

Town of Norway Parks & Recreation Department

Recreation Guide

VOLUME 17, ISSUE 1
SEPT 2024 - NOV 2024

Fall Program List

Check out all the great programs we are offering this season!

Upcoming Events

Don't miss out on any of our upcoming events including our second Fall Craft and Vendor Fair and the Annual Community Picnic!



Visit our website for the complete digital program guide, park rentals, registration forms and more at www.TownofNorwayWI.gov

FALL 2024

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What a whirlwind of a summer! Fall is right around the corner and you know what that means—pumpkin spice latte season! Plus, the Rec. Dept. has so many new courses and activities for you to enjoy!

Our department's first ever **Bunco Night** in July was a very well received event, so we are offering Bunco three times this fall. This group dice game is easy to learn and can lead to hours of fun and laughs. More information can be found on page 3.

Mark your calendars! Our Annual Community Picnic is September 22. Bring your family and enjoy a day in the park with friends and neighbors.

Another mark your calendar event is our **Fall Craft and Vendor Fair on November 16**. Similar to our Wine About Winter event this last February, take a walk around each of our vendors booths and find your latest gift or delight.

I am always looking for class suggestions and instructors throughout the year. Please contact me via email at norwayrecreation@gmail.com with the **subject line: NEW CLASS**.

As always, keep checking back on our Facebook page for all the latest event updates and new classes added to the calendar.

Happy PSL days!

Samantha Repischak



UPCOMING EVENTS

FALL CRAFT AND VENDOR FAIR

SATURDAY - NOVEMBER 16, 2024

10:00 a.m. - 2:00 p.m. in the Norway Town Hall
FREE ENTRY EVENT!

Fall is in the air! Come out to celebrate local crafters and vendors at our Fall Fair. Similar to our Wine About Winter event this last February, take a walk around each of our vendors booths and find your latest gift or delight.

All vendors interested in attending this year should contact the Rec. Department right away.

Space is limited!



ANNUAL COMMUNITY PICNIC

September 22, 2024

Meyer Park

FREE ENTRY FOR EVERYONE!

Mark your calendars! We are looking for local businesses to sponsor various activities and booths this year. We will be bringing back some live music, the beer garden, bounce houses and more! If you would like to volunteer or sponsor a booth/activity, please contact the Rec. Dept. Office for more information.



TURKEY BURN ZUMBA!

Thanksgiving Day - November 28

8:00 - 9:00 a.m.

Meyer Park Barn

FEE: Three (3) non-perishable food items to be donated to the local Helping Hands Food Pantry.

Feel the burn before the feast! Join us for a special holiday zumba session to work up that appetite! Happy Thanksgiving everyone! Gobble Gobble!



GENTLE FLOW YOGA

Saturday Mornings—

Series 1

September 21- October 19

Series 2

November 2, 9, 30 December 7, 14

10:15 - 11:15 a.m.

Norway Town Hall - Lower Level

Instructor: Nora Rangel-Kubacki

FEE: \$35 per class series OR

Walk-ins: \$10



This class is great for anyone looking to get into yoga classes. Rejuvenate your body and mind through guided sessions. Designed for beginners to seasoned pros, this class is for everyone!

These **2 series of classes** are available in a package format. You get five classes per series or if you would like to do walk-in sessions, we offer that option as well.

BUNCO NIGHTS!

September 25, October 30, and November 20

7:00 p.m. - 9:00 p.m.

Norway Town Hall: Colonel Heg Hall

FEE: \$10 per player

Maximum: 20 players

Bunco is a group dice game that is easy to learn and provides hours of fun! Each player signed up has a chance to win one of our three prizes awarded for most Buncos, most wins, and most losses. New to the game? Stop by a little earlier and learn how to play. **All experience levels welcome!**



FALL COURSES

STAMPIN' UP! - GREETING CARD WORKSHOPS

September 19 - "Home" Sampler, October 24 - Fall Themed, November 19 - Christmas Themed

3:00 - 5:00 p.m.

Norway Town Hall: Colonel Heg Hall

Instructor: Marita Block

FEE: \$40 - Sept 19 class only & \$25 for each of the remaining classes



In a step-by-step guided session, participants will create unique themed cards! All materials and tools for each session are provided by the instructor, and designs/themes will change each month so you have the opportunity to learn many different techniques. September's Home Sampler is pictured to the right as an example. Perfect to give as a gift!

NEW!

DUTCH OVEN ARTISAN SOURDOUGH BÂTARD

October 20

9:00 a.m. - 1:00 p.m.

Norway Town Hall: Lower Level

Instructor: Ezēli Wild Culture

FEE: \$45

What to bring: a medium/large baking bowl for your dough



Spend the morning learning and making your own artisan loaf of sourdough bread with local sourdough artisan Ezēli Wild Culture then take it home with you to finish and bake. This course is designed for the very beginner and will demonstrate to those with no background in bread how to care for their microbial culture (starter) and prepare the best handmade artisanal loaves from your own kitchen.

Each participant will be supplied with their own sourdough toolkit; a banneton, scoring blade, culture, a set of dough hand tools, and of course, the dough/loaf they will create by hand in class. The method taught does require an adequately sized ($\geq 4.5Q$) cast iron Dutch oven at home in order to bake the prepared dough.



RED CROSS BABYSITTING COURSE

September 23 & September 30

4:15 p.m. - 7:15 p.m.

Ages: 11-15

Norway Town Hall: Colonel Heg Hall

Instructor: Julie Behm

FEE: \$72

What to bring: a pencil, stuffed animal/doll

This training program provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly look after children and infants including basic child care and first aid.

Attendance both days is required in order to receive your Red Cross certification.

SCULPTING/BOOT CAMP

Monday and Wednesday Nights

September 16 - December 11

NO CLASS on October 16 or November 27

6:00 - 7:15 p.m.

Meyer Park Barn

Instructor: Sue Herrick

FEE: \$67

What to bring: Hand weights (3-5 lbs. Beg.) (5-8 lbs. Adv.), water bottles, and mats

This circuit class is a complete fitness program combining strength, aerobic and flexibility routines. Integrated movements strengthen the connections between muscles, engage the body's core and allow for a wider variety of movements. The results are fewer injuries, stronger muscles and increased vascular endurance.

The aerobic portion combines boot camp drills with interesting step routines. This method burns four times the fat and calories than traditional low-impact aerobics. Modifications available for a less intense workout.

FALL COURSES

PUNCH CARD FITNESS CLASSES (P.C.)

September 3 - November 23

Punch Card Fee: \$62 for 10 classes/days (expires 1 year after purchase)

Walk in Pricing: \$8 per class

Want to try a class? The first one is always free!

PLEASE NOTE:

You must fill-out a registration form and purchase a punch card, through the Rec. Dept. before attending classes.



P.C. - ZUMBA TONING	P.C. - ZUMBA	P.C. - SATURDAY MORNING ZUMBA
Tuesday and Thursday Nights 6:00 p.m. - 7:00 p.m. Meyer Park Barn Coordinator: Sarah Haase Latin dance fitness class incorporates maraca-like Zumba Toning Sticks* (light weights) to help sculpt, tone, and define your muscles. Great music and moves to get your heart pumping and make it feel like a party. Bring your Zumba Toning Sticks or 1-2 pound hand weights. <i>*Toning sticks can be purchased through the instructor for an additional charge.</i>	Wednesday Nights 6:00 p.m. - 7:00 p.m. Norway Town Hall - Lower Level Coordinator: Janel Martens Dance the night away with some high energy music coupled with guided unique moves to get a full workout while having some fun and laughs along the way. Motivating students beyond their limits, makes this class unique and incredibly effective. All levels of fitness are welcome!	Saturday Mornings 9:00 - 10:00 a.m. Norway Town Hall - Lower Level Coordinator: Samantha Smith Zumba combines high energy and motivating music with unique moves and combinations to allow participants to dance away their worries and 500-700 calories. It's based on the principle that a workout should be "Fun and Easy to Do" while achieving long term benefits in a easy to stick to program.

NEW!

FOOD FOR LIFE: KICKSTART YOUR HEALTH!

Thursday Nights

September 12 - October 10

5:30 - 7:00 p.m.

Norway Town Hall - Lower Level

Instructor: Kathy Egan

FEE: \$50 for all 5 classes or

\$12 walk in/day of pricing

Discover which foods are optimal for weight management, learn about various health topics including blood pressure and digestion, and get empowered with the practical cooking skills needed to help you on your journey to better health. In our classes, attendees do all of this while enjoying a cooking demonstration and tasting delicious, healthful dishes in a supportive group setting.

FEATURED CLASS TOPICS:

- Power of Your Plate
- Let's Go!
- Getting in Gear
- Breaking the Food Seduction
- Keys for Natural Appetite Control

NEW!

EAT, PAINT, AND LEARN ABOUT HEALING HERBS!

October 26 or November 17

11:30 a.m. - 1:00 p.m.

Norway Town Hall - Lower Level

Instructor: Nora Rangel-Kubacki & Kim Sebastian

FEE: \$20 per class OR \$30 for both classes

All our lives we have seen them as "weeds" in our lawns, but some of them taste delicious, and have been used for hundreds of years to aid some of the most common physical ailments.

Come and join herbalist enthusiasts, Kim Sebastian and Nora Kubacki for an opportunity to learn how to incorporate healing herbs in your daily life in a safe and easy way, while getting out of our comfort zone by tasting dishes made with those herbs, and having fun painting your own herb "masterpiece."



COOKIE DECORATING!

October 25 - Halloween Themed

November 8 - Fall/Cozy Themed

6:00 p.m. - 8:00 p.m.

Norway Town Hall - Lower Level

Instructor: Renee - What's Baking

FEE: \$35

Maximum: 15 participants

Want to create some sweet treats this fall? Learn some tips and tricks to create more complex fall themed cookie designs to share with the whole family!

Participants will get to decorate and take home 6 premade cookies and all supplies/instruments are provided by the instructor.



PARK RENTAL INFORMATION



Contact the Recreation Department at (262) 895-6180 to verify availability before making any reservations.

Applications can be found on the town website under the Parks and Rec. Department.

RENTAL FEES

★ Barn Rental:

Capacity: 99 people

- **\$400 Rental fee:** Due at time of reservation
- **\$200 Refundable deposit:** Due when picking up the barn key includes 15 6ft tables and corresponding chairs



MEYER PARK BARN

★ 40' x 60' Pavilion Rental:

Capacity: 60 people

- **\$75 Rental fee:** Due at time of reservation
- **\$100 Refundable deposit:** Due one week prior to rental



PAVILION

★ 38' Gazebo Rental:

Capacity: 40 people

- **\$50 Rental fee:** Due at time of reservation
- **\$100 Refundable deposit:** Due one week prior to rental



GAZEBO

We are a
great option
for all types
of gatherings!

Contact our
office to
schedule a
tour!

The general hours for Meyer Park are 8:00 a.m. - 10:00 p.m. – 7 days a week.

Rental Hours: 8:00 am-10:00 pm*

**Rental hours to account for time to set up, decorate and clean up.*

Park Address: 26900 Meyer Drive, Wind Lake. *(This is not a mailing address.)*

NORWAY RECREATION DEPARTMENT
PROGRAM/EVENTS REGISTRATION FORM

(Please fill out this form completely and legibly, submit with payment (check or cash) to be considered registered)

PARTICIPANT NAME: _____ PRIMARY PHONE: _____

PARENTS NAMES: _____ SECONDARY PHONE: _____
(If minor)

ADDRESS: _____ CITY: _____ ZIP _____

EMERGENCY CONTACT (Relationship): _____ PHONE: _____

EMAIL ADDRESS: _____

MEDICAL CONDITIONS/MEDS/ETC: _____

PARTICIPANT'S NAME	DATE OF BIRTH	AGE (if minor)	SEX	PROGRAM	FEE

Any registrations received after 5:00 pm on the deadline date will be assessed a \$5.00 late fee per participant, per activity, unless otherwise noted.

Checks payable to:
NORWAY REC DEPT
Norway Recreation Department,
6419 Heg Park Road,
Wind Lake, WI 53185

Late fee \$5.00 _____

TOTAL \$ _____

WAIVER AND RELEASE OF CLAIMS

Thank you for your participation in the programs and events of Norway Recreation Department. We ask that you please read the following statements carefully. By signing this form, you acknowledge that participation in Norway Rec programs and events by the above registrants waives and releases all claims for injuries, damages or losses incurred from Norway Rec Department programs and events. **FALURE TO SIGN AND DATE THIS FORM WILL NULLIFY THE ABOVE REGISTRATION (S).**

“In participating in the programs and events of the Norway Recreation Department, I assume any and all risk of injury, damage and/or loss sustained during the above programs and events, and hereby give up any and all claim for damage against the Norway Town Board and Recreation Department and their officers, agents, employees and volunteers.”

“I have read and fully understand the above waiver and release of claims.”

SIGNED: _____ **DATE:** _____

*If under 18 years of age, parent or guardian must sign.

_____ I do **not** want my child's photo taken for use in publications, flyers, and brochures.

☐

Please email me a copy of my receipt

Recreation Dept. Use Only					
Amt Paid	Cash/Ck#	Date	Initials	EIC	Receipt #



6419 Heg Park Road
Wind Lake, WI 53185
(262) 895-6180
norwayrecreation@gmail.com
www.TownofNorwayWI.gov

MEN'S 30+ BASKETBALL OPEN GYM

Monday Nights

September 30, 2024 - April 28, 2025

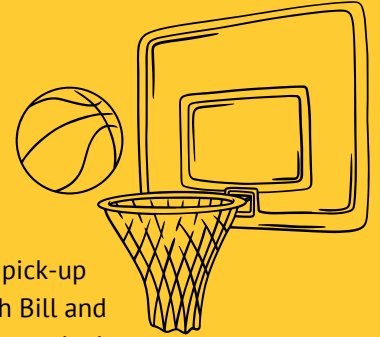
7:00 p.m. - 9:00 p.m.

Lakeview Elementary School Gym

Coordinator: Bill Kopecky

FEE: \$2 each night

Join us for our ongoing Monday night pick-up basketball league. Register onsite with Bill and attend when you can and bring friends to play!



COMMUNAL CRAFTING CLUB

Every other Saturday of the month; ALL YEAR

Starting at 9:00 a.m.

Norway Town Hall: Colonel Heg Hall

Instructor: ReAnn Holmes

Join our year round program every other Saturday!

Whether you're a beginner or experienced scrapper/stamper, croqueter, or even a quilter; enjoy the uninterrupted communal work time. Do you have some side projects you need space and time to work on? Make new friends or catch up with old ones. Come for a few hours or stay the whole day! All ages welcome! There is no fee to join the club!



Scan me

Find us on 

Town of Norway Recreation Department

NORWAY PARKS AND RECREATION



Winter Clothing Drive

September - December 2024

New and gently used winter outer items should be dropped off at the Norway Town Hall in the Rec Dept.

Questions:

Contact the Park & Rec Dept. (262) 895-6180

Programs are sponsored in full by the Town of Norway Recreation Department and are not affiliated with Muskego-Norway, Waterford Graded or any other school district.