

## *School District of Greenfield*

# Community Services

### Featuring . . .

Adult Sports Leagues

Adult Fitness Programs

Greenfield Fitness Center

Facility Rental Opportunities

Performing Arts

. . . and More to Come!





# School District of Greenfield Community Services Department

## *More choices, more opportunities*

The School District of Greenfield is now offering citizens a wide variety of affordable adult fitness and team sport opportunities. You can register now in person or by mail.

Spring and summer programs begin this April with volleyball, dodgeball, soccer, softball, and kickball. In addition to the Fitness Center, adult fitness programs are available, including jump-roping, Zumba, and boot camp, among others. Each program is taught by a certified wellness expert.

Community Services programs are offered at District facilities and fields, all of which are conveniently located and well-maintained. Adult men's, women's and co-ed leagues are available. Greenfield residents and non-residents are welcome to participate. There are also no individual participant fees.

Participation in Community Services programs help maintain and equip school facilities, including the Greenfield High School Performing Arts Center, Fitness Center, swimming pool, gyms and athletic fields. Making the District's facilities available to citizens is a great way to increase community involvement while maximizing the community's return on the investment in the District.

Please review this catalog and consider signing up for an activity. You will probably find something that appeals to you or someone you know. There will likely be more offerings in the months to come, including aquatic programming for youth, adults and senior citizens. Youth enrichment and athletic programs are currently being planned.

If you have an idea for a program, please call any of the Community Services staff members listed below.



*The Greenfield Fitness Center is conveniently located, well-equipped and inexpensive to use.*



*The Greenfield High School Performing Arts Center is available for use by businesses, organizations, and entertainers. Rates are very reasonable.*

## Contact Information

### **Facilities Rental and Recreational Opportunities**

Gary Compton - Facilities Coordinator  
414.855.2413  
gcompton@admin.greenfield.k12.wi.us

### **Performing Arts Center Rental Opportunities and Events**

Colleen Lentz - Performing Arts Center Coordinator  
414.855.2419  
clentz@greenfield.k12.wi.us

### **School District and Community Services Information**

Stuart Wilke - Community Relations Manager  
414.855.2030  
swilke@admin.greenfield.k12.wi.us



*Access to the Greenfield High School Natatorium and swimming pool is one of the many benefits of a Fitness Center membership.*



# Adult Athletic Leagues

*There is nothing else like a Community Services League*

Unlike most adult leagues, the School District of Greenfield Community Services Department charges one flat rate for each team. There is no additional charge for each player. Leagues may not be offered in the event of insufficient enrollment.

## Indoor Volleyball Leagues

Three session options for Men's, Women's and Co-ed Indoor Volleyball play one evening per week for seven weeks with a three-game playoff tournament featuring the top eight teams. Game dates and times will be determined after session registration.

Session Options	Play Options	Playoff Dates	Location	Cost per team	Registration Deadline
<u>Session I Men</u> 4/11 - 6/7	M/T/Th 6/7:15/8:30 PM	6/9, 6/14 6/16	Maple Grove School 6921 W. Cold Spring Rd	\$300	March 25
<u>Session II Men</u> 7/11 - 8/25	M/T/Th 6/7:15/8:30 PM	8/30, 9/1 9/6	Maple Grove School 6921 W. Cold Spring Rd	\$300	June 25
<u>Session III Men</u> 10/3 - 11/17	M/T/Th 6/7:15/8:30 PM	11/29, 12/1 12/6	Maple Grove School 6921 W. Cold Spring Rd	\$300	Sept 20
<u>Session I Women</u> 4/11 - 6/7	M/T/Th 6/7:15/8:30 PM	6/9, 6/14 6/16	Edgewood School 4711 S. 47 St	\$300	March 25
<u>Session II Women</u> 7/11 - 8/25	M/T/Th 6/7:15/8:30 PM	8/30, 9/1 9/6	Edgewood School 4711 S. 47 St	\$300	June 25
<u>Session III Women</u> 10/3 - 11/17	M/T/Th 6/7:15/8:30 PM	11/29, 12/1 12/6	Edgewood School 4711 S. 47 St	\$300	Sept 20
<u>Session I Co-ed</u> 4/13 - 6/7	W/F 6/7:15 PM	6/10, 6/15 6/17	Edgewood School 4711 S. 47 St	\$300	March 28
<u>Session II Co-ed</u> 7/13 - 8/26	W/F 6/7:15 PM	8/31, 9/7 9/9	Edgewood School 4711 S. 47 St	\$300	June 30
<u>Session III Co-ed</u> 10/5 - 12/2	W/F 6/7:15 PM	12/7, 12/9 12/14	Edgewood School 4711 S. 47 St	\$300	Sept 22

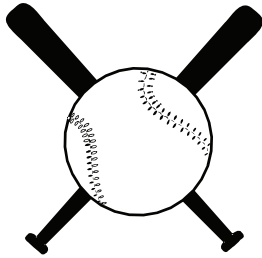
## Indoor Co-ed Dodgeball Leagues

Three session options of Co-ed Dodgeball play either a 10-game season (Sessions I or II) or a 7-game season (Session III) one evening per week. Each season will include a three-game playoff tournament featuring the top eight teams. Game dates and times will be determined after session registration.

Session Options	Play Options	Playoff Dates	Location	Cost per team	Registration Deadline
<u>Session I</u> 4/11 - 6/27	M - F 6 PM/7:15 PM	6/28 - 6/30	Glenwood School 3550 S. 51 St	\$250	March 26
<u>Session II</u> 7/11 - 9/19	M - F 6 PM/7:15 PM	9/26, 9/28 9/29	Glenwood School 3550 S. 51 St	\$250	June 26
<u>Session III</u> 10/3 - 11/18	M - F 6 PM/7:15 PM	11/29, 12/1 12/5	Glenwood School 3550 S. 51 St	\$225	Sept 20

## Referees Wanted

Referees are needed to officiate Community Services Adult League volleyball, dodgeball, kickball, softball and soccer leagues. Game knowledge is necessary. Interested parties must be at least 18 years of age, possess a valid Wisconsin driver's license, and display the maturity and temperament necessary to officiate games. For additional information, please call 414-855-2413 or 414-855-2030.



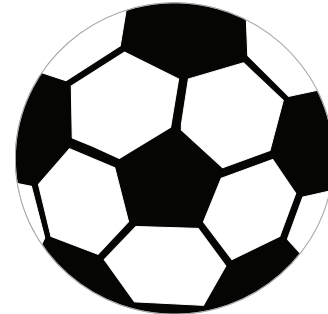
## Women's Softball Leagues

Three session options of Women's Softball play either a 9-game season (Sessions I or II) or a 6-game season (Session III). Each season will include a three-game playoff tournament featuring the top eight teams. Game dates and times will be determined after session registration.

Session Options	Play Options	Playoff Dates	Location	Cost per team	Registration Deadline
<u>Session I Women</u> 4/25 - 6/24	M - F 6/7:15 PM	6/27, 6/28 6/30	Greenfield Middle School 3200 W. Barnard Ave	\$300	April 9
<u>Session II Women</u> 7/5 - 8/26	M - F 6/7:15 PM	8/29, 8/31 9/1	Chapman Field 8500 W. Chapman Ave	\$300	June 21
<u>Session III Women</u> 9/6 - 10/17	M - F 6/7:15 PM	10/18 - 10/20	Chapman Field 8500 W. Chapman Ave	\$275	Aug 21

## Soccer Leagues

Three session options of Men's and Co-ed Soccer play either a 7-game season (Sessions I or II) or a 6-game season (Session III) one day per week. Each Men's session will include a three-game playoff tournament featuring the top eight teams. Each Co-ed session will include a two-game playoff session featuring the top four teams. Game dates and times will be determined after session registration.



Session Options	Play Options	Playoff Dates	Location	Cost per team	Registration Deadline
<u>Session I Men</u> 4/25 - 6/13	M - F 6/7:15 PM	6/14, 6/16 6/20	Greenfield Middle School 3200 W. Barnard Ave	\$300	April 9
<u>Session II Men</u> 6/27 - 8/16	M - F 6/7:15 PM	8/17, 8/18 8/22	Greenfield Middle School 3200 W. Barnard Ave	\$300	June 11
<u>Session III Men</u> 8/29 - 10/18	M - F 6/7:15 PM	10/19 - 10/21	Greenfield Middle School 3200 W. Barnard Ave	\$275	Aug 13
<u>Session I Co-ed</u> 4/23 - 6/11	Saturdays 10:15/11:30 AM 12:45/2 PM 3:15/4:45 PM	6/18 & 6/25	Greenfield Middle School 3200 W. Barnard Ave	\$300	April 7
<u>Session II Co-ed</u> 7/9 - 8/20	Saturdays 10:15/11:30 AM 12:45/2 PM 3:15/4:45 PM	8/27 & 9/10	Greenfield Middle School 3200 W. Barnard Ave	\$300	June 23
<u>Session III Co-ed</u> 9/17 - 10/22	Saturdays 10:15/11:30 AM 12:45/2 PM 3:15/4:45 PM	10/29 & 11/5	Greenfield Middle School 3200 W. Barnard Ave	\$275	Sept 1



## Co-ed Kickball

Three session options of Co-ed Kickball play either a 7-game season (Sessions I or II) or a 6-game season (Session III) one evening per week. Sessions I and II will include three playoff games featuring the top eight teams. Session III will include two playoff games featuring the top four teams. Game dates and times will be determined after session registration.

Session Options	Play Options	Playoff Dates	Location	Cost per team	Registration Deadline
<u>Session I</u> 4/25 - 6/13	M - F 6/7:15 PM	6/14, 6/16 6/21	Greenfield High School 4800 S. 60 St	\$300	April 11
<u>Session II</u> 6/27 - 8/16	M - F 6/7:15 PM	8/18, 8/22 8/24	Greenfield High School 4800 S. 60 St	\$300	June 11
<u>Session III</u> 8/29 - 10/18	M - F 6/7:15 PM	10/19 - 10/21	Greenfield High School 4800 S. 60 St	\$275	Aug 13

## Adult Fitness

A variety of exciting and affordable fitness opportunities are now available to adults of all ages through the School District of Greenfield Community Services Department. The Department is pleased to announce that certified fitness instructors Tiffany Angotti and Deb Solis will be partnering with us in offering some of the most innovative adult fitness programs in the area.

All Adult Fitness Classes are held at Greenfield High School. Participants must be at least 18 years of age. Classes may not be offered in the event of insufficient enrollment.

### Dance Fitness

Add something new to your fitness routine. This is a fusion of ballet, hip hop, and contemporary dance techniques set to high energy music. No dance experience is necessary. Wear comfortable clothing and shoes with foot support.

**Cost:** \$36 per session.

**Instructor:** Deb Solis, M.F.A.

**Session I:** April 12 to May 17. **Register by April 7.**

Tuesday: 4:30 PM to 5:30 PM

**Session II:** June 14 to July 9. **Register by June 7.**

Tuesday: 4:30 PM to 5:30 PM

**Session III:** August 16 to September 20. **Register by August 9.**

Tuesday: 4:30 PM to 5:30 PM.

**Session IV:** October 11 to November 15. **Register by October 6.**

Tuesday: 4:30 PM to 5:30 PM

### Ropics

Rope Jumping re-defined. Think rope jumping is just for kids and boxers? Try this unique approach to cross training incorporating jumping skills with non-jumping skills.

**Instructor:** Deb Solis, M.F.A.

**Cost:** \$36 per session.

**Session I:** April 14 to May 19. **Register by April 7.**

Thursday: Classes 5:30 PM to 6:30 PM

**Session II:** June 16 to July 21. **Register by June 9.**

Thursday: 5:30 to 6:30 PM

**Session III:** August 18 to September 22.

**Register by August 11.**

Thursday: 5:30 PM to 6:30 PM

**Session IV:** October 13 to November 17. **Register by October 6.**

Thursday: 5:30 PM to 6:30 PM

### Walking Club

Keep moving and stay active with this indoor walking class! You'll begin with a guided warm-up to help promote proper walking form and core stabilization followed by a supervised indoor walking session where each participant is able to set a pace that is comfortably challenging. Cool down session after each class.

**Cost:** \$36 per session

**Instructor:** Tiffany Angotti, ACE

**Session I:** April 11 to May 21. **Register by April 4.**

Tuesday: 6:00 AM – 6:45 AM and/or Thursday: 6:00 AM – 6:45 AM

**Session II:** May 30 to July 9. **Register by May 23.**

Tuesday: 6:00 AM – 6:45 AM and/or Thursday: 6:00 AM – 6:45 AM

**Session III:** July 18 to August 27. **Register by July 11.**

Tuesday: 6:00 AM – 6:45 AM and/or Thursday: 6:00 AM – 6:45 AM

### Zumba

An exhilarating, effective, easy to follow, Latin-inspired, calorie-burning, dance fitness party! All fitness levels welcome!

**Cost:** \$36 per session

**Instructor:** Tiffany Angotti, ACE

**Session I:** April 11 to May 21. **Register by April 4.**

Saturday 8:05 AM – 9:05 AM

**Session II:** May 30 to July 9. **Register by May 23.**

Saturday: 8:05 AM – 9:05 AM

**Session III:** July 18 to August 27. **Register by July 11.**

Wednesday: 8:00 AM – 9:00 AM

Saturday: 8:05 AM – 9:05 AM



## Beginner Yoga



Practicing Yoga helps to soothe the soul, calm the mind, strengthen the body and lift the spirit! This class is designed for those new to practicing Yoga. Please bring your own Yoga mat to each class.

**Cost:** \$36 per session

**Instructor:** Tiffany Angotti, ACE

**Session I:** April 11 to May 21. **Register by April 4.**

Tuesday: 5:30 PM – 6:30 PM

Wednesday: 4:15 PM – 5:15 PM

Saturday: 9:20 AM – 10:20 AM

**Session II:** May 30 to July 9. **Register by May 23.**

Tuesday: 5:30 PM – 6:30 PM

Wednesday: 4:15 PM – 5:15 PM

Saturday: 9:20 AM – 10:20 AM

**Session III:** July 18 to August 27. **Register by July 11.**

Tuesday: 8:00 AM – 9:00 AM; 5:30 PM – 6:30 PM

Wednesday: 4:15 PM – 5:15 PM

Thursday: 8:00 AM – 9:00 AM

Saturday: 9:20 AM – 10:20 AM

## T'ai Chi Ch'uan - A Breath of Energy

Feeling stressed? Fatigued? Overwhelmed? Why not try this ancient Chinese low impact form of movement meditation exercise that improves balance, coordination, concentration, musculoskeletal strength and endurance.

The New Chen Short Form will be taught. Comfortable clothing is highly recommended.

**Instructor:** Deb Solis, M.F.A.

**Cost:** \$36 per session.

**Session I:** April 13 to May 18. **Register by April 6.**

Wednesday: Classes 4:30 PM to 5:30 PM

**Session II:** June 15 to July 20. **Register by June 8.**

Wednesday: 4:30 to 5:30 PM

**Session III:** August 17 to September 21. **Register by August 10.**

**Session IV:** October 12 to November 16. **Register by October 5.**

Wednesday: 4:30 PM to 5:30 PM

## Duathlon

**10-Week Duathlon Training Program for Beginners** – Your coach Tiffany Angotti will guide you through a comprehensive training program designed specifically for those with little or no experience in multi-sport events. You will work to gradually increase endurance and mileage through weekly group training sessions, weekly emailed workout plans and helpful nutrition tips to make completing your first duathlon a fun and rewarding experience!

We are training for the South Shore Duathlon in Cudahy which is a Sprint Duathlon (2 mile run – 10 mile bike – 2 mile run) that is tentatively scheduled to take place on Sunday, June 12, 2011.

Greenfield High School will serve as our meeting place for Saturday's group workouts where each participant is required to bring running shoes, a bike and helmet and water bottle.

For more information, please contact Tiffany Angotti at 414-304-4543 or tangotti@att.net.

Saturday 10:30 AM – Noon (April 16 – June 18, 2011)

**Cost:** \$85.00

## Boot Camp

The most effective and time efficient group exercise class ever! Each class combines **Cardio** for extreme fat loss, **Strength Training** to shed inches, tighten and tone and **Flexibility Training** which promotes greater range of motion and body awareness.

Participants experience ever changing and progressive workouts to eliminate plateaus, a fun and friendly group atmosphere that promotes motivation, and a highly trained instructor who is dedicated to your success while creating an environment that is safe and suitable for all fitness levels. *Please bring a mat and pair of dumbbells ranging from 3 - 8 lbs to each class.*

**Cost:** \$36 per session.

**Instructor:** Tiffany Angotti, ACE

**Session I:** April 11 to May 21. **Register by April 4.**

Monday: 6:00 AM – 6:45 AM

Tuesday: 4:15 PM – 5:15 PM

Wednesday: 6:00 AM – 6:45 AM; 5:30 PM – 6:30 PM

Friday: 6:00 AM – 6:45 AM

Saturday: 7:15 AM – 8:00 AM

**Session II:** May 30 to July 9. **Register by May 23.**

Monday: 6:00 AM – 6:45 AM\*

\*No class Monday 5/30 or 7/4 special rate \$24.00

Tuesday: 4:15 PM – 5:15 PM

Wednesday 6:00 AM – 6:45 AM, 5:30 PM – 6:30 PM

Friday: 6:00 AM – 6:45 AM

Saturday: 7:15 AM – 8:00 AM

**Session III:** July 18 to August 27. **Register by July 11.**

Monday: 6:00 AM – 6:45 AM; 8:00 AM – 9:00 AM

Tuesday: 4:15 PM – 5:15 PM

Wednesday 6:00 AM – 6:45 AM, 5:30 PM – 6:30 PM

Friday: 6:00 AM – 6:45 AM; 8:00 AM – 9:00 AM

Saturday: 7:15 AM – 8:00 AM



# Adult Leagues and Fitness Programs 2011 Registration Form

## WAIVER OF LIABILITY, RELEASE OF CLAIMS, AND INDEMNIFICATION AGREEMENT

I, the undersigned, agree to indemnify and hold harmless the School District of Greenfield and its employees, officers, and agents from and against any and all liability resulting from participation and in a Community Services activity. I understand that the program(s) in which I am enrolling, like all activity programs, has some inherent risk, for which I agree to assume the liability.

Furthermore, I attest to the fact that I am in good physical health appropriate for the activities in which I will be participating. I understand that the School District of Greenfield does not provide accident insurance. I authorize District staff members to obtain medical treatment if deemed necessary.

X \_\_\_\_\_  
NAME (PLEASE PRINT)

X \_\_\_\_\_  
SIGNATURE DATE

## Fitness Program Registration

Name of Fitness Program Participant \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Fitness Program participant emergency contact phone or cell phone number \_\_\_\_\_  
Fitness Program Name \_\_\_\_\_ Fitness Program Session(s) \_\_\_\_\_  
Fitness Program Fee \_\_\_\_\_ Fitness Program Time \_\_\_\_\_  
Check/cash/money order amount enclosed \_\_\_\_\_

*Payment may be made by check/money order/cash. Mail or deliver directly to the Greenfield High School Fitness Center, 4800 S. 60 St., Greenfield, WI 53220. Please do not mail cash.*

## Adult Athletic League Registration

Name of the person paying on behalf of the team \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Emergency contact phone or cell phone number \_\_\_\_\_  
Sport \_\_\_\_\_ League Session(s) \_\_\_\_\_  
League Fee \_\_\_\_\_  
Team Name \_\_\_\_\_  
Check/cash/money order amount enclosed \_\_\_\_\_

*Payment may be made by check/money order/cash. Mail or deliver directly to the Greenfield High School Fitness Center, 4800 S. 60 St., Greenfield, WI 53220. Please do not mail cash.*

Interested in refereeing? Please complete the following: Name \_\_\_\_\_  
Sport \_\_\_\_\_ Phone Number \_\_\_\_\_ Email address \_\_\_\_\_

School District of Greenfield

4850 S. 60 St.

Greenfield, WI 53220