

# Summer 2019

## Belleville Community Education/Recreation

### Program Guide



Zumba® is an exercise fitness program that involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included. Zumba® will take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Instructor: Marechiel Santos-Lang

**Thursday, July 11 – Aug. 29 (8 Wks.)**

**7 :00 – 8:00 PM**

**Min: 10**

**Max: 25**

**Fee: \$45**

**Belleville Old Elementary School Gym**



### Summer Time

## Slow Flow & Strength Building Yoga

This class will help align your body and connect your movement to your breath while building core strength. It will incorporate slow flow of yoga poses (asana) that focus on balancing, stretching, strengthening, relaxation and meditation. This class will provide guided instruction to support and modify poses for beginners to intermediate yogis. Drop-in will be allowed only if there is room in the class. Drop-in cost will be \$10.

**Tuesday, June 4– August 20 (10 Weeks)**

**(Not June 24 & July 23)**

**6:30 – 7:30 PM**

**Min: 10**

**Max: 25**

**Fee: \$50**

**Belleville Elementary School - Room #271**

**\*\* Will be outside Weather permitting**

## "Self-Defense HapKiDo"

In this class, you will learn the basic principles of self-defense, some cardio and muscle-strengthening exercises, and concepts behind USHF HapKiDo.

We are a research-driven group -- we encourage cross-training with other systems and will bring in new concepts regularly. The class is open to all experience levels and ages 14+ -- we will fit your training to your needs and goals.

Drop-ins welcome and costs \$10

**Monday's and Thursday's**  
**June 3 – August 22 (11 Weeks)**

**(Not July 1 & 4)**

**7:00 - PM - 8:30 PM**

**Site: TBD**

**Fee: \$60**

**Min: 15**

### UW-Whitewater

## Summer Sports Camps

- Boys' Basketball Fundamental Camp
- Boys' Basketball Offensive Skills Camp
- Boys' Basketball Shooting Camp
- Girls' Basketball Fundamental 1 & 2 Camp
- Girls' Basketball Offensive Skills Camp
- Skill Development Football Camps
- Volleyball Summer Events
- Youth Football and Volleyball Camps

Visit our website for more information

[https://belleville.cr3.schooltoday.com/public/getclass/category\\_id/3/program\\_id/3](https://belleville.cr3.schooltoday.com/public/getclass/category_id/3/program_id/3)

## HOW DO I REGISTER?

Visit:

<https://belleville.cr3.schooltoday.com/public/home/>

To register for these and other offerings as they become available, or for more information call 608-835-6120 X 3410 or Email: [comed-rec@belleville.k12.wi.us](mailto:comed-rec@belleville.k12.wi.us)



# Belleville Aquatic Center Summer 2019 Offerings

## Parent & Tot

Cost: \$5 Tue. & Thur. at 5:15 PM

Session 1: June 11 – June 27 Session 2: July 1 – July 18

## Competitive & Endurance Swim

Cost: \$10/Session Mon – Friday 8:00 – 9:00 AM

Session 1 – June 11 – June 28 Session 2 – July 1 – July 19 (Not July 4)

## Lifeguard Training

Cost: \$115 May 31 from 4-8PM, June 2 from 9AM-6PM, June 3 & 4 from 4-8PM. Class will cover lifeguarding, first aid, CPR, AED. Must be 15 years old or older. Must attend all classes.

## Water Safety Instructor (WSI)

Cost: \$100 June 2 from 4-8PM, June 8 & 9 from 8AM-6PM, Jun 11, 13 & 14 from 8AM-6PM, June 17 TBD. Must be 16 years old or older & have a current Lifeguard Certification.

## Water Aerobics

Cost: FREE w/Season Pass (or with daily admission)  
Mon & Wed 5:15 PM – 6:00 PM All season long!!!

**REGISTER for above classes at:**

<https://www.belleville.k12.wi.us/families/summer-opps.cfm>

### Season Pass Prices

Resident Individual: \$70	Non-resident Individual: \$90
Resident Family: \$125	Non-resident Family: \$175
Senior Citizens (65 & Older) <b>FREE!!</b>	

### Daily Admission

Resident Child: \$2	Non-resident Child: \$3
Resident Adult: \$3	Non-resident Adult: \$4
Senior Citizens (65 & Older) <b>FREE!!</b>	
Resident Child (3 & Younger) <b>FREE!!</b>	

## Swim Lessons



Residents: FREE

(Run through Belleville Summer School Programming)

Non-resident: \$30 per session

**Monday – Friday**

**9:00 AM – 1:00 PM**

**Session 1 June 11 – June 28**

**Session 2 July 1 – July 19 (Not July 4)**

**Session 3 July 22 – August 9**

**Register for Swim Lessons at:**

<https://www.belleville.k12.wi.us/families/summerschool/SS%20Swim%20Packet%2019.pdf>

## Daily Pool Schedule

Swimming Lessons: Mon.-Fri. 9:00 AM – 1:00 PM

Open Swim Daily: 1:00 PM – 5:00 PM

6:00 PM – 8:00 PM

Adult Swim Daily:

5:00 PM – 6:00 PM

## 4<sup>th</sup> of July Schedule

Open Swim 1:00 – 6:00 PM