

Dear Oregon Area Community,

As we prepare to welcome our students and families to the 2024-2025 school year, we are also excited to share the Fall 2024 Community Education Class and Activity guide. Inside you'll find classes for a wide variety of interests and options for all ages. Be sure to sign up quickly, as these classes are popular and fill up quickly.

Fall is a special season because it is the time of year when our vibrant school community is bustling with students returning to a new school year. During this time of year, you will find kids participating in early season sporting events, families getting their school materials and supplies in order, and community members getting ready for the change in season.

The word *grateful* comes to mind as I reflect on the change of season. I am so incredibly grateful to be part of a community that continually supports our students, staff, and great school district. The commitment to education and the future of our children is a value that our community has affirmed over and over again throughout the years. It is something that really makes our community special and for that I am very grateful.

I wish you a fulfilling season of gratitude and hope you join us in a Community Education class very soon.

Warmly,
Dr. Leslie Bergstrom
Oregon School District Superintendent





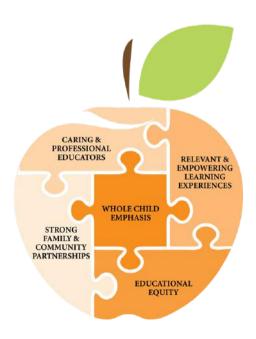


Table of Contents

CE & REC INTRODUCTION	2-4
EARLY CHILDHOOD	5
YOUTH PROGRAMS	6-10
CHILDREN'S DANCE	10-11
YOUTH AND TWEENS	11-12
TEEN/ADULT PROGRAMS	13-18
PARENTING PROGRAMS	18
CE & REC ACTIVITIES	19-21
COMMUNITY POOL	22-25
COMMUNITY INFORMATION	26-37
Have Fun with us all Except for these date	
CE & REC OFFICE CLOSED	
9/2, 11/28-11/29, 12/24-12/25, 12/3	31-1/1
POOL CLOSED (ALL DAY)	
9/2, 11/28-11/29, 12/24-12/25, 12/3	31-1/1
POOL CLOSED AT 4:30PM	
9/10.9/24.10/8.12/17	

Our Staff

Alex Marks

apmarks@oregonsd.net | (608) 835-4041 Community Ed & Rec Director

Noah Bertrand

nwbertrand@oregonsd.net | (608) 835-4052 Community Ed & Rec Program Supervisor

Lindsey Olsen

<u>laolsen@oregonsd.net</u> | (608) 835-4043 Community Ed & Rec Program Assistant

Nick Russell

nrrussell@oregonsd.net | (608) 835-4086 Oregon Pool Aquatics Director

Willow Kugel

wakugel@oregonsd.net | (608) 835-4040 Oregon Pool Aquatics Administrative Assistant

Register Online at:

www.OregonSD.org/Community



Community Ed and Rec

(608) 835-4097

Oregon Pool

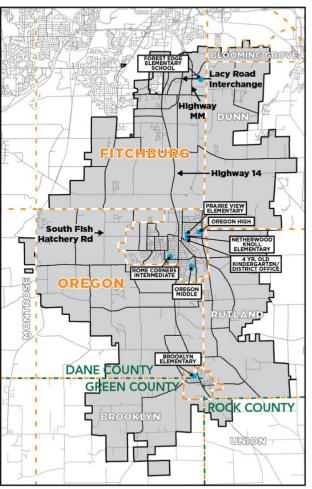
(608) 835-8617





New Registration System is Here!





SCHOOLS

Brooklyn Elementary, Gr. K-4 204 Division Street, Brooklyn 608-835-4500

Forest Edge Elementary, Gr. K-6 4848 Brassica Road, Fitchburg 608-835-4600

Netherwood Knoll Elementary, Gr. K-4 276 Soden Drive, Oregon 608-835-4100

Prairie View Elementary, Gr. K-4 300 Soden Drive, Oregon 608-835-4200

Rome Corners Intermediate, Gr. 5-6 1111 S. Perry Parkway, Oregon 608-835-4700

Oregon Middle School, Cr. 7-8 601 Pleasant Oak Drive, Oregon 608-835-4800

Oregon High School, Gr. 9-12 456 N. Perry Parkway, Oregon 608-835-4300

Oregon School District Office

123 E. Grove Street, Oregon 608-835-4091

EARLY LEARNING/4K

Heart of Brooklyn 217 Douglas Drive, Brooklyn 608-455-3301

Little Angels Early Learning 103 N. Alpine Parkway, Oregon 608-835-1945

Mariposa Learning Center 4870 Brassica Road, Fitchburg 608-299-9337

Oregon Daycare, Inc. (ODI) 172 N. Main Street, Oregon 608-835-3396

Oregon Preschool, Inc. (OPI) 625 E. Netherwood Road, Oregon 608-835-9216

Starlight Academy 537 N. Main Street, Oregon 608-291-2488

3 Year Screener Dates

Thursday, September 19th Friday, September 20th

"...Helping students acquire the skills, knowledge and attitudes needed to achieve their individual potential..."

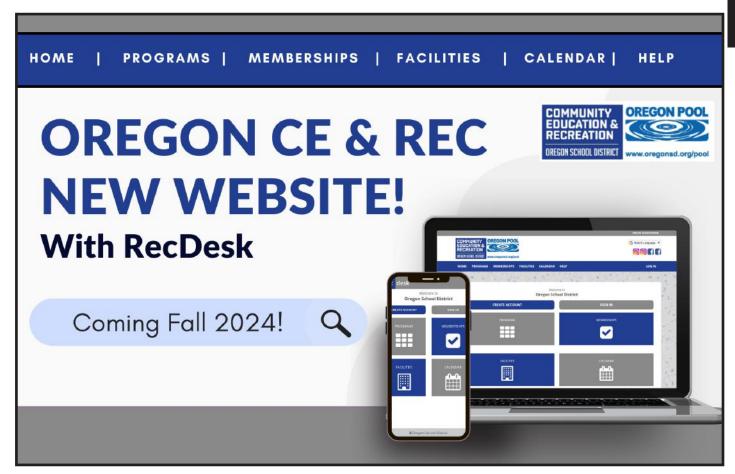
OregonSD.org

HOW TO REGISTER:

- **1.** Go to our <u>NEW</u> registration website at <u>www.oregon.recdesk.com/Community/Home</u> OR Scan the QR Code
- 2. Click on the button "CREATE ACCOUNT" as shown below



- 3. Enter in your information to create an account for yourself
 - **PLEASE NOTE:** All participants will need to create a **NEW** account to register for any CE & Rec and Oregon Pool classes, programs, and/or events. No accounts from our previous registration system will be transferred over.
- 4. If applicable, add additional family member(s) to your account so they can join in the fun, too!



It's Easy To Register!

Register Online! Visit us at oregonsd.org/community

- » Register online any time and pay with a credit or debit card.
- » View availability of classes in just a few clicks!
- » Don't have internet access? We have registration stations at:
 - Oregon Pool 249 Brook St
 - District Office 123 E. Grove St
- » WiFi and Computers are also available at the Oregon Public Library and at the Oregon Senior Center.

Scholarships

We will waive or reduce fees for children meeting the criteria for free or reduced meals, or adults whose income requires support. Participants are encouraged to pay a portion of the program fee when possible. Most programs require a partial contribution from families; some programs do not have scholarships available. We may limit the total scholarship assistance given to a family. Scholarships are only available to OSD residents. Call the Community Ed & Rec office at 608-835-4097 prior to registration to request assistance.

Registration Confirmation

Class confirmation, including class location and supply lists, will be **emailed** within a week before the scheduled start date.

Don't Wait!

Please don't wait until the last minute to register! Registering early allows us to plan for materials, facilities, etc. **Unfortunately, programs may be canceled if minimum enrollment is not met**.

Our classes & programs are held in many locations around our community! Check out some addresses below.			
BKE Brooklyn Elementary 204 Division Street, Brooklyn	OHS Oregon High School 456 N Perry Parkway		
FES Forest Edge Elementary 4848 Brassica Rd, Fitchburg	OMS Oregon Middle School 601 Pleasant Oak Drive		
NKE Netherwood Knoll Elementary 276 Soden Drive	RCI Rome Corners Intermediate 1111 S. Perry Parkway		
PVE Prairie View Elementary 300 Soden Drive	Senior Center Oregon Area Senior Center 219 Park Street		
Oregon Pool Oregon Pool 249 Brook Street	Oregon Library Oregon Public Library 200 N. Alpine Pkwy		

INCLUSION The Oregon School District welcomes individuals of all abilities and will provide reasonable accommodations that allow for program participation without fundamentally altering the program. To access services for Community Ed & Rec programs, please provide us with information about your disability when you register or call 608-835-4097. Inclusion services at the Oregon Pool classes are also available. Please call 608-835-4086 to request assistance at the pool.

REFUNDS Any requests for refunds made within one week of the start date for programs, classes, and/or events will result in a refund as account credit upon request. Credit will be refunded to the registration account used for payment. Credits/refunds requested less than a week prior to the start date of an activity will be handled on an individual basis.

CONTRACTED PARTNERS We contract with a variety of individuals and businesses to provide learning opportunities in our sites.

PHOTOGRAPHY On occasion, videos or photographs are taken of participants. If you do not wish to participate, please notify the photographer, instructor, or our office.

SEVERE WEATHER When schools close or release early due to inclement weather, all Community Ed & Rec activities are <u>canceled</u>. We will send an email to individuals registered for classes. Please check radio, TV, or <u>oregonsd.org</u> for the latest on warnings and emergencies. If unsure, please email <u>apmarks@oregonsd.net</u> for the status of the class. We will do our best to reschedule or add time to other classes to make up for canceled classes.

NON-DISCRIMINATION Per state and federal law, the Oregon School District does not discriminate on the basis of sex, race, color, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional or learning disability or handicap in its education programs or activities.

Early Childhood

PLAY AND LEARN (WITH ADULT)

Ages 0-5

Instructor: Brooke Bee

Fee: \$55/5-week session and \$66/6-week session

Join us for free play, stories, songs, crafts, and more! In this fun, relaxed environment children will learn early math, literacy, and social skills through play. This class offers a great chance for both children and caregivers from the community to meet, socialize, and play!

DAY	DATES	TIME	LOCATION
Wed	9/11 - 10/9	9:00 - 11:00AM	NKE
<u>Fri</u>	9/6 - 10/4	9:00 - 11:00AM	NKE
Wed	11/6 - 12/18	9:00 - 11:00AM	NKE
<u>Fri</u>	11/8 - 12/20	9:00 - 11:00AM	NKE

NO CLASS 11/27 & 11/29

PLAY CREW

Ages 3-5

Instructor: Jamie Mamerow

Fee: \$65/14-class session and \$98/21-class session

In this preschool playgroup, children will learn through books, social play, movement, and sensory activities.

DAY	DATES	TIME	LOCATION
<u>M, W, F</u>	9/9 - 10/25	10:00 - 11:30AM	NKE
Tue & Thur	9/10 - 10/24	8:15 - 9:45AM	NKE
Tue & Thur	9/10 - 10/24	10:00 - 11:30AM	NKE
<u>M, W, F</u>	10/28 - 12/20	10:00 - 11:30AM	NKE
Tue & Thur	10/29 - 12/19	8:15 - 9:45AM	NKE
Tue & Thur	10/29 - 12/19	10:00 - 11:30AM	NKE

NO CLASS 10/31, 11/1, & 11/27-11/29

<u>Preschool Open Gyms are Back!</u>

- 11/15, 12/20, 1/17, 2/21
- 6.00-7.00PM in the NIXE Gym
- FREE to attend (No Registration Needed)
- Preschooler AND Parent/Guardian
- Enter through Door 8 or 10 of NIXE

CHILD & CAREGIVER YOGA

Children ages 2-4 WITH Adult Instructor: Elizabeth Schulz

Fee: \$38

Looking for a fun and engaging way to spend time with your little one? Join this class to enjoy yoga songs, books, and mindful movement with your child(ren)! Each week we will explore a new theme through our yoga practice. This class aims to be fun & playful, while also learning how to take deep breaths, meditate, slow down, and calm our bodies. *Please bring a yoga mat for both you and your child to class*.

DAY	DATES	TIME	LOCATION
<u>Fri</u>	9/20 - 10/25	9:30 - 10:00AM	NKE

4K STUDENT YOGA CLASS *NEW*

Ages 4-6

Instructor: Elizabeth Schulz

Fee: \$38

This class is designed for children in 4K. Students in this class will learn yoga songs, interact with yoga books, flow through yoga poses and engage in mindful movement. Each week we will explore a new theme that will guide our yoga practice. This class aims to be fun and playful, while also learning how to take deep breaths, meditate, slow down, and calm our bodies. *Please provide a yoga mat for your child*.

DAY	DATES	TIME	LOCATION
<u>Fri</u>	9/20 - 10/25	10:15 - 10:45AM	NKE

MINDFUL MUNCHKINS (WITH ADULT)

Ages 4-6 WITH Adult Instructor: Kelly Petrie

Fee: \$95

This class offers a wonderful introduction to mindfulness for little ones along with a parent/guardian. Come play, sing, and discover the joys of mindfulness together! Class will be held at the Maitri Center located at 120 N. Main Street, Oregon, WI.

DAY	DATES	TIME	LOCATION
Wed	9/4 - 9/25	5:00 - 6:00PM	Maitri Center

Explore the Arts!

JUNIOR VAN GOGHS

Ages 5-12

Instructor: Tina Mancusi

Fee: \$35/2-week, \$50/3-week, \$68/4-week sessions

Come develop your artistic skills and creativity in this step-by-step drawing class as we explore coloring techniques with markers, colored pencils and gel pens! Drawing develops fine motor skills, patience, and focus which are all covered in this class. The drawings are different with each session, so keep signing up! All materials included.

	<u> </u>		
DAY	DATES	TIME	LOCATION
<u>Mon</u>	9/16 - 9/23	3:05 - 4:05PM	BKE
<u>Tue</u>	9/17 - 9/24	3:05 - 4:05PM	FES
<u>Wed</u>	9/18 - 9/25	3:05 - 4:05PM	NKE
<u>Mon</u>	9/30 - 10/21	3:05 - 4:05PM	BKE
<u>Tue</u>	10/1 - 10/22	3:05 - 4:05PM	FES
<u>Wed</u>	10/2 - 10/23	3:05 - 4:05PM	NKE
Wed	11/6 - 11/20	3:05 - 4:05PM	NKE
Wed	12/4 - 12/18	3:05 - 4:05PM	NKE

ALL THINGS DOLLS - SLEEPOVER SET

Ages 5-12

Instructor: Tina Mancusi

Fee: \$55

Calling all doll lovers! You will love this 2-day DIY class where we will make a sleepover set for your 12" or 18" dolls or stuffies. Projects include a sleeping bag/pillow, eye mask, slippers, and popcorn. All materials included.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	9/19 - 9/26	3:05 - 4:30PM	FES
<u>Thur</u>	10/3 - 10/10	3:05 - 4:30PM	BKE
Thur & Fri	10/17 - 10/18	3:05 - 4:30PM	NKE

Follow Us!



Stay connected to Oregon Community Education and Recreation on our socials! Stay up-to-date on programs, events, weather cancellations, and more so that you can continue being active in our community!



@osd_cer

HALLOWEEN PAINTING CLASS *NEW*

Ages 5-10

Instructor: Sara Lenz

Fee: \$45

Join this class where children will be painting a spooky Halloween scene! Students will use acrylic paint on a 16"x20" canvas. Throughout the painting we will be working on shading and blending, along with background, middle ground, and foreground. Students will get step-by-step instructions, but each child will put their own personal touch on their project. These paintings turn out beautifully and are wonderful to hang on your wall during Halloween season! All materials included.

DAY	DATES	TIME	LOCATION
<u>Tue</u>	10/15	3:30 - 5:00PM	NKE
Wed	10/16	3:30 - 5:00PM	FES



HALLOWEEN CARDS & CRAFTS

Ages 5-12

Instructor: Tina Mancusi

Fee: \$24

Halloween Cards & Crafts is back with all NEW designs! Join us for this class where we will be making Spooktacular Halloween Cards using a variety of materials and embellishments. All materials included.

DAY	DATES	TIME	LOCATION
<u>Mon</u>	10/28	3:05 - 4:30PM	BKE
<u>Tue</u>	10/29	3:05 - 4:30PM	FES
Wed	10/30	3:05 - 4:30PM	NKE

WONDERFUL WIZARDLY WANDS

Ages 5-12

Instructor: Tina Mancusi

Fee: \$29

Calling all Harry Potter and wizard fans! Join in on the fun as you'll use your imagination and creativity to make up to 3 different wands in this one-day class. All materials included.

DAY	DATES	TIME	LOCATION
<u>Mon</u>	11/4	3:05 - 4:45PM	BKE
<u>Tue</u>	11/5	3:05 - 4:45PM	FES
<u>Thur</u>	11/7	3:05 - 4:45PM	NKE

AWESOME AUTUMN CARDS & CRAFTS *NEW*

Ages 5-12

Instructor: Tina Mancusi

Fee: \$24

Handmade is the best kind! Join in on the fun of making fall-themed cards and crafts using stamps, punches, embellishments and more. All materials included.

DAY	DATES	TIME	LOCATION
<u>Mon</u>	11/11	3:05 - 4:30PM	BKE
<u>Tue</u>	11/12	3:05 - 4:30PM	FES
<u>Thur</u>	11/21	3:05 - 4:30PM	NKE

HOMEMADE HOLIDAY CARDS

Ages 5-12

Instructor: Tina Mancusi

Fee: \$24

The holidays are a great time to recognize family and friends with homemade cards filled with creativity and love! This is a perfect class to bring out your child's artistic side. All materials included.

/			
DAY	DATES	TIME	LOCATION
<u>Mon</u>	12/2	3:05 - 4:30PM	BKE
<u>Tue</u>	12/3	3:05 - 4:30PM	FES
<u>Thur</u>	12/5	3:05 - 4:30PM	NKE

IMPORTANT!

CLASS LOCATIONS MAY CHANGE! YOU WILL RECEIVE A CONFIRMATION EMAIL WITH THE CORRECT LOCATION WITHIN A WEEK OF THE FIRST CLASS MEETING.

HOMEMADE FOR THE HOLIDAYS

Ages 5-12

Instructor: Tina Mancusi

Fee: \$24

Do your kids like to make crafts? Do they feel good when they have a gift to give? If so, this is the class for them! Come join in on the fun as we will make DIY themed gifts in this one-day class. All materials included.

DAY	DATES	TIME	LOCATION
<u>Mon</u>	12/9	3:05 - 4:30PM	BKE
<u>Tue</u>	12/10	3:05 - 4:30PM	FES
<u>Thur</u>	12/12	3:05 - 4:30PM	NKE

WINTER HOLIDAY PAINTING CLASS *NEW*

Ages 5-10

Instructor: Sara Lenz

Fee: \$45

Join this class where children will be painting a beautiful winter scene! Students will use acrylic paint on a 16"x20" canvas. Throughout the painting we will be working on shading and blending, along with background, middle ground, and foreground. Students will get step-by-step instructions, but each child will put their own personal touch on their project. These paintings turn out beautifully and are wonderful to hang on your wall during the holiday season! All materials included.

DAY	DATES	TIME	LOCATION
<u>Tue</u>	12/10	3:30 - 5:00PM	NKE
<u>Wed</u>	12/11	3:30 - 5:00PM	FES



Learn a New Skill!

GROW WITH CHESS

Ages 5-10

Instructor: Growth Chess staff

Fee: \$97

Come play chess! Each week at chess club coaches will lead students through warm up activities, lessons dividing the students up by skill level, and organized play to help keep class as fun and engaging as possible. Activities will include chess puzzle contests, in-class tournaments, chess variants, learning how to use their new ChessKid accounts for online resources, and more. Later in the scholastic year students will have the opportunity to compete in local & statewide tournaments!

DAY	DATES	TIME	LOCATION
<u>Tue</u>	10/1 - 11/19	3:00 - 4:00PM	BKE

NO CLASS 10/29

FUTURA-WHERE SPANISH COMES ALIVE! *NEW*

Ages 5-10

Instructor: Futura Language Professionals staff

Fee: \$242

Studies show that children learn another language more easily when it is a topic they find both fun and interesting. This year's Vamos series incorporates useful and exciting Spanish. In our ¡Vamos a Comer! (Let's Eat!) session, students will be introduced to the market experience from Spanish speaking countries, ordering food in a restaurant, and vocabulary to use at mealtime. In our ¡Vamos con los Animales! (Let's go with the Animals!) session, students will experience imaginary animal adventures with hands-on lessons "visiting" a pet store, a family farm, a zoo, an ocean, and even a rainforest! Don't miss out on this valuable opportunity for your child to practice Spanish in an interactive bilingual classroom.

DAY	DATES	TIME	LOCATION
<u>Mon</u>	10/14 - 4/14	3:00 - 4:00PM	NKE

NO CLASS 12/9-2/3, 2/17, & 3/31

YEL GRANDMASTERS OF CHESS 1.1

Ages 5-10

Instructor: Youth Enrichment League staff

Fee: \$97

New and returning students are invited to come learn, practice, and play chess each class! YEL's Teach It! Practice It! Play It!® method keeps students on track with new chess lessons and puzzles each week, as well as guided games and in-class tournaments. The class fee includes a ChessKid.com membership for the session. Join us and sign up today!

DAY	DATES	TIME	LOCATION
<u>Wed</u>	10/23 - 12/11	3:00 - 4:00PM	PVE
<u>Mon</u>	10/28 - 12/9	3:00 - 4:00PM	FES

NO CLASS 11/27

MINDFUL MONKEYS

Ages 5-8

Instructor: Kelly Petrie

Fee: \$141

Give your child the gift of inner peace and lasting wellbeing! Young students will nurture their innate compassionate nature by exploring a variety of meaningful, mindfulness-based activities that strengthen awareness of self, others, and the world around them. Games, stories, mindful movement, and crafts are all part of this holistic experience! New & returning students welcome.

Class will be held at the Maitri Center located at 120 N. Main Street, Oregon, WI.

DAY	DATES	TIME	LOCATION
Wed	11/6 - 12/18	4:30 - 5:30PM	Maitri Center

NO CLASS 11/27



MINDFUL KIDS

Ages 8-11

Instructor: Kelly Petrie

Fee: \$141

Join this class for a wholesome experience for upper elementary aged students aimed at developing greater conscious awareness, inner confidence, and a compassionate heart. The Mindful Kids series strengthens all of these qualities and more through joyful lessons, interactive activities, and artful crafts that really speak to this age group. Enrich your child's capacity to navigate the ups and downs of life with emotional balance and clarity. Class will be held at the Maitri Center

		, 0	
DAY	DATES	TIME	LOCATION
<u>Wed</u>	11/6 - 12/18	6:00 - 7:00PM	Maitri Center

located at 120 N. Main Street, Oregon, WI.

NO CLASS 11/27

STEM and More!

AFTER HOURS LIBRARY ADVENTURES *NEW*

Ages 5-10

Instructor: Mariah Richards

Fee: \$49

Come hang out in the FES library after school! Each week we will have a story theme with corresponding stations for you to pick from. How you choose to spend your time is up to you. You are the author of this adventure, so come read, create, build, and play in the FES library!

DAY	DATES	TIME	LOCATION
Mon	10/7 - 11/25	3:00 - 4:00PM	FES

<u>scholarships</u>

We will waive or reduce fees for children meeting the criteria for free or reduced meals, or adults whose income requires support. Participants are encouraged to pay a portion of the program fee when possible. Most programs require a partial contribution from families; some programs do not have scholarships available. We may limit the total scholarship assistance given to a family. Scholarships are only available to OSD residents. If you are looking for assistance, please email Alex Marks at apmarks@OregonSD.org PRIOR to registration.

MAKE IT AND TAKE IT *NEW*

Ages 8-11

Instructor: Velvet Holmes

Fee: \$53

Come and join Mrs. Holmes in the FES STEAM room to make, create, and explore! We will use 3D pens, our recyclables collection, and other materials to create artistic treasures and so much more! You must bring your magnificent mind, great curiosity, and thinking cap for this class! All materials included.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	10/3 - 11/21	3:00 - 4:00PM	FES

NO CLASS 10/24 & 10/31

YEL JUNIOR ROBOTICS 1.1

Ages 5-10

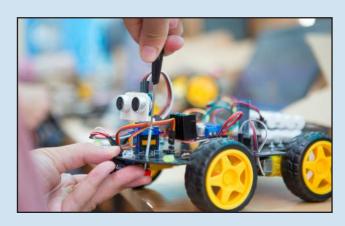
Instructor: Youth Enrichment League staff

Fee: \$80

Come build an alligator, race car, and more! We will program the alligator to chomp, the car to rev it's engine, and design our own computer code to make them do whatever we want! YEL's Teach It! Practice It! Play It!* classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. LEGO* is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

DAY	DATES	TIME	LOCATION
<u>Wed</u>	9/18 - 10/23	3:00 - 4:00PM	BKE
<u>Tue</u>	10/8 - 11/19	3:00 - 4:00PM	NKE

NO CLASS 10/29



Active Youth Fun!

BEGINNING EQUESTRIAN SKILLS

Ages 6-15

Instructor: Megan McIsaac

Fee: \$84

Learn to care for and ride horses! This course will include horse nutrition, how to groom, saddle and care for horses and much more! *This class will be held at Lindinhof Academy's indoor riding facility located at 4246 Schneider Drive*, *Oregon*, *WI*.

		· 0 ·	
DAY	DATES	TIME	LOCATION
<u>Sun</u>	9/8 - 9/22	11:00AM - 12:30PM	See Description
<u>Wed</u>	9/4 - 9/18	5:00 - 6:30PM	See Description
<u>Sun</u>	10/6 - 10/20	11:00AM - 12:30PM	See Description
<u>Wed</u>	10/2 - 10/16	5:00 - 6:30PM	See Description
<u>Sun</u>	11/3 - 11/17	11:00AM - 12:30PM	See Description
Wed	11/6 - 11/20	5:00 - 6:30PM	See Description
<u>Sun</u>	12/1 - 12/15	11:00AM - 12:30PM	See Description
<u>Wed</u>	12/4 - 12/18	5:00 - 6:30PM	See Description

YOUTH CHEERLEADING CLINIC *NEW*

Ages 5-10

Instructor: OHS Cheer Coaches and Cheerleaders

Fee: \$43

The OHS Cheer Team is excited to host a fall Youth Cheerleading Clinic for students in grades K-4, and we would love for you to participate! Participants will learn cheerleading skills, sideline cheers, and a routine that will be performed during halftime of the Panther Football Game later that evening. Youth cheerleaders will cheer on the sidelines with the OHS Cheer Team during the first half of the game, and will return to their parents after the halftime performance. All participants will receive a t-shirt and a bow. Camp registration no longer includes a pair of poms. There will be poms to loan cheerleaders during the clinic. If you have your own from a previous clinic, you may bring them along. If you are interested in purchasing your own poms prior to the clinic, please use the link provided on the registration page.

DAY	DATES	TIME	LOCATION
<u>Fri</u>	10/18	5:00 - 8:30PM	OHS

Children's Dance

BEGINNING BALLET I

Ages 4-5

Instructor: Dianna Johnson

Fee: \$35

Come learn ballet! This is a great introduction to ballet in a fun and creative way. We will provide children with some basic terminology, playful activities, and a chance to perform! The last class of the session will include a short performance for caretakers, parents, and family members. Students need no prior experience for this class. Students should wear tights, leggings, or a leotard and ballet slippers.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	9/19 - 10/17	5:25 - 5:55PM	NKE
<u>Thur</u>	9/19 - 10/17	6:00 - 6:30PM	NKE

BEGINNING BALLET II

Ages 6-10

Instructor: Dianna Johnson

Fee: \$35

Join us for some fun activities, dancing, and a special performance in ballet! We will learn basic terminology and dance combinations along with balance, flexibility, and coordination. The last class of the session will include a short performance for caretakers, parents, and family members. Students need no prior experience for this class. Students should wear tights, leggings, or a leotard and ballet slippers.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	9/19 - 10/17	6:35 - 7:05PM	NKE



BEGINNING TAP

Ages 6-10

Instructor: Dianna Johnson

Fee: \$35

Join this beginner level tap class and learn the basics of tap dancing! We will learn some fun tap steps and combinations, and the last class will include a short performance for caretakers, parents/guardians, and family members. Students should wear comfortable clothes for movement, and tap shoes must be worn. Students need no previous experience for this class.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	9/19 - 10/17	7:10 - 7:40PM	NKE

TAP II Ages 10-15

Instructor: Dianna Johnson

Fee: \$35

Let's tap dance! This class is for those who have previously taken a tap class and would like to continue progressing on basic combinations and time steps. The last class will include a short performance for caretakers, parents, and family members. Tap shoes are required. *This class requires previous experience or instructor approval*.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	9/19 - 10/17	7:45 - 8:15PM	NKE
<u>Thur</u>	11/7 - 12/12	5:00 - 5:30PM	NKE

NO CLASS 11/28

Youth and Tweens

SAFE@HOME

Ages 9-12

Instructor: Stoughton Health

Fee: \$25

Come learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. *Registration is offered through Stoughton Health*.

<i>D</i>			
DAY	DATES	TIME	LOCATION
<u>Fri</u>	9/13	3:30 - 5:00PM	NKE
<u>Fri</u>	11/15	3:30 - 5:00PM	NKE

SAFE SITTER

Ages 11-14

Instructor: Stoughton Health

Fee: \$50

The Safe Sitter* course prepares students in grades 6-8 to be home alone, watch younger siblings, or babysit. This course is designed with interactive lessons that will help students learn life-saving skills, understand how to handle emergencies & know how to treat injuries. *Registration is offered through Stoughton Health*.

DAY	DATES	TIME	LOCATION
<u>Sat</u>	9/14	9:00AM - 2:45PM	FES
<u>Sat</u>	11/16	9:00AM - 2:45PM	FES



OREGON DRUMMING ENSEMBLE

Ages 10-18

Instructor: Megan Wiemann

Fee: \$19

Come explore Ghanaian and Afro-Cuban music by playing it on the drums, Ghanaian flutes, xylophones, recorders, and more! Students will learn a variety of songs by following the Ghanaian teaching style. This course will also build important communication, listening, and cooperative teamwork skills, as well as respect for others. A final performance will be held on November 5th at Forest Edge Elementary School.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	9/12 - 11/5	4:00 - 5:00PM	RCI

NO CLASS 10/24 & 10/31

These classes will be held on Wednesdays, 10/23 & 10/30

INTRODUCTION TO FENCING

Ages 8-12

Instructor: Brian Duckwitz

Fee: \$157

Come learn the basics of modern sport fencing! You'll learn how to move, attack, defend, and be safe during a practice or bout. We'll talk about sabre fencing and give you a wide range of exciting experiences! This is a great introduction class for students interested in fencing and excellent practice for those who have already taken a fencing class. All equipment included.

DAY	DATES	TIME	LOCATION
<u>Mon</u>	9/16 - 10/21	5:00 - 5:50PM	NKE



CREATE VIDEO GAMES! *NEW*

Ages 11-14

Instructor: Chris Weed

Fee: \$43

Join us as we will create our very own video games! Similar to Scratch*, we will be building video games based in MakeCode Arcade. Students will learn block coding or Javascript coding to create retro-style video games that can be played on small handheld devices! Each day we will focus on an aspect of game development including planning, graphics, music, and code. Team up or go solo as we build something unique and fun!

DAY	DATES	TIME	LOCATION
<u>Mon - Fri</u>	9/30 - 10/4	5:30 - 6:30PM	NKE

GROW WITH CHESS

Ages 10-12

Instructor: Growth Chess staff

Fee: \$97

Come play chess! Each week at chess club coaches will lead students through warm up activities, lessons dividing the students up by skill level, and organized play to help keep class as fun and engaging as possible. Activities will include chess puzzle contests, in-class tournaments, chess variants, learning how to use their new ChessKid accounts for online resources, and more. Later in the scholastic year students will have the opportunity to compete in local & statewide tournaments!

DAY	DATES	TIME	LOCATION
<u>Thur</u>	9/26 - 11/21	3:05 - 4:05PM	RCI

NO CLASS 10/31 & 11/7

MIDDLE SCHOOL SPANISH PREP: A

FOUNDATION COURSE! *NEW*

Ages 10-13

Instructor: Futura Language Professionals staff

Fee: \$131

In this engaging LIVE virtual eight-week class, middle school students will learn essential fundamentals to build a strong base in the Spanish language. Participants will get a jump start preparing for future middle school or even traditional highschool Spanish classes. Numbers, alphabet and pronunciation, days of the week, family members, and school vocabulary are just a few of the topics covered! Students will also practice common questions and answers for carrying on small conversations and sentence structure in Spanish. Lessons are dynamic with interactive activities and visuals, along with cultural lessons. Build your student's language foundation – enroll today! The ability to access Zoom and basic working computer knowledge will be essential for this class.

DAY	DATES	TIME	LOCATION
<u>Mon</u>	10/21 - 12/9	4:45 - 5:30PM	Live Online!

Teen/Adult Enrichment

INSTANT PIANO FOR BUSY PEOPLE *NEW*

Ages 13 and up

Instructor: Craig Coffman of Chords are Key

Fee: \$52

Have you ever been interested in learning how to play piano? If so, join this class! In just a few hours, you will learn enough secrets of the trade to give you years of musical enjoyment. We will be learning to play piano the way professionals do using the chords method. This method is LOTS of fun, and it is much easier to learn than reading notes. The class fee includes the online book, online follow up lessons, a recording of the class, and an optional question and answer session.

DAY	DATES	TIME	LOCATION
<u>Mon</u>	9/30	6:30 - 9:30PM	Live Online!

INSTANT GUITAR FOR BUSY PEOPLE *NEW*

Ages 13 and up

Instructor: Craig Coffman of Chords are Key

Fee: \$52

Have you ever been interested in learning how to play guitar? If so, join this class! In just a few hours, you will learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs right away! The class fee includes the online book, online follow up lessons, a recording of the class, and an optional question and answer session.

DAY	DATES	TIME	LOCATION
Wed	10/2	6:30 - 9:00PM	Live Online!



DOG PARKS: THE GOOD, THE BAD, AND THE

UGLY *NEW*

Ages 14 and up

Instructor: Daniel Antolec of Happy Buddha Training

Fees: \$12

Do you take your dog to public dog parks, or have you considered doing so? If you do, join this class as we will discuss the pros and cons of public dog parks, as well as other alternatives you can provide to your dog for safe and joyful experiences! This class will be held in the District Office Conference Room, located at 123 E. Grove Street, Oregon, WI.

DAY	DATES	TIME	LOCATION
<u>Mon</u>	10/7	6:00 - 7:30PM	See Description

ADULT CONVERSATIONAL SPANISH: BEGINNER PART 1

Ages 18 and up

Instructor: Futura Language Professionals staff

Fee: \$104

Have you always dreamed of learning Spanish or refreshing your high school Spanish skills? If so, then this is the class for you! The primary focus of this class will be on building conversational tools in Spanish through interactive practice and exercises. Vocabulary topics will include common greetings and introductions, pronunciation, numbers, foods, clothing, likes and dislikes. Grammar topics will include subject pronouns, the verb estar conjugation, gender of nouns, and plurality. Participants will learn how to carry on small conversations in Spanish and each class will include interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish.

DAY	DATES	TIME	LOCATION
Wed	10/16 - 11/20	6:00 - 7:00PM	Live Online!
<u>Mon</u>	10/21 - 11/25	6:00 - 7:00PM	Live Online!
<u>Tue</u>	10/22 - 11/26	6:00 - 7:00PM	Live Online!



Please check online at OregonSD.org/Community for our most up-to-date class offerings.

ADULT CONVERSATIONAL SPANISH: INTERMEDIATE

PART 1

Ages 18 and up

Instructor: Futura Language Professionals staff

Fee: \$104

¿Hablas un poquito Español? If so, then this is the course for you! Intermediate Spanish is specifically designed for the adult learner who has taken some Spanish in the past, but wishes to improve conversational skills. Participants will practice conversation skills including learning how to make plans and discussing preferences in Spanish. Culture discussions will cover holiday traditions and celebrations in Spanish speaking countries. This class is applicable to new students and previous Adult Conversational Spanish: Beginner Part 1 and Adult Conversational Spanish: Beginner Part 2 participants.

DAY	DATES	TIME	LOCATION
Wed	10/16 - 11/20	6:00 - 7:00PM	Live Online!

ADULT CONVERSATIONAL SPANISH: ADVANCED PART 1

Ages 18 and up

Instructor: Futura Language Professionals staff

Fee: \$104

¿Quieres mejorar tu Español? If so, then this is the class for you! This advanced course is for students who have had previous Spanish classes and are looking to take their skills to the next level. Advanced Spanish will focus on the past tense (preterite and imperfect tenses), and more complex grammatical aspects of conversation using verb tenses and conjugations. Students will learn to express things they've done in the past in Spanish as well as broaden their conversational skills. This class is applicable to new students and previous Adult Conversational Spanish: Intermediate Part 1 participants.

		1 1	
DAY	DATES	TIME	LOCATION
<u>Thur</u>	10/17 - 11/21	6:00 - 7:00PM	Live Online!

Refund Policy

Any cancellations made within one week of the start date for programs, classes, and/or events will result in a refund as account credit upon request. Exceptions can be made on a situational basis.

ADULT SPANISH FOR TRAVEL

Ages 18 and up

Instructor: Futura Language Professionals staff

Fee: \$104

Do you have future aspirations for traveling to a Spanish speaking country? If so, this is the class for you! Participants learn basic conversation skills to get around a Spanish-speaking country with greater ease. This class will include helpful dialogue, greetings, how to barter at a market and order in a restaurant, and how to ask for simple directions. Each class will include a travel related theme to practice real world Spanish! *This class is applicable to new students and previous Spanish conversation participants.*

			_
DAY	DATES	TIME	LOCATION
<u>Thur</u>	10/17 - 11/21	6:00 - 7:00PM	Live Online!

INTRODUCTION TO AMERICAN SIGN LANGUAGE

Ages 14 and up

Instructor: Billy Mauldin

Fees: \$79

Interested in learning American Sign Language? We are offering an exciting opportunity for participants who want to learn how to communicate with people who are Deaf or Hard of Hearing! You will learn basic sign language from Billy Mauldin, a local Deaf instructor! Deaf culture, along with helpful tips on how to best communicate with people who have hearing loss, will also be covered. This class will be held in the District Office Conference Room, located at 123 E. Grove Street, Oregon, WI.

DAY	DATES	TIME	LOCATION
Mon	10/21 - 11/25	6:00 - 7:00PM	See Description



ADULT CONVERSATIONAL SPANISH: BEGINNER PART 2

Ages 18 and up

Instructor: Futura Language Professionals staff

Fee: \$104

In this class, participants will practice with real-world conversational components and builder phrases in Spanish enabling them to carry on small conversations related to giving and asking for directions and restaurant conversation. Vocabulary and grammar components will include weather, seasons, dates with months, days of the week, family vocabulary, and the verbs ser and tener conjugations. Culture discussions will include the importance of food, family, and friendships in Spanish speaking countries. *This class is applicable to new students and previous Adult Conversational Spanish: Beginner participants.*

DAY	DATES	TIME	LOCATION
<u>Tue</u>	10/22 - 11/26	6:00 - 7:00PM	Live Online!

ADULT DRUMMING ENSEMBLE *NEW*

Ages 18 and up

Instructor: Megan Wiemann

Fee: \$14

Come explore Ghanaian and Afro-Cuban music by playing it on drums, Ghanaian flutes, xylophones, and more! Participants will learn two to three songs by following the Ghanaian teaching style. We start with basic technique and just have fun!

DAY	DATES	TIME	LOCATION
<u>Thur</u>	11/14 - 12/12	6:00 - 7:00PM	FES

NO CLASS 11/28

SCHOLARSHIPS

We will waive or reduce fees for children meeting the criteria for free or reduced meals, or adults whose income requires support. Participants are encouraged to pay a portion of the program fee when possible. Most programs require a partial contribution from families; some programs do not have scholarships available. We may limit the total scholarship assistance given to a family. Scholarships are only available to OSD residents. If you are looking for assistance, please email Alex Marks at apmarks@OregonSD.org PRIOR to registration.

HELP FOR ANXIOUS AND FEARFUL DOGS *NEW*

Ages 14 and up

Instructor: Daniel Antolec of Happy Buddha Training Fees: \$12

Join this class where we will learn to understand the causes of anxiety and fear in dogs, how it affects their emotions and behaviors, and what we can do to support our pets to make their lives better. This class will be held in the District Office Conference Room, located at 123 E. Grove Street, Oregon, WI.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	11/21	6:00 - 7:30PM	See Description



THE ABC'S OF ANIMAL TRAINING *NEW*

Ages 14 and up

Instructor: Daniel Antolec of Happy Buddha Training Fees: \$12

Virtually all animal species can be trained! Experts like Bob Bailey have trained over 145 species and 100,000 individual animals ranging from birds to dolphins. The key to animal training is applying the principles of science-based learning theory, as well as operant and classical conditioning. Join this class and learn how to do this with your pets while having fun! This class will be held in the District Office Conference Room, located at 123 E. Grove Street, Oregon, WI.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	12/19	6:00 - 7:30PM	See Description

Teen/Adult Wellness

YOGA FOR STIFF PEOPLE

Ages 18 and up

Instructor: Berenice Wiecki

Fee: \$51

Too much sitting around these days? Need a boost to get moving again? Join Wishing Tree Studio for Yoga for Stiff People. This class will help you slowly work out your kinks. Don't accept stiffness any longer and join today! BOTH Live Online AND In-Person learning options available. In-Person classes will be held at the Wishing Tree Studio located at 121 N. Main Street, Oregon, WI.

DAY	DATES	TIME	LOCATION
<u>Mon</u>	9/16 - 10/21	7:00 - 8:00PM	See Description



INDEPENDENCE BASICS

Ages 14 and up Instructor: Elisa Ried

Fee: \$26

Teens and adults with intellectual disabilities or autism are invited to join us once a month for a lively evening of discussions, activities and more! This is a great monthly social activity. <u>The class will finalize the dates for the rest of the semester during our first meeting</u>.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	9/19 - TBD	6:00 - 7:30PM	OHS

ACCESSIBLE YOGA *NEW*

Ages 18 and up

Instructor: Sophi Guilfoose

Fee: \$68

Come take a break and support your well-being through breath awareness, mindful movement, and relaxation! This yoga class will offer modifications based on individual needs.

DAY	DATES	TIME	LOCATION
<u>Mon</u>	9/23 - 11/11	3:30 - 4:15PM	PVE

ZUMBA

Ages 14 and up

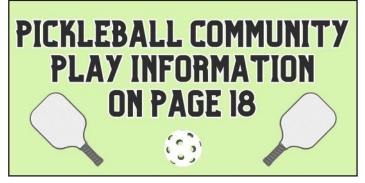
Instructor: Michelle Deletant

Fee: \$51

Come join this energetic dance of fitness class with a max of workening a flavors and genres! Zamba is a great was to exercise in a fun, and exerting manner!

DAY	DATES	TIME	LOCATION
Turk	10/1 - 11/19	5:30 - 6:30PM	NKE

NO CLASS 10/22 & 10/29



Early Morning Indoor Community Walking Begins Late November at the Oregon High School

Be on the Lookout for Upcoming Registration Information

Adult Open Basketball

Adult Open Basketball is returning this fall at FES, OMS, and RC!! More information and details will be shared as they become available. If you have any questions, please reach out to Alex Marks at apmarks@oregonsd.net.

Teen/Adult Arts

CROCHETED FLOWER KEYCHAIN *NEW*

Ages 14 and up

Instructor: Shirley Duerst

Fee: \$25

If you love to crochet, then this is the class for you! Join us as we will be using yarn to crochet a fun flower than can be used as a keychain. This class is a great opportunity to practice your crocheting skills while creating a fun work of art! All materials included.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	10/17	6:00 - 8:00PM	NKE

FUSED GLASS: GLOW IN THE DARK MANDALAS *NEW*

Ages 14 and up

Instructor: Ann Kleckner

Fee: \$43

Join local artist Ann Kleckner to create a 5" fused glass mandala using a variety of colored and glow-in-the-dark glass chips! You will be able to enjoy your mandala during the day and after the lights go out! Tools, glass, instruction, and kiln firing will be provided. Your creations will be available for pick up the week following the class. No experience needed! Classes will be held at

Art Glass Delights studio located at 5545 County Road A, Brooklyn, WI.

DAY	DATES	TIME	LOCATION
<u>Sun</u>	10/20	1:30 - 3:30PM	See Description

FUSED GLASS: FALL LEAF DISHES

Ages 14 and up

Instructor: Ann Kleckner

Fee: \$58

Join local artist Ann Kleckner to create a small dish or bowl with a leaf motif using powdered glass! Tools, glass, instruction, and kiln firing will be provided. Your creations will be kiln fired twice, then available for pick up the week following the class. No experience needed! Classes will be held at Art Glass Delights studio located at 5545 County Road A, Brooklyn, WI.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	10/24	6:30 - 8:30PM	See Description

MAKE YOUR OWN LEATHER EARRINGS

Ages 18 and up (ages 12 and up can participate with paid parent/guardian)

Instructor: Jeena Breunig

Fee: \$32

Come create 3 pairs of leather earrings from start-to-finish! You will design your own earrings by picking your leather pattern, shape, size, wood, and hardware. This class provides time to be creative, socialize, and have fun! All materials included.

DAY	DATES	TIME	LOCATION
<u>Tue</u>	11/12	6:00 - 8:00PM	NKE

CROCHETED BAG *NEW*

Ages 14 and up

Instructor: Shirley Duerst

Fee: \$27

Do you have extra yarn laying around? Do you love to crochet? If so, then this is the class for you! Join us as we will be using scraps or whole skeins to make a bag to hold whatever you want! This class is a great opportunity to practice your crocheting skills while creating a fun work of art! All materials included.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	11/14	6:00 - 8:00PM	NKE

FUSED GLASS: JEWELRY

Ages 14 and up

Instructor: Ann Kleckner

Fee: \$43

Join local artist Ann Kleckner to create fused glass pendants or earrings! Participants will learn about specialty glass coatings that will add some sparkle to the glass, and each participant will create at least two (2) pieces of jewelry. Tools, glass, instruction, and kiln firing will be provided. Your creations will be kiln fired and available for pick up the week following the class. No experience needed! Classes will be held at Art Glass Delights studio located at 5545 County Road A, Brooklyn, WI.

DAY	DATES	TIME	LOCATION
<u>Thur</u>	11/14	6:30 - 8:30PM	See Description

HOLIDAY ORNAMENTS

Ages 14 and up

Instructor: Ann Kleckner

Fee: \$43

Join local artist Ann Kleckner to create personalized fused glass holiday ornaments for your friends or relatives! Each student will create at least two, 2"-3" ornaments. Tools, glass, instruction, and kiln firing will be provided. Ornaments will be available for pick up the week following the class. No experience needed! Classes will be held at Art Glass Delights studio located at 5545 County Road A, Brooklyn, WI.

DAY	DATES	TIME	LOCATION
<u>Wed</u>	12/4	6:30 - 8:30PM	See Description

FUSED GLASS: HOLIDAY GIFTS

Ages 14 and up

Instructor: Ann Kleckner

Fee: \$43

Join us in creating personalized fused glass holiday ornaments, jewelry, or small gifts! You will learn the basic properties of glass, as well as the techniques needed for making your creations. Each participant will create at least two (2) ornaments or other small gifts. Tools, glass, instruction, and kiln firing will be provided. Ornaments will be available for pick up the week following the class. No experience needed! Classes will be held at Art Glass Delights studio located at 5545 County Road A, Brooklyn, WI.

DAY	DATES	TIME	LOCATION				
<u>Thur</u>	12/12	6:30 - 8:30PM	See Description				



CROCHETED DISHCLOTH

Ages 14 and up

Instructor: Shirley Duerst

Fee: \$22

Have you ever been interested in learning how to crochet your own dishcloth? If so, this class will be perfect for you! In this class, you will learn how to crochet a dishcloth using crochet cotton and a crochet hook. This class is a great opportunity to practice your crocheting skills while creating a fun work of art! All materials included.

DAY	DATES	TIME	LOCATION		
<u>Thur</u>	12/12	6:00 - 8:00PM	NKE		

Parenting Programs

STRENGTHENING FAMILIES PROGRAM

Parents/Guardians AND Children Ages 10-14

Instructor: OSD staff

Fee: FREE (Registration Required)

It's all about Love and Limits in this award winning 6-week *Strengthening Families 10-14 Program!*Youth will develop skills they need to anticipate and avoid situations while keeping their friends. Parents/guardians develop valuable tools to help them improve their communication skills and help their youth make good choices. *Free family dinner is provided for participants each week. Child care for younger siblings is available by request.*

<u>, , </u>			1				
DAY	DATES	TIME	LOCATION				
Wed	9/18 - 10/23	5:30 - 8:00PM	RCI				

ACTIVE PARENTING

Parents of Children Ages 5-12 Instructor: Margo Vande Zande

Fee: \$24

Are you a parent of a child ages 5-12? Are you looking for a parenting program designed to help parents raise responsible, cooperative children who are able to resist negative peer pressure and thrive? If so, join this class to learn different styles of parenting, how brain development affects children's behavior and decision-making, how to eliminate power struggles, and more!

DAY	DATES	TIME	LOCATION			
<u>Mon</u>	10/7 - 11/4	6:00 - 7:30PM	Live Online!			

NO SCHOOL DAYS

JOIN CE & REC FOR A FULL DAY OF FUN ON THE FOLLOWING NO SCHOOL DAYS. WATCH FOR MORE INFORMATION COMING THIS FALL!

- THURSDAY, OCTOBER 31
- MONDAY, DECEMBER 30
- TUESDAY, JANUARY 21
- MONDAY, FEBRUARY 17
- THURSDAY, APRIL 3

AGES 6-10 | 8:00AM-3:00PM



Tuesdays & Thursdays

5:30PM-Dusk

Jaycee Park Courts

(Located off of N. Perry Pkwy)

Free to Play

Equipment Provided
Through Late Fall





For more information, go to OregonSD.org/community OR Email Alex Marks at apmarks@oregonsd.net





WEDNESDAYS

7:00-9:00PM SUNDAYS

9:00AM-12:00PM

OHS FIELD HOUSE

BEGINS LATE FALL

More Punch card and Registration Information Coming this falli

For more information, go to OregonSD.org/community OR Email Alex Marks at apmarks@oregonsd.net

Community Events

All events are free. No registration.



Oregon in Motion

Friday, October 11th
5:00 pm - 6:00 pm
Panther Stadium at OHS - 456 N Perry
Pkwy



Get out with friends and family to walk the track at Panther Stadium. There will themed laps and music. Earn beads for each lap completed. Healthy snacks provided to keep you going strong.

The event is before the homecoming game and you do not need to attend the game to participate. For all ages and abilities.

Candlelight Hike

Saturday, November 2nd 5:00 pm - 8:00 pm Anderson Park - 914 Union Rd





After the sun sets, the walking paths of Anderson are lit with luminaries along with two story walks provided by the Oregon Public Library. Enjoy hot dogs, hot cocoa, and s'mores (while supplies last). There will be a bonfire to roast marshmallows! Please feel free to a flashlight and bring lawn chair to sit on. Dress for the weather.

Parking will be available in the grass field next to the gravel parking lot located at 914 Union Rd. There is also walk-in entrances at S Main Street and Ridge View Lane.

Co-sponsored with Anderson Park Friends, Inc.

End of Year Party

Monday, December 30th 5:30 pm - 7:00 pm Oregon Public Library - 200 N. Alpine Pkwy



Celebrate the end of the year with crafts, games, and a balloon drop at 7:00 pm!

Find OAWC on Facebook @OAWCWI

Oregon Area Wellness Coalition (OAWC) is a community group dedicated to making the Oregon area more safe, active, and healthier. OAWC includes Oregon School District, Community Ed & Rec, Brooklyn Rec, Pool, Fire/EMS, Police Dept., Chamber of Commerce, Rotary Club, Stoughton Hospital, faith communities, community members, and more.

Questions?

Contact

Amy Miller at OSD, 608-835-4017 or alm@oregonsd.net Or Kelly Allen at Oregon Library, 608-835-3656 or kallen@oregonlibrary.org

Oregon Pool Membership Fees

Membership Touth South S	berships Resident Fees \$30 \$60 \$50 \$35 \$25	\$2 \$4 \$3 \$2 \$5 Non-Resident Fees \$35 \$70 \$60 \$45				
Vater Exercise Adult Vater Exercise Senior Family Swim Punch Card Membership Youth Punch Card (20 Punches) Adult Punch Card (20 Punches) Vater Exercise Adult (20 Punches) Vater Exercise Senior (20 Punches) Vater Exercise Senior (20 Punches) Vater Exercise Senior (20 Punches)	berships Resident Fees \$30 \$60 \$50 \$35 \$25	\$4 \$3 \$2 \$5 Non-Resident Fees \$35 \$70 \$60				
Vater Exercise Adult Vater Exercise Senior Tamily Swim Punch Card Membership Touth Punch Card (20 Punches) Adult Punch Card (20 Punches) Senior Punch Card (20 Punches) Vater Exercise Adult (20 Punches) Vater Exercise Senior (20 Punches) Vater Exercise Senior (20 Punches) Yearly Members	berships Resident Fees \$30 \$60 \$50 \$35 \$25	\$3 \$2 \$5 Non-Resident Fees \$35 \$70 \$60				
Vater Exercise Senior Family Swim Punch Card Membership Fouth Punch Card (20 Punches) Family Swim Vater Exercise Adult (20 Punches) Vater Exercise Adult (20 Punches) Vater Exercise Senior (20 Punches) Vater Exercise Senior (20 Punches) Yearly Members	berships Resident Fees \$30 \$60 \$50 \$35 \$25	\$2 \$5 Non-Resident Fees \$35 \$70 \$60				
Punch Card Membership Youth Punch Card (20 Punches) Adult Punch Card (20 Punches) Senior Punch Card (20 Punches) Vater Exercise Adult (20 Punches) Vater Exercise Senior (20 Punches) Yearly Members	berships Resident Fees \$30 \$60 \$50 \$35 \$25	Non-Resident Fees \$35 \$70 \$60				
Punch Card Membership Youth Punch Card (20 Punches) Adult Punch Card (20 Punches) Senior Punch Card (20 Punches) Vater Exercise Adult (20 Punches) Vater Exercise Senior (20 Punches) Yearly Members	state of the series of the ser	Non-Resident Fees \$35 \$70 \$60				
Membership Youth Punch Card (20 Punches) Adult Punch Card (20 Punches) Senior Punch Card (20 Punches) Vater Exercise Adult (20 Punches) Vater Exercise Senior (20 Punches) Yearly Members	\$30 \$60 \$50 \$35 \$25	\$35 \$70 \$60				
Yearly Members	\$30 \$60 \$50 \$35 \$25	\$35 \$70 \$60				
Adult Punch Card (20 Punches) Senior Punch Card (20 Punches) Vater Exercise Adult (20 Punches) Vater Exercise Senior (20 Punches) Yearly Members	\$60 \$50 \$35 \$25	\$70 \$60				
Vater Exercise Adult (20 Punches) Vater Exercise Senior (20 Punches) Yearly Members	\$50 \$35 \$25	\$60				
Vater Exercise Adult (20 Punches) Vater Exercise Senior (20 Punches) Yearly Members	\$35 \$25					
Vater Exercise Senior (20 Punches) Yearly Members	\$25	\$45				
Yearly Members						
	ships	\$30				
ndividual						
	\$85	\$165				
amily	\$130	\$255				
Senior	\$75	\$150				
6-Month Membe	erships					
ndividual	\$55	\$110				
amily	\$75	\$135				
Senior	\$50	\$100				
3-Month Membe	erships					
ndividual	\$40	\$80				
amily	\$55	\$110				
Senior	\$35	\$70				
Monthly Member	erships	•				
ndividual	\$20	\$40				
amily	\$30	\$60				
Senior	\$18	\$36				
School Year Memb Sept. 1st-June	<u>-</u>					
ndividual	\$65	\$130				
amily	\$100	\$200				
Senior	\$60 \$120					
Summer Membe June 1st-Sept						
ndividual	\$40	\$80				
amily	\$55	\$110				
Senior	\$35 \$70					







(608) 835-8617



REGISTRATION INFORMATION

- ** Students are only allowed to be in one class at a time
- ** Use the sign up link on the Pool website
- ** Register only once for your family

- ** For pool questions and swim levels, call 835-8617
- ** There are no make-up classes.
- ** Registration begins August 26th at 6:00pm ** If the school district closes due to bad weather, the pool will also close.
- ** If your payment is not made by the due dates, your child will be removed from the class list.
- ** Refunds are given only if cancellation is made at least 1 week prior to the start of the swim class.

PARENT/CHILD AQUATICS PROGRAM - Course Descriptions

Parent and child familiarizes young children to the water and prepares them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own, but gives parents safety information and teaches techniques to help orient their children in the water.

Parent/Child 1 (Ages 6 months - 2 years)

- * Holding and support techniques
- * Water adjustment
- * Safe water entry and exit
- * Exploring the pool
- * Buoyancy on front and back
- * Swim on front and back
- Water Safety skills

* Water Safety skills

Parent/Child 2 (Ages 2 - 3 1/2)

- Holding and support techniques
- * Water adjustment
- Safe water entry and exit
- Breath control
- Buoyancy on front and back
- Swim on front and back
- * Water Safety skills

PRESCHOOL PROGRAM - Course Descriptions

For children 4-5 years without an adult. All preschool classes will be based in water safety activities. This is an age appropriate class with some skill grouping within the class. Children remain in these classes until they are 6 years old.

Preschool Level 2 - Intermediate	Preschool Level 3 - Advanced
* Safe water entry/exit	* Fully submerge, hold breath-5 sec
* Open eyes underwater/retrieve object	* Front/back glides/floats (independent)
* Front/back glides and floats	* Change directions in water
* Swim on front (assistance)	* Swim on front (independently)
* Swim on back (assistance)	* Swim on back (independently)
* Treading water	* Treading water
* Water Safety skills	* Water Safety skills
	* Safe water entry/exit * Open eyes underwater/retrieve object * Front/back glides and floats * Swim on front (assistance) * Swim on back (assistance) * Treading water

LEARN TO SWIM PROGRAM - Course Descriptions

For children ages 6 years and up. Throughout this program, participants build on their skills to learn various propulsive movements on the front, back and side. As the levels increase, participants learn to refine the different strokes and build endurance.

Learn to Swim Level 1	Learn to Swim Level 2	Learn to Swim Level 3A
* Safe water entry/exit	* Hold breath-10 sec	 * Headfirst water entry, sitting/kneeling
* Open eyes/retrieve object	 Front glide and Jellyfish float 	* Streamlined flutter kick
* Front/Back glides and floats	* Back glide and Back float, 15 sec	* Survival float-30 sec
* Swim on front	* Change directions in water	* Back float-1 min (deep water)
* Swim on back	* Swim on front/back	* Tread water- 1 min (deep water)
* Change directions in water	* Rotary breathing and Tread water - 15 sec	* Front crawl - 15 yds
* Water Safety skills	* Water Safety skills	* Water Safety skills
Learn to Swim Level 3B	Learn to Swim Level 4A	Learn to Swim Level 4B
* Breaststroke kick	 Headfirst entry from side -stride position 	* Backstroke open turn
* Tread water 1 min, deep water	* Swim underwater 3-5 bodylength	* Breaststroke-15 yds
* Elementary backstroke-15 yds	* Survival float 1 min. in deep water	* Sidestroke-15 yds
* Scissor kick-15 yds	* Backstroke, 25 yds/Back crawl, 15 yds	* Front crawl, 25 yds
* Front crawl-15 yds	* Tread water, 2 kicks, 2 minutes	* Butterfly-15 yds
* Rotary breathing 15 times	* Front crawl-25 yds	* Elem. Backstroke-25 yds
* Water Safety skills	* Water Safety skills	* Water Safety skills
Learn to Swim Level 5	Learn to Swim Level 6	
* Shallow-angle diving	* Front crawl/Elem. Backstroke-100 yds	
* Tread water, 5 min.	* Sidestroke/Breaststroke-50 yds	
* Open front flip turn	* Butterfly/Back Crawl-50 yds	
* Front crawl-50 yds	* Backstroke flip turn	
* Elem. Backstroke-50 yds	* Swim 500 continuously	
* Breaststroke-25 vds	* Review skills and dives	

* Water Safety skills

ntro to Swim Team

Level 5

Х

Х

			(R	EG	NC	CC	MI	MU	ΝΙΊ	ΥΙ	PO	OL	FA	LL	SWIM LE	SS	ON	SC	HE	ΕDL	JLE	20)24	
Sunday (S) Evenings Lessons	Preschool 1	Preschool 2	Preschool 3	Level 1	Level 2	Level 3A	Level 3B	Level 4A	Level 4B	Level 5	Level 6	Parent/Child 1	Parent/Child 2	Intro to Swim Team		Mon & Wed (M & W) Evening Lessons	Parent/Child 1	Parent/Child 2	Preschool 1	Preschool 2	Preschool 3	Level 1	Level 2	Level 3A	Level 3B
	Sunday Sep 8 Oct 20														М	ond	ay S	ер 9	0	ct 21					
4:00-4:30	Χ	Х														6:00-6:30	Χ		Х						
4:35-5:05												Х				6:35-7:05				Х					
4:35-5:15				Х												6:35-7:15						Х			
5:10-5:50				Х												7:10-7:50							Х		
5:20-6:00					Х											7:20-8:00									Х
5:55-6:35						Х										7:55-8:45									
6:05-6:35			Х													8:05-8:55									
6:40-7:30									Х	Х									Wed	dnes	day	Sep	11	Oct	23
															-	6:00-6:30		Х		Х					
																6:35-7:05			Х						

6:35-7:15 7:10-7:50

7:20-8:00 7:55-8:45 8:05-8:55

	Sunday Nov 3 Dec 15													
4:00-4:30	X												X	
4:35-5:05		Х										Х		
5:10-5:50				Х			Х							
5:55-6:35						Х								
5:55-6:45									X					
6:40-7:30											Х			
6:50-7:30					X				X					

FEES	RESIDENT	NON-RESIDENT
Parent/Child	\$42.00	\$56.00
Preschool 1-3	\$42.00	\$56.00
Levels 1-3B	\$49.00	\$63.00
Levels 4A-6 & Teen/Adult	\$56.00	\$70.00
Intro to Swim Team	\$56.00	\$70.00
Private Lessons	\$122.50	\$175.00

^{**}Registration for fall lessons will be August 26th for OSD families and August 28th for out of district families

COMMUNITY POOL

Front Desk Phone: (608) 835-8617 249 Brook Street, Oregon, WI 53575 www.oregonsd.org/pool

			M	lond	ay N	ov 4	De	ec 16	5				
6:00-6:30		Х	X										
6:35-7:05				Х									
6:35-7:15						Х							
7:10-7:50							X						
7:20-8:00									Χ				
7:55-8:45											Х		
8:05-8:55													Х
			Wed	dnes	day	Nov	6	Dec	18				
6:00-6:30	Х			Х									
6:35-7:05			X										
6:35-7:15							Χ						
7:10-7:50						Х							
7:20-8:00								Х					
7:55-8:45												Х	
8:05-8:55										Х			

Χ

Х

PRIVATE SWIM LESSONS (For age 5+)										
SUNDAY LESSONS	Mon- Wed LESSONS									
4:00-4:30	6:00-6:30									
4:35-5:05	6:35-7:05									
5:10-5:40	7:10-7:40									
5:45-6:15	7:45-8:15									
6:20-6:50	8:20-8:50									
6:55-7:25										

^{*}Email Willow (wakugel@oregonsd.net) or Nick (nrrussell@oregonsd.net) with any questions

Fitness Classes and more at the Senior Center Call 608-835-5801 to register for these classes!

Zumba Gold

Modified for the active older participant! Fun, Take the moves you learn in Zumba Gold to the friendly and invigorating! In-person AND via next level. For this class, the steps are a little Zoom. Taught by Anne Stone. Fee: \$3 per class.

DAY	DATES	TIME
Tue & Thu	Ongoing	9:45-10:30AM

Gentle Yoga

Agentle floor yoga class, perfect for those who can move from standing movements to floor movements and back up. Taught by Kelly Petrie. Fee: \$48 per session.

DAY	DATES	TIME
Fri	9/6 - 9/27	10:00AM
	10/18 - 11/8	
	11/15 - 12/13	

Tai Chi for Health

The movements in this 6-week course are slow and gentle, and the degree of exertion and balance support can be easily adjusted, making it suitable for poeple of all levels of ability! Taught by Gail Doty. Fee: \$30 per session.

DAY	DATES	TIME
Fri	9/27 - 11/1	9:00-9:45AM
	11/8 - 12/20	

Zumba Gold Advanced

faster and more complex, but even more fun! In-person AND via Zoom. Taught by Anne Stone. Fee: \$3 per class.

DAY	DATES	TIME
Tue & Thu	Ongoing	8:30-9:30AM
Strong Women		

Increase your flexibility and balance while you strengthen your muscles and bones! This program was created for mid-life and older women. In-person AND via Zoom. Taught by Vickie Carroll. Fee: \$3 per class.

DAY	DATES	TIME
Mon & Thu	Ongoing	10:30-11:30AM
Darkinson's	Fyorciso	

Parkinson's Exercise

This class targets specific Parkinson's disease movement deficits and focuses on improving function, mobility, mood, quality of life, and fall reduction in a fun atmosphere. Taught by Rachel Wojta from Stoughton Health.

Fee: \$5 per class donation requested.

DAY	DATES	TIME
Tue	Ongoing	10:45AM

Fire Up Your Fitness!

This class will help you increase your general fitness level with warm-up, cardio workout, strengthening, and stretching. Most Movements are designed to be done either sitting or standing. Have fun while you work at your own pace! Taught by Anne Stone. Fee: \$3 per

DAY	DATES	TIME
Tue & Thu	Ongoing	12:30-1:30PM

Balance Class

This class is designed for improving balance, overall strength, and reducing fall risk in older adults who may have balance problems. It will incorperate primarily standing exercises so you can stand tall and feel more confident when walking. Taught by Amber Wagner from Stoughton Health. Fee: \$60 per session.

DAY	DATES	TIME
Mon & Thu	TBD	2:00PM

Oregon Area^v Senior Center

est. 1980

219 Park Street | 608-835-5801

SENIOR CENTER SERVICES

Case Management: Our Case Managers are here to help those in our service are to live safely in their homes. If you need help, please call 608-835-5801 and ask for Carol or Noriko.

Adult Day Program: Every Monday, Wednesday and Friday from 9:00AM through lunch.

FOOD OPTIONS

Nutritious lunches are offered Monday through Friday, 11:45AM, at the Senior Center. Home-delivered meals are available Monday through Friday and generally arrive between 11:00AM and Noon. Please reserve or cancel meals by calling 608-835-5801 two business days before. Suggested minimum donation for those 60 and older is \$4.50 per meal, but please pay only what you can afford.

TRANSPORTATION

Rides are available to lunch site and adult day program, Walmart in Stoughton, Hy-Vee in Oregon, the Oregon Area Food Pantry, and the Oregon Public Library. Rides to medical appointments available through the RSVP volunteer program. Call 608-835-5801 to schedule a ride.

LOAN CLOSET

If you need durable medical equipment, such as crutches, wheelchairs, walkers, commodes, canes, etc., you may now check out equipment. You may also return equipment that you are no longer using. Please note that you MUST HAVE AN APPOINTMENT to either pick up or return equipment. Call Carol or Noriko at 608-835-5801 to schedule your appointment.

EDUCATIONAL AND RECREATIONAL PROGRAMS ARE LISTED IN THE MONTHLY NEWSLETTER.

Ongoing In-House Activities and Groups:

Live Entertainment and Education Programs

RSVP Create to Donate: 4th Monday of the month at 1:00PM

Caregiver Support Group, facilitated by Senior Center staff: Every 2nd Wednesday at 1:30PM Diabetic Support Group, facilitated by Susie Lamb: Every 4th Tuesday of the month at 12:30PM

Knit/Crochet Group: Every 2nd and 4th Wednesday of the month at 1:00PM

Euchre Card Party: Every 3rd Thursday of the month at 12:30PM

Veterans Group, facilitated by Jonathan Howell of Madison Vet Center: Every 4th Thursday of the the month at 10:30AM Great Beginning Books Club, facilitated by Oregon Public Library staff: Every 1st Wednesday of the month at 1:00PM Silver Threads Among the Gold, a potluck social group with live entertainment: Every 3rd Tuesday of the month at 11:30AM Crafty Stampers: Every 3rd Thursday of the month at 9:00AM

Weekly Game Groups:

Euchre: Wednesdays at 1:00PM Mahjongg: Thursdays at 12:00PM Bridge: Mondays at 1:30PM

Mexican Train Dominoes: Mondays at 10:30AM

200 N. Alpine Pkwy, Oregon Phone: 608-835-3656

www.OregonPublicLibrary.org

Monday - Thursday: 9:00am-8:00pm

Friday: 9:00am-6:00pm Saturday: 9:00am-3:00pm



Events & Programs for All Ages

Please check the library events calendar: https://oregonpl.librarycalendar.com/ events/month

- **Storytimes** Join the email list for Storytime News and Updates at https://bit.ly/StorytimeNewsOPL
 - Book Clubs
 - · Gaming Clubs
 - Arts & Crafts
 - Author Visits

Popular Services

- · Study Rooms and Meeting Spaces
- Notary
- Test Proctoring
- · Computer, Internet, Copier, and Printing
- · Outreach and Library Delivery

Fitchburg Public Library

5530 Lacy Road, Fitchburg 608-729-1760

Mon. - Thur. 9:00am-8:00pm Fri. & Sat. 10:00am-6:00pm Sun. 1:00-5:00pm

The Fitchburg Library offers programs for children, teens and adults! Check the online calendar each month for exciting classes, fun story-time activities and special opportunities just for teens!

Please visit the library web site for dates and times of programs and activities at https://fitchburgwi.gov/2775/Library





TO FIND THE FULL LIST OF CLASSES AND EVENTS, AND TO REGISTER, PLEASE GO TO STOUGHTONHEALTH.COM AND CLICK ON "CLASSES & EVENTS." QUESTIONS? CALL 608-877-3498

Blood Drives

- Friday, 10/18, 8:00AM 1:00PM
- Friday, 12/13, 8:00AM 1:00PM

Support Groups

Parkinson's Support Group

• 2nd Monday Each Month, 12:15-1:15PM

Memory Café

• 1st Tuesday Each Month, 9:30 - 11:00AM

Classes

Parkinson's Exercise Class

- Monday, 9/9 through Tuesday, 12/10
- · Attend once, twice, or more per week!
- Mondays from 11:15AM-12:00PM (Stoughton)
- Tuesdays from 10:45-11:30AM (Oregon)
- Fridays from 11:15AM-12:00PM (Stoughton)

Healthy Living with Diabetes

• Tuesdays, 9/10-10/16 from 2:00-4:30PM

Classes Cont.

Leg Vein Treatment Options Free Zoom Talk with Dr. Schwaab

• Thursday, 9/26 from 5:30-6:30PM

SafeSitter

- Saturday, 9/14 from 9:00AM-2:45PM (Oregon)
- Saturday, 9/28 from 9:00AM-2:45PM (Stoughton)
- Saturday, 11/16 from 9:00AM-2:45PM (Oregon)

Safe@Home

- Friday, 9/13 from 3:30-5:00PM (Oregon)
- Tuesday, 9/24 from 3:45-5:15PM (Stoughton)
- Friday, 11/15 from 3:30-5:00PM (Oregon)

Shoulder Pain Relief Free Zoom Talk with Dr. Rawal

• Thursday, 10/17 from 5:30-6:30PM

Freedom Through Forgiveness

Wednesdays, 9/18-10/23 from 12:30-2:00PM

Medicare 101

• Thursday, 9/19 from 12:00-1:00PM

Village of Brooklyn Recreation

recreation@brooklynwi.gov

brooklynrecreation.org

Weekly Exercise Classes

PiYo® LIVE: Mondays at 6:00pm WERQ: Tuesdays at 6:45PM

Yoga - Slow Flow: Wednesdays at 6:00PM

10 punches for \$45

Unlimited punches for \$40/month

6 punches for \$30



Find us on Facebook: BrooklynRecWi

Fitchburg Parks & Recreation

608-270-4285 | http://www.fitchburgwi.gov/recreation

Fitchburg Parks and Recreation offers classes, sports and more for learners of all ages! Non-residents are welcome!

Programs include Basketball, Yoga, Dance Fitness, Adult Arts & Crafts, Volleyball, and more.

Visit http://www.fitchburgwi.gov/Recreation to see current class offerings, schedules and registration information.

OREGON AREA FOOD PANTRY

107 North Alpine Parkway, Oregon oregonareafoodpantry.com

DAYS and HOURS

(Please arrive at least 15 minutes before closing as our volunteers are scheduled to leave at closing time.)

- Every Tuesday 9:00am 11:00am
- Every SECOND and LAST Thursday 4:00pm to 6:00pm
- Every FIRST SATURDAY 9:00-11:00am

Who can use the pantry and how often?

Anyone who lives in the Oregon School District and needs assistance with food and other personal essential items may come to the pantry, as many times as they need to. Use of the pantry is confidential - your information will not be shared with anyone.

What items do you have at the pantry?

The pantry regularly stocks frozen meat, fresh fruit/vegetables, canned vegetables, fruit, soups, beans and pasta sauce, peanut butter & jelly, and other canned and dried goods. The pantry usually has dairy, eggs, and other frozen or refrigerated items. The pantry tries to keep a good stock of an assortment of personal care items, such as toilet paper, paper towel, tissues, toothpaste, deodorant, shampoo, and cleaning supplies. How do I use the pantry?

If you are new to the pantry, please bring ID for you and the members of your household as well as proof of residency in the Oregon School District. A volunteer will review the information with you. Because the pantry receives some food from a federal program, there are income guidelines for guests. You will be asked if you meet the guidelines. Even if your income is above the guidelines and you need assistance, the pantry will still serve you. Income guidelines can be found at https://www.dhs.wisconsin.gov/foodshare/fpl.htm. Every time you come to the pantry, bring your ID. If your address has changed, please bring proof of your new address. If you are unable to come to the pantry, you can have a "proxy" shop for you. You must give written permission to the proxy to shop for you.

What is the process for shopping?

The pantry is set up like a small grocery store. When you arrive, you will be given a number and when it is your turn, you will start shopping and choosing the items you need. Please bring re-usable bags or other items to carry your groceries. When you have finished shopping, pantry volunteers can help you load them into your car. If you are not able to come inside to shop, a volunteer will shop for you. You will choose items from a grocery list and they will be selected and brought to your car.

For peeds beyond food or for emergency food peeds, call the United Way belt line at 211. A specialist will take you

For needs beyond food or for emergency food needs, call the United Way help line at 211. A specialist will take your car and help you identify and locate the available resources.







Our mission is to protect and enhance local natural areas while also promoting activities that bring people closer to nature.

Find us on Facebook: https://www.facebook.com/OregonNatureAlliance





Interested in seeing your ad in our next activity guide? Contact Alex Marks at apmarks@oregonsd.net for more information.

COMMUNITY RESOURCES

Ryan Estrella, Joining Forces for Families (JFF) Community Social Worker Ryan connects families to community services and resources, and offers financial support for families in need of rent and utility help through the Neighbors In Need of Assistance (NINA) Fund. The NINA fund was established in 2002 to support Oregon School District residents with children. Contact Ryan if you need:

- Community services and/or resources
- Financial assistance for basic needs through the Neighbors in Need of Assistance (NINA) Fund.

Please call 835-4188 and leave a message, or email estrella@countyofdane.com

Alliant Energy

<u>Low Income Energy Assistance Program</u> (LIHEAP) is a federally funded initiative that helps qualifying households with heating costs. More information at <u>alliantenergy.com/BillPayOptions/</u>
<u>AssistanceandFinancing/LIHEAP</u> or call 608-267-3680

Oregon School District Social Workers:

Caitlin Petersen (Grades K-6, BKE and RCI)

cepetersen@OregonSD.net

Daniela Arevalo (Grades K-6, PVE, NKE, FES)

dcarevalo@OregonSD.net

Naomi Presley (Grades 7-8)

npresley@OregonSD.net

Amie Mitchell (Grades 9-12)

ammitchell@OregonSD.net

Mental Health Resources and Helpful Hotlines

(The community resources listed below are available for your Mental Health needs.)

Emergency

• Call 911

Hotlines

Journey Mental Health

608-280-2700

• Briarpatch 24 Hour Line for Youth

608-251-1126

Rape Crisis Center

608-251-7273

• Dane County Housing Resource Line

1-855-510-2323

Domestic Abuse Intervention Services

1-800-747-4045

United Way

2-1-1

Police Department

608-835-3111

Suicide Crisis Response Resources

- Suicide Prevention Lifeline 1-800-273-TALK (8255), OR text/call 988
- Text "HOPELINE" to 741741
- Trevor Project Lifeline 1-866-488-7386

Oregon Area Youth Sports

Groups are independently run by volunteers.

Scholarships are available for some sports. Check activity website for details and availability for each sport.

OREGON YOUTH BASEBALL

Website: oregonyouthbaseball.org

Grades: 4K - 8

OREGON YOUTH BASKETBALL

Website: <u>oregonbasketball.org</u>
OREGON YOUTH BASKETBALL (In-House)
Grades: 1 - 6 (Boys & Girls)

TRAVELING BASKETBALL - BOYS

Grades: 4 - 8

TRAVELING BASKETBALL - GIRLS

Grades: 4 - 8

YOUTH CHEER CLINICS

Grades K-8

Contact: <u>klpierce@oregonsd.net</u>

Youth Cheer Clinic

K - 4 in Fall & Winter

Youth Cheer Clinic

5 - 8 in Summer

OREGON YOUTH FOOTBALL

Website: <u>oregonyouthfootball.com</u> Grades: K - 8 (flag) 5 - 8 (tackle)

OREGON YOUTH HOCKEY

Website: oregonhockey.org

Ages: 4 - 18

GIRLS ON THE RUN

Website: girlsontherunscwi.org

Girls in Grades: 3 - 5

OREGON LACROSSE CLUB

Website: www.oregonlacrosseclub.org
Grades: 3 - 5, 6 - 8, High School

OREGON RUGBY CLUB

Website: www.OHSrugby.com
Grades: 5 - 6 (Flag), 7 - 8, 9 - 12

OREGON YOUTH SOCCER

Website: oregonyouthsoccer.org

Grades: 4K - 12

OREGON SOCCER CLUB

Website: oregonsc.com

Ages: 3 - 18

GIRLS FAST-PITCH SOFTBALL

Website: oregonyouthsoftball.com

Grades: K - 11

OREGON SPECIAL OLYMPICS

Contact: averheyden@sacofoods.com Website: http://oregonspecialolym-

pics.yolasite.com/
Ages: 2 to adult

MADISON SPEED SKATING CLUB

Website: <u>madcityspeedskate.com</u> Grades: Elementary and up

OREGON COMMUNITY SWIM CLUB (OCSC)

Website: oregonswimclub.com Grades: K - 12 (passed 4/5 lessons)

OREGON YOUTH TRACK

Website: oregonwitrack.com

Ages: 7 - 18

OREGON KIDS TRIATHLON

Website: oregonkidstri.com

Ages: 5 - 17

OREGON YOUTH WRESTLING

Website: <u>oregonpantherwrestling.com</u> Coach: Chad Niday; 608-501-4721

Grades: K - 8

Registration: Oct.; Season Nov.-March;

Fees: \$125

ACERS VOLLEYBALL CLUB

Contact: acersvbc@gmail.com

Website: <u>Acersvbc.com</u>

Grades: 5 - 10

TOPSoccer of Wisconsin

TOPSoccer is a training and team placement program for athletes ages 5 and up with disabilities.

For more information, contact Madison TOPSoccer using the email below with any questions:

topsoccer.madison@gmail.com

Don't forget to look for Madison-TOPSoccer on Facebook for more updates and information!

Oregon Booster Club

This parent-volunteer organization supports Oregon athletes both on and off the field.

Boosters raise money through memberships, concessions, sponsorships and special events to provide our students what they need to succeed!

You can become a booster today! Membership information and forms are available on the OABC web page:

oregonboosters.com



Want your group included on this page? Send information to apmarks@OregonSD.net

Parenting teens today is hard.

We're here to help.



Resources, parenting support and more!

OregonAreaCares.org

Adult Sports and Recreation in the Oregon School District Community

Adult Open Basketball

Rome Corners Intermediate School Gym 1111 S. Perry Pkwy, Oregon Sundays 9:00-11:00am Wednesdays 8:00-10:00pm Oregon Middle School Gym 601 Pleasant Oak Dr, Oregon Wednesdays 5:30-7:30pm

Adult Hockey Open Ice

Oregon Ice Arena

100 N Perry Parkway, Oregon Mondays and Thursdays 9:30pm- 10:30pm Open to all player levels over the age of 25. \$7 per night ice fee, does not include equipment rental. More information at:

onicepromotions.com/oregonicearena

Pickleball Open Play

Outdoor Play Late Spring-Fall Tuesdays and Thursdays 5:30-Dusk Jaycee Park Pickleball Courts in Oregon Free Equipment provided

Indoor Play Begins in Late Fall!
Sundays from 9:00AM - 12:00PM
Wednesdays from 7:00 - 9:00PM
Oregon High School Fieldhouse
456 N Perry Parkway
Enter through Main Entrance. Bring
your own paddle or use one of ours.
Get a punch card - 10 for \$30 or \$10 at
the door.

More information: https://www.ore-

gonsd.org/domain/407

Oregon Soccer Coed Adults Recreation (OSCAR)

Outdoor Play: Late Spring- Fall Wednesdays 6pm - 8pm Oregon Jaycee Park Field 13, 200 Block N Perry Parkway, Oregon. More information: cjjohnston@ uwalumni.com

Oregon Area Softball Association

Men's Semi Competitive Rec League Summer Season: May - August Fall Season: September - October 6:50pm-10:00pm Thursday Night's Contact: Matt Hoslet

Email: matthoslet7@gmail.com

Summer Tennis League

Play at tennis courts throughout the community during June, July and August. Website: https://playtennis.usta.com/programming?location=Oregon,%20Wl Contact Jenny Liao at jpliao.tennis@gmail.com

Oregon Tuggers Tug of War Club

Season: January- September Contact- Shelby Richardson at shelbytow@msn.com Information and updates posted on team Facebook page: https://www.facebook.com/ groups/122001661829

Adult Lap Swim and Water Exercise at Oregon Pool.

Contact: Oregon Pool at nrrussell@oregonsd.net or (608)835-4086.

Sunday Adult Power Coed Volleyball League

OHS Field House 456 N Perry Pkwy, Oregon Sundays 6:30-9:30pm

Season: Sep- Dec and Feb- May Contact: Sean Kirwan kirwansj@gmail.

com or 608-293-3522

Headquarters Volleyball League

Season - June - Aug Contact: (608) 291-0750

Website: http://oregonhq.com/vol-

leyball-leagues/

Email: info@oregonhq.com

Summer 4x4 Volleyball League

Season: June - August Wednesday Nights 6:00PM - Dusk

For more information and to register, go to page 10 in this guide or visit http://apm.activecommunities.com/oregonsd/Activity Search/4970

Contact: Oregon Community Education & Recreation at apmarks@oregonsd.net or (608) 835-4097

Want your group included on this page? Send information to apmarks@OregonSD.net



COMMUNITY ORGANIZATIONS

14 South Artists 14southartists.com

14 South Artists is a group of artists of diverse media from diverse backgrounds. They promote the visual arts in the communities and rural areas of South Central Wisconsin by providing opportunities for exhibitions and events, artist-to-artist interactions and educational programs.

Anderson Park Friends andersonparkfriends.org

www,facebook,com/AndersonParkFriends

APF works with the Dane County Parks Department to develop, protect, preserve and enhance Anderson Farm County Park. Meetings are posted on Facebook or call Roe at 835-3580.

Brooklyn-Oregon American Legion Post 160 www.facebook.com/LegionPost160

PO Box 262, Brooklyn, WI 53521

A veterans support and community service organization open to veterans of all branches of the service. Meets monthly on the 2nd Wednesday of the month at 7pm.

Forest Edge PTO

https://forestedgepto.mailchimpsites.com/ Contact Chessie, PTO President: forestedgepto@gmail.com

A non-profit organization serving the students, families and staff at Forest Edge Elementary school. It is a parent and staff run organization that meets the first Monday of the month in the FES Community room. Any FES caregiver is welcome to attend.

Friends of Badfish Creek Watershed rockrivercoalition.org/chapters/badfish/

FBCW works to identify and eradicate invasive riverbank plants, clean up the stream bed and sponsors an annual canoe tour. All events are open to the public.

Friends of the Oregon Library oregonpubliclibrary.org/friends

PO Box 173, Oregon, WI 53575

Community volunteers supporting the library and providing programs for children and library patrons. Donations of used books and media are accepted at the Library for the semi annual used book sales. For more information call 835-3656.

Friends of the Oregon School District friendsofosd.com

Provides resources so that all children have a healthy, positive enviornment in which to learn.

Joy of Living Meditation Group Maitri Center for Mindful Living, 120 N Main St, Oregon, WI

Kelly Petrie: contemplative.ed@gmail.com Monthly meditation group that provides an opportunity to practice in a community setting. Group meets 2nd Tuesday of every month, 6:30-8:00PM. FREE and open to all.

Knights of Columbus Council 13480 Holy Mother of Consolation Catholic Church

651 N. Main Street, Oregon, WI 53575 **608-835-576**3

uknight.org/CouncilSite/index.asp?C-NO=13480

The Knights of Columbus promotes and conducts programs in a variety of areas including youth, community church, school and council. Meetings 3rd Thursday of the Month at Holy Mother of Consolation. For more information contact Brian Peterson 225-7761.

MOPS: Mothers Of Preschoolers http://www.mops.org/groupsearch/

A Christian based support group for mothers of young children. Hillcrest MOPS meets at Hillcrest Church, located at 752 E. Netherwood St Oregon, WI 53575, every other Wednesday morning starting on 9/11/24 from 9:00-11:00AM.

Oregon-Brooklyn Optimist Club www.oregon-brooklyn-optimists.org www.facebook.com/Oregon-BrooklynOptimist

A service club that supports youth with school recognition programs and scholarships, encouraging optimism as a philsophy of life, respect for the law and interest in government and civic affairs through volunteerism. Meets 3rd Thursday of the month, 6:30pm, Town of Oregon Town Hall, 138 Union Road.

Oregon Allies

https://www.facebook.com/oregonwiallies/

The organizing principles of the Oregon Allies are to bring attention to the unique experiences of underrepresented communities in Oregon and advocate for Oregon decision-makers to consider how their policies and actions affect everyone in our community.

Oregon Area Cares Community Coalition oregoncarescoalition.org

Formed in 2009, the vision of Oregon-CARES is a healthy, alcohol- and drugfree lifestyle for youth in the communities that are part of the Oregon School District. The Coalition includes parents, business owners, school community, law enforcement agencies, faith organizations, health care professionals and government agencies. Meetings are held the third Thursday of each month from 11:30am-12:30pm.

Oregon Area Historical Society 159 W Lincoln St Oregon WI 53575 oregonareahistoricalsociety.org

Dedicated to preserving Oregon's unique history, OAHS operates a museum, provides clothing local events and houses archives and local family histories. Open every Tuesday 10am-4pm and the first Saturday (Sept-May) 11am-2pm. Open every Saturday June- August from 11am-2pm.

Oregon Area Wellness Coalition https://www.facebook.com/OAWCWI

This group's goal is to promote health and wellness to the Oregon, WI area. We try to offer free events and information to people throughout the year. Meeting are held the first Wednesday of the month at 8am.

Oregon Booster Club www.oregonboosters.com

The Oregon Booster Club is a parent/volunteer run organization which provides support to student athletes both on and off the field. They raise money through our memberships, concessions, partnerships, sponsorships and special events to provide our students what they need to succeed.

Oregon Community Band www.oregoncommunityband.org

This 55-piece adult concert band provides entertainment for the community and a performance outlet for the experienced woodwind, brass, and percussion musician. Marches, overtures, and other familiar works are programmed each year for the indoor fall concert and the summer evenings-in-the-park performances at the Oregon Band Shell held in June and July. All concerts are free and open to the public. Rehearsals held Tuesday evenings at OMS. Contact Director James Baxter at (608) 835-9066.

Would you like your oganization included here? Send your information apmarks@OregonSD.net

Oregon Choral Boosters oregonchoirs.weebly.com/oregon-choral-boosters.html

Interested parents support the vocal music classrooms through volunteering their time, talents and financial support. Fundraisers help provide scholarships to seniors, scholarships for music camps and other opportunities, and financial support for field trip funding.

Oregon Community Gardens

103 N Alpine Parkway

Plots are 18' x 18'. Half plots and raised beds are also available. Plots going to new gardeners will be tilled. Returning gardeners can choose to have their plot tilled each Spring. Organic overall although Roundup occasionally used to control thistles. Contact: Barbara Feeney, bafeeney@gmail.com or (608) 843-2272.

Oregon Area Education Foundation

Oregon Community Bank c/o Daniel Behrend 733 Main Street Oregon, WI 53575

The Oregon Area Education Foundation (OAEF) support education initiatives in the Oregon School District. Many, but not all, of the grants given help support school district-sponsored activities. The Foundation is the fiscal agent for the Friends of The Oregon School District (FOSD) and for "Sing Out Louise", an annual musical event honoring the late Louise Uphoff.

Oregon Area Food Pantry 107 N Alpine Pkwy, Oregon 53575 oregonareafoodpantry.com

The pantry is available to anyone who lives in the Oregon School District who needs help with food.

Oregon Horse Association 5676 Alpine Rd, Brooklyn, WI 53521 OHA- Oregon Horse Association (Wisconsin) on Facebook

Non-profit organization dedicated to promoting all breeds of horses and styles of riding, for all ages. Horse shows, parades and educational programs.

Oregon - Brooklyn Lions Club PO Box 215 Oregon WI 53575 e-clubhouse.org/sites/oregonb

This service club sponsors Stuff the Bus, raises money for the Lions' Camp for the Disabled, Wisconsin Lions Eyeglass Bank and many community service projects.

Oregon Masonic Lodge #151 F. & A.M. 201 Park St, Oregon, WI 53575

https://151-wi.ourlodgepage.com/

Fraternal organization provides support for community projects, scouting events, AED donations and an annual scholarship. Masonic Lodge meets 2nd and 4th Thursdays of each month (Jan-May & Sept-Oct @ 7:00PM) and 2nd Thursday of each month (Jun-Aug & Nov @ 7:00PM).

The Oregon Nature Alliance https://www.facebook.com/Oregon-NatureAlliance

The Alliance was formed to give a voice to nature lovers in the Oregon area. Our mission is to protect and enhance local parks and natural areas while also promoting activities that bring people closer to nature.

Oregon Parent Teacher Organization www.oregonpto.org

The Oregon PTO is a non-profit parent-run organization benefiting the students, teachers, and staff at Netherwood Knoll, Prairie View, and Rome Corners Intermediate Schools. Monthly meetings are held at the NKE library and are open to all teachers and parents. Contact President Julie Klein at president@oregonpto.org for more info.

Oregon Straw Hat Players 201 Market St Oregon, WI 53575 oshponline.org

Amateur theater offering opportunities for volunteers to participate in all production areas. Striving for excellence while stressing enjoyment and entertainment in the Oregon area. Three productions each year including a children's production.

Rotary Club of Oregon PO Box 145 Oregon WI 53575

oregonrotary.org

A service club dedicated to working both locally and globally through community projects. Supports prairie restoration at Lerner Park, awards college scholarships, facilitates bike safety rodeos and more. Visitors and new members welcome! Meets Tuesdays 6:45am at Headquarters Restaurant, 101 Concord Dr, Oregon.

Three Gaits, Inc

3741 Highway 138 West, Stoughton, WI 53589

three-gaits.org

Therapeutic horsemanship center that provides equine assisted activities and therapies that enhance the lives of people with physical, emotional or intellectual challenges. Volunteers welcome!

Oregon-Brooklyn VFW Post 10272 PO Box 206 Oregon, WI 53575 217-7198

www.facebook.com/OregonBrooklyn-VFWPost10272

The VFW honors the dead by serving the living through community service. Call 217-7198 for meeting dates and times.

Scouts BSA Troop 50 www.oregontroop50.org

Scoutmaster Greg Kosharek
Discovery is at the heart of Scouting.
Whether it's a campout, kayaking, or a
hike on the trail, we believe every adventure helps us uncover a little more about
ourselves. We build the foundations for
humility and compassion - strengthening
character through actions - to prepare
youth for a lifetime of leadership. Our
program is designed so that anyone can
have fun and make an impact.

Scouts BSA Troop 168

www.troopwebhost.org/troop168oregon/Discovery is at the heart of Scouting. Whether it's a campout, kayaking, or a hike on the trail, we believe every adventure helps us uncover a little more about ourselves. We build the foundations for humility and compassion - strengthening character through actions - to prepare youth for a lifetime of leadership. Our program is designed so that anyone can have fun and make an impact.

Scouts BSA Troop 350

www.troopwebhostcs.org/pack350oregon/ Discovery is at the heart of Scouting. Whether it's a campout, kayaking, or a hike on the trail, we believe every adventure helps us uncover a little more about ourselves. We build the foundations for humility and compassion - strengthening character through actions - to prepare youth for a lifetime of leadership. Our program is designed so that anyone can have fun and make an impact.

Scouts BSA Troop 750 www.oregontroop750.org

Scoutmaster Kathy Krasny

Discovery is at the heart of Scouting. Whether it's a campout, kayaking, or a hike on the trail, we believe every adventure helps us uncover a little more about ourselves. We build the foundations for humility and compassion - strengthening character through actions - to prepare youth for a lifetime of leadership. Our program is designed so that anyone can have fun and make an impact.



For more information on Leaf and Brush Collection, visit the link below:

<u>Village of Oregon Leaf and Brush Collection</u>

Leaf Collection Begins October 21, 2024

Visit the Village Web Page for information and announcements! http://www.vil.oregon.wi.us/

COMMUNITY AND SCHOOLS WORKING TOGETHER

Work permits

Workers aged 14-15 years can apply for work permits using a new online work permit application tool. A parent can access the site using the following website: https://dwd.wisconsin.gov/er/laborstandards/workpermit/. Payment is made directly to the department through the application using a credit card, debit card, or ACH direct withdrawal. Once the permit process is complete, the Department of Workforce Development will mail a paper copy of the permit directly to the employer. Children 16 and older are no longer are required to get a work permit. Check with your employer for their policy. Questions? Call 835-4091.

Volunteer in the schools and share your time with children

Make an impact by working with children, supporting teachers, assisting in the library or tutoring a student. A background check is required. Please apply online at https://www.oregonsd.org/site/Default.aspx?PageID=119 or visit any school office in the district. Questions? Call 835-4091.

Reserve indoor and outdoor Oregon School District facilities

Visit www.oregonsd.org/domain/33 to reserve Oregon School District facilities. A background check is required for reservations, and can be completed by visiting https://www.oregonsd.org/site/Default.aspx?PageID=119. For questions about school reservations please contact the following: Gyms contact Dave at dtjameson@oregonsd.net or call 835-4387. All other school facilities contact Sherri at skt@oregonsd.net or call 835-4016.

Reserve indoor and outdoor Village of Oregon facilities

To reserve Village of Oregon parks and shelters, please contact Liane Rhodes at lrhodes@vil.oregon.wi.us or call 835-6295.

Display or distribute information in our buildings

To share information on bulletin boards or through fliers distributed to students, you must have approval from Community Ed & Rec. Please read the District Policy at https://www.OregonSD.org/Page/5358 before requesting approval. Drop off flyers at 123 E Grove St or email <a href="majorage-approval-approv

Support Our Community!

Are you interested in helping others in our community? Here are some ways to support community members in need.

Oregon Area Food Pantry: The mission of the Oregon Area Food Pantry (OAFP) is to provide food and basic necessities to those in need who are residents of the Oregon School District. For more information on how to donate go to <u>oregonareafoodpantry.com</u>.

Oregon Youth Center: The mission of the Oregon Youth Center is guiding, empowering, engaging, and inspiring youth in the Oregon School District. OYC works to create and ensure a safe, inclusive space for all youth and families. For more information on how to help, visit <u>oregonyouthcenter.org</u>

"Be A Champion" Mentor Program: The "Be A Champion" Mentor Program is designed to pair a 4th-8th grade child with a caring adult who will serve as that child's champion. Learn more at friendsofosd.com/mentor

Oregon Area Senior Center: Volunteers deliver meals, provide rides to medical appointments, and much more! For current volunteer opportunities or to donate to support programs, email oasc1980@gmail.com

Neighbors in Need of Assistance (NINA) Fund: This program is administered by Ryan Estrella, Oregon's Dane County Department of Human Service social worker through the Joining Forces for Families (JFF) program. The NINA fund can help families avoid eviction or power/water cut offs as well as some other one-time needs. Your donations to NINA are tax deductible. Make checks payable to NINA Fund and send checks to:

NINA Fund c/o Ryan Estrella Netherwood Knoll Elementary School 276 Soden Drive Oregon, WI 53575



LEARN, PLAY, AND CALL HOME



COMMUNITY EDUCATION & RECREATION

OREGON SCHOOL DISTRICT