

Verona Area School District Community Education Program

Events and classes for our
community

Offerings

- Enrichment Classes
- Wellness Opportunities
- Aquatics

Visit Us

www.verona.k12.wi.us



A Message from the Verona Area School District

The Verona Area School District's Equity Framework sets goals to ensure that every individual has access to educational, social and emotional support to feel valued and affirmed in their unique identities and experiences. Through the Strategic Framework, the priority areas of Value & Belonging, Community Collaboration, and Wellness & Mental Health are supported and encouraged through community educational programs.

Our Community Education Program reflects our commitment to lifelong learning and the pursuit of knowledge in all its forms. We believe that learning is a lifelong journey, and this program has been designed to meet individual needs and interests. We are thrilled to offer an array of engaging and exciting classes that encompass a wide range of subjects.

Verona Area School District Buildings

Administration Office

700 N. Main St., Verona.....845-4300

Aquatic Center

234 Wildcat Way, Verona.....653-1065

Badger Ridge Middle School

300 Richard St., Verona.....845-4400

Core Knowledge Charter School

300 Richard St., Verona.....845-4600

Country View Elementary

710 Lone Pine Way, Verona.....845-4800

Glacier Edge Elementary

800 Kimball Lane, Verona.....497-2100

Natatorium

400B N. Main St, Verona.....845-4634

New Century Charter School

400 N. Main St.,Verona.....845-4500

Savanna Oaks Middle School

5890 Lacy Rd., Fitchburg.....845-4000

Stoner Prairie Elementary

5830 DeVoro Rd., Fitchburg.....845-4200

Sugar Creek Elementary

740 N. Main St., Verona.....845-4100

Verona Area High School

234 Wildcat Way, Verona.....653-1000

Verona Area First Five Years

710 Lone Pine Way, Verona.....845-4813

Verona Area International School

400 N. Main St., Verona.....845-4500



Community Education Course Registration Options

Financial Assistance is available. Please email peachs@verona.k12.wi.us for more information.

You can register online for VASD Community Education Classes:

vasdcommmed.recdesk.com/community

To register for VASD Community Education by mail:

Please complete a **SEPARATE** registration form for each person.

Registration is confirmed upon receipt of your payment of fees on a first-come, first-serve basis. In case of a class being canceled due to insufficient enrollment, you will be notified and your payment will be refunded.

PLEASE NOTE:

If you register online for a VASD Community Education class, you will receive a notice of confirmation at the time of registration. Be sure to register **at least one week prior** to the start of the class. If minimum enrollment is not reached by one week prior to the start of the class, the class will be canceled.

REFUND POLICY:

If a class is canceled by the office, registration fees will automatically be refunded in full. A full refund will also be made if a student withdraws before the class begins. No refunds are given after a class begins.

SENIOR CITIZEN DISCOUNT:

Community members 62 years and older may attend classes at 50% off the regular fee (unless otherwise noted on RecDesk).

We Reserve the Right to Make Class Modifications:

The programs in this booklet were scheduled several months in advance. Consequently, details may need to change due to facility usage or conflicts. VASD Community Education reserves the right to adjust schedules as necessary. For the most up-to-date programming information, please visit RecDesk.

When school is closed due to inclement weather, all Community Education classes will be canceled for that day.



Community Education Registration Form

Name _____
Phone Number _____
Address _____
City _____ Zip _____
Email Address _____
Course # _____
Course Title(s) _____

(Senior Citizens Discount 50%)

Checks Payable/Mail to:

VASD Community Education

700 North Main Street, Verona, WI 53593

FOR OFFICE USE ONLY

Date _____ Amt.\$ _____ Cash _____ Check# _____

Community Education Registration Form

Name _____
Phone Number _____
Address _____
City _____ Zip _____
Email Address _____
Course # _____
Course Title(s) _____

(Senior Citizens Discount 50%)

Checks Payable/Mail to:

VASD Community Education

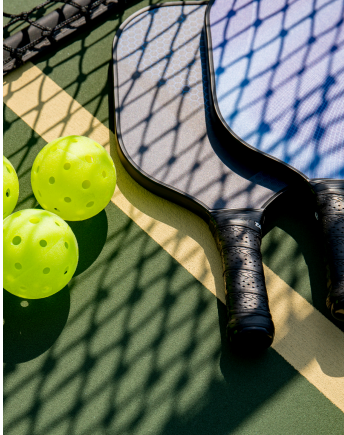
700 North Main Street, Verona, WI 53593

FOR OFFICE USE ONLY

Date _____ Amt.\$ _____ Cash _____ Check# _____



Adult Fitness Classes



Indoor Pickleball

Come and play pickleball! There are designated courts for all skill levels. Please bring your own paddle if you have one. Equipment will be provided if needed. You can log into RecDesk to purchase a membership pass at the following website: vasdcommmed.recdesk.com/community

- Age: 18+
- Dates: Pickleball will start in November on Sundays. Please check RecDesk for exact dates.
- Time: 9 a.m.-11:00 a.m.
- Fee: \$15 = 5 passes, \$4 = 1 pass
- Location: Verona Area High School Fieldhouse (Enter through Field House Entrance, Door #17)



Bootcamp

This bootcamp combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low-intensity exercises through timed intervals of free weights, plyometrics, cardio training, & balance work. Each workout is different! You'll never get bored of the same workout. The workout can be any of the following formats: Tabata, HIIT, Pilates Fusion, strength with weights, bands or bodyweight. All levels are welcome, modifications are available.

- Course: 427: September 10th-October 31st (No class on October 17th)
- Course: 428: November 5th-December 19th (No class on November 28th)
- Day/Time: Tuesday/Thursday, 5:15 a.m.-5:50 a.m.
- Location: Glacier Edge Gymnasium. Enter through Door #6
- Age: 18+
- Instructor: Angie Rahn
- Min/Max Enrollment: 6/30
- Fee Per Session: Session 427: VASD Staff: \$30, Community: \$60
Session 428: VASD Staff: \$26, Community: \$52



Zumba® Fitness

Zumba® Fitness is for everybody, and every body! Each Zumba® class is designed to bring people together to sweat and smile and take 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. It is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of joy each time you leave class.

- Course 430: September 10th-October 8th
- Day/Time: Tuesdays, 4:00 p.m.-4:45 p.m
- Location: Sugar Creek Elementary School Small Gym
- Age: 18+
- Instructor: Amelia McConnell
- Min/Max Enrollment: 6/30
- Fee: VASD Staff: \$10, Community: \$20

Check out the Aquatics section for more adult physical activity opportunities !



Adult Cooking Classes



Halloween Appetizers

Haunted Pumpkin Hummus: This hummus is so good, it's scary! Dive into the pumpkin patch of flavor and let the hauntingly delicious taste transport you to a realm of culinary delights. **Spooky Spider Deviled Eggs:** These deviled eggs are so delicious, they'll have you crawling back for more! But don't worry, these spiders won't bite... they're just packed with egg-cellent flavor. **Mummy Meatballs:** These meatballs are wrapped tighter than a mummy's bandages, but they'll unravel in your mouth with a burst of flavor! **Zombie Finger Sandwiches:** Delicate tea sandwiches filled with slimy guacamole and roasted red pepper "fingernails," perfect for those with an appetite for the undead.

- Course: 431
- Date/Time: October 23rd, 5:00 p.m.-7:00 p.m.
- Age: 18+
- Location: Verona Area High School Culinary Kitchen, Room S1402. Enter school at Door #12
- Instructor: Megan Wenn
- Min/Max Enrollment: 13/20
- Fee: \$28



Fall Pies

The Apple-icious Pie Palooza cooking class will be whipping up some flaky, fruity goodness! Get ready to peel, slice, and bake your way to apple pie perfection. Learn 3-2-1 pie crust to die for and how to create a lattice top.

- Course: 432
- Date/Time: November 21st, 5:00 p.m.-7:00 p.m.
- Age: 18+
- Location: Verona Area High School Culinary Kitchen, Room S1402. Enter school at Door #12
- Instructor: Megan Wenn
- Min/Max Enrollment: 13/20
- Fee: \$28



Holiday Cookie Exchange

A cookie holiday exchange is a delightful tradition where friends, family, or coworkers gather to share and exchange homemade cookies during the holiday season. Our holiday cookie exchange is a fun and festive way to celebrate the season, bond with others, and indulge in the joy of homemade cookies.

- Course: 433
- Date/Time: December 11th, 5:00 p.m.-7:00 p.m.
- Age: 18+
- Location: Verona Area High School Culinary Kitchen, Room S1402. Enter school at Door #12
- Instructor: Megan Wenn
- Min/Max Enrollment: 13/20
- Fee: \$28



Adult Cooking Classes



Getting to Know Your Instant Pot 101

Do you own an Instant Pot or are considering purchasing one? Are you puzzled by all the functions and buttons? This class is for YOU! We invite you to bring your own Instant Pot to class if you have one and learn how this simple appliance can change your dinnertime rush! You will learn how to saute, pressure cook, slow cook and make popcorn (yes! Popcorn!) using nothing but your Instant Pot! This will be a fun and entertaining class! You are welcome to bring your own if you want but it is not required. We will be showing functions on a basic model.

- Course: 436
- Date/Time: September 25th, 5:00 p.m.-7:00 p.m.
- Age: 18+
- Location: Verona Area High School Culinary Kitchen, Room S1408. Enter school at Door #12
- Instructor: Rhonda Mossner
- Min/Max Enrollment: 8/10
- Fee: \$30



Instant Pot For Beginners: Tailgate Treats!

Not sure what all those buttons do on your Instant Pot? Come and learn the basics of using this great appliance and learn to make some tasty treats for entertaining this football season! By the time you leave this class, you will know how to create Saucy Meatballs and Beef Nachos! Participants will be sampling their work and all will take home an easy-to-follow hand-out to get started on using their own Instant Pot!



- Course: 435
- Date/Time: October 30th, 5:00 p.m.-7:00 p.m.
- Age: 18+
- Location: Verona Area High School Culinary Kitchen, Room S1408. Enter school at Door #12
- Instructor: Rhonda Mossner
- Min/Max Enrollment: 8/10
- Fee: \$30



Master Mixes: Good Morning Muffins!

In this class, the benefits of creating homemade baking mixes will be discussed. We will be assembling three of our own from scratch that you will be able to take home and bake: Chocolate Chip Muffins, Apple Cinnamon Muffins, and Blueberry Muffins. Participants will take home a sample dry mix of each type of muffin and a small hand-out cookbook with other simple mixes to try at home. A jar and décor will be provided for participants to fill with a mix for a holiday gift with one of their mixes.

- Course: 437
- Date/Time: November 6th, 5:00 p.m.-7:00 p.m.
- Age: 18+
- Location: Verona Area High School Culinary Kitchen, Room S1408. Enter school at Door #12
- Instructor: Rhonda Mossner
- Min/Max Enrollment: 8/10
- Fee: \$30



Enrichment Classes



Master Mixes: Brownie Bonanza!

We will be assembling two different brownie mixes that can be used as everyday treats or a holiday gift! We will be assembling Espresso Brownies and a regular chocolate mix. Students will be mixing up a batch of each to sample and a jar with some décor will be provided to make one of their mixes into a gift for a friend or family member. Students will leave with two mixes and a cookbook handout with some tasty ideas for entertaining!

- Course: 438
- Date/Time: November 14th, 5:00 p.m.-7:00 p.m.
- Age: 18+
- Location: Verona Area High School Culinary Kitchen, Room S1408. Enter school at Door #12
- Instructor: Rhonda Mossner
- Min/Max Enrollment: 8/10
- Fee: \$30



Fall Wreath-Making Workshop

Join us in this festive, fun fall wreath-making workshop. We will come with all the supplies and help you create a hoop-style wreath with a unique fall assortment of dried and silk flowers.

- Course: 448
- Date/Time: September 26th, 6:00 p.m.-8:00 p.m.
- Age: 15+
- Location: Verona Area High School, Room W1305. Enter school at Door #12
- Instructor: Kris Schumacher
- Min/Max Enrollment: 12/25
- Fee: Medium wreath: \$49, Large wreath: \$59



Seasonal Gnome Creation Workshop

Have fun creating a gnome using fabrics, flowers, ribbons, and fun materials to personalize your gnome. All instructions and materials are included.

- Course: 447
- Date/Time: December 4th, 6:00 p.m.-8:00 p.m.
- Age: 10+
- Location: Verona Area High School, Room W1305. Enter school at Door #12
- Instructor: Kris Schumacher
- Min/Max Enrollment: 12/25
- Fee: Create one gnome for \$35 or two for \$55



Enrichment Classes



Intro to Wheel Throwing (Session 1)

Make your very own artwork using the pottery wheel! In this four-session class, participants will learn about the process of turning clay into functional artwork, practice throwing on the pottery wheel, create their own bowl, and apply glaze for a finished, food-safe work of art! Please plan on attending all four sessions in order to complete your work. Wear comfortable clothing that you won't mind getting a little messy.

- Course: 425
- Dates/Times: October 3rd, 10th, 17th, 24th, 4:30 p.m.-5:45 p.m.
- Age: 18+
- Location: Verona Area High School Ceramic Studio, Room W1302. Enter school at Door #12
- Instructor: Kayleen Parker and Carrie Punzel
- Min/Max Enrollment: 12/15
- Fee: \$65



Intro to Wheel Throwing (Session 2)

Make your very own artwork using the pottery wheel! In this four-session class, participants will learn about the process of turning clay into functional artwork, practice throwing on the pottery wheel, create their own bowl, and apply glaze for a finished, food-safe work of art! Please plan on attending all four sessions in order to complete your work. Wear comfortable clothing that you won't mind getting a little messy.

- Course: 426
- Dates/Times: December 5th, 12th, 19th, January 2nd, 4:30 p.m.-5:45 p.m.
- Age: 18+
- Location: Verona Area High School Ceramic Studio, Room W1302. Enter school at Door #12
- Instructor: Kayleen Parker and Carrie Punzel
- Min/Max Enrollment: 12/15
- Fee: \$65



Introduction To Growing & Cultivating Succulents

This course will teach you the basics of successful techniques to grow and care for succulents. The course will include types of succulents, soil medium, light requirement, watering, repotting, and propagation techniques. Participants will bring home 2 starter succulents. Note: participants are welcome to bring in some of their 'problematic' succulents for a discussion.

- Course: 429
- Date/Time: October 22nd, 4:30 p.m.-6:30 p.m.
- Age: 18+
- Location: Verona Area High School, West Atrium. Enter school at Door #12
- Instructor: Hannah Thompson
- Min/Max Enrollment: 8/12
- Fee: \$24



Enrichment Classes



Acrylic Pour

Acrylic pouring is a fun and easy art technique that involves mixing acrylic paint with a pouring medium to create colorful, fluid designs. In this class, you will learn how to mix paints, use different pouring methods, and then have an opportunity to explore your creativity and make your own unique art pieces on two Wisconsin wood cutouts in your favorite colors. This class is perfect for beginners, and no painting experience is needed. Adults and children may attend. Cutouts are approximately 7 inches tall. Two for \$10 or three for \$15.

- Course: 439
- Date/Time: November 13th, 4:30 p.m.-6:00 p.m.
- Age: 6+
- Location: Verona Area High School, West Atrium. Enter school at Door #12
- Instructor: Rita A. Mortenson
- Min/Max Enrollment: 12/25
- Fee: 2 for \$10 or 3 for \$15



Practical Self-Defense for Girls & Women

This class is designed for girls and women, ages 9 through adult, especially moms and daughters. This course will show you, and let you try some simple yet effective self-defense methods that have been proven to work against an attacker that's larger and stronger than you. We'll also cover situation awareness and ways to avoid confrontations with possible "bullies" and attackers.

Please include the age(s) of the student(s) with your registration.

- Course: 445
- Date/Time: September 24th, 6:45 p.m.-7:30 p.m.
- Age: 9+
- Location: Karate America Verona, 535 Half Mile Rd. Verona, WI 53593
- Instructor: Jeff Christensen, Chief Instructor, 8th Degree Black Belt
- Min/Max Enrollment: 5/25
- Fee: \$10



Kids Introduction to Karate-Karate America

This course will give an overview of martial arts, where you will learn basic kicks, punches, and blocks. You will also learn some of the traditions of the Martial Arts plus work on your flexibility, balance, and strength. The class is open to kids and adults from ages 4 and up. Students should wear workout clothes to class.

Please include the age(s) of the student(s) with your registration.

- Course: 444
- Date/Time: September 26th, 7:00 p.m.-7:45 p.m.
- Age: 4-10
- Location: Karate America Verona, 535 Half Mile Rd. Verona, WI 53593
- Instructor: Jeff Christensen, Chief Instructor, 8th Degree Black Belt
- Min/Max Enrollment: 5/25
- Fee: \$10



Enrichment Classes



Martial Arts Confidence Course

This class series will provide a fun and engaging introduction to the many physical and mental benefits of LVLUP Martial Arts training program! Over this three-week session, students will learn the fundamental physical techniques, and practice developing confidence in themselves through the dynamic lessons their highly skilled and experienced instructor will teach them. Upon completing the 3-week course, students will have the opportunity to test for their first belt and experience a great sense of achievement!

What to expect: Expect a fun and active class experience led by a professional instructor with over 25 years of experience!

- Course: 450
- Date/Time: October 5th, October 12th, October 19th. 12:00 p.m.-1:00 p.m.
- Age: 4+
- Location: LVLUP Martial Arts. 1155 Clarity St. Suite 203, Verona, WI, 53593
- Instructor: LVLUP Martial Arts
- Min/Max Enrollment: 5/25
- Fee: \$49

GoNinja Kids Movement Class

Welcome to the GoNinja Kids Movement Class at GoNinja Movement Academy! Our program is designed to inspire children to develop healthy habits, both physically and mentally, at a young age.

In this high-energy class, kids will engage in a variety of fun and challenging activities that promote physical fitness, coordination, and flexibility. Through obstacle courses, dynamic exercises, and playful drills, children will improve their strength, balance, and agility while learning the importance of regular physical activity.

At GoNinja Movement Academy, we believe in creating a positive and supportive environment where every child can thrive. Our experienced instructors are dedicated to encouraging kids to push their limits, build confidence, and develop a lifelong love for movement. Join us for an exciting adventure where fitness meets fun, and watch your child transform into a confident, active, and healthy ninja!

- Course: 449
- Date/Time: October 3rd, October 10th, October 17th. 6:00 p.m.-7:00 p.m.
- Age: 5+
- Location: LVLUP Martial Arts. 1155 Clarity St. Suite 203, Verona, WI, 53593
- Instructor: LVLUP Martial Arts
- Min/Max Enrollment: 5/25
- Fee: \$29



VASD Aquatic Facilities

Verona Area Natatorium and Aquatic Center Mission Statement



To provide the entire Verona Area School District community with a wide range of equitable, safe, educational, and fun aquatic activities and programs.

A Community Facility for Residents and Non-Residents, owned and operated by the Verona Area School District.

General Information

Verona Area Aquatic Center includes two pools. The 8-lane competition pool has an attached 12-foot 6-inch deep diving well with seating for up to 800 spectators. The warm water pool is an 8-lane, 25-yard pool, with a ramp and stairs that go into 3ft of water. The deepest area in the pool is 5 ft. The warm water pool also has an adjoining Multi-Purpose room. The Aquatic Center provides the community with a wide range of aquatic activities and programs including swim instruction, open swim, adult lap swim, scuba, senior water exercise, birthday parties, and more!

The Natatorium is a 6-lane, 25-meter pool, located on the grounds of Badger Ridge Middle School and Core Knowledge Charter School. The Natatorium offers the community a wide range of aquatic activities and programs including swim teams, adult lap swim, master swim practices, and more!

Resident/Non Resident

A resident is someone who resides within the Verona Area School District boundaries. A Non-Resident is anyone who resides outside the Verona Area School District.

Program Cancellations

All classes must meet their minimum number of students. VASD Aquatic Facilities reserve the right to cancel, combine, or make schedule revisions as necessary.

Weather Cancellations (School Days)

When the Verona Area School District closes or delays due to weather, VASD Aquatics Facilities will be closed or delayed also.

Weather Cancellations (Non-School Days)

If the weekend weather is questionable, please check our website ([verona.k12.wi.us/pool](https://www.verona.k12.wi.us/pool)) as cancellation information will be provided. Cancellation information will be provided via email, website, and social media. Make sure to have or create an account on RecDesk to receive all of our communications.

Pool Rentals

Please visit <https://www.verona.k12.wi.us/pool> to find information about renting our facilities and make a reservation, or call Jeanene Ennis at 608-845-4329. Our rental rates are charged to cover lifeguard, custodial services, and facility use costs. More details about this information may be found on our website. The pool will not be rented for fundraising or profit-making ventures. Pool rules must be followed. Adult supervision is required for all groups of children. Please make reservations at least two weeks in advance.

Waiver of Liability

The Verona Area School District is not responsible for any injuries sustained as a result of participation in any department/organization-sponsored activities or while using district facilities. The Verona Area School District recommends that anyone enrolled in a program or using district facilities make provisions for adequate insurance coverage.





VASD Aquatic Facilities Swimming Fees & Membership Information

Daily Fees

VASD Resident Youth: \$3.00	Non-Resident Youth: \$4.00
VASD Resident Adult: \$4.00	Non-Resident Adult: \$5.00
VASD Resident Senior Citizen (62 and over): FREE	Non-Resident Senior: \$2.00

Punch Cards

10 pass	Resident Youth: \$27 Resident Adult: \$36	Non-Resident Youth: \$36 Non-Resident Adult: \$45
20 pass Water Exercise ONLY	Adult VASD Resident: \$90 (Two free classes)	Adult Non-Resident: \$108 (Two free classes)

6-Month Membership (Note: Begins on the date of purchase)

VASD Resident Individual \$55 Family \$95.00	VASD Non-Resident Individual \$110.00 Family \$135.00
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Annual Membership (Note: Begins on the date of purchase)

VASD Resident Individual \$110.00 Family \$190.00	VASD Non-Resident Individual \$220 Family \$270
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Memberships can be purchased online at veronanat.recdesk.com or our front desk. You must have an account to purchase a membership.

Please visit www.verona.k12.wi.us/pool for more information or updates.

Note: VASD Resident Senior Citizens may use the pool daily at no charge (62 years of age and older). A Senior Citizen Gold Card may be obtained at the District Office (700 N Main St, Verona, WI 53593) or the Verona Area Aquatic Center. Fees will be charged for classes and pool rentals.



Aquatic Programs

Aquatic Programs

Registration for some of the Aquatic programs must be done through our program portal at veronanat.recdesk.com. You MUST have an account to register.

Family Swim (Warm Water Pool)

Family Swim is designed as a time for families to swim together. All children under the age of 8 must have a person 15 years of age or older in the water within arm's reach at all times. A lap lane will be provided during Family Swim unless the pool is crowded. ***Swim Diapers:** Swim diapers (cloth or disposable) are required (by State Law) for all non-toilet-trained individuals.

When: Sunday from 2:30 p.m.-3:30 p.m.

Where: Verona Aquatic Center - 234 Wildcat Way, Verona, WI

Family Adapted Swim Time (Warm Water Pool)

Verona Aquatic Center offers open swimming for families with children with special needs. Family Adapted Swim Time (F.A.S.T.) is designed for families with children with special needs to use the facility for therapy, to enjoy being with friends/family, or to just relax. The swim will be set up like an open swim but with the understanding that there might be people making loud noises, some lights may be turned down, or special adaptive devices may be used to help people swim in the water. Anyone is welcome to join this swim time.

When: Every Monday from 4:15 p.m.-5:15 p.m.

Where: Verona Aquatic Center - 234 Wildcat Way, Verona, WI

Open Swim (Warm Water Pool)

Everyone is welcome to attend open swim. Children, 8 years of age and older may attend Open Swim without an adult. Children under the age of 8 must have a responsible person (15 or older) in the water with them at all times. Coast Guard-approved floatation devices are allowed during Open Swim. A lap lane will be provided during open swim unless the pool is crowded. See Pool Schedule for open swim times.

Where: Verona Aquatic Center - 234 Wildcat Way, Verona, WI

Lap Swim (Competition Pool and Natatorium)

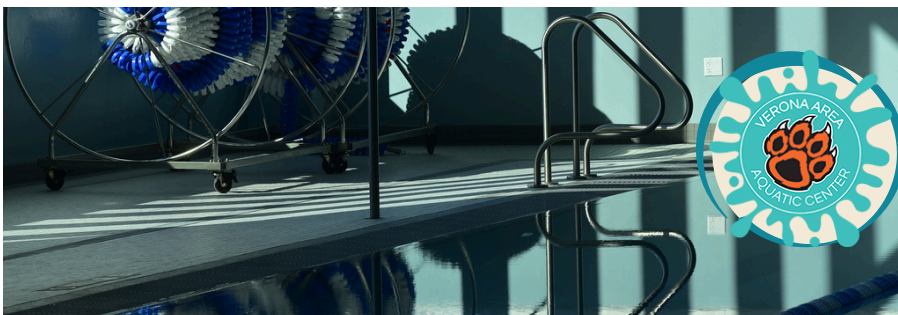
Lap Swim is open to everyone. Circle swimming is encouraged during peak times. Please refer to the pool schedule for specific lap times, by visiting <https://aquatics.verona.k12.wi.us/pool-schedule>.

Where: Verona Aquatic Center - 234 Wildcat Way, Verona, WI OR Natatorium - 400B N Main St. Verona, WI

Master Swim Program (Both Morning and Evening classes)

The Master Swim Program is an organized coaching program for adults. Practice sessions will consist of stroke techniques and the development of all four racing strokes, starts, and turns. The program will also focus on developing general fitness, endurance, and speed.

Anyone looking for any or all of the following should consider this program: improved fitness, competition, triathlon, and open water swimming. Registration will not be taken over the phone. Payment must accompany registration to hold a spot in the class.



veronanat.recdesk.com
or QR Code



Aquatic Programs



Water Exercise Fees (ONLY 18+)

SENIOR RESIDENT (62 OR OLDER) : \$1	ADULT RESIDENT : \$5
SENIOR NON-RESIDENT (62 OR OLDER) : \$2	ADULT NON-RESIDENT \$6

Aqua Hit - Aquatic Center/Natatorium

Water has wonderful benefits without a hard impact on your joints. Get a fit and healthy body in this fun workout. You can always go at the intensity that's best for you. This 45-minute solid Water Aerobic exercise class in the warm water pool will let you experience a vigorous and energizing workout without the impact and strain on joints.

Warm Water Pool :

Afternoon Schedule:

Mondays, Wednesdays, & Fridays @ 2:30 p.m.-3:15 p.m.

Evening Schedule:

Tuesdays 4:30 p.m.-5:15 p.m. & Wednesdays 6:00 p.m.-6:45 p.m.

Natatorium

Morning Schedule:

Monday and Wednesday 10:00 a.m.-10:45 a.m.

Tuesdays 11:30 a.m.-12:15 p.m.

Balance, Breath, and Buoyancy

Aquatic Center-Warm Water Pool

Practice the principles of Qigong-Taichi with a focus on range of motion and strength of joints to improve and preserve reliable balance.

School Year Schedule: Mondays 3:30p.m.-4:15p.m. & Fridays 6:45a.m.-7:30a.m.

Deep Water Bootcamp

Diving Well - Aquatic Center

Morning Schedule: Mondays, Wednesdays 7:00 a.m.-7:45 a.m. & Tuesdays, Thursdays 6:00 a.m.-6:45 a.m.

Afternoon Schedule: Tuesdays 3:30 p.m.-4:15 p.m.

Improve your cardiorespiratory and muscular endurance. Everyone has an inner athlete! Join this class and find yours. Fun music and invigorating workouts to help you reach your personal fitness goals.



Aquatic Programs/Swim Lessons



Participants must register at veronanat.recdesk.com

Community Swim Class Information

Lessons are filled on a “first-come, first-serve” basis. All classes have limited space available, so register early. Please note that registrations will not be accepted over the phone.

REFUND POLICY

VASD Aquatics has a No-Refund policy. However, full refunds will be given if the VASD Aquatics department cancels a class. A prorated refund may be given only if severe illness or injury prevents participation. In the case of an eligible situation for a refund, a household credit will be applied. Individuals will not be eligible for a refund if they register their children or themselves for more than one session at a time and have placed their student in an incorrect class or if they choose to cancel out and/or withdraw from a class.

**** You may register each child for ONE swim class (Parent/Tot-Level 6) at a time ****

Individuals who register their children for more than one session at a time will not be eligible for a refund if they have placed their student in an incorrect class.

MISSED LESSONS

Occasionally, students may need to miss a lesson. There are no make-up classes available for missed lessons.

Age Requirements: Your child must be 6-18 months of age to participate in Parent-Tot 1, and 18 months to 3 years of age to participate in Parent-Tot 2. To participate in preschool 1, 2 & 3, your child must be 4 to 5 years of age. To participate in Level 1 – Level 6, your child must be 6 years of age and older. No exceptions will be made.



Fall Swim Lessons

SWIMMING LESSONS REGISTRATION INFORMATION

Online Registration

Visit our web page at veronanat.recdesk.com and log in to your account.

If you have not signed up before, click on Log-in on the top right of your screen and you will be able to create an account. Follow the online prompts and complete the process with your credit card. You will receive a confirmation email when you register.

*Please Note: Registrations must be paid in full at the time of registration.
Registrations will not be accepted over the phone*

Fall 2024 -Swim Lessons Schedule

Lessons this Fall session will be once a week for 7 weeks:

**Registration
opens
Monday
August 19th
at 10:00 a.m.**



Fall Session 1

Sunday Evenings September 8th - October 20th

Fall Session 2

Tuesday Evenings September 10th - October 22nd

Fall Session 3

Thursday Evenings September 12th - October 24th

Fall Session 4

Sunday Evenings November 3rd - December 15th

Fall Session 5

Tuesday Evenings November 5th - December 17th

Fall Session 6 (6 weeks session)

Thursday Evenings November 7th - December 19th

No class on November 28th

Nataly Garcia - Admin. Assistant - *Se habla español!*

Yyare Parra - Admin. Assistant - *Se habla español!*

Alex Rosenbaum - Aquatics Assistant Director

Deb Bossingham - Aquatics Director

CONTACT US

aquatics@verona.k12.wi.us



AQUATIC CENTER

608-653-1065

234 Wildcat Way, Verona WI, 53593

NATATORIUM

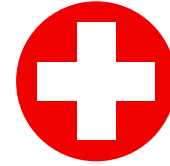
608 845 4634

400B N Main St, Verona, WI 53593



Aquatic Courses

Aquatic Training/Courses



Red Cross Trainings

Our courses/trainings are filled on a “first-come, first-serve” basis. All classes have limited space available, so register early.

Lifeguard Blended (Online and in person):

Pre-requisites: Ages 15 & up. Preliminary work is required. Take this course and become an American Red Cross-certified lifeguard. Individuals must complete preliminary work and pass a skills test to become certified.



Lifeguard Certification Class Dates	Lifeguard Review Class Dates
<i>October 4-6 November 22 - 24 January 17-19</i>	<i>August 10 October 5 November 23</i>

First Aid/CPR/AED Blended (Online and in person) plus add on Narcan training:

The Blended Learning material will take approximately 2.5 hours and MUST be completed prior to the in-person class. A skill boost for Naloxone training will be provided, so participants can see what it looks like and use a trainer to try it out. Visit veronanat.recdesk.com to find dates and times,

Water Safety Instructor:

The Water Safety Instructor (WSI™), course trains instructor candidates to teach all courses presented in the Swimming and Water Safety program to all age groups. This course is a blended class of approximately 7 hours online and 24 hours in-person. The purpose of this course is to teach people how to be safe in, on, and around water, and to teach people of all ages and varying abilities how to swim.



Scan to register

Upcoming Classes Fall 2024- Schedule:

- 08/19 - 08/23 Monday - Friday, 8:00 a.m.-12:30 p.m.
- 12/07 - 12/08 Saturday - Sunday, 8:00 a.m.-4:00 p.m. & 12/14 - 12/15 Saturday - Sunday, 8:00 a.m.-4:00 p.m. (two weekend class)




Aquatic Courses

Scuba Diving Lessons:

Complete all learning requirements & testing online! (9-10 hours) Learn to dive over one weekend with 6-8 hours of in-water pool time. We teach slowly and steadily to build your skills and confidence. We provide wetsuits in the pool to keep you warm.

You'll get to try several different masks, fins, & other equipment so you'll know what fits you best while underwater. You must register for any of the scuba classes, to ensure that we have enough equipment for everyone.

	Scuba Full Certification	Scuba Review	Try Scuba
	<i>Fall Dates</i> 8/17 & 9/21	<i>Fall Dates</i> 8/17 & 8/18 09/21 & 9/22	<i>Fall Dates</i> 8/17 & 8/18 9/21 & 9/22

Scan to register



Water Polo:

Join our exclusive water polo training program where we start with the basics and work to advanced strategies and techniques! Whether you are perfecting your dribbling or fine-tuning your goalkeeping skills, our structured "skills and drills" format ensures you'll level up in no time.

SESSION 1 - SUNDAYS September 8 - October 20	SESSION 2 - SUNDAYS November 3 - December 15
6:00 p.m.-6:40 p.m. -Ages 10-14 6:45 p.m.-7:25 p.m. -Ages 15 and up	6:00 p.m.-6:40 p.m. -Ages 10-14 6:45 p.m.-7:25 p.m. -Ages 15 and up

Logrolling:

Come and try the challenging but fun sport of logrolling taught by local professionals! Logrolling is enjoyable for all experience levels and age groups. Learn to balance on a floating log and compete against your friends!



SESSION 1 - SUNDAYS September 8 - October 20	SESSION 2 - SUNDAYS November 3 - December 15
5:00 p.m.-5:40 p.m. -Beginning logrolling (ages 8 -17) 5:45 p.m.-6:25 p.m. -Advanced logrolling (ages 8 - 17) 6:30 p.m.-7:10 p.m. -Adult Logrolling (ages 18 and older)	5:00 p.m.- 5:40 p.m. -Beginning logrolling (ages 8 -17) 5:45 p.m.- 6:25 p.m. -Advanced logrolling (ages 8 - 17) 6:30 p.m.- 7:10 p.m. -Adult Logrolling (ages 18 and older)

To register, scan the QR Code or visit veronatanat.recdesk.com



CONTACT US

aquatics@verona.k12.wi.us



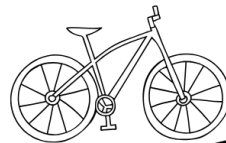
Kid Zone at Ironman Loop Festival

Come join the VASD Community Education Program in the Kid Zone at the Ironman Loop Festival as we cheer on the bikers! There will be yard games, a sign making station and an obstacle course!

When: September 8th, 10 AM-2 PM

Where: NCS/VAIS Lawn

400 North Main Street, Verona, WI



VASD Community Education Programs

The VASD Community Education Program is proud to be a part of this exciting Back-to-School event! At our booth, visitors can enjoy a variety of fun and engaging games and learn about the upcoming programs and events that we have for Verona Area School District families and community members. We encourage everyone of all ages to stop by and participate in the activities we have planned.

JOIN US 

SPONSORED BY BSU

VERONA AREA'S 1ST

BACK TO SCHOOL

BLOCK PARTY

FREE:
DENTAL CLEANING K-12
VISION SCREENING K-12
SCHOOL SUPPLIES K-12
VOTER REGISTRATION

AUGUST 25TH, 2024
234 WILDCAT WAY,
VERONA, WI 53593

12:00-4:00 PM

FOOD
FUN
LIVE MUSIC



IN THE EVENT OF INCLEMENT WEATHER ACTIVITIES WILL BE MOVED INTO THE FIELDHOUSE





Tours of Verona Area High School

Join us for a tour of Verona Area High School. The Verona Area High School resides on approximately 150 acres and includes athletic facilities, three ecosystems, a geothermal field, and has the Military Ridge State Trail running through it. The building footprint alone is approximately seven acres in size! It has the largest footprint of all Wisconsin high schools. Within the building, there are academic spaces, a field house, a performing arts center, and two pools. You will have an opportunity to see many of the spaces in our 90 minutes together. The tour will be indoors only and VAHS is equipped with elevators if needed throughout the tour. We will meet at the front entrance of the high school. Please be sure to wear comfortable walking shoes.

- Age: 18+
- Location: Verona Area High School (Enter school through the Main Entrance)
- Instructor: Rita A. Mortenson
- Fee: Free
- Min/Max Enrollment: 10/25
- Pick one of the following dates:
 - Course 440: Tuesday, October 8 (4:30 p.m.-6:00 p.m.)
 - Course 441: Tuesday, November 12 (4:30 p.m.-6:00 p.m.)
 - Course 442: Tuesday, December 3 (4:30 p.m.-6:00 p.m.)



Register at: <https://vasdcommmed.recdesk.com/Community/Page?pageId=15329>



VASD RESIDENT SENIOR CITIZEN GOLD CARD



FREE ACCESS TO:

- VASD AQUATIC CENTER AND NATATORIUM OPEN AND LAP SWIM
- ENTRY TO VASD SPORTING EVENTS, EXCEPT WIAA PLAYOFF GAMES

YOU CAN PICK UP YOUR FREE PASS AT THE FOLLOWING LOCATIONS:

- VERONA AREA AQUATIC CENTER
- VERONA AREA SCHOOL DISTRICT CENTRAL OFFICE
- DURING COMMUNITY EDUCATION TOURS OF VAHS

*MUST BE 62 OR OLDER AND A VASD RESIDENT

Badger Prairie Needs Network

608-848-2499 Address: 1200 E. Verona Ave., Verona, WI 53593

Badger Prairie Needs Network operate a grocery-style food pantry that serves food-insecure households throughout Dane County. They offer a free Community Meal two Saturdays each month and career development opportunities in the Kasieta Center. The commercial-grade Prairie Kitchen offers nutrition education and is home to our Kitchen to Table initiative. They provide access to Joining Forces for Families social workers and free legal advocacy focused on ending homelessness and leveling the playing field for people with limited financial means.

Hours: Tuesday: 10 a.m.-12 p.m., Wednesday: 6 p.m.-8 p.m., Thursday: 10 a.m.-6:30 p.m., Friday: 10 a.m.-12 p.m., Saturday: 10 a.m.-12:30 p.m.

Website: <https://www.bpnn.org>



Community Resources

Verona Public Library

608-845-7180 Address: 500 Silent St., Verona, WI 53593

Email: ypl@veronapubliclibrary.org

Whether it's a quiet place to read by the fireplace, accessing free internet, getting professional research assistance, bringing friends and family for entertaining and educational programs, or picking up the latest new book, magazine, video games, or movie releases, the Verona Public Library is sure to have something for you!

Hours: Monday-Thursday: 9:00 a.m. -9:00 p.m.

Friday: 9:00 a.m. -6:00 p.m.

Saturday: 9:00 a.m. -4:00 p.m.

Sunday: 1:00 p.m. -5:00 p.m.



Your public library provides:

Books	Music CDs	Printer	Personal Archiving Lab
Audiobooks	DVD/Blu-rays	Computer Lab	Programs for all ages
Magazines	Large Print Books	Fax Machine	Meeting and Study Rooms
Video Games	Activity Kits	Free WiFi	Access to subscription databases like Ancestry
Board Games	Copier/Scanner	Book Discussions	and Consumer reports

Story times and programs are held throughout the year. Check the library website for more information.

Website: veronapubliclibrary.org

Fitchburg Public Library

608-729-1760 Address: 5530 Lacy Rd., Fitchburg, WI 53711

The Fitchburg Public Library is pleased to be a member of the 52 other libraries that make up the South Central Library System. Stop by and sign up for a library card, or continue to use your current SCLS library card. There is something for everyone at the Fitchburg Public Library including separate spaces for children, teens, & adults, over 30 public computers and three public meeting spaces.

The Fitchburg Public Library is please to offer:

Books	Large Print Books	Meeting Rooms	Adult Programs
Audio Books	Magazines & Newspapers	Study Rooms	Teen Programs
Music CDs	Online Database	Book Discussions	Children's Programs
DVDs	Internet/Wireless	Research Assistance	Movie Showings
E-books	Laptops with Internet Access	Consumer Information	Early Literacy Toys



Storytimes are held throughout the year for babies (ages 0-2), toddlers (ages 2-5), & families (all ages). The library also features bilingual (English/Spanish) story times each month. Please contact the library for further information & exact times.

The Youth Services department offers multiple programs which are listed on the Fitchburg Library website. Please check out our calendar!

Hours: Monday-Thursday: 9 a.m. -8 p.m., Friday-Saturday: 10 a.m.-6 p.m., Sun: 1 p.m.-5 p.m. (September-May)

Website: www.fitchburgwi.gov/library



Community Resources

The Verona Recreation Department

Verona Parks & Recreation
Location: Verona Public Works,
Parks and Recreation Building
410 Investment Court
Verona, WI 53593
Hours: M-F, 7:30 a.m.-4:30 p.m.
Telephone: Main office: (608) 848-6695

The Verona Recreation Department offers a wide selection of leisure time activities throughout the year for youth and adults. For the most up-to-date programming visit:
<https://www.ci.verona.wi.us/265/Recreation>

Fitchburg Recreation

Location: Fitchburg Community Center
5520 Lacy Rd.
Fitchburg, WI
Phone: 608-270-4285
Hours: M-F, 8:00 a.m.-4:00 p.m.
Website: www.fitchburgwi.gov

Recreation Programs The Fitchburg Recreation Department offers a wide array of programs for youth and adults. From sports and fitness to enrichment classes, we have something for everyone. To view a current listing of activities please visit our online registration page at:
<https://apm.activecommunities.com/fitchburg/Home>

Verona Senior Center

108 Paoli St., Verona, WI 53593

Hours: M-F, 8:30 a.m.-4:00 p.m.
Phone: 608-845-7471
Fax: 608-848-2784

Services:

- Case Management
- Exercise
- Nutritious meals (including home-delivered meals)
- Transportation
- Wellness and self-care
- Social and recreational programs and activities
- Volunteer opportunities

Staff:

- Stephanie Ehle, Senior Center Director
- Julie Larson, Lead Case Manager
- Alasa Wiest, Program Manager

Senior Center Website:

<http://www.ci.verona.wi.us/290/Senior-Center>

Fitchburg Senior Center

5510 Lacy Rd., Fitchburg, WI 53711

Hours: M-F, 8:00 a.m.-4:00 p.m.
Phone: 608-270-4290
Fax: 608-270-4296

Services:

- Meals
- Medical Equipment Loan Closet
- Social Work Services
- Transportation
- Health & Wellness
- Exercise
- Volunteer Opportunities
- Education Classes

Staff:

- Jill McHone, Director
- David Hill, Assistant Director
- Mandi Miller, Volunteer Program Manager Nutrition Site Manager
- Sarah Folkers, Social Worker
- Amy Jordan, Social Worker
- Katie Bogucki, Case Manager
- Suzie Jones, Office Manager/Mainline

Senior Center Website:

<https://www.fitchburgwi.gov/621/Senior-Center>





Verona Area School District Community Education

**2024
Fall**

- Enrichment Classes
- Wellness Opportunities
- Aquatics

Visit Us

www.verona.k12.wi.us

