



Verona Area School District Community Education Program and Verona Aquatic Center/Natatorium

Events and Classes
for our Community



Offerings

- Enrichment Classes
- Wellness Opportunities
- Aquatics

Visit Us

www.verona.k12.wi.us

**Fall/
Winter
2026**



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 Ln., 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 Resources

Badger Prairie Needs Network

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

Hours: Tue: 10 AM-12 PM, Wed: 6 PM-8 PM, Thur: 10 AM-6:30 PM., Fri: 10 AM-12 PM, Sat: 10 AM-12:30 PM

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

Verona Public Library

Location: 500 Silent Street, Verona, WI 53593 • 608-845-7180

Hours: Monday-Thursday: 9 AM-9 PM, Friday: 9 AM-6 PM, Sat: 9 AM-4 PM, Sun: 1 PM-5 PM

<https://www.veronapubliclibrary.org/>

Fitchburg Public Library

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

Hours: Monday-Thursday: 9 AM-8 PM, Friday-Saturday: 10 AM-6 PM, Sun: 1 PM-5 PM (September-May)

<https://www.fitchburgwi.gov/2775/Library/Library>

Verona Recreation Department

Location: 130 N. Franklin St., Verona, WI 53593 • 608-497-2913

Hours: M-F: 8 AM-4:30 PM

<https://www.veronawi.gov/265/Recreation>

Fitchburg Recreation

Location: 5520 Lacy Rd. Fitchburg, WI • 608-270-4285

Hours: M-Th: 8 AM-4 PM F: 8 AM-2 PM

<https://www.fitchburgwi.gov/599/Recreation>

Verona Senior Center

Location: 108 Paoli St., Verona, WI 53593 • 608-845-7471

Hours: M-F: 8:30 AM-4 PM

<https://www.veronawi.gov/290/Senior-Center>

Fitchburg Senior Center

Location: 5510 Lacy Rd., Fitchburg, WI 53711 • 608-270-4290

Hours: M-TH: 8 AM-4 PM, F: 8 AM-2 PM

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



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 Aquatic Center
- Verona Area School District Central Office
- During Community Education Tours of VAHS



Adult Fitness Classes

Community Education Class Information



Register online for VASD Community Education classes: vasdcommmed.recdesk.com/community

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

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 may 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 participant withdraws before the class begins. No refunds are given after a class begins.

SENIOR CITIZEN DISCOUNT: Community members 62 years and older may attend some 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.

Please note: When school is closed due to inclement weather, all community education classes will be canceled for that day.

Circuit Strength Training Fall '26



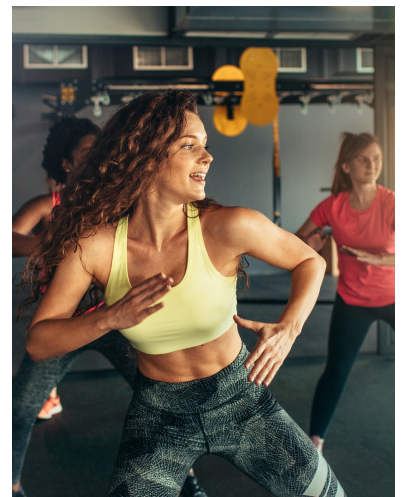
This high-energy class combines the best of cardiovascular and strength training through dynamic interval circuit training. Expect to challenge your mind and body as you rotate through timed intervals featuring weights, resistance bands, bodyweight exercises, cardio work, and Pilates-inspired movements. Every class offers a fresh, varied routine to keep you engaged. All fitness levels are welcome, with modifications available for every exercise.

- Course: #597: September 8-October 29 (Tuesday/Thursday, 5:15-5:50 AM) (No class on October 22)
- Course: #598: November 3-December 22 (Tuesday/Thursday, 5:15-5:50 AM) (No class on November 26)
- Age: 18+
- Location: Glacier Edge Gymnasium. Enter through Door #6
- Instructor: Angie Rahn
- Min/Max Enrollment: 6/20
- Fee Per Course: Course #597: VASD Staff: \$30, Community: \$60
Course #598: VASD Staff: \$28, Community: \$56

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 #583: September 8-October 6 (Tuesdays, 4:15-5 PM)
- Course #584: October 20-November 17 (Tuesdays, 4:15-5 PM)
- Course #585: December 1-December 22 (Tuesdays, 4:15-5 PM)
- Location: New Century/Verona Area International School Gym
- Age: 18+
- Instructor: Amelia McConnell
- Min/Max Enrollment: 6/15
- Fee Per Course #583-584: VASD Staff: \$10, Community: \$20
- Fee Per Course #585: VASD Staff: \$8, Community: \$16



Enrichment Classes



Intro to Paper Quilling

Learn the basics of the ancient art of paper quilling in this beginner-friendly class. You will hear a brief history of paper quilling and be taught tips and techniques to get you started. By the end of class, you'll have created your own original framed artwork to take home or gift to someone special!

- Course: #586
- Date/Time: Tuesday, October 6, 5-7 PM
- Age: 18+
- Location: Verona Area High School, room S1508
- Instructor: Paula Hass
- Min/Max Enrollment: 12/20
- Fee: \$23

Festive Fall Cookie Decorating

Enjoy a deliciously fun fall cookie decorating class! Learn simple techniques to turn sugar cookies into colorful pumpkins, leaves, and more using icing, piping, and sprinkles. No baking required, just decorate, create, and enjoy your tasty masterpieces!

Students ages 8 and up are welcome. Perfect for kids, teens, and adults to enjoy together! Participants will bring home at least 6 cookies.

- Course: #587
- Date/Time: Tuesday, October 13, 4:30-6 PM
- Age: 8+
- Location: Verona Area High School Culinary Kitchen, room S1402
- Instructor: Rita Mortenson
- Min/Max Enrollment: 12/20
- Fee: \$20



Pressed Flowers & Resin

Create a beautiful botanical keepsake by preserving pressed flowers, delicate ferns, and other natural elements in crystal-clear resin. Learn the basics of working with resin as you design a one-of-a-kind decorative piece that's perfect for displaying or gifting. No experience is necessary—all materials and step-by-step instructions are included. All participants will be able to create 2 coasters approximately 4 inches in diameter.

- Course: #590
- Date/Time: Thursday, November 12, 4:30-5:30 PM
- Age: 18+
- Location: Verona Area High School, room S1508
- Instructor: Rita Martin
- Min/Max Enrollment: 10/18
- Fee: \$15 for two coasters



Fall Pie Creations

Each participant will make pie dough and filling from scratch. Lattice top or crumb topping will be the modifications. Each participant will take home their pie for the freezer or to bake.

- Course: #591
- Date/Time: Tuesday, November 17, 4:30-6 PM
- Age: 16+
- Location: Verona Area High School Culinary Kitchen, room S1402
- Instructor: Megan Wenn
- Min/Max Enrollment: 12/20
- Fee: \$20



Wreath Creation Workshop

Join us for a hands-on, seasonal workshop where you'll create your very own 12" wreath using fresh, fragrant pine. Whether you're crafting for your front door or as a thoughtful handmade gift, this class is a wonderful way to welcome the season. We'll provide all the materials you need, including a variety of bows and decorative accents, so you can personalize your wreath to match your style.

- Course: #592
- Date/Time: Wednesday, November 18, 4:30-6 PM
- Age: 18+
- Location: Verona Area High School, room S1609
- Instructor: Kevin Hoffman
- Min/Max Enrollment: 9/12
- Fee: \$40

Design Your Own Cutting Board

Get ready to create something unique in this hands-on woodworking class! Personalize your own cutting board by sanding it to perfection, choosing from three different edge styles, and experimenting with laser engraving designs and oil the board. Whether you're new to woodworking or ready to try something creative, you'll leave with a one-of-a-kind cutting board and a sense of accomplishment! And, you will have an opportunity to use some of the cool woodworking equipment at the high school. Participants will be provided a 12-inch by 7-inch cutting board to work with.

- Course: #593
- Date: Tuesday, December 1, 4:30-6:30 PM
- Age: 18+
- Location: Verona Area High School, room S1515
- Instructor: Logan Hackl
- Min/Max Enrollment: 10/16
- Fee: \$25



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. Adults and children may attend. Cutouts are approximately 7 inches tall. Two for \$10 or three for \$15.

- Course: #594
- Date/Time: Thursday, December 3, 4:30-6 PM
- Age: 6+
- Location: Verona Area High School, East Atrium
- Instructor: Rita A. Mortenson
- Min/Max Enrollment: 12/20
- Fee: 2 for \$10 or 3 for \$15



Winter Wonderland Cookie Decorating

Step into a sweet winter wonderland and learn how to decorate cozy, cold-weather cookies! Use icing, piping, and sprinkles to create snowflakes, mittens, mugs of cocoa, and more. No baking required; just bring your creativity and love for all things frosty and fun. Students ages 8 and up are welcome. Perfect for a magical winter activity with friends or family! Participants will bring home at least 6 cookies.

- Course: #595
- Date/Time: Thursday, December 10, 4:30-6 PM
- Age: 8+
- Location: Verona Area High School Culinary Kitchen, room S1402
- Instructor: Rita A. Mortenson
- Min/Max Enrollment: 12/20
- Fee: \$20



A Tour For Your Graduating Class

Would you like your Verona Area School District graduating class to create a lasting memory together? Bring your classmates back to VAHS for a special tour designed just for your class. Reconnect with friends, learn about new classes that are at VAHS now, and take a walk down memory lane as you experience the school through new eyes.

Contact Sidney Peach (peachs@verona.k12.wi.us) or Rita Mortenson (mortensr@verona.k12.wi.us) for more information.





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.

Location: Verona Area High School (Enter school through the Main Entrance)

Date/Time: October 27, 4:30-6 PM

Instructor: Rita A. Mortenson

Fee: Free

Min/Max Enrollment: 10/15



Aquatic Center



Performing Arts Center



Community Education Classes



**Visit the
Verona Area
High School**

- Registration is required.
- Please sign up on RecDesk (<https://vasdcommmed.recdesk.com/Community/Page?pageId=15329>)

On the tour, you will....

- ✓ Get a tour of Verona Area High School
- ✓ Learn how you can get free access to the Aquatic Center
- ✓ Learn how you can get a free Golden card with entry into VAHS sporting events
- ✓ Get a glimpse of the music, art, technology & engineering, woods, automotive, culinary and more!
- ✓ Learn about the Fall Community Education classes



Community Learning Series

Inside VASD: Community Learning Series

Understanding Our Schools. Supporting Every Learner.

Public schools thrive when schools and communities learn together. Inside VASD: Community Information Series is a free virtual learning series designed to provide parents, caregivers, grandparents, community members, business partners, and anyone interested in Verona Area School District with an inside look at the work happening in our schools.

Each 45-minute session is led by VASD staff and provides timely information about student learning, district programs, and the systems that support student success. Participants will gain a deeper understanding of how our schools operate, learn practical ways to support students, and have the opportunity to ask questions and engage in meaningful conversations with district experts.

Whether you have a student in our schools today, are preparing for the future, or simply want to better understand how VASD serves our community, we invite you to join us as we learn together.

If you have questions about the sessions, please contact Dr. Angela Hawkins at hawkinsa@verona.k12.wi.us

For the complete class descriptions, please visit: <https://vasdcommmed.recdesk.com/Community/Program?category=38>

Inside VASD: An Inside Look at School Nutrition (Virtual)

Join VASD's School Nutrition team for an inside look at the planning and decision-making that goes into providing healthy, nutritious meals for students every day. Participants will learn how school meals align with USDA nutrition guidelines while balancing student preferences, cultural responsiveness, food allergies and dietary accommodations, nutritional value, and cost. We'll also explore how student and family feedback helps shape menu planning and continuous improvements, ensuring meals reflect the diverse needs and interests of our school community.

- Course: #600: (Virtual) Thursday, September 17, 6:30-7:15 PM
- Ages: 18+
- Location: Virtual (The session link will be sent one week before the event. Registration is required to receive the link.)
- Fee: Free



Inside VASD: Getting to Know Your Schools (Virtual and In-person)

Join Dr. Angela Hawkins for an engaging introduction to VASD and discover how our schools serve students and strengthen our community. Together, we'll explore who we are, the programs and opportunities available to students, how schools are organized, and the many ways VASD partners with families and the broader community to support student success. Participants will also receive highlights from the district's Annual Academic Report, gain insight into student achievement and district priorities, and learn how community voice and feedback help shape continuous improvement across our schools.

- Course: #602: (In-Person at Verona Public Library) Tuesday, September 22, 12:30-1:15 PM
- Course: #601: (Virtual) Tuesday, September 22, 6:30-7:15 PM
- Please note: For the virtual session, the link will be sent one week before the event. Registration is required to receive the link.
- Ages: 18+
- Fee: Free



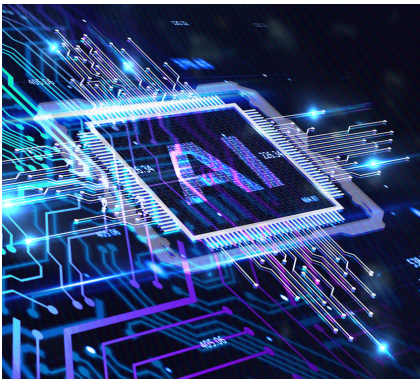
Community Learning Series



Inside VASD: The ABCs of Literacy (Virtual)

Learning to read is one of the most important milestones in a child's educational journey. Whether you are a parent, grandparent, caregiver, community member, or simply interested in understanding how Verona Area schools teach literacy, this session offers an inside look at our approach. District literacy leaders will explain how reading instruction is designed using the Savvas curriculum, how Aimsweb assessments help monitor student growth, what Reading Plans are, and how schools respond when students need additional support. Participants will also leave with practical ideas for encouraging literacy at home and thoughtful questions to ask during family conferences.

- Course: #603: (Virtual) Thursday, October 1, 6:30-7:15 PM
- Ages: 18+
- Location: Virtual (The session link will be sent one week before the event. Registration is required to receive the link.)
- Fee: Free



Inside VASD: AI 101: Understanding Artificial Intelligence (Virtual)

Artificial Intelligence (AI) is rapidly changing how we live, work, and learn—but what exactly is AI? Join us for an introductory session designed for parents, caregivers, grandparents, and community members who want to better understand this emerging technology. We'll explore what AI is (and what it isn't), how it is already being used in our daily lives, common misconceptions, and both the opportunities and limitations of AI. Participants will also learn why AI literacy is becoming an essential skill for today's students and how VASD is helping prepare learners for an AI-enabled future.

- Course: #605: (Virtual) Thursday, November 5, 12:30-1:15 PM
- Course: #604: (Virtual) Thursday, November 5, 6:30-7:15 PM
- Ages: 18+
- Location: Virtual (The session link will be sent one week before the event. Registration is required to receive the link.)
- Fee: Free



Inside VASD: AI 102: Parenting in the Age of AI (Virtual)

Artificial Intelligence is changing the way students learn, create, communicate, and solve problems. As AI tools become increasingly common in schools and everyday life, families and caregivers are asking important questions: Should my child use AI? Is it considered cheating? How can AI support learning without replacing critical thinking? Join VASD instructional leaders for an engaging conversation about what families need to know to confidently navigate this new technology. Participants will learn how Artificial Intelligence is being used in education, how VASD approaches the responsible use of AI, and practical strategies for supporting students at home. Together, we'll explore how families can encourage curiosity, creativity, ethical decision-making, and responsible technology use while preparing students for a future where AI will be part of both learning and the workplace.

- Course: #606: (Virtual) Thursday, December 3, 12:30-1:15 PM
- Course: #607: (Virtual) Thursday, December 3, 6:30-7:15 PM
- Ages: 18+
- Location: Virtual (The session link will be sent one week before the event. Registration is required to receive the link.)
- Fee: Free



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

The Verona Area Aquatic Center is attached to the Verona Area High School and includes three pools. The 8-lane, 25-yard competition pool ranges in depth from 3.5 feet to 7 feet, with an attached diving well with a maximum depth of 12 and a half feet. There is also seating for up to 800 spectators. The warm water pool is an 8-lane, 25-yard pool with depth ranges of 3 to 5 feet. The warm water pool also has an adjoining Multi-Purpose room.

Location: 234 Wildcat Way, Verona, WI 53593 [Door S9, Parking Lot: D] Attached to the Verona Area High School

The Natatorium is a 6-lane, 25-meter pool, located on the grounds of Badger Ridge Middle School and Core Knowledge Charter School. The pool depths range from 3.5 to 12 feet.

Location: 400B North Main Street, Verona, WI 53593 [Next to the Badger Ridge Middle School]

Account Creation

A RecDesk account is required to register for any programming, purchase punch passes or memberships, and is recommended for regular visitors to the facility. To create an account, visit our RecDesk page at

<https://veronanat.recdesk.com/Community/Member/Signup>.

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 reserves 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 Aquatic Facilities will also be closed or delayed.

Weather Cancellations (Non-School Days)

If the weekend weather is questionable, please check our website ([verona.k12.wi.us/pool](https://aquatics.verona.k12.wi.us/pool)) for cancellation information. Cancellation information will be provided via email, website, and social media. A RecDesk account is required to receive all of our communications.

Pool Rentals

Please visit <https://aquatics.verona.k12.wi.us/aquatics-facility-rental> or call Jeanene Ennis at 608-845-4329 for information about renting our facilities. Our rental rates are charged to cover lifeguard, custodial services, and facility use costs. More details are found on our website.

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.



Aquatic Schedules/Fees

Pool

Schedule



Aquatic

Website



Program

Registration



Swim Lesson

Information



VASD Aquatic Facilities Swimming Fees & Membership Information

Daily Fees

VASD Resident Youth: \$3	Non-Resident Youth: \$4
VASD Resident Adult: \$4	Non-Resident Adult: \$5
VASD Resident Senior Citizen (62+): FREE	Non-Resident Senior: \$2

Punch Pass

10 pass Open/Lap swim ONLY	Resident Youth: \$27 Resident Adult: \$36 VASD Senior : \$0	Non-Resident Youth: \$36 Non-Resident Adult: \$45 Non-Resident Senior: \$18
20 pass Water Exercise ONLY	Resident Adult: \$90 Resident Senior (62+): \$20	Non-Resident Adult: \$108 Non-Resident Senior (62+): \$40

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

VASD Resident Individual \$55 Family \$95	VASD Non-Resident Individual \$110 Family \$135
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School Year Membership - 9 months (Note: Automatically expires on the last day of school.)

VASD Resident Individual \$85 Family \$145	VASD Non-Resident Individual \$165 Family \$205
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Annual Membership (Note: Begins on the date of purchase)

VASD Resident Individual \$110 Family \$190	VASD Non-Resident Individual \$220 Family \$270
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Memberships can be purchased online at veronanat.recdesk.com or at both the Aquatic Center and the Natatorium. You must have an account to purchase a membership.

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

Note: 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 are charged for classes and pool rentals.

Community Swim Times

No registration needed! These community swim times are walk-in friendly. Just stop by the front desk to check in with your account or as a guest. If you visit regularly, a RecDesk account makes checking in more efficient. Visit <https://veronanat.recdesk.com/Community/Member/Login> to create your account.

Family Swim (Warm Water Pool)

Just \$5 for the whole household!

Enjoy dedicated time to splash and swim together. Children under 8 must have someone 15 or older in the water within arm's reach at all times. A lap lane will be available unless the pool becomes crowded. Swim diapers (cloth or disposable) are required by State Law for all non-toilet-trained individuals.

When: Sundays from 2:30pm - 3:30pm

Where: Verona Aquatic Center (234 Wildcat Way, Verona, WI)

Open Swim (Warm Water Pool) & Adult Swim (18+ years ONLY)

Everyone is welcome to attend Open Swim. Children ages 12+ 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 flotation devices are allowed during Open Swim. A lap lane will be provided during open swim unless the pool is crowded. See the Pool Schedule for open swim times.

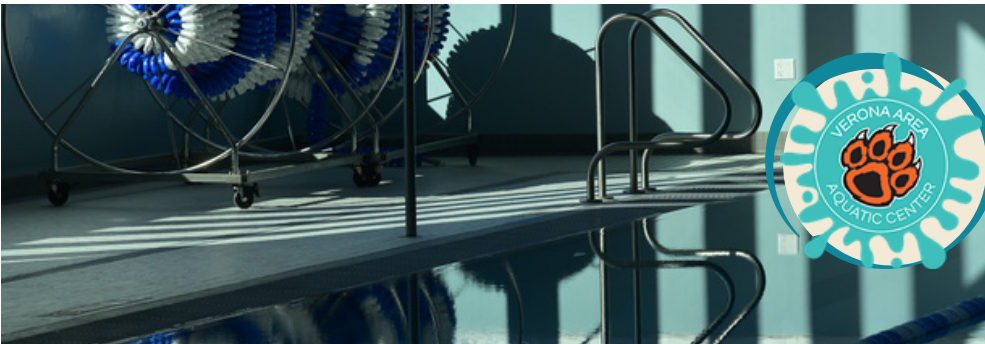
Adult Swim is reserved for individuals 18+. Lap lanes may be available depending on pool capacity.

Where: Verona Aquatic Center (234 Wildcat Way, Verona, WI)

Lap Swim (Competition Pool at Aquatic Center & Natatorium)

Lap Swim is open to everyone. Circle swimming is encouraged during peak times and required when there are more than 2 swimmers in a lane.

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



veronanat.recdesk.com
or QR Code



Aquatic Programs



Water Exercise Fees (ages 18+)

Resident Senior (62+): \$1	Resident Adult (18+): \$5
Non-Resident Senior (62+): \$2	Non-Resident Adult (18+): \$6

Aqua Moves

Get ready for a fun, cardio-fueled shallow water class. Elements of strength and balance are incorporated. Choose the intensity that's best for you! Classes take place in our warm water pool (88°).

Deep Water Bootcamp

Improve your cardiorespiratory and muscular endurance in just 45 minutes! Fun music and invigorating workouts to help you reach your personal fitness goals. This class takes place in our 12-foot diving well, and we provide supportive flotation belts so you can focus on crushing your fitness goals with confidence and fun.

SPYCE

Movement Through SPYCE blends Strength, Pilates, Yoga, Cardio, and Energy awareness into a gentle, low-impact class designed to support your body and mind.

The warm water creates a comfortable, supportive environment for improving mobility, balance, posture, and overall strength while reducing stress on joints and muscles. This class is ideal for those recovering from surgery or injury, easing back into movement, seeking a slower-paced fitness option, or simply wanting to feel stronger and more confident in everyday activities.

NEW

Did you know?

We have a 20-punch Water Exercise Membership!

Resident

- Adult (18+) = \$90
- Senior (62+) = \$20

Non-Resident

- Adult (18+) = \$108
- Senior (62+) = \$40

HOW DO I
CHECK THE
SCHEDULE?

We have a specific Google Calendar just for water exercise classes! Visit our Aquatic Center website or simply scan the QR code

SCAN HERE



Swim Level Descriptions

- **Parent/Tot 1 (ages 6 months - 2.5 years) & Parent/Tot 2 (ages 2.5 - 4 years)**
 - These classes focus on comfortability in the water and basic aquatic skills. Adults learn how to safely support their swimmer in the water, laying the foundations for independent swimming. 1:1 adult participation required.
- **Preschool (ages 3 - 6)**
 - Designed for independent participation; no previous swim experience required. A variety of equipment and supports are utilized to assist in skills development and exploration of independence in the water.
- **Learn-to-Swim, Levels 1-6 (ages 6 - 13)**
 - Levels 1 & 2 focus on basic aquatic skills and development of swimmer independence, with an emphasis on increasing distance and duration of skills and exploration of deeper water.
 - Levels 3 & 4 expand on previously acquired skills and introduce all six (6) strokes. Headfirst entries are also introduced.
 - Levels 5 & 6 work on refinement of the six (6) strokes, as well as increasing distance and duration of skills. More complex skills such as flip turns and heart rate calculation are also introduced.
- **Teen/Adult (ages 13+)**
 - Instruction is individualized based on swimmers' goals and proficiency levels.
- **Private Lessons (ages 6+)**
 - 1:1 sessions that ensure personalized attention from an instructor.

Registration & Policies

Visit our programming page at veronanat.recdesk.com to register.

Registrations must be paid in full at the time of registration and are not accepted via phone.

Session registration

Registration is limited to one session (eg, *Mondays only*) for each participant. Individuals who register a participant for more than one session at a time (eg, *Mondays and Wednesdays*) 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 due to illness or other conflict. There are no make-up classes available for missed lessons.

Refund Policy

VASD Aquatics has a No-Refund policy, except for the following circumstances. 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 is applied. Individuals are not eligible for a refund if they 1) register their children or themselves for more than one session at a time; 2) place their student in an incorrect class; or 3) if they choose to cancel the registration or withdraw from a class.

Fall Swim Lessons

Schedule Available for Viewing

Wednesday, August 19th

Registration opens (at noon)

- Residents: August 26th
- Non-Residents: August 28th

Fall Swim Lessons

Lessons this Fall take place once a week for 10 weeks:

Sundays - September 13th - November 22nd

No class October 25th

Tuesdays - September 15th - November 17th

Wednesdays - September 16th - November 18th

Get to know our new format for swim lessons!

Learn-to-Swim (ages 6-13) offers a simplified registration process designed to enhance your overall experience. To get familiar with the program, please watch the informative video below by scanning the QR code.



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

Tatiana Ortiz - Admin. Assistant - *Se habla español!*

Leah Wicander - Aquatics Assistant Director - *Se habla español!*

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



Upcoming Events!



VASD AQUATIC CENTER
GLOW SWIM
Night

STARTS AT **6PM** UNTIL 8PM | FRIDAY **30** OCTOBER | LOCATED 234 WILDCAT WAY, VERONA, WI

SCAN TO REGISTER




DIVE-IN
MOVIE NIGHT

Friday, February 5th, 2027

Movie Starts At 6 PM | 234 Wildcat Way, Verona, WI. 53593



Scan to Register



FLOAT & RESTORE

Water Meditation & Sound bath Experience
 Escape into a deep relaxation with a unique meditation and sound bath led by Shelby.

Attendees should bring inflatable floats for comfort, with some mats and noodles available to borrow. No swimming experience is needed, just come ready to relax and immerse yourself in this calming wellness experience, leaving feeling refreshed and renewed.

AUGUST 24TH, 4:00PM-4:45PM

COST
 \$10 - VASD Residents
 \$15 - Non-VASD Residents

REGISTER



BENEFITS

- Relaxation
- Mindfulness
- Improve Balance
- Reduce Stress



AEA 2026
AEA EDUCATION & TRAINING
VERONA, WISCONSIN
 NOVEMBER 14 - 15, 2026
 FEATURING MELISSA PLUMEAU

EARLY BIRD AEA MEMBER REGISTRATION DEADLINE: OCTOBER 14, 2026

WORKSHOPS

AEA Aquatic Fitness Applications & Skills (PRAC)	\$99.00 Early Bird AEA Member	\$129.00 Late and/or Non-Member
H2O Circuits	\$59.00 Early Bird AEA Member	\$69.00 Late and/or Non-Member
Aqua Pilates: Water Reformed	\$69.00 Early Bird AEA Member	\$69.00 Late and/or Non-Member

Your AEA Training Specialist and Presenter for the Weekend

MELISSA PLUMEAU holds a master's in kinesiology and a bachelor's in K-12 physical education. She is an AEA Aquatic Training Specialist certified with AEA (AFP and AF Program Leader), ATRI and ACE (multiple areas). Based in Boise, Idaho, she owns Embody Pilates Yoga & Fitness and the AquaFit Revolution. Melissa is dedicated to creating fitness experiences that inspire and educate students of all ages.

LOCATION: VERONA AQUATIC CENTER - 234 WILDCAT WAY, VERONA, WI 53593

Advanced registration is required | NO ONSITE registrations are accepted.

- View specific event information & registration link at www.aeawave.org under Calendar/AEA Education/Events
- Questions? Email info@seawe.org - Phone 888-232-9283 or 912-289-3559

Aquatic Training/Courses Red Cross Courses



The Verona Aquatic Center & Natatorium is a proud provider of American Red Cross programs. Offerings are filled on a first-come, first-served basis. All classes have limited space available, so register early.

Lifeguarding Certification

The blended learning Lifeguarding Certification course provides participants with the knowledge and skills to *prevent, recognize, and respond to aquatic emergencies*. Must be at least age 15 on or before final day of course.

Lifeguarding Recertification

The blended learning Lifeguarding Recertification course provides participants the opportunity to review and practice the necessary knowledge and skills to maintain their Lifeguarding certification.

Lifeguarding Instructor Course (LGI)

The Lifeguarding Instructor course trains instructor candidates *to teach the basic-level courses and modules in the American Red Cross Lifeguarding program*. Must be at age 17 on or before final day of course and hold a valid American Red Cross Lifeguarding certification. Shallow Water certifications do not meet eligibility requirements.

Lifeguarding Instructor (LGI) / Instructor Trainer (IT) Recertification

This course gives instructors and instructor trainers the opportunity to review and practice the course knowledge and skills in order to maintain their American Red Cross Lifeguarding Instructor and/or Instructor Trainer certification.

Lay Responder First Aid/CPR/AED and Narcan training

The Lay Responder First Aid/CPR/AED course provides participants with the knowledge and skills they need to *recognize and respond appropriately to cardiac, breathing, and first aid emergencies*. A non-certification skill boost for Naloxone training is also provided.

CPR/AED for the Professional Rescuer Recertification (CPR PRO)

This course provides participants the opportunity to review and practice the course knowledge and skills in order to maintain their American Red Cross CPR/AED for the Professional Rescuer certification.

Water Safety Instructor (WSI)

The Water Safety Instructor course trains instructor candidates *to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress*.

Scan the QR code for upcoming courses!



Plenty of upcoming courses starting in the Fall!

Diving Lessons

Beginner Diving: Introducing a new Beginner Diving Class for individuals ages 8 and above. This class focuses on teaching the fundamentals of 1 meter springboard diving, covering essential techniques such as forward and back approaches, front dive, front somersault, and back dive. Perfect for those interested in starting their diving journey.

Intermediate Diving: Introducing an Intermediate Diving Class designed for divers with basic knowledge seeking to expand their skills. This class offers instruction in advanced dives such as inward dives, reverse dives, and twisters, providing an opportunity for divers to enhance their diving proficiency.

Masters Swim (Morning and Evening classes available)

A coached swim program for adults focusing on stroke technique, all four competitive strokes, starts, and turns. Designed to build fitness, endurance, and speed. Ideal for those training for fitness, competition, triathlons, or open water swimming.

Logrolling

A fun and challenging sport for all ages and experience levels, taught by local professionals Garrick and Caity Birdsong. Garrick brings 19 years of experience, including televised matches and over a decade of coaching all skill levels. Caity has 7 years of experience and is one of the few professionals who started as an adult, helping others quickly learn and enjoy the sport.

SCUBA 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

Please check RecDesk for upcoming courses!

Scan to register for these programs!





Verona Area School District Community Education

**2026
Fall/Winter**

Offerings

- Enrichment Classes
- Wellness Opportunities
- Aquatics

Visit Us

www.verona.k12.wi.us

