North Prairie, and Vernon.

## Summer Baseball/ and Softball (U10, U12, and U14)

Registration: February 1st-February 28th  
Resident: \$68 Non-Resident \$78

All players will need to purchase a purple "Eagle" jersey for \$30. This will be a one time fee.

Please register on time! There will be no guarantees for any team placements! Participants must provide themselves with gray pants. New this year If you are interested in being a coach, please note that on your child's registration form and indicate a shirt size for a coach's jersey. There will be a coaches meeting TBD at the Eagle Municipal Building. Season begins the week of April 30th. Practice days and times are determined at the coaches meeting by the coaches. Game days will be Mondays and Wednesdays for Baseball and Tuesdays and Thursdays for Softball. Games will be the month of June through mid July. We will participate with Palmyra, Whitewater, Elkhorn, East Troy and Waterford.

## T-Ball (4-5 Year Olds )

Registration: February 1st-February 28th  
Resident : \$40 Non-Resident \$50  
(Includes Hat and T-Shirt)

Please register on time! There will be no guarantees for any team placements! If you are interested in being a coach, please note that on your child's registration form and indicate a shirt size for a coach's jersey. The season will begin the week of May 28th. Practice days are determined by coaches in early May. Games are Wednesdays at 6:00 mid June through the end of July. We will play with Palmyra and possibly North Prairie, depending on numbers.

## Coach Pitch (6-7 Year Olds)

Registration: February 1st-February 28th  
Resident : \$40 Non-Resident \$50  
(Includes Hat and T-Shirt)

Please register on time! There will be no guarantees for any team placements! If you are interested in being a coach, please note that on your child's registration form and indicate a shirt size for a coach's jersey. The season will begin the week of May 28th. Practice days are determined by coaches in early May. Games are Thursdays at 6:00 mid June through the end of July. We will play with Palmyra and North Prairie.

**ATTENTION!!!** Due to budget constraints we will be providing an Eagle Recreation Department polo shirt for head coaches only. Additional shirts can be purchased for a fee of \$20.00.

# Kindergarten and Pre-School Activities

All registrations must be turned in ONE WEEK prior to the program starting. All late sign ups will be charged a \$10 late fee.

## Creative Movement

Session I: Thursday Evenings, 4:00-5:00pm

Session II: Friday Afternoons, 3:00-4:00pm

Weeks of January 23rd-April 16th

Eagle Municipal Building

3-4 Years Old

Resident \$50 Non-Resident \$60

Instructor: Lindsay Boesch:

Structured games and improvisational exercises are designed to inspire movement and rhythm in small children. This class works on basic locomotor steps.

## Pee Wee Basketball

Monday Evenings

Weeks of January 9th-February 6th

5:30-6:30pm

Eagle Elementary School Gym

4-8 Years Old

Min 8 Max 14

Resident \$30 Non-Resident \$40

Instructor: Sam Blonien

Participants will learn the very basics of basketball: dribbling, passing, and shooting.

## Creative Movement-Pre Ballet

Fridays Evenings, 4:00-5:00pm

Weeks of January 23rd-April 16th

Eagle Municipal Building

4-6 Years Old

Resident \$50 Non-Resident \$60

Instructor: Lindsay Boesch

This class works on basic locomotor steps, and ballet positions of the feet and arms. Structured games and improvisational exercises are designed to inspire movement and rhythm in small children.

## Itty Bitty T-Ball (2-3 year olds)

Wednesday Evenings

May 9th- May 30th

5:30-6:15pm

Eagle Town Park

Resident \$22 Non-Resident \$32

Instructor: Sam Blonien

Participants do not need gloves or cleats. We will be using plastic equipment! Throwing, catching, base running, hitting off the tee, and sportsmanship will all be taught in a friendly setting!

## Music Maker and More

Fridays, March 9th-May 11th

11:10-11:40pm

Mukwonago Town Hall

9 Months-4 Years Old

Resident \$60 Non-Resident \$70

Instructor: Abbie Wallschlaeger

This fun, sing along musical activity group is designed for children and their parents or caregivers. The class incorporates traditional children's songs, finger plays, rhythm instruments, and dance movements as well as puppets that help tell a story within the song.

The goal is to give children an interest and love for all kinds of music! Bring your dancing feet and join us for a fun family class.

## Itty Bitty Soccer (2-3 year olds)

Thursday Evenings, April 12th-May 3rd

5:30-6:15pm

Eagle Town Park

Min 5 Max 10

Resident \$22 Non-Resident \$32

Instructor Sam Blonien

Kicking, passing, shooting goals, and sportsmanship will be taught in a friendly setting! Shin guards are not needed and make sure you wear comfortable shoes.

## Messy Hands

Monday Mornings, February 27th-March 26th

11:00-11:30am

Eagle Municipal Building

Ages 2-3 years old

Min. 4 Max. 12

Resident \$15 Non-Resident \$25

Instructor: Sam Blonien

No explanation needed for this class! All supplies are included-just wear clothes you can get messy in! Parents are required to stay!

## Kids in the Kitchen

Wednesday Afternoons, April 11th- April 25th

Session I: 10:00-10:45am

Session II: 5:30-6:15pm

Eagle Municipal Building

Ages 2-6 years Old

Resident \$15 Non-Resident \$25

Instructor: Sam Blonien

Kids will receive their own chef hat and we will prepare yummy recipes that require no knives or kitchen appliances! Parents will be given a book of recipes to take home!

## Little Picassos

Monday Afternoons, January 30th-February 27th

1:00-1:45pm

Eagle Municipal Building

3-5 Years Old

Resident \$25 Non-Resident \$35

Instructor: Sam Blonien

Let your miniature Picasso express their creative side and have all kinds of fun with different types of paint. This class will be messy; please dress your children in old clothes.

# Family Activities and Special Events

All registrations must be turned in ONE WEEK prior to the program starting. All late sign ups will be charged a \$10 late fee.

## Easter Egg Hunt

Good Friday, April 6th  
10:00-11:00pm  
Eagle Village Park  
1-8 years old  
Free

Meet us in the park for our annual Easter Egg Hunt! Bring your Easter Basket and wear your comfy shoes to find that perfect egg! Enough eggs for all and special prizes for a lucky few! No matter the weather we will still hold the hunt!

## Kettle Moraine Days Bean Bags Tournament

Saturday, June 23rd  
11:00-5:00pm  
Eagle Village Park  
\$25.00 per Team  
Maximum of 24 Teams

Must Pre Registered NO LATER THAN Friday, June 15th  
Bracket with game times and rules available AFTER Monday, June 18th. Each team MUST bring 8 bean bags, 4 being one color, and 4 another, and also two boards. Prizes for top three teams!

## Eagle Village Park Ice Rink

Open late December through mid February  
Hours TBD  
Eagle Village Park  
Free to All

Use ice rink at own risk. The Village of Eagle is not responsible for any injuries. For more information please visit the Village of Eagle website at [www.vi.eagle.wi.gov](http://www.vi.eagle.wi.gov) or call the office during normal business hours at 594-3400.



## **Junior Golf Program June-August**

Instruction for juniors ages 6-17.  
Flexible scheduling.  
No experience or clubs are necessary.  
Advanced golf league for older students.  
Just minutes from Eagle on Hwy 59.  
392-6320

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

## **Family Dodge Ball**

2nd Friday of each Month  
February-May  
6:00pm-8:00pm  
Eagle Elementary School

Children must be between the ages of 6-14 years old  
Resident \$30 Non-Resident \$40

All families are welcome to join us for Family Dodge Ball at the Eagle Elementary School. Families are encouraged to team up with another family to take on opposing families. Teams must be made up of at least 8 people and no more than 10 people. Exceptions will be made on the age limit with parent's discretion. Games will be played in round robin style giving everyone same number of games played.

## **Basic Fly and Jig Tying**

Monday Evenings, February 6th-27th  
6:30-8:30pm  
Eagle Municipal Building  
Ages 13 and Older  
Resident \$10 Non-Resident \$20

Gene Schmitt, a local Fisherman and Pro -Staff member from "Do it Molds Corp," will be instructing with assistance from Gene's two grandsons, Adam and Joe. Basic's will start out with bare hooks, thread and buck tail and advance to feathers and buck tail. Each student will work with their own vise and materials. Class and supplies are sponsored by "Do It Molds Corp" with donations from Gene Schmitt.

## **EAGLE SPRINGS GOLF RESORT 2012 JUNIOR PROGRAMS**

We are the area's only golf course to offer:  
an unlimited Junior golf membership plus an 8 week league which is highly supervised and will provide attention to golf form and etiquette for ages 11 and up.

We also offer a program for ages 7-10:  
a weeklong Junior Camp which will focus on the novice golfer.

Plus an option to include 6 rounds with a parent.

For more information on these unique programs please contact us at 262-594-2462

or [www.eaglespringsgolfresort.com](http://www.eaglespringsgolfresort.com)

## FreezeFest

Saturday, February 18th  
City of Whitewater  
Family Fun for All Ages

Pancake Breakfast  
6:30-1:00pm  
Downtown Armory

Horse Drawn Wagon Ride  
11:00-3:00pm  
Cravath Lakefront Park

Open Skate  
10:00-3:00pm  
Big Brick Park

Polar Plunge  
12:00-?  
Cravath Lakefront Park

Snow Dogs  
11:00-1:00pm  
Irvin L. Young Memorial Library

Chili Cook Off  
12:00-3:00pm  
Cravath Lakefront Park

Family Entertainment  
11:00-12:00pm  
Cravath Lakefront Building

Snowshoe Demonstration  
1:00-2:00pm  
Cravath Lakefront Building