

DE PERE COMMUNITY CENTER 600 GRANT STREET | DE PERE, WI 54115 | 920-339-4097

www.deperewi.gov

REGISTRATION BEGINS | RESIDENTS 11/2 • NON-RESIDENTS 11/9













City of DePereParks, Recreation & Forestry Department





Exhaust Specialists • Engine Diagnostics & Repair AC Service • Transmission Flush & Service Brakes • Tires • Batteries • Oil Changes

Clip or Snap a picture of this coupon for

\$25⁰⁰ OFF Any engine repair of \$200-\$499

\$6000 OFF Any engine repair of \$500-\$999

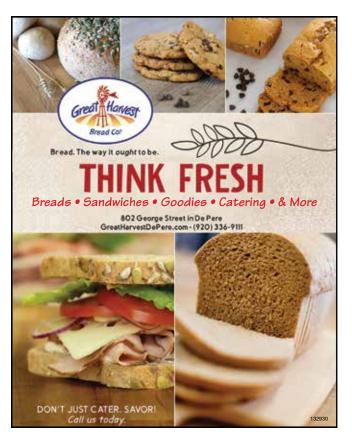
\$100⁰⁰ OFF Any engine repair of \$1,000 or more.

If you are a new customer, we will also give you an extra \$5.00 just for trying us out. Stop in soon!

Expires 10/27/2023

DP

1975 Allouez Ave. Green Bay, WI 54311 (920) 469-8115 www.exhaustprosr.us



Pediatric Dentistry that's Something to Smile About



DR. VIJI SHETTY Always Welcomes New Patients

- Preventative Dental Care for children & teens
- Restorative Dentistry (sealants, tooth colored fillings, extractions, fluoride)
- Special Needs
 Children Welcome/
 Hospital Dentistry

Where Your Children Feel at Home

534 Red Bird Cir De Pere

Children's Dental Clinic of Green Bay, LLC

(920) 336-4002

www.childrensdentalclinicofgreenbay.com

81148





A Monthly Magazine Dedicated to Your Health & Wellness

- Informative Information From Experts In The Health Field Through Northeast Wisconsin.
- Be In The Know On Things Important To You.
- Learn How To Stay Healthy All Year Long!

Pick up your copy now

at area Grocery Stores & Health and Nutrition Stores.



De Pere Parks, Recreation & Forestry Department

Parks & Forestry Department

925 S. Sixth St. De Pere, WI 54115 (920) 339-4065 (920) 339-4071 fax

OFFICE HOURS:

M-TH 6:30 am - 4:00 pm F 6:30 am - 10:30 am

Community Center & Recreation Department

600 Grant St. De Pere, WI 54115 (920) 339-4097 (920) 339-6348 fax

OFFICE HOURS:

M-TH 7:30 am - 5:00 pm F 7:30 am - 11:30 am

Important Phone Numbers

Forestry920-339-8362 Senior Programs920-336-6054 Nutrition Program920-448-4312 League/Program

Cancellation Line920-339-4067

The City of De Pere complies with the Americans with Disabilities Act of 1990 in its provision of local government services, programs and activities. Qualified individuals with a disability should call 920-339-4065 or 920-339-4097 if seeking an accommodation in policies, practices or procedures.

STAFF

PARKS & FORESTRY ADMINISTRATION

Marty Kosobucki, Director
Don Melichar, Parks Superintendent/City Forester
Grace Lahtela, Administrative Assistant

COMMUNITY CENTER & RECREATION

Paula Rahn, Recreation Superintendent Cindy Lee, Recreation Supervisor Chelsea Moberg, Recreation Supervisor Mandi Baker, Recreation Coordinator Laurie Verhagen, Administrative Assistant

PARK MAINTENANCE

Robert Haen, Park Lead

Brian Christnovich James 'Skip' Greve
John Hallam Jordan Pahl
Kyle Rouce Kevin VandenBush

BOARD OF PARK COMMISSIONERS

Randy Soquet, Chair
Ryan Jennings, Vice Chair
Shana Defnet Ledvina, Alderperson
Amy Chandik Kundinger, Alderperson
Dean Raasch, Alderperson
Jim Kneiszel, Citizen Member
Melissa Thiel-Collar, Citizen Member
Madison DeCleene, Teen Advisory Rep.
Connor Goodman, Teen Advisory Rep.
Meets 3rd Thursday of every month,
6:30 pm, at City Hall Council Chambers

COMMISSION ON AGING

Rae Ann Doolan • Ken Petersen
Theresa Reiter • Marie Rowe
Larry Vande Hei
Meets 3rd Thursday every other month,
8:30 am, starting in January

The City of De Pere promotes sustainability!

Program brochures will be mailed to all City of
De Pere residents and are available online
and at the following locations:
De Pere Community Center
Municipal Service Center
City Hall
Kress Family Library

Table of Contents

Facilities5
Camps & Specialty Programs6-7
Community Events & The Arts 8-9
Youth Programs10-12
Adult Programs 12
Aquatics 13
Sports Programs & Leagues14-15
Fitness Programs16-18
Enrichment & Older Adult Programs19-21
Parks & Forestry 21-23

Teen Advisory Board

The City of De Pere Parks, Recreation & Forestry Department is currently accepting applications for teen advisory representatives for our Board of Park Commissioners. The Mayor of the City of De Pere appoints these positions on a yearly basis, as a one-year term starting in July. The teen advisory seats are open to persons of high school age who reside in the City of De Pere. The term of the appointment is one year running July 1 through June 30. Applicants must be able to attend Board of Park Commissioners meetings held on the third Thursday of the month starting at 6:30 pm. Interested applicants can request an application packet by contacting the Parks, Recreation & Forestry Department at 920-339-4065. The deadline for the applications is Friday, April 21, 2023.

View all of our activities and services, and register online at www.deperewi.gov

Registration Begins

November 2 ~ Residents
November 9 ~ Non-Residents

Mission Statement

The City of De Pere seeks to enrich the quality of life of residents and visitors through preserving, developing, operating and maintaining parks, open space, facilities, and recreation services.



Community Center

600 Grant St.

Located in VFW Park, the De Pere Community Center is an active, thriving venue that serves as an epicenter of lifelong learning, health, fitness, enrichment, recreational and celebration opportunities for our community and surrounding region. This bi-level, 15,000-square foot facility has two large multi-purpose rooms with kitchens, two flexible meeting rooms, one multi-purpose room with counter and sink, a game room and lounge area — all for public or private use. It's an ideal location to host a baby/bridal shower, small wedding reception, reunion, banguet, meeting or a party for any occasion.

Rooms are available for rent seven (7) days a week from 7:00 am - 10:30 pm or later upon request. Security deposits required. There is no charge for De Pere service organizations or youth groups through high school, Monday thru Thursday. Reservations will be accepted for the following year beginning October 1st.

Resident Non-Resident **Large Activity** \$170/4 hours \$200/4 hours Rooms with kitchen \$255/full day \$305/full day (Capacity 200) **Meeting Rooms \$80/4 hours** \$105/4 hours (Capacity 50) \$110/full day \$140/full day **Additional Hours** \$30/hour - meeting rooms \$50/hour – large activity rooms

*Full day is considered 7:00 am – 10:30 pm.

**Full day rentals only: By written request, rooms may be rented until midnight for an additional \$75.

Note: All fees subject to change.

Tables (6' long, 48" & 60" round) and chairs are provided.

Podiums, corded microphones, easels, dry erase boards, projector screens, coffee makers, extension cords and power strips are included with rentals upon request and for no extra charge. TV's w/ DVD players are available in large rooms on upper level and in the lounge on the lower level. The facility is equipped with free Wi-Fi access.

For a nominal fee, the following audio-visual equipment is available: 50" TV w/ VCR/DVD player, LCD projectors, conference phone and cordless microphones. Storage bins and cabinets are also available for rent on a first come, first serve basis.

Game room equipment *(pool table & foosball table)* may be used with lower level, large activity room rentals only and accompanied by a \$50 security deposit.

Park Shelters

Resident and non-resident groups, organizations and businesses wishing to reserve park shelters and areas for picnics should contact the Parks & Recreation Department at 920-339-4065. All shelters are available for reservation when not in conflict with Department sponsored programs. Park shelters may not be used for vending purposes and are open to the public at all times. Reservations will be accepted for the following year beginning October 1st.

Monday – Thursday \$60/day \$75/day
Friday – Sunday & Holidays \$130/day \$150/day

A \$25 security deposit is required for all indoor shelters, which is returned if shelter is left in good condition. All fees must be paid when reservation is accepted at the Parks & Recreation Office, 925 S. Sixth St. All fees are non-refundable and non-transferable. There is no charge for De Pere service groups or youth organizations through high school, Monday thru Thursday.

Indoor Shelter Locations

*** Keys Required ***

Braisher Park, 630 N. Winnebago St. (capacity 30)

Patriot Park, 1101 Colleen Ln. *(capacity 36)*

VFW Park, 730 Grant St. *(capacity 55)*





Open Shelter Locations

Legion Park, 1212 Charles St. Optimist Park, 801 Cook St.

Perkofski Boat Launch, 1500 Ft. Howard Ave.

VFW Park, 730 Grant St.

(2 open shelters)

Voyageur Park, 100 William St. *(2 open shelters)*





Pavers & Granite Tiles Available

Purchase PAVING BRICKS or LOBBY GRANITE TILES in honor of or in memory of a loved one for your family or friends. Paving bricks cost \$250 for 4" x 8" size and lead to the upper entrance. 12" x 12" tiles can be purchased for \$1,000 and are located on the floor of the lobby. Bricks and tiles are sealed for longevity. For more information, please contact the De Pere Community Center at 920-339-4097.



Specialty Programs

Seasonal Employment

Recreation Division: Part-time seasonal employment opportunities are available for various year-round activities. The Recreation Department is currently searching for Basketball Officials & Scorekeepers, Softball Umpires, Zumba or Cardio Gold Instructor, Yoga Instructors, Water Aerobics/Swim Instructors, Lifeguards, Tumbling Instructors, Kidz Zone Counselors & Youth Activity Instructors. We are also continually accepting applications for substitute and assistant instructors for various youth programs and fitness classes. If you have a new program that you would like to share, please feel free to contact us — we always welcome new ideas!

Park & Street Divisions: Looking for an awesome job where you can get outside and help your community? Come work for the City of De Pere. From helping maintain city buildings, to beautifying our parks and streets, there are great opportunities waiting for you. Spring and Fall Park Maintenance and Summer employment opportunities available.

Applications for summer employment will be accepted beginning in mid-December for the summer to follow and be reviewed starting mid to late February. Applications will be accepted until positions are filled. Summer positions available include: Pool Managers, Lifeguards, Facility Attendants, Playground Leaders, Summer Day Camp Counselors, Activity Instructors, Recreation Assistant or Intern, Street and Park Maintenance Personnel. Applications for Spring (April-May) & Fall (late August-early November) Maintenance positions in the Parks Department are accepted year-round.

For more information, please visit the City's website at www.deperewi.gov or contact the Parks & Recreation Department/ Community Center at 920-339-4097.

Lifeguard Certification Courses



The City of De Pere, in conjunction with St. Norbert College, will host an American Red Cross Lifeguard Certification courses and re-certification courses. This course enables the

participant to work at an indoor/outdoor pool or lake setting and also certifies the participant in First Aid and CPR for the Professional Rescuer. Minimum age requirement is 15. Full attendance is mandatory to complete this course. The course is a blended learning course. Candidates will take the online course and attend an in-person training course. Dates for a Winter/Spring course will be announced at a later time. Please call the De Pere Community Center at 920-339-4066 or email cmoberg@deperewi.gov for more information or to be put on an interest list.

Holiday Gift Certificates

Gift Certificates are available for City of De Pere Recreation Programs and pool facilities. Certificates may be purchased in any denomination at the Community Center between 7:30 am – 5:00 pm, Monday -Thursday and 7:30 am – 11:30 am, Friday.



Holiday Gift Certificates for the 2023 swimming pool passes for Legion Pool and VFW Aquatic Facility programs will be available at the Community Center December 1-22, 2022. Fees subject to change.

Birthday Parties

Looking for a new birthday party idea for your child ages 4-10? You supply the children and any refreshments - we'll do the rest! Let our enthusiastic staff help make your child's birthday an event to remember. Each two-hour party will include games, a craft, gift opening and time to enjoy party refreshments. We do the clean up!

Note: The parties are designed for the birthday child and their guests, not as a family gathering.



Many themes available: Pirates, Frozen, Tea Party, Princess, Sports, Legos, Race Cars, Teddy Bears, Dance, etc. Thinking of something else? Feel free to ask!

Fee: \$17/child (minimum \$100) Date availability varies. Please contact the Community Center at 920-339-4097.

Recreation Scholarship Program

This financial assistance program has been established to provide youth in the City of De Pere the opportunity to participate in recreation programs offered by the Parks, Recreation & Forestry Department, regardless of their financial status. Through the generous support of local service organizations, foundations, businesses and community members, the City of De Pere can help people overcome financial barriers to participate in city recreation programs.

Scholarships are available for instructional programs, special events, pool passes, playgrounds, Kidz Zone Before & After School Program, Summer Day Camp, and co-sponsored youth sport leagues such as youth soccer, baseball, softball, and hockey. Scholarships are not available for youth participation in field trips, replacement pool passes, costumes or supplies. Scholarships may be offered to eligible families as part of City of De Pere sponsored holiday giving programs.

Scholarships are awarded on a first come, first served basis if there are available funds and are within the guidelines established. Residents may apply by completing an application form. For more information, please call the Community Center at 339-4097 or visit the City's website at www.deperewi.gov.

DONATIONS ACCEPTED!

The Parks, Recreation & Forestry Department is accepting donations for the Recreation Scholarship Fund. With your support, we can help make a positive influence in the lives of the children of our community today, tomorrow and for the future! Call 339-4097 to learn more about contributing to this worthwhile program, or mail your tax-deductible contribution to:

De Pere Community Center 600 Grant St. De Pere. WI 54115



Ice Rinks

Scheduled to open as soon as suitable weather & ice are obtained.



LEGION & VFW PARKS

Lighted hockey rinks; open rink at Legion only.
These sites are unsupervised.
Lights will go on as needed until 9:00 pm.

Camps & Specialty Programs

Kidz Zone

Kidz Zone is a fun, safe, educational, and affordable recreation program for those hours before and after school. The program is open to students enrolled in grades K5 – 4th at Westwood and Our Lady of Lourdes Schools. Options available for enrolling in before school, after school or both. Full and part-time options available!

Before School Drop-Off Times: 6:45 am – 8:15 am After School Pick-Up Times: 3:15 pm – 5:45 pm

Location: OLOL School Cafeteria

Westwood students transported by bus, fees

included.

Fees: \$37 Non-Refundable Registration Fee

Fees are based on the following rates per participant and are drafted monthly. Fees are also prorated for scheduled days that school is not in

session.

FULL-TIME (4 – 5 days/week):

Before School: \$44/week
After School: \$52/week
Before & After School: \$87/week

PART-TIME (3 days/week or less):

Before School: \$30/week
After School: \$37/week
Before & After School: \$64/week

Enrollment for 2023 - 2024 school year begins April 12, 2023



Summer Day Camp 2022

Summer Day Camp is back for a 16th consecutive year and again will be offered at two locations:

West side: De Pere Community Center **East side:** Dickinson Elementary School

Each week features a fun theme, swimming, field trips and more! Additional information will be available in December. Feel free to call the Community Center at 339-4097 if you would like to be put on an interest list so that you may be contacted as soon as information is available.

Drop off registration begins 7:30 am on Wednesday, February 8, 2023

For more information on Kidz Zone, Kidz Day Out or Summer Day Camp programs, please contact Cindy Lee at 920-339-4097 or clee@deperewi.gov.



Pouwels Basement Specialists LLC

www.pouwelsbasements.com Cell: 920-371-4741

4298 Pouwels Ct. De Pere

A Healthy Home Starts in the Basement!



A sound & moisture-free basement is essential if for a quality environment in your whole home. The air in the basement WILL be the air you breathe upstairs, due to the stack effect, which naturally sucks the air from the lower elevation to the upper structure.

If you're looking for the air quality you deserve throughout your home, you need to start with a qualified **basement inspection**. Not all basement repair specialists are equal, so do your research. You may want to check Angie's List and The Better Business Bureau. Make a few appointments, get references, and talk to the technicians to get a good feel for their knowledge. Make sure the repair specialists are not there to sell you repairs you don't need. Remember: the most expensive repair is not always the best repair. It can be the result of an over-zealous sales person.

Never cover up a problem basement, thinking it will go away: IT WON'T! Whether for reinforcement, a water control system, egress window

or our patented Channel Pro Crack Repair, WE MAKE IT RIGHT FOR YOU!

Call <u>Jim Pouwels, 920-371-4741 at Pouwels Basement</u> <u>Specialists LLC</u>, for an honest opinion <u>at no cost to you!</u>

Community Events & The Arts

Ringing In With Santa Claus

Help make vour child's Christmas season extra special this year with a personal telephone call from Santa Claus! The De Pere Community Center and the De Pere Area Men's Club have made arrangements with Santa at the North Pole to talk to your child this Christmas holiday. Calls will be placed on Thursday, December 1. 5:30 - 7:30 pm.



If you live in De Pere or attend a De Pere school and wish your child (4-9 years old) to receive a call from Santa, please complete a Santa Calling Form and return by Wednesday, November 30, 2022. Forms can be printed off from the City's website at www.deperewi.gov or pick up a form at the Community Center, Municipal Service Center, City Hall or the Kress Family Library. Feel free to make copies as well.

> **THURSDAY. December 1** 5:30 - 7:30 pm MSC **Event is FREE!!**

Holiday De-Stress Meditation New!

The holiday season is meant to be a happy time, but it can also come with a lot of stress. With all the changes this time of year brings, it can be easy to get caught up in this stress and lose focus on the essence of what the holiday represents: feeling and sharing joy, kindness, and gratitude for all that you have in your life.

Please join Bobbie Jackson from Inner Dimensions Wellness for a guided holiday de-stress meditation. Class participants will receive a disposable warming eye mask and small gift bag. Limited yoga mats, bolsters and blankets available for use but please feel free to bring your own, and a pillow. Session is limited to 15 participants to allow for relaxation and comfort.

TUESDAY December 6 **18 yrs. & up** (16-17 yrs. with parental consent)

#2211.1123 9:00 - 10:00 am **WEDNESDAY** December 14 #3211.2123 5:45 - 6:45 pm

Location: Community Center, Hickory Rm.

Fee: \$20 per person

Cookies and Cocoa Bingo

Bingo fun for everyone! Children and their favorite grown up are invited to join us for Cookies and Cocoa while enjoying some fun and different bingo games! Prizes, too! Registration is per person and will be limited.

WEDNESDAY December 28 5+ yrs., with adult

#3181.1123 1:00 pm

Location: Community Center, Spruce Rm.

Fee: \$6 per person



Holiday Lights Display



The De Pere Parks, Recreation, and Forestry Department, along with the lead sponsor, Fox Communities Credit Union, will be bringing back the Holiday Lights Display for it's 2nd year. This unique drive-through experience will be held in Voyageur Park. Please join us from 5:00 – 9:00 pm to view and enjoy the holiday lights and decorations on:

December 9 - 10 • December 16 - 17 • December 22 - 25

Sponsor trees also available. Call the Parks office at 920-339-4065 for more information.

Snowman Photo Contest

Calling all De Pere Residents! It's time to show off your snow creation skills with this fun, family friendly contest! Between January 15 - February 28, grab your family and craft your best snow creation. It doesn't have to be a snowman! All photos will be posted on Facebook and the three creations with the most likes will win prizes. The Parks, Recreation and Forestry staff and Mayor Boyd will vote for the winner of the Honorable Mention prize. All rules are listed below. Let it snow, let it snow, let it snow!

- 1 entry per family
- · De Pere Residents only
- · When submission is made, please include your contact information, address, and the signed photo release waiver.
- Email deperecc@deperewi.gov to get the photo waiver.
- Submissions can be made to deperecc@deperewi.gov.
- Photos will begin being posted on Facebook February 1st for voting.
- Photos will be accepted until February 28th, but the earlier it is sent in the more chances for votes.
- Votes will be counted and winners will be contacted on March 1.
- We ask that your photo submission only include your snow creation, no humans.

Spring Cookie Decorating Workshop!



Do you admire those decorated cookies you see at bakeries? Wish you could create something along those lines for all celebrations and holidays? Look no further! Join us at this popular workshop designed for all ages and abilities and learn the wet-on-wet decorating technique using

Royal Icing, how to add embellishments as well as learn how to do some other decorating techniques! Each participant will decorate and take home 3 Valentine's Day/Mardi Gras themed cookies. All supplies provided; no experience necessary! Registration is per person.

5+ yrs. - adult (7 yrs. & younger **TUESDAY** February 7 accompanied by adult)

#3141.1123 6:00 - 7:30 pm

Location:

\$10 Res / \$20 Non-Res / \$8.50 Senior Res Fee:



Community Events & The Arts

Guided Meditation Monthly Sessions New!

Meditation is a practice of training your mind to focus and redirect your thoughts in order to achieve mental clarity and an emotionally calm state. It's a great practice for reducing stress, anxiety, and depression to bring peace into your life for balance and healing. While some people can achieve this on their own, others find it more difficult and that's where guided meditation can help. Guided meditation is simply "meditation with the help of a guide". It's one of the easiest and most powerful ways to enter into a state of deep relaxation and inner stillness.

Please join Bobbie Jackson, Owner of Inner Dimensions Wellness, LLC., for monthly guided mediation sessions. As a Certified Meditation Teacher, Fitness Trainer, and Reiki Master, she will help guide you through each session to achieve a more relaxed, balanced state of mind and inner peace. Having gone through personal life struggles herself, she credits meditation for helping to get her life back on track. Each month will feature a different meditation topic listed. Class participants will receive a disposable warming eye mask and small gift bag at each session.

Monthly guided meditation sessions held the 3rd Tuesday of each month at 5:45 pm. Sign up for one session, two or as many sessions that suits your needs!



TUESDAYS 5:45 – 6:45 pm 18 yrs. & up (16-17 yrs. with parental consent)

#2201.1123 January 17 Self-Compassion for Your Whole Body

Self-compassion is about taking care of ourselves, our health, and indulging in things that are good for us mentally, emotionally, and physically. When we have self-compassion, we learn to identify ways to forgive ourselves, release negative energy, and call upon loving energy for healing. Join us for this unique guided meditation and learn how to be more kind, loving, and respectful of your body.

#2201.2123 February 21 Alleviate Stress with Three Deep Breaths

Learn how to meditate for alleviating stress, bring peace and healing into your life, and train your mind to focus and redirect your thoughts. Use the three deep breaths technique and mental visualization to assist in handling change better and banish negative thoughts when they occur. Sign up and discover your new mantra!

#2201.3123 March 21 Total Body Relaxation for Sleep

How does meditation help you sleep? The effect is both physical and mental. Releasing tension or tightness in the body will help you get to sleep. By focusing your attention on relaxing each part of your body, you're also taking your mind off the worries, fears, anxieties, and other thoughts that are the enemies of sleep. Come join us for this relaxing guided meditation for a better night's sleep.

#2201.4213 April 18 Attitude of Gratitude

Gratitude is an emotion that arises when we express appreciation. It's important to pause, take a breath and create some space for this wonderful emotion. Experience how meditation can help you find peace and gratitude in your daily life. Join us for this peaceful guided meditation to develop an attitude of gratitude.

#2201.5213 May 16 Positive Affirmations

Affirmations are the most powerful tool in attracting the things you want. They can be used to attract money, a better job, love, relationships, travel, and even self-care. Manifesting is cultivating that experience you want and then believing in it so you can allow it to come into form. Please join us for this powerful guided meditation and learn to combine positive affirmations with setting your intentions.

#2202.1123 All 5 Sessions First 10 people to sign up for all 5 sessions will receive a FREE Bath Salt pack from Benjamin Soap Co. plus a bath sponge!

Community Center, Hickory Rm.

Location: Community Center, Hickory Ri Fee: \$20 per person per session

Easter Egg Hunt

Saturday, April 8, 2023 • 9:00 am

Please arrive at 8:45 am for instructions.

De Pere Community Center & VFW Park
Open to children 1- 9 years

Event is FREE!

Sponsored by:
De Pere Optimist Club, De Pere Area
Men's Club & the De Pere Community Center



Parent Child Dance

Calling all Superheroes, Villians, Princes, and Princesses! It's time to dust off your finery and join us for our annual Parent Child Dance! Dress in the theme that brings a smile to your child's face. This event is inclusive of all families, any relation to the participating child is allowed. Age groups for each time slot are recommended (our activities will be designed for the listed age group), but families are allowed to register for one group over the other if needed.

FRIDAY April 28 5:30 - 7:00 pm

Recommended Ages 4-10

7:30 - 9:00 pm

Recommended Ages 8-13

Location: De Pere Community Center, Pine Rm. (upper level)

Fee: \$30 per couple / \$5 each additional child

(same dance time)

**Tickets must be purchased in person at the De Pere Community Center during business hours.



Youth Programs

Tea Party Fun New!

It's time for tea and time for fun! We will enjoy Jan Brett's version of The Nutcracker in December, complete with The Sugar Plum Fairy and the Mouse King. April will be a Dino-mite Tea party with the book Tea-Rex (what can go wrong with a dinosaur at a tea party?) All participants will enjoy a story, crafts, songs, and of course, a tea party with some fun treats! Participants are encouraged to bring a plush friend along to

join in the fun! Participants should be potty trained.

TUESDAY December 13 – The Nutcracker 3–5 yrs.

Learning Tree Adventures



Your preschool age child can join the adventure as we explore weekly themes in this 12-week program, which will incorporate developmentally appropriate preschool activities including stories, songs, fingerplays, crafts and dramatic play. Children will enjoy socialization with their peers and kindergarten readiness skills while having fun! Parents are asked to send a small, healthy

snack with their child for each class. Participants must be potty trained.

TUESDAYS

& THURSDAYS January 17 – April 6 3–5 yrs.

#1431.1123 **8:45 am – 10:30 am** #1432.1123 **10:45 am – 12:30 pm Location:** Community Center, Pine Rm.

Fee: \$150 Res / \$165 Non-Res

Sports'tacular

Come join in on all the fun of learning new sports skills every week! This class introduces the basic skills and fundamentals needed to play soccer, basketball, football, tennis, t-ball, floor hockey and many more sports. Obstacle courses and cooperative games also part of the fun! This is an excellent class to develop hand-eye-foot coordination. Good sportsmanship will be emphasized. *Tennis shoes required*; no sandals or crocs for safety reasons.

FRIDAYS January 13 – February 17 3–5 yrs.

#1101.1123 **10:00 – 10:45 am**

Location: Community Center, Pine Rm. **Fee:** \$27 Res / \$42 Non-Res

The City of De Pere accepts the following forms of payment: Cash, check, debit or credit card. (Visa, Mastercard, Discover or American Express)

Oodles of Art Workshops

Holiday Workshop: All the Whos Down in Whoville liked Christmas, a lot! But the Grinch, who lived just north of Who-ville, did not. Join us as we help the Grinch get in the holiday spirit with a story and a variety of activities, including, of course, a special craft project!

ft 3–5 yrs.

THURSDAY December 8

#1352.1123 5:00 – 5:45 pm FRIDAY December 9 #1352.2123 10:00 – 10:45 am

Location: Community Center, Maple Rm.
Fee: \$10 Res / \$20 Non-Res

Mother's Day Workshop: Shhh!!!! Join us for this special one-day workshop! Participants will create a special gift for the special grown up in their life!

FRIDAY May 5 3–5 yrs.

#1353.1123 **10:00 – 10:45 am**

Location: Community Center, Maple Rm.
Fee: \$10 Res / \$20 Non-Res

Oodles of Art

Join us in this perfectly designed, hands-on art class for preschool aged children! Participants will enjoy drawing, sculpting, painting and more, designed to spark your child/ren's creativity, curiosity, and imagination.

FRIDAYS January 20 – March 10 3–5 yrs.

#1351.1123 **9:00 – 9:45 am**

Location: Community Center, Maple Rm. Fee: \$45 Res / \$60 Non-Res





Follow us on Facebook,

De Pere Parks, Recreation

& Forestry, for program

announcements and up to

date information!

ABC, 123...Dance With Me



In these exciting classes children will have fun movin' and groovin' while learning about colors and animals! Each 7-week session will be introduced with songs, games and fun props followed by a unique and energetic dance for each color/animal item. Assist your little one as they

learn basic dance moves, improve gross motor skills and explore creative expression! Parent/quardian participation required.

WEDNESDAYS 10:00 - 10:30 am 2-3 yrs. #1311.1123 January 11 – February 22 Colors #1312.1123 March 8 - April 19 **Animals Location:** Community Center, Pine/Hickory Rms.

\$28 Res / \$43 Non-Res Fee:



This class introduces toddlers 1 ½ - 2 years old to the basic developmental skills of jumping, throwing, catching, kicking, rolling, climbing. striking skills, bouncing and catching a ball along with basic tumbling and apparatus work. Children will have a ball while experiencing

a multitude of locomotive movements and coordination using a lot of fun equipment. Children should be accompanied by adults who participate and model good classroom etiquette.

Tumblebees

MONDAYS January 23 - April 10 #1121.1123 9:00 - 9:40 am

Location: Community Center, Pine Rm. Fee:

\$53 Res / \$68 Non-Res

Intro to Dance

Let's get your little mover and shaker introduced to dance. In this 11-week class, your dancer will learn the basics of dance through fun songs and dance activities. with a showcase held in the classroom at the end of the 11 weeks. This class does not have a costume or shoe requirement. Ballet or rubber soled shoes are preferred. This is a great beginner class for your hesitant performer.

WEDNESDAYS January 11 - March 22 3-4 vrs. #1181.1123 10:40 - 11:10 am

Location: Community Center, Pine/Hickory Rms.

\$36 Res / \$51 Non-Res Fee:

Tiny Tumblers

Tiny Tumblers is aimed at introducing children ages 3 & 4 to the wonderful world of tumbling. It is designed to use creative movement and a variety of equipment to teach basic tumbling skills, encourage motor development, help develop coordination & balance, enhance listening skills and promote social interaction.



3-4 yrs.

1½-2 yrs.

MONDAYS January 23 - April 10 #1131.1123 10:00 - 10:40 am

Location: Community Center, Pine Rm. \$53 Res / \$68 Non-Res Fee:

Little Yogis

You're never too young to start yoga! This fun parent-tot bonding activity provides a voga practice the whole family can enjoy! We'll

play yoga games that emphasize partner and group poses to encourage social skills and release energy. Children will learn important breathing and relaxation techniques to help them focus, all while strengthening their growing bodies in this playful class. So



come and partner with your little yogi to help them build body awareness and strengthen their motor skills while having a great time! Registration for this class is by child.

FRIDAYS February 24 – March 31 2-5 yrs. #1091.1123

10:30 - 11:15 am Community Center, Pine Rm. **Location:** Fee: \$30 Res / \$45 Non-Res

Tumbling

These classes are designed to introduce and then to further develop the progression of gymnastic skills for

both boys and girls. While teaching a variety of skills, the instructors will help develop coordination, balance, flexibility and control in each participant. Theme weeks along with games, obstacle courses and gym activities also incorporated into

the fun! *Regardless of child's age, classes are built on their ability/ readiness for gymnastics. Please call our office if your child is ready for the next level but does not fall within the age guidelines.

INTRO: Children 3-4 yrs. Introduction to tumbling basics. **BEGINNER:** Children up to 6 yrs. Basically new to tumbling.

WEDNESDAYS January 11 - March 29

#1141.1123 4:30 - 5:10 pm Intro 3-4 yrs. #1142.1123 4-6 yrs. **Beginner** 5:20 - 6:00 pm

Location: Community Center, Pine Rm. \$53 Res / \$68 Non-Res

Free online registration @ www.deperewi.gov begins:

Wednesday, November 2 ~ Residents Wednesday, November 9 ~ Non-Residents

Youth – Adult Programs

Tai Chi

Tai Chi is a low-impact, weight bearing, and relaxing style of exercise with its origins as a Chinese martial art. It involves slow, gentle movements, deep breathing, meditation, and Qigong exercise designed to enhance physical and mental health. The class will improve the flow of energy through the body, leading to a



wide range of potential benefits such as improved strength, conditioning, coordination, flexibility, reduced pain, and stiffness. It may also lead to better balance and lower risk of falls, enhanced sleep, greater awareness, calmness, and overall sense of well-being.

MONDAYS 1:15 - 2:00 pm 13+ yrs.

January 9 – February 13 (6 weeks) #4021.1123

#4021.2123 February 20 – April 3 #4021.3123 **April 10 - May 22**

Location: Community Center, Hickory Rm.

Fee: \$25 Res / \$40 Non-Res / \$19 Senior Res 6-week: \$22 Res / \$37 Non-Res / \$17 Senior Res

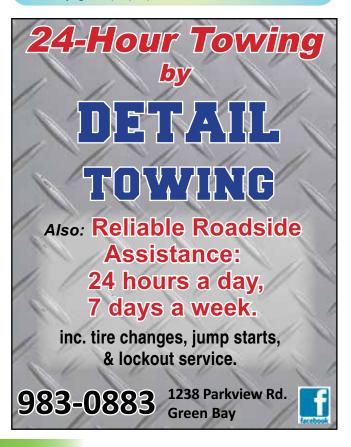
Fitness Classes for Older Adults

The Recreation Department offers a variety of fitness classes appropriate for seniors and to keep active! Yoga, Gentle Chair

Yoga, Restorative Yoga, Yin Yoga, Tai Chi,

Meditative Fusion, Cardio Gold, and Water Aerobics Classes

See pages 12, 13, 16, 17 & 18 for more information.



Little Ninjas



As the beginning step to Tae Kwon Do, our Little Ninjas will work to improve their basic motor and listening skills while focusing on building teamwork, memory, balance, control, discipline, coordination, and fitness. This course will prepare your Little Ninja for Tae Kwon Do in a fun and motivating way!

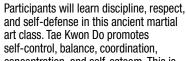
MONDAYS 5:30 - 6:05 pm 5-6 yrs.

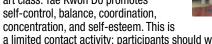
#1085.1123 January 9 - February 13 (6 weeks)

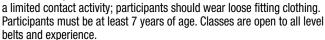
#1085.2123 February 20 - April 3 #1085.3123 April 10 - May 22

Location: Community Center, Pine Rm. Fee: \$23 Res / \$38 Non-Res \$19 Res / \$34 Non-Res 6-week:

Tae Kwon Do







6:15 - 7:15 pm MONDAYS 7+ yrs.

#3051.1123 January 9 - February 13 (6 weeks)

#3051.2123 February 20 - April 3 #3051.3123 **April 10 - May 22**

Location: Community Center, Pine Rm.

Fee: \$30 Res / \$45 Non-Res / \$23 Senior Res 6-week: \$28 Res / \$43 Non-Res / \$21 Senior Res

Advanced Tae Kwon Do

(Blue Belts & Above)

Take your TKD technique to the next level as you continue working towards your black belt and beyond. Classes will have more focused training on technique, forms, free sparring, breaking, judo, and selfdefense. This is a limited contact activity; participants should wear loose fitting clothing. This advanced class is for participants who have obtained a blue belt and higher.

MONDAYS 7:20 - 8:05 pm 7+ vrs.

#3052.1123 January 9 - February 13 (6 weeks)

#3052.2123 February 20 - April 3 #3052.3123 **April 10 - May 22**

Location: Community Center, Pine Rm.

Fee: \$25 Res / \$40 Non-Res 6-week: \$22 Res / \$37 Non-Res



WINTER/SPRING AQUATICS

Winter/Spring aquatic classes offered through the Parks and Recreation Department are held at Syble Hopp School indoor pool, 755 Scheuring Rd. Parking and entrance into the facility are in the back of the school - please use door #7 to enter the school.

Water Aerobics



Enjoy the warm water during colder months! Benefits of participating in a water aerobics class include improved muscular endurance, flexibility and cardiovascular conditioning, and decreased stress on your joints and muscles in a low impact style of exercise. Participants must be 13 years of age or older.

Parent Child Aquatics

Children will begin to learn how to feel comfortable in and around the water in this parent – assisted swim class. Play, songs and games will be used as a basic form of learning for the fundamentals of water skills. Water comfort and exploration along with rudimentary water skills are the goals of this class.



MONDAYS

5:30 - 6:15 pm

#5301.1123 **January 9 – February 13** (6 weeks) **February 20 – April 3** (6 weeks)

No class Mar. 27

#5301.3123 April 10 - May 22

6:20 - 7:05 pm

#5302.1123 **January 9 – February 13** (6 weeks) **February 20 – April 3** (6 weeks)

No class Mar. 27

#5302.3123 **April 10 – May 22**

WEDNESDAYS

5:30 - 6:15 pm

#5303.1123 **January 4 – February 15** #5303.2123 **February 22 – April 5** *(6 weeks)*

No class Mar. 29

#5303.3123 **April 12 – May 24**

6:20 - 7:05 pm

#5304.1123 **January 4 – February 15** #5304.2123 **February 22 – April 5** (6 weeks)

No class Mar. 29

#5304.3123 **April 12 – May 24**

THURSDAYS

5:30 – 6:15 pm

#5305.1123 **January 5 – February 16** #5305.2123 **February 23 – April 6** (6 weeks)

No class Mar. 30

#5305.3123 **April 13 – May 25**

6:20 - 7:05 pm

#5306.1123 **January 5 – February 16** #5306.2123 **February 23 – April 6** (6 weeks)

No class Mar. 30

#5306.3123 April 13 – May 25
Location: Syble Hopp School Pool

Fee: \$30 Res / \$45 Non-Res / \$23 Senior Res **6-week:** \$26 Res / \$41 Non-Res / \$20 Senior Res TUESDAYS 6 months - 3 yrs.

5:00 - 5:30 pm

#5281.1123 **January 4 – February 15**#5281.2123 **February 22 – April 5** (6 weeks)

No class Mar. 28

#5281.3123 April 12 - May 24

5:35 - 6:05 pm

#5282.1123 **January 4 – February 15** #5282.2123 **February 22 – April 5** (6 weeks)

No class Mar. 28

#5282.3123 **April 12 – May 24**

6:10 - 6:40 pm

#5283.1123 **January 4 – February 15** #5283.2123 **February 22 – April 5** *(6 weeks)*

No class Mar. 28

#5283.3123 **April 12 – May 24**

Location: Syble Hopp School Pool **Fee:** \$25 Res / \$40 Non-Res

6-week: \$22 Res / \$37 Non-Res



Private Swim Lessons New!

Limited private swim lessons options are available during the school year. Lessons will occur on Tuesdays during the Parent Child Aquatics times. Enjoy an individualized approach to water safety in these hands-on classes. Instructors will discuss goals with the participant (or guardian) and then work towards meeting those goals throughout lessons. Sessions of private lessons are launched at the start of each parent child aquatics session with 4 scheduled meeting dates and one make-up date available most sessions.

Location: Syble Hopp School Pool

Fee: \$78 Res / \$93 Non-Res (4 – 30 Minute lessons)

Non-Residents Please Note!

When registering for any Water Aerobics classes a discount may apply. If signing up for 2 or 3 days per week within the same fitness class and session, contact the Community Center at 920-339-4097.

Sports Programs & Leagues

Learn to Skate Program



Come skate with us! Our USFS Basic Skills Program is for all ages and abilities. We teach the basics of



skating, figure skating and hockey. Thursday evening and Saturday morning classes, September – May.

Summer classes are available on Wednesday evenings. Classes are held at De Pere Ice Arena.

See our website for more information. www.greatergreenbayfsc.com or email ggbfsc.lts@gmail.com

De Pere Youth Hockey

De Pere Youth Hockey Association teaches skills in skating, stickhandling, positioning, team building and sportsmanship. Registration is open in July and teams will be forming in October for boys and girls. To register, visit dpyh.org. Email questions to recruitment@dpyh.org or call 920-983-0901.

Ages: Boys and girls 4 - 14 ages

Season: October – March

Days: Varies per team level



Spring & Summer Hockey Programs:

Watch the website www.dpyh.org to get the dates and times for summer hockey program.

Learn to Play Hockey: This is for boys and girls of all ages and is designed for kids who want to learn the basics of the game. The players should have entry level skating abilities. It focuses on improving skating skills, stickhandling, and positioning. Visit https://www.cornerstoneicecenter.org/learntoplayhockey for more information.

De Pere Girls Softball



Leagues organized and run by the DGSA are designed:

- To provide a fun and safe environment for girls of De Pere (East/West) to learn the fundamentals of softball Teamwork, Commitment, and Competition.
- To help build the self-esteem of all athletes and provide a service for the youth in our community.
- To provide the De Pere High School Softball Programs (East/West) with athletes that can demonstrate a solid understanding of the fundamentals of Girls softball.

Summer League Registration begins December 2022

Ages 5-14 years (as of Jan 1, 2023) Summer Season May - July

Tournament Team Registration begins October 2022

DGSA provides the opportunity for age groups U8, U10, U12 and U14 to play tournament team softball. This is in addition to the Summer League Play and includes playing in tournaments on weekends.

Registration is available online at the DGSA website

www.dpgsa.com. Please see the DGSA website for more league details.

De Pere Rapides Youth Soccer Organization

SAY Recreational Soccer for ages 4-18 is sponsored by the De Pere Rapides Youth Soccer Club (DPRYS). Mail-in or online registration starts in December. To register, please visit www.dprys.org. If you have questions, contact board@dprys.org or leave message at 920-785-0203.

Ages: 4 - 18 years

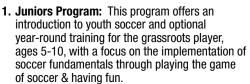
Season: Practices in May / Games in June - July Days: 2 days a week Monday thru Thursday

Fees: \$50 to \$60 (\$15 late fee applies after February 15th) Additional information regarding registration can be found on

De Pere Rapides website, www.dprys.org.

Wisconsin United FC - De Pere

Wisconsin United FC – De Pere offers the highest level of youth soccer training and competitive club soccer in Northeast Wisconsin and is the only club with its own indoor facility!





- 2. Academy Program Classic level: This program offers boys and girls ages 11-18 a high level of training and competitive play throughout the year. Practices are located locally here in De Pere, with games throughout the greater Green Bay and Fox Valley Areas.
- 3. Academy Program State & Beyond level: This program is for those players looking for an even higher level of play. Boys and girls ages 11 18 travel to compete against opponents from not only the Fox Valley, but throughout the entire state of Wisconsin. Teams that place well in state league will be promoted to the Midwest Regional League.

All Wisconsin United FC — De Pere programs are coached by experienced and licensed coaches. For additional information about these programs please visit wiuntedfc.org or contact us at gbsportsemporium@gmail.com 920-336-1900.



Sports Programs & Leagues

De Pere Baseball

De Pere Baseball provides baseball programming for kids residing within both De Pere school districts who are in pre-K through 12th grade. If you have any questions about our organization or the different programs we offer please e-mail us at deperebaseball@live.com.

Registration information can be found on our website — www.deperebaseball.com. All registration is done on-line at our website. For the summer program, registration will begin January 1, 2023. Registration for the fall program will begin around July 1. The fall season runs from mid-August through the first week of October.



For the <u>SUMMER</u> program, registration is based on your child's <u>CURRENT</u> grade in school.

More information about eligibility for our programs can be found on our website.

LITTLE SLUGGERS

(coach pitch/t-ball)

Grades: Pre-K & Kindergarten **Summer Season:** April – June **Nights:** Choice of either M/W or T/TH

PEE WEE

(machine pitch)

Grades: Kindergarten (Minors ONLY) – 1st & 2nd Grade

(Minors or Majors)

Minor League Summer Season: April – June **Major League Summer Season:** April – July

(one Saturday in May and weekend league tournament in July)

Note: Only players in the Major League are eligible for tournament team baseball.

Nights: Choice of either M/W or T/TH – some weekends or other

nights possible for practices

AMERICAN LEAGUE

(kid pitch starts at this level)

Grades: 3rd & 4th

Summer Season: April – July

Nights: T/TH (summer) – M/W, some weekends or other nights

possible for practices

NATIONAL LEAGUE Grades: 5th & 6th

Summer Season: April - July

Nights: M/W (summer) - T/TH, some weekends or other nights

possible for practices

PONY LEAGUE

Grade: 7th

Summer Season: April – July

Nights: Varying nights – some weekends possible for practices,

tournaments, and rainouts

BABE RUTH LEAGUE

Grades: 8th & 9th **Season:** April – July

Nights: Varying nights – some weekends possible for practices,

tournaments, and rainouts

LEGION

If interested in playing Legion baseball, please contact your high school coach.

Grades: 10th - 12th

Season: June – August (after the high school seasons are over)
Nights: Varying nights, including weekends, for practices and

tournaments

TOURNAMENT TEAM BASEBALL

De Pere Baseball offers the opportunity for kids in grades 1st-9th to play tournament team baseball. This is in addition to league play and involves playing in tournaments on weekends. Players must try out for the tournament team (except for 9th grade) to be eligible for consideration. For most grade levels, we will offer two tournament teams, but that is based on interest. There are additional fees to play on a tournament team. Information about tryouts will be sent to every player who has registered for a summer league program *PRIOR* to the tryout date. If you have questions about tournament team baseball, please e-mail us at deperebaseball@live.com.

Adult Kickball League

Missing gym glass? Join our summer kickball league to bring back the fun. Registration packets will be available online for Summer Leagues on Monday, April 10, 2023. All team registration begins on Monday, April 24 and ends on Friday, May 19 at 11:00 am.

ends on Friday, May 19 at 11:00 am.

Season: June 5, 2023 – July



June 5, 2023 – July 2023 (includes single elimination end of season tournament)

Adult Softball Leagues

Knock it out of the park with our adult summer softball leagues! A variety of options are offered by the De Pere Parks & Recreation Department. Registration packets will be available online for Summer Leagues on Monday, February 13, 2023. Returning team registration begins on Monday, February 27, 2023. All team registration begins on Monday, March 6 and ends on Friday, March 17 at 11:00 am.

Season: April 25, 2023 – August 2023 (includes single elimination end of season tournament)

Leagues Offered:



Men's 12" Slow Pitch (Thursday evenings at VFW) Men's 14" Slow Pitch (Thursday evenings at Legion) Coed Slow Pitch

(Tuesday evenings at Legion)

Fitness Programs

TEEN & ADULT FITNESS

Strengthen your body, your heart and your mind and improve your overall health by signing up for one or more of our many fitness classes!

Consider enrolling in multiple classes to reach your fitness and wellness goals. Unless otherwise stated, classes are for participants 13 years and older. Families interested in participating with children under 13 years of age, please contact the Community Center at 920-339-4097.

Some fitness classes will continue to be offered as hybrid classes — in-person and online.

See pages 12-13 for Tai Chi and Water Aerobics classes.

Morning Yoga

Stretch and strengthen your entire body in our morning slow flow yoga classes. Each class includes a warmup of flowing poses, strength building poses, balancing postures, and deeply relaxing poses. To meet the needs of multiple skill levels, modifications to simplify or intensify the practice will be presented.

TUESDAYS 7:30 – 8:30 am

January 3 – February 14

#2001.1123 In-person #2001.4123 Online

February 21 – April 4

#2001.2123 In-person #2001.5123 Online

April 11 – May 23

#2001.3123 In-person #2001.6123 Online

THURSDAYS 7:30 – 8:30 am

January 5 – February 16

#2002.1123 In-person #2002.4123 Online February 23 – April 6

#2002.2123 In-person #2002.5123 Online

April 13 – May 25

#2002.3123 In-person #2002.6123 Online

Location: Community Center, Hickory Rm./Online

Fee: \$45 Res / \$60 Non-Res / \$34 Senior Res

Drop-in rates available!

Curious about trying a new fitness class or can't make a class on a regular basis? Or maybe your friend is in town and would like to ioin you for your fitness class...Not a problem!

Just call our office at 920-339-4097 to check on class availability and to pay the drop in fee. Fee must be paid ahead of time and will apply per class per time; instructors cannot accept payments at class. A waiver form will need to be signed to participate in the class. Drop-in rates are as follows:

\$10 per class – Any 1 hr. long class \$8 per class – Any 45-minute class \$6 per class – Any 30-minute class

Evening Yoga

MONDAYS - Vinyasa Flow Intermediate Style: Vinyasa Flow Yoga incorporates stretching and strengthening that will move forward into more advanced postures and work into inversions. This class is geared more towards clients that already have a regular yoga practice.

MONDAYS 6:30 - 7:30 pm

January 9 – February 13 (6 weeks)

#2003.1123 In-person #2003.4123 Online February 20 – April 3 #2003.2123 In-person

#2003.5123 III-persor

April 10 – May 22

#2003.3123 In-person #2003.6123 Online

THURSDAYS - Beginner/Yin Style: Beginner/Yin style class includes a warmup of flowing poses, strength building poses, balancing postures and deeply relaxing poses. Excellent class to increase your flexibility and strengthen your entire body.

THURSDAYS 6:00 - 7:00 pm

January 5 – February 16

#2004.1123 In-person
#2004.4123 Online

February 23 – April 6

#2004.2123 In-person #2004.5123 Online

April 13 - May 25

#2004.3123 In-person #2004.6123 Online

Location: Community Center, Oak/Hickory Rms./Online
Fee: \$45 Res / \$60 Non-Res / \$34 Senior Res
6-week: \$40 Res / \$55 Non-Res / \$30 Senior Res



7ai Chi Classes

Tai Chi is a low impact, weight-bearing and aerobic, yet relaxing, exercise with its origins as a Chinese martial art. It's a great class to enhance your physical and mental health!

See page 12 for more information.

Fitness Programs

Restorative Yoga

Calm your mind and body in our soothing Restorative Yoga class. This class incorporates mainly floor-based poses with the use of props to promote deep stretching of the muscles and tendons. It's perfectly designed to release muscle & back tightness¬ and help you relax! This gentle form of yoga is well-suited for those suffering from lower back pain, sciatica, tight hamstrings/calves, or busy people with overstimulated and over-active minds. So if you're looking to improve your flexibility and reduce your stress levels, then this is the class for you!

MONDAYS 8:30 - 9:30 am

January 9 - February 13 (6 weeks)

In-person

#2011.4123 Online **February 20 – April 3**#2011.2123 In-person

#2011.5123 Online

April 10 - May 22

#2011.1123

#2011.3123 In-person #2011.6123 Online

Location: Community Center, Hickory Rm./Online
Fee: \$45 Res / \$60 Non-Res / \$34 Senior Res
6-week: \$40 Res / \$55 Non-Res / \$30 Senior Res



Yin Yoga

As a form of Restorative Yoga, Yin Yoga features deeper stretches to focus on strengthening and opening of the joints and connective tissues. A consistent Yin Yoga practice helps to regain mobility and ease pain in the body. Other key benefits of practicing this slow, soothing and meditative style of yoga include reducing stress, increasing circulation, balancing internal organs, relieving tension, improving flexibility and encouraging mindfulness. Come and enjoy the camaraderie and a better you!

WEDNESDAYS 8:30 – 9:30 am

January 4 – February 15

#2013.1123 In-person #2013.4123 Online

February 22 – April 5 #2013.2123 In-person #2013.5123 Online

April 12 – May 24

#2013.3123 In-person #2013.6123 Online

Location: Community Center, Hickory Rm./Online
Fee: \$45 Res / \$60 Non-Res / \$34 Senior Res



Gentle Chair Yoga

(Formerly Chair Flow Yoga)

In this fun, chair-based workout you'll enjoy a variety of strength, cardio, and stretching exercises designed to improve muscular strength, endurance, and flexibility. Some standing exercises will be introduced while creatively using a chair for balance and support. Whether seated or standing, this workout is gentle on joints and suits mature adults or those with mobility difficulties, arthritis, or joint injuries. Options will be provided throughout the class to increase the intensity; challenging advanced participants and modifications for those that need to tailor it down. You will leave this this class feeling energized, renewed, and ready for your day!

THURSDAYS 8:45 - 9:30 am

January 5 - February 16

#4011.1123 In-person #4011.4123 Online

February 23 – April 6

#4011.2123 In-person #4011.5123 Online

April 13 - May 25

#4011.3123 In-person #4011.6123 Online

Location: Community Center, Hickory Rm.

Fee: \$40 Res / \$55 Non-Res / \$30 Senior Res



Meditative Fusion New!

What is meditative fusion you ask? Please come join us to discover how combining yoga and meditation together create an amazing Zen experience! Fusing together these two modalities offers an explosive cocktail of health benefits.

Research shows that combining yoga and meditation practices has a positive effect on mind-body health and improves stress resilience. When performing yoga, your body is reaping all the health benefits and when meditation is brought into the mix, your mind develops the ability to focus. What better way to experience and learn how to deal with and manage stress in your daily life.

Please join Bobbie Jackson, Owner of Inner Dimensions Wellness, LLC., for weekly and bi-weekly Meditative Fusion sessions. As a Certified Meditation Teacher, Fitness Trainer, and Reiki Master, she will take you through each session to achieve a better physical and mental state of awareness by gently guiding you through low impact yoga moves combined with mental meditation for an amazing mind, body, and spirit experience. *In-person classes only.*

TUESDAYS 9:00 – 10:00 am (weekly)
#2221.1123 January 10 – February 14
#2221.2123 February 28 – April 4
#2221.3123 April 18 – May 23

(1/18, 2/1, 2/15, 3/1, 3/15, 4/5)

Location: Community Center, Hickory Rm.

Fee: \$50 Res / \$65 Non-Res / \$38 Senior Res



Fitness Programs

Strength N' Core

(Formerly PiYo Core)

This class combines yoga's focus on breath, movement and body awareness with mat exercises to build CORE strength and enhance agility and balance. Strength N' Core is a body conditioning routine that not only helps build flexibility and long, lean muscles but also strength and endurance in the legs, abdominals, arms, hips and back. Sign up to enjoy the camaraderie and a challenging workout!

MONDAYS

5:15 - 6:00 pm

January 9 - February 13 (6 weeks)

#3091.1123 In-person
#3091.4123 Online

February 20 - April 3
#3091.2123 In-person
#3091.5123 Online

April 10 - May 22

#3091.3123 In-person #3091.6123 Online

Location: Community Center, Hickory Rm./Online
Fee: \$40 Res / \$55 Non-Res / \$30 Senior Res
6-week: \$35 Res / \$50 Non-Res / \$27 Senior Res

Cardio Gold

(Formerly Zumba Gold)

Cardio Gold creates a fun atmosphere that is easy to learn and is great for the mind, body, and soul. provides modified, low-impact moves in an easy-to-follow program that lets you move to the beat at your own speed and leaves you feeling fresh, and most of all, exhilarated! To help tone, light weights are incorporated, if desired. Active mature adults want camaraderie, excitement, and fitness as a regular part of their weekly schedule and the Cardio Gold fitness program is the perfect fit! In-person classes only.

WEDNESDAYS &/OR FRIDAYS 8:30 – 9:15 am

#4032.3123 April 14 – May 26

Location: Community Center, Pine Rm.

Fee: \$30 Res / \$45 Non-Res / \$23 Senior Res

NON-RESIDENTS Please Note!

When registering for select Yoga classes a discount may apply. If signing up for 2 days per week within the same fitness class and session, contact the Community Center at 920-339-4097.

Zumba

Zumba® fuses Latin rhythms with easy-to-follow international dance moves to create an energetic workout like no other. You'll achieve long-term benefits while experiencing an absolute blast in one exciting class of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Class great for beginners and experienced levels. In-person classes only.



MONDAYS 6:30 - 7:15 pm

#3061.1123 **January 9 – February 13** *(6 weeks)*

Jan.16 class held @ De Pere Community Center,

lower level

#3061.2123 **February 20 – April 3** *Apr. 3 class held @*

De Pere Community Center, lower level

#3061.3123 **April 10 – May 22**

Location: Dickinson School Commons

Fee: \$30 Res / \$45 Non-Res / \$23 Senior Res **6-week:** \$28 Res / \$43 Non-Res / \$21 Senior Res

Strength & Cardio

Your body is your tool in this cardio & strength training class. Each interval focuses on a different area of muscles while incorporating a great cardio workout all without weights. It's designed to tone and strengthen your legs, upper body, back and core for a complete full body workout. No matter what your fitness level is, the end goal is to increase your reps and cardio stamina. Be sure to bring a water bottle, towel and/or a workout mat as a portion of the class will be on the floor for core work. In-person classes only.

THURSDAYS 6:30 - 7:15 pm

#3031.1123 **January 5 – February 16** *Jan. 12 class held at*

De Pere High School, enter through door #13 from the

upper level west parking lot.

#3031.2123 February 23 – April 6 Mar. 30 & Apr. 6 classes held

at De Pere Community Center, Pine Rm.

#3031.3123 **April 13 – May 25**

Location: Dickinson School Commons

Fee: \$30 Res / \$45 Non-Res / \$23 Senior Res



Enrichment & Older Adult Programs

Friday Morning Bingo

Join us for bingo on the first Friday of every month for the chance to win cash prizes! Please call the Community Center to reserve a spot.

FRIDAYS 10:00 – 11:00 am



November 4, December 2 January 6, February 3 March 3, April 7, May 5

Location: Community Center, Spruce Rm. (lower level)

Fee: \$5.25 per person

Registration cost includes 2 bingo cards, bottled water, individually packaged treat, and cash prizes.

Open Watercolor Group

Adults, have fun and get some of those unfinished paintings finished! Join fellow painters and share laughs as well as painting "advice". No instructor provided.

THURSDAYS 12:00 – 2:30 pm #4111.1123 **2023 Season**

Location: Community Center, Oak Rm.

Fee: \$28 yearly fee

Studio Oil Paint

Explore the basics of oil painting in these **10-week**, **3-hour classes**. Beginner through advanced students will work on individual paintings using their choice of photo reference. Those who have never painted before will not need supplies until week two as we will go over the materials list in the first week. The instructor will assist with cropping and choosing a photo reference for a good composition. There will be help with color mixing and drawing throughout the painting process. Handouts are included.

WEDNESDAYS 12:30 – 3:30 pm #4062.1123 January 4– March 8 #4062.2123 March 22 – May 24 THURSDAYS 9:00 am – 12:00 pm #4063.1123 January 5 – March 9

#4063.2123

Location: Community Center, Spruce Rm.

Fee: \$79 Res / \$94 Non-Res / \$59 Senior Res

March 23 - May 25

Stained Glass

Beginning students and continuing glass crafters, join us for this 3-hour class to learn how to create or use an existing pattern for your own projects or gifts such as sun catchers, window panels, jewelry boxes and more. Some tools and equipment will be furnished to begin, contact the Community Center for a full supply list. Classes will be geared to all levels of skill. Come have fun and create your own art!

THURSDAYS 5:00 – 8:00 pm

#4051.1123 **January 5 – February 9** #4051.2123 **February 23 – March 30** #4051.3123 **April 13 – May 18**

Location: Community Center, Spruce Rm.

Fee: \$52 Res / \$67 Non-Res / \$39 Senior Citizen Res

AARP FREE Tax Prep

AARP Tax Aid will be doing tax preparation by appointment only! Contact AARP's Call Center after January 9, 2023 to set up an appointment at (920) 393-7863.

TUESDAYS February – April 10:00 am – 3:30 pm

Location: Brown County Library, Kress Family Branch

Fee: FREE

AARP Smart Driver Course

Sign up now for the AARP Smart Driver – the new and enhanced driving refresher course from AARP Driver Safety. The AARP Smart Driver Course teaches:

- Defensive driving techniques, new traffic laws and rules of the road
- · How to deal with aggressive drivers
- How to safely navigate adverse weather conditions
- Useful information on automobile technology and more

Plus, upon completion, you could save money on your car insurance! Contact your local agent for details.

WEDNESDAY April 19 8:30 am – 12:30 pm

Location: Community Center, Oak Rm. (upper level)

Fee: \$20 AARP Member

\$25 Non-Member payable day of class

Make checks payable to AARP. Fee includes all materials.

* Please bring your AARP membership card and driver's license for class registration.

Register at the Community Center prior to the day of class.

Blood Pressure Checks

Blood Pressure Checks are performed once a month at the De Pere Community Center by nursing students from NTWC.

February 2, March 2, April 6, May 4 9:30 - 10:30 am

De Pere Community Center, Lounge (lower level)



Fitness Classes for Seniors!

The Recreation Department offers a variety of fitness classes appropriate for seniors and to keep active!

Yoga, Gentle Chair Yoga, Restorative Yoga, Yin Yoga, Tai Chi, Meditative Fusion, Cardio Gold &

Water Aerobics Classes

See pages 12, 16, 17 & 18 for more information.

Enrichment & Older Adult Programs

Veterans Appreciation Luncheon

Join us for a delicious luncheon to celebrate our veterans. All veterans and their guest are welcome to attend! After lunch, all are encouraged to stay for cards and games. Special thanks to Ryan Funeral Home for sponsoring this event.

Pre-registration required! Each veteran allowed 1 guest.

Save	the	date!	
------	-----	-------	--

WEDNESDAY November 9 12:00 pm

Location: Community Center, Spruce Rm. (lower level)

Fee: FREE!

Pre-registration required by Wednesday, Nov. 2



Christmas Cribbage Fun!

Tuesday's Cribbage Club will host a Partners Cribbage Christmas Party including a luncheon and winnings paid out before you leave! Please call 920-339-6054 to RSVP by December 7.

TUESDAY December 13 11:30 am Luncheon

Cribbage to follow

Location: Community Center, Spruce Rm. (lower level) **Fee:** \$2 entry fee per person paid at the door



Gerry Sloan Irish Music Show

Born and raised in Dundalk, Ireland Gerry's shows are a tour of Ireland, from Cork to Antrim, Dublin to Galway, his songs and stories from Ireland and the road will have you clapping and singing along! With songs from Ireland's history to modern day favorites, everyone will find something to love. Coffee, water and dessert served at the show.

WEDNESDAY March 8 12:00 pm

Location: Community Center, Spruce Rm. (lower level)

Fee: \$7.00 per person

Pre-register by Friday, February 25

Partners Cribbage Tournament

Grab your partner and come join the fun! Fee includes lunch, dessert, and entrance into High Crib & High Hand. All money paid out minus event costs. Minimum 20 teams. Doors open at 11:00 am.

SATURDAY April 15 11:30 am

Location: Community Center, Spruce Rm. (lower level)

Fee: \$26 per team

Pre-register by Friday, April 7

Taco Luncheon & Bingo

Get ready for summer with a taco luncheon and a chance to win cash prizes! Your ticket will include lunch and two bingo cards. Two additional cards can be purchased for 50¢ a piece!

WEDNESDAY May 10 12:00 pm

Location: Community Center, Spruce Rm. (lower level)

Fee: \$8.00 per person

Pre-register by Wednesday, May 3

Weekly Activities

A variety of senior activities are offered at the De Pere Community Center, 600 Grant St., for those 60 years and over. For further information please call 920-336-6054.

over. For lui	ther information please call 920-336-6054.
Mondays	Lounge open for cards \rightarrow 8:00 am $-$ 12:00 pm Sheepshead \rightarrow 12:15 pm Bridge \rightarrow 12:15 pm Samba \rightarrow 12:15 pm Dominoes \rightarrow 1:00 pm
Tuesdays	De Pere Area Men's Club → 8:00 am Bridge → 10:00 am *Partner Cribbage → 12:30 pm *Must have partner Fun With Euchre → 1:00 pm
Wednesdays	Samba → 12:15 pm Lounge open for cards → 8:00 am – 4:00 pm *Oil Painting Class → Noon – 4:00 pm *Registered class - Spruce Rm.
Thursdays	Lounge open for cards → 8:00 am − 12:00 pm *Oil Painting → 9:00 am − 12:00 pm *Registered class − Spruce Rm. Blood Pressure Checks → 9:30 − 10:30 am (First Thursday of every month) Hand, Knee & Foot → 12:15 pm Sheepshead → 12:15 pm Bridge → 12:30 pm
Fridays	Lounge Open for Cards → 8:00 am - 11:00 am

Homebound Meals - More than Just a Meal!

Meals on Wheels are delivered to homebound older adults in Brown County. Service available to those age 60 & older who are homebound or unable to safely prepare meals. Meals delivered weekdays around the noon hour for a \$4.00 suggested donation. Delivery offers not only a hot, balanced meal, but a well-check & friendly smile. Temporary service also an option for older adults recovering from surgery or illness. Additional precautions taken to ensure customer safety during the Coronavirus Pandemic. Applications completed by phone with meals starting in as little as 2 days. For more information, call the ADRC Nutrition Program at 920-448-4312.

Carryout Meals

The ADRC of Brown County is following the most up-to-date guidance for dine-in locations. At the time of this printing, dine-in meals are available at the ADRC Community Cafe' located at 300 S. Adams St., Green Bay. Carryout Meals are also available at this location. To stay up-to-date with Dine-in & Carryout Meals, please visit https://adrcofbrowncounty.org/community-cafe-dining-sites/ or call the ADRC at 920-448-4300.

We Need You!

Enjoy working with older adults? There're volunteer opportunities for meal delivery. Flexibility to fit your schedule! For more information on delivering Meals on Wheels, call the ADRC Nutrition Program at 920-448-4312 or complete our online interest form at www.adrcofbrowncounty.org/get-involved-volunteer/.

The De Pere Community Center is also looking for volunteers to assist with preparing for special events and other programs. Please call the Community Center at 920-339-4097 for more information.

Enrichment & Older Adult Programs | Parks & Forestry

Park Rules & Ordinances

The City of De Pere Parks, Recreation & Forestry Department has developed a number of park rules and ordinances that we hope will make your park visit a positive experience. Your cooperation in abiding by these rules during your park visit is greatly appreciated.

- 1) Park hours are from 6:00 am 11:00 pm. Exception: Voyageur Park hours are 4:00 am 11:00 pm.
- 2) Dogs and other animals are not permitted in any parks (except East River Trail, Dog Park, Voyageur Park, Nature Preserve, or as part of the Goose Patrol Program. Dogs must be leashed and waste removed.)
- 3) Vehicles permitted only on designated roads and parking areas. Speed limit is 15 miles per hour.
- 4) Glass containers are not allowed in any park.

Softball/Baseball Fields (per field)

Tennis Courts (battery of 2 courts)

Boat Launches (ramps open to public)

Soccer/Football Fields (per field)

5) Open shelters are available to the general public. If a shelter is rented to an individual and/or group, preference for the use of this shelter is then given to this individual and/or group.

These are the most common rules. For a complete listing of all park ordinances contact the Park, Recreation & Forestry Department at 920-339-4065.

Parks & Facilities Rental Fees

Non-Revenue Generating Organizations & De Pere Service Groups

\$6/hr or \$65/day with lights \$16/hr* or \$125/day + \$25 for lights \$6/hr or \$65/day with lights \$16/hr* or \$125/day + \$25 for lights \$35/day \$125/day

\$60/day \$125/day

Any Revenue Generating

Organizations

Parks (only Fairgrounds, Legion, VFW & Voyageur Parks) \$190/day; shelters extra \$380/day; shelters extra charge Swimming Pools Contact department for availability and rates

*Long term rentals (5 or more dates) rate would be \$13/hr.

PARK NAME	Aquatic Facility	Ball Diamond	Basketball	Boat Ramp	Community Garden	Concession Stand	Disc Golf Course	Dog Park	Fishing	Flag Football	Hockey/Skating	Pickleball Courts	Picnic Area	Playground	Restrooms	Shelter	Sled Hill	Soccer	Swimming Pool	Tennis Courts	Trails	Urban Orchard	Volleyball
Bomier Boat Launch				*					*				*		*						**		
Braisher			*										*	*	*	*		*				\$	
Carney													*	*									
Dog Park								*															
East River Parkway																					*		
Fairgrounds - Perkofski Boat Launch				**					*				*		*								
Fox Point Boat Launch				*					*				*		*								
Jim Martin			*							*			**	*				*					*
Kelly Danen		*				**							*		*								
Kiwanis														*			*						
Lawton													*	*									
Legion		*	*			*	*				*	*	*	*	*	*			*	*			*
Lions Trailside					*												*						
Nature Centre													*			*							
Optimist		*	*			**							*	*	*	**							
Patriot			*										*	*	\$ 3	\$ 3		*					
Rainbow													*	*									<u> </u>
Riverwalk									*				*		\$ 3						*		
Rotary													*										
Rusk													*										
Samantha														*								\$3	
Southwest		*				*							*	\$	\$ 3	**		*					
The Preserve									**				**								**		
VFW	*	*	*			*					ů	*	*	\$	*	ů	ů	*	*	*		ů	*
Voyageur									*				*	*	\$ 3	\$ 3					*	\$3	
Wells													**								**		
Wilcox													*										
Willems													*	*									
Wilson													*	*									

Parks & Forestry

Emerald Ash Borer

In July 2016 we identified our first case of Emerald Ash Borer on the NE side of De Pere. Since then, EAB has spread significantly on both the E & W sides of our city. Thus far we have removed hundreds of trees with obvious signs of the insect and continue to find additional heavily infested trees on a weekly basis. Our strategy will now be to move through selected sections of the City removing all ash located in the City right of ways (unless a homeowner can show proof of legitimate treatment). We will be contracting with a private company to assist with the tree removals, and we will be dedicating our crew to remove all infested and dying ash. Residents will either be notified by a doorhanger or a letter of the impending removals in front of their home.

Now that EAB has become entrenched in our area, what does this mean for you? It means that if you want any real chance of saving your ash trees, you will need to begin treatment of them sooner than later (in most cases it is likely too late already). There are numerous options available to you - you can treat it yourself with various products (if your tree is less than about 47 inches in circumference (i.e., 15 inches in diameter at breast height (DBH)]) or you can have a professional treat your trees (for trees typically over that size). Currently with such a heavy infestation in the area, having a professional treat your trees is likely the best option. If you do ultimately choose to do nothing, unfortunately the ash in your yard is likely to succumb to EAB. The choice of how many resources and time you wish to spend on your ash, however, is yours. For many years I have also been recommending to residents that they start to replant other trees in their yard before the insect kills their ash trees. Fill in areas of ash with other, diversified species of trees so that if you choose to not treat the trees you have, these newly planted trees will likely get a good foothold and be ready to push better growth once the ash are removed. **It should be noted that as an ash tree dies from EAB, it becomes more brittle and prone to breakage than an ash that dies from more normal conditions. Therefore, we recommend removing your ash as soon as it becomes obvious it is infested and dying from the insect and your treatment options have been exhausted.

EAB is a small, brilliant green beetle about the same size as our native Bronze Birch Borer (which attacks and kills white birch). These adults lay eggs on the bark of ash trees. Upon hatching, the tiny larvae bore under the bark and begin feeding in the cambial (the transport system) layer of the tree. These larvae feed in winding serpentine patterns under the bark, essentially girdling the trees as they go. Upon maturing, the adult exits the bark forming a distinctive "D" shaped exit hole. Signs to look for include bark cracking, crown dieback, **heavy woodpecker activity** and sprouts on the trunk of the tree. It usually takes 2 – 5 years for the tree to fully show damage from EAB.

You can learn more about EAB at one of the many websites devoted to this devastating insect. Wisconsin's website is a very good reference for all - http://emeraldashborer.wi.gov/; another good one is - www.emeraldashborer.info. If you have any questions or concerns about your city ash trees or other trees in your yard, please contact the City Forester at 920-339-8362.

Compost Facility Hours

The compost facility is open seven days a week from dawn to dusk. There are designated bins for permitted items at the site. No plastic bags are allowed to be left with your material. The facility is a service provided for City of De Pere and Town of Ledgeview residents only.

Directions to Compost Site

Take Broadway (Hwy. PP) south; go under the overpass and past Legends Bar on Hwy. PP. Continue south on Hwy. PP, past Valley Cabinets. Turn right onto Rockland Rd. just south of De Pere Veterinary Service. Go past Mommaerts Auto Salvage; compost site is on the same side of the road as Mommaerts.

Dutch Elm Disease/Oak Wilt

Dutch Elm Disease and Oak Wilt continue to be killers of our American Elm and many varieties of Oak. DED never went away and Oak Wilt is only a short distance away from De Pere. As a landowner, you can help prevent or slow down the spread of these diseases by <u>not pruning</u> either species <u>from April 1st to September 1st.</u> If your tree is dying or dies from one of these diseases, the City of De Pere has an ordinance that declares them a nuisance and requires them to be removed in a timely fashion or an abatement procedure could be started. Please help us control these fatal diseases with timing and sanitation.

Gypsy Moths

Gypsy Moths can be a destructive pest of many of our trees and shrubs in De Pere. Oak trees, unfortunately, are a favorite of the Gypsy Moth and therefore many of our control efforts continue to focus on areas of high populations of these magnificent trees. The City of De Pere Forestry Department continues to monitor and help control gypsy moth in De Pere. Egg mass oiling, aerial spraying, placing burlap 'skirts' on trees, and insect destruction on City owned trees are just some of the ways we have done so. You can also help to monitor and control them by checking your own trees, shrubs, woodpiles, and outdoor furniture for the presence of eggs, caterpillars, and/or pupae. When they are found, please destroy them by cutting, crushing, scraping, oiling or treating them. To learn how to control each stage of the insect please consult your Forester, a tree care professional or one of the many websites (especially www.gypsymoth.wi.gov) dedicated to Gypsy Moth.

Goose Patrol Program

The City has a program that allows residents to help control geese in specific parks. This program allows you to take your dog into one of these parks to harass the geese. The participant will need a free permit and a vest for their dog to participate. Please contact the Parks, Recreation and Forestry Department at 920-339-4065 for further details.



Arboricultural Specifications Manual

Our arboricultural specifications manual helps the City of De Pere to manage and maintain all trees located upon City grounds. It can also serve as a guide to homeowners and professionals alike. For a copy of this manual, you can either access it in the Forestry section of the City of De Pere website or you can contact the City Forester.

For any questions, concerns, or comments on these or any other forestry related topics, please contact the City Forester at 920-339-8362.

Dog Park

Our Dog Park, located in the West Side Industrial Park at 1400 Biotech Way, has been very popular since its opening in August of 2011. Since its inception we have added water for humans and pets, new trails, benches, black top parking lot, a concrete walk into the large dog area, exercise structures and other small upgrades to enhance the experience. We also built a new open air shelter for users to enjoy! We welcome you to stop out and enjoy our beautiful fenced in facility.

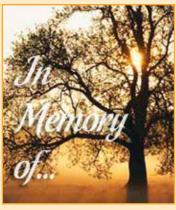
We have been very fortunate in the past to have the support of our volunteer group, the De Pere Dog Park Association, and numerous Eagle Scouts. These scout projects and all the hard work and financial support from the group, along with all the donators, made the park a reality. To continue to build and add onto our park, though, we still need continued support from the community. The dog park has many options for providing financial support, ranging from simple donations at the "donation box" to naming rights for larger donations. All the donations go directly into an isolated fund that is to be used for future improvements. Please contact the Parks, Recreation and Forestry Department with any questions you have about financially supporting the future of the De Pere Dog Park. We can be reached at 920-339-8362 or at dmelichar@deperewi.gov.

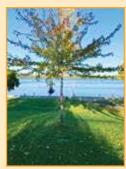




Memorial Bench and Tree Program

The City of De Pere has a program that lets you honor a special person or persons through a bench and/or the living gift of a tree. You can request to "donate" a bench, a tree or trees that would be installed or planted in the park of your choice as a memorial. For more details of this program, please call the Park Superintendent/City Forester at 920-339-8362.









Parkway Tree Planting Program

Our fall tree planting orders were taken until September 23rd. Our spring orders will be taken from the end of February thru the end of March and the tree species and varieties will be determined at that time. Further information can be obtained by calling the Parks, Recreation & Forestry Department at 920-339-8362 or it can be accessed on the City's website at www.deperewi.gov. During the above dates, the form for ordering trees will be available on that website. *It should be noted that De Pere has an ordinance limiting homeowner plantings in the terrace or on any City right-of-way and requires you to fill out a ROW Planting Permit. If you have a question or concern, please contact the City Forester for clarification.

Parkway Tree Pruning or Removal

The De Pere Forestry Department will perform *all* pruning and removal of parkway trees. Parkway trees are all trees that fall within the City right-of-way (those that are between the curb and the back of the sidewalk or where it would be located). Pruning will take place either at the time of planting (typically only broken or damaged limbs will be removed), upon the request of a property owner, on a periodic pruning cycle or as the need is determined by the City (i.e. branches are a hazard). Though the trees may look different, please be assured that our crewmembers are trained and have an action plan when they approach a tree. Removal requests are evaluated by the City Forester. Trees also are periodically evaluated by City staff and may be targeted for removal. Homeowners are notified and advised of their options.

The City of De Pere will not "top" trees on any City property, and it is likewise not advised that any other individual or company partake in such a practice. Topping a tree opens the tree to insect and disease attacks, causes severe internal decay and structural problems and reduces the tree's ability to manufacture stored root reserves. This practice is extremely detrimental to all trees and does not follow the natural growth habits of the plants.

Please consult the City Forester about any pruning or removal questions for City owned trees or about your own trees.

REGISTRATION FORM



De Pere Community Center, 600 Grant Street, De Pere, WI 54115 (920) 339-4097

PARENT/GUARDIAN NAME:	/E:		ADDRESS:			ZIP:	
HOME PHONE:	WORK	WORK PHONE:	CELL:		E-MAIL:		
$\ \ \Box$ City of De Pere Resident		☐ Non-Resident (Town/City): (NOTE: Persons living outside	ity): tside the corporate	limits of the City	of De Pel	☐ Non-Resident (Town/City): (NOTE: Persons living outside the corporate limits of the City of De Pere must pay the non-resident fee)	ant fee)
*A resident is defined as any individual wh City of De Pere limits. This includes individuals who live outside	any individual wh who live outside	ho lives in the City of De Pere. A non-resident is def the City limits yet are in a De Pere School District.	f De Pere. A non-re ire in a De Pere Sch	sident is defined lool District.	as any in	ho lives in the City of De Pere. A non-resident is defined as any individual that resides outside the the City limits yet are in a De Pere School District.	de the
LIABILITY WAIVER: All registrants are recaracticipate in the activity indicated and a sarticipant. In consideration of my participate and expension of my participation in the activity, using the fact appropriate property and representation of the reby grant and give these groups in and promoding relating the sard.	tuired to sign the following re ma aware of and understand the pation or participation of the sponsors from liability for inj lifties, or engaging in any act inj NOT provide accident insurar the right to use my or my chil	ilease. Parents or guardians must hat there may be risks and hazan minor I do hereby agree to releas uru, death or loss suffered by me ivities incidental there during the roe to participants in recreational (d(s) photograph or image with or	sign the minors. I, the undersigns is inherent with participation in a, waive, absolve, indemnity on or the minor in any and all preduration of the scheduled progractivities and I assume full resymmetry or my child's name without my or my child's name	ned do hereby agree; the a this activity. I affirm that I, behalf of myself or minor, ent and future claims, liabil am, which result from the of ionsibility for any and all inj both singly and in conjunc	oove named region the minor region whis/her family fities, damages condinary negligen ries or damage.	LIABILITY WAIVER: All registrants are required to sign the following release. Parents or guardians must sign the minors. I, the undersigned do hereby agree; the above named registrant for whom I am the parent or guardian, to participate on the minor registered for this activity, and doing so as a volunitary participate in the activity indicated and am aware of and understand the misor led hereby agree to release, waive, absolve, indemnity on behalf of myself or minor, my/his/her heris and my/his/her assigns the City of De Pere, its employees, officers, agents and sponsors from liability for injury, death or loss suffered by me or the minor in any and all present and future claims, liabilities, damages or right of action directly or indirectly resulting out of participation in the activity, using the facilities, or engaging in any activities incidental there during the cluration of the scheduled program, which result from the ordinary negligence for the City of De Pere, its employees, officers, agents and sponsors. The City of De Pere DOES NOT provide accident insurance to participants in recreational activities and I assume full responsibility for any and all injuries or damages which may occur to me/or minor while participating.	n, to luntary the City of De ficers, agents rticipating. ising, publicity,
i promotori realing thereo. DICAL EMERGENCY RELEASE WAIVER	FOR MINORS: In the event o	ıf a medical emergency, I authori	e the Parks & Recreation staff t	o obtain medical treatment	for my son/daug	and promoted relating the for. MEDICAL EMERGENCY RELEASE WAIVER FOR MINORS: In the event of a medical emergency, I authorize the Parks & Recreation staff to obtain medical treatment for my son/daughter or minor for which I am guardian.	
PARTICIPANT'S SIGNATURE:	URE:	Ob wohan di honiumon combonnio oli mona do	minod if madou 401	DATE			
	*Mail or drop		to: De Pere Comm	unity Center, 60) Grant St	irarent s signature requireu il univer 10) off completed form to: De Pere Community Center, 600 Grant Street, De Pere, WI 54115	
Activity	Course		pant t name)	Date of Birth	Sex	T-Shirt Size Act	Activity Fee
						Circle: Youth S M L &	
						Circle: Youth S M L &	
						Circle: Youth S M L &	
						₩	
Add \$1 or more to your total fees to help provide financial assistance for a City of De Pere youth unable to afford program fees.	total fees to help pi	rovide financial assista program fees.	ance for a City of De F	ere youth unable t	o afford	SCHOLARSHIP & PROGRAM DONATION	
Thanks for	Thanks for supporting the REC	REATION SCHOLARSHIP PROGRAM and your community!	IIP PROGRAM and you	ır community!	<u> </u>	Total Amount Due	

(Visa, Mastercard, American Express, Discover)

Exp. Date:

Amount Paid:

Card #:

Signature:

Emergency Contact Phone Number(s)
Special information (allergies, medications, physical limitations, etc.) for any family members:

Relationship

Emergency Contact Name

□ Credit

Check

□ Cash

List All Family Members to set up Family Account
First Name, Last, if Different Date of Birth Gender Re

Registration Information

REGISTER ONLINE

Go to the City of De Pere website at

www.deperewi.gov

Click this icon & open hyperlink



RESIDENTS ONLY

Online / Mail / Fax / Drop Box

WEDNESDAY, NOVEMBER 2

Free online registration will begin on Wednesday, November 2. Registrations may also be mailed in, faxed, or dropped off at the Community Center, 600 Grant St. Registrations received prior to Wednesday, November 2 will be held and randomly processed on that day as time permits.



Online / Mail / Fax / Drop Box / Walk-in

WEDNESDAY, NOVEMBER 9

Open registration, along with free online registration, will begin on Wednesday, November 9. Walk-in registrations will be accepted at the Community Center during regular business hours, 7:30 am – 5:00 pm, Monday thru Thursday, 7:30 am – 11:30 am Friday.

For your convenience, a 24-hour drop box is located at the west entrance of the Community Center.

Family Account Information

To register online, a family account must be created. Your account should be reviewed on an annual basis for updated information. Only immediate family members may be included on your family account.

All registrations are accepted at the De Pere Community Center, 600 Grant St.

A 24-hour drop box is located at the west entrance of the Community Center.

Online registration is free and encouraged!

Community Center

Phone: 920-339-4097 Fax: 920-339-6348



IMPORTANT INFORMATION

- **1. FEES:** All fees must be PAID IN FULL by cash, check, debit or credit card (*Visa, MasterCard, American Express, or Discover*) at the time of registration. Registrations will not be accepted if appropriate fee is not paid. DO NOT send cash through the mail or place in drop box. Fees will not be pro-rated.
- **2. CHANGES:** All fees, dates & times for programs and charges for facilities are subject to change.
- **3. RESIDENCY:** A resident is defined as any individual who lives in the City of De Pere. A non-resident is defined as any individual that resides outside the City of De Pere limits. This includes individuals who live outside the City limits yet are in a De Pere School District. Non-resident fees vary for programs.
- 4. CONFIRMATION OF REGISTRATION: Individuals registering online and mail-in registrations that provide an e-mail address will receive confirmation via e-mail, generated as soon as your registration is accepted into the system. If you do not provide an e-mail address and would like a receipt/confirmation notice sent to you, please include a self-addressed stamped envelope with your registration; otherwise a receipt/ confirmation notice will not be mailed.
- **5. WAITING LISTS:** If a class is full, you will automatically be placed on a waiting list. A waiting list notification won't be mailed to you. You will be notified immediately if an opening becomes available.
- **6. REFUNDS:** Cancellations may occur up to one week before an activity has started. If a participant cancels a registration, \$8.00 per class per participant will be charged for processing *(unless otherwise noted)*, with the balance of the fee being refunded. No refunds will be issued 1 week prior or after an activity has started. Full refunds will be given when the Department cancels classes or makes schedule changes.
- 7. PROGRAM CANCELLATIONS: Please register early! Programs will be canceled due to insufficient registrations. Notification of cancellations or schedule changes will be made as soon as possible. In the event of inclement weather please call the cancellation line at 920-339-4067. If a class is canceled for reasons other than inclement weather, staff will attempt to notify participant(s). Classes canceled due to inclement weather may not be able to be rescheduled nor a refund made.
- **8. PROGRAM DEADLINES:** Unless advertised, all program deadlines are one week prior to the start of the program. The deadline is used to determine if the class will run or be canceled. Registration is permitted after the deadline, provided there is room in the class or program.
- **9. AGE REQUIREMENTS:** All participants must meet the minimum age requirement prior to or on the first day of class. The ages are set to ensure the safety and benefit of the participants as well as the program instructors. Seniors are classified as age 60 & older.





305 N. 10th Street De Pere 336-3171 www.ryanfh.com



Stop by and see what we are all about...

1253 Scheuring Road / Suite A
DePere, WI 54115-1070
920.338.8620

www.gbdav3.org + www.dav-wi.org



568



901 University Avenue Green Bay, WI 54302 (920) 448-3450

www.greenbaymetro.org

Public Transportation-Wherever Life Takes You

- ◆ Microtransit: GBM On Demand uses the latest ride-hailing technology to offer on demand, shared ride transportation in select areas. Download GBM On Demand app from the App Store or Google Play Store to sign up or call 920-448-3185 to set up an account.
- Use GBM On Demand to travel from Zone to Zone or Zone to same color transfer point to connect to the fixed route bus. De Pere Transfer Point at Bay Park Square Zone 3 and Allouez Transfer Point.
- ♦ Ride for the same price as the fixed route bus!
- Download the FREE GBM Bus Tracker app from the App Store or Google Play to see when the bus connects to your transfer point.
- ◆ Follow us on Facebook and Twitter!



UPS THE UPS STORE

EVERYTHING YOU NEED, ALL IN ONE PLACE.





- Custom Printing
- Faxing & Scanning
- Shredding Services
- International Shipping

- Mailbox Services
- Notary Services
- Freight Shipping
- Marketing Materials

1041 Main Ave DePere, WI 54115 (920) 632-7567 store7164@theupsstore.com

Monday - Friday: 7AM-6PM

Saturday: 9AM-3PM



PRSRT STD US POSTAGE PAID SHAWANO, WI PERMIT NO. 140

ECRWSS Residential Customer

