

SPRING — SUMMER EDITION



A LETTER FROM THE DIRECTOR

Welcome!

The Cambridge Community Activities Program extends a warm welcome as you explore our 2024 Spring/Summer brochure. Whether you're seeking something new or simply aiming to have fun, our diverse range of programs and services is designed with you in mind. Behind these offerings are many talented and dedicated individuals, including numerous volunteers, consistently striving to deliver exceptional services.

Our aspiration is for every resident within the Cambridge School
District to discover a place where they can savor life to the fullest through our programs. Beyond serving our residents, we aim to showcase to non-residents the exceptional experience of being a part of the Cambridge Community Activities Program.

A heartfelt thank you goes out to everyone who has participated in our classes or visited Ripley Park over the past year. We are continuously dedicated to enhancing our facilities and programs. If you have any program ideas, we are eager to hear from you. Together, let's build a clean, safe, and positive community not only within our programs but throughout Cambridge as a whole. Sincerely,

Mark Schram, AFO
CAP Executive Director

Board of Directors

The Cambridge Community Activities Program relies upon input from residents who volunteer their time to serve on this board. They each contribute diverse interests for the overall development and improvement of recreational opportunities. The CAP Board of Directors meet on a monthly basis. Anyone interested in meeting dates is asked to contact the CAP office.

Bridgette Hermanson	(608)	444-8859
Kayla Sipple	(608)	225-3373
Marggie Banker	(608)	423-4345
Jody Wilke	(608)	698-1492
Breah Klemp	(608)	695-9798
Joe Brady	(608)	669-2732
Katie Jeffery	(608)	212-0069
Tracy Smithback-Travis	(608)	698-9400
Ken Muth	(608)	332-6538
Kevin Mehringer	(608)	219-5867

OUR TEAM



Mark Schram
Executive Director
mschram@cambridge.k12.wi.us
(608) 423-8108



Kristine Reich
CAP Office & Finance Manager
kreich@cambridge.k12.wi.us
(608) 423-8108



Mandy Hollis
Youth and Child Care Center Director
ahollis@cambridge.k12.wi.us
(608) 423-8044 - CAP CARE
(608) 423-8045 - Youth Center



Kerry Marren
Community Outreach &
Communications Coordinator
foodpantry@cambridge.k12.wi.us
(608) 423-8142



Martin Bathke
Athletics Supervisor
mbathke@cambridge.k12.wi.us
(608) 423-8108



Ben Andrews
Aquatics & Park Supervisor
bandrews@cambridge.k12.wi.us
(608) 423-8097

CONTENT

- 4 General Information
- 6 Preschool Activities
- 7 CAP Care
- 9 Youth Center
- 11 Youth Athletics
- 15 Youth Enrichment
- **16** Adult Activities & Fitness
- 17 Fitness Center
- 18 Community & Family Events
- 19 Ripley Park
- 20 Aquatics
- **22** Food Pantry
- **24** Volunteer Opportunities

OUR OFFICES

Cambridge CAP Office 403 Blue Jay Way Cambridge, WI 53523

CAP Food Pantry & Youth Center 211 South Street Cambridge, WI 53523

Cambridge Pool & CAP CARE 802 West Water St Cambridge, WI 53523

Become a Sponsor!

Cambridge CAP provides the opportunity to not just promote your business with unique and affordable advertising but also invest in the programs, parks and facilities in your community. Keep your eyes peeled for many great opportunities coming your way. Don't see a level that works for you? No problem! Customized and in-kind partnerships can be designed to meet all of your individual and business needs.

Contact: Mark Schram (608) 423-8108 mschram@cambirdge.k12.wi.us

GENERAL INFORMATION

You Snooze...You Lose! If you would like to participate in one of our programs, please register in advance of the registration deadline. One week prior to the start date, we determine if enrollment is sufficient to hold the program. By registering early, you will assist us in providing the best organization and administration of all programs. Your cooperation in registering early will ensure all participants and instructors are given ample time to prepare for programs.

REGISTRATION

Registration for recreation programs must be received one week prior to the start date. Please note all beginning dates on programs as to not miss a session. Registration for youth and adult sports leagues is specified in that particular section of the brochure. If registrations are received more than seven days after the due date, registration is not guaranteed and may incur additional expenses. No email registrations will be accepted; phone registrations will be accepted with credit card payment. Registration is taken on a first come, first served basis and programs may fill up quickly. Spots will not be held without payment.

REGISTRATION OPTIONS

- Option #1: Online Using our website, www.cambridgecap.net, click on "Register Now." This will direct you to our secure, online registration database. Click on "Click Here to Log In and Register." You will be guided through a process of creating a family login and password that you will use each time you register. At the end of the registration you will need to pay with a credit card. You will then receive a registration confirmation and receipt via email to complete the process.
- Option #2: Mail
 Registration form at www.cambridgecap.net
 and payment may be mailed to:
 Cambridge Community Activities Program,
 PO Box 54, Cambridge, WI 53523

- Option #3: Walk-In
 Drop off the registration form and
 payment to the main CAP office, located
 in the Cambridge High School. Please
 use the District Office entrance at the high
 school. Forms may also be dropped off
 at the Cambridge Community Pool or the
 Cambridge CAP Youth Center.
- Option #4: Phone
 Contact our main office at (608) 423-8108
 to register over the phone, and pay via visa or mastercard
- Option #5: Drop Box Registrations forms may be dropped in our drop box, located outside of the District Office doors at the Cambridge High School. Registration confirmation a receipt of payment will be provided via email for all registrations to the email address provided in your online account. If you do not receive a receipt you may not be registered. Please contact the CAP office to inquire at (608) 423-8108.

FEES

It is the policy of the Community Activities
Program that those who participate in
Community Activities Programs should help
subsidize the overall cost of that activity.
Therefore, fees are assessed to activities based
on the needs of that particular activity.

The first program fees listed in the brochure are for Cambridge School District residents (R). To qualify for the resident fee, you must reside in the Cambridge School District or attend Cambridge Schools. Residents support the school district through tax-dollars, while non-residents pay to participate through higher registration fees. All participants must pay in full at the time of registration; however, participation in programs to School District residents will not be denied due to financial constraints.

PHOTO POLICY

The Cambridge Community Activities Program uses pictures of participants in bulletins and displays to inform others of our recreational opportunities. If you do not want a participant's picture taken, you must inform the Director in writing prior to the start of the program.

REFUND POLICY*

A full refund will be issued if a program is canceled by CAP due to low enrollment or a facility usage conflict.

- If a participant voluntarily withdraws from a program prior to the program's registration deadline, he/she will receive a refund for the amount paid minus a \$3 processing fee. If payment was made via credit card, the credit card will be refunded. All other payment types will receive a refund in check form.
- If a participant withdraws after the program has begun for extenuating circumstances, or if a participant is unhappy with the program, they may submit their concerns in writing to the CAP Director. CAP may then issue a refund less the \$3 processing fee, in the Director's discretion.

*CAP Care has a separate refund policy

SUNSHINE FUND

A private fund has been established to ensure all children are able to participate in CAP activities. We encourage all School District residents in need of financial assistance to contact the Activities Director for further information.

VOLUNTEER OPPORTUNITIES

Many volunteer opportunities are available within the Cambridge CAP, as volunteers are needed to make this program successful. Please list your name, telephone number, and the particular area that you are interested in volunteering with on the registration form. To ensure the safety of our participants, background checks are performed on all CAP employees and volunteers.

*CAP is always looking for attractive and innovative programming ideas. If you have any suggestions, ideas, or are interested in teaching a class, please feel free to contact the office in writing at CAP, PO Box 54, Cambridge, WI 53523 or by phone at (608) 423-8108.

Check out the rest of our general information online at www.cambridgecap.net





PRESCHOOL ACTIVITIES

FIRST FRIENDS

Time: 8:15 a.m. - 10:45 a.m.

Ages: 3-4

Location: CAP CARE Room **Instructor:** Kristin Stockwell,

Certified Teacher

Designed to give children an opportunity to explore, invent, discover, create, share, and learn with other children. Every class will be divided into structured and open — ended learning while focusing on fun. Free play, circle time, music, art, enrichment, story time, and movement will be incorporated every week in various ways. Children will develop social skills and independence while parents are free to run errands feeling confident their child is in a safe environment. Children should be potty trained to attend First Friends.

FIRST FRIENDS			
Day	Morning	Fee	Min / Max
Tuesday &	February 27 – April 11 (no class week of 3/25)	\$195 R \$210 NR	8 / 16
Thursday	April 16 – June 4	\$230 R \$245 NR	
Daily Rate		\$25 R \$30 NR	





ART & PLAY

Days: Thursdays, June 13, 27, July 11, 25,

August 8, 22

Time: 9:00 a.m. - 11:00 a.m.

Ages: 3-4

Location: CES Room 129
Instructor: Robin Marsden

Fee: \$15 R / \$20 NR

Get your preschooler outside for this summer playtime group. We will have open ended art, games, snacks, and fun at every class. Please apply sunscreen & bug spray prior to class.

Min 5 / Max 10

CAP CARE

CAP CARE is a state licensed group child care facility that provides enrichment based, wrap around care and programming for children in grades 4K – 4th grade. CAP CARE is located in the Cambridge Elementary School, Room 130 – 131, & 135.

Fee: Initial \$30 registration fee.

- **3K:** \$60 per day or \$250 per week. Fee also includes attendance in First Friends
- 4K 4th grade: \$4.75 per hour for care. Parents will fill out a monthly calendar by the 21st of the preceding month of the date and times their child will be attending. No refunds/credit will be given for any missed dates (including illness). Snacks are included in the fee. Lunch (\$3.45) may be purchased for an additional fee.

Payments: CAP CARE accepts check, cash or credit card.

Minimum Attendance:

- **3K:** A child must attend a minimum of two times per week.
- 4K: A child must attend a minimum of three times per week.
- K 4: A child must attend a minimum of four times per week. This may be a combination of morning and/or afternoon periods.

CAP CARE:

- Will operate on early release days
- Will operate on non school days (except for major holidays)
- Will NOT operate during emergency closing days due to weather

Hours of Operation: 6:00 a.m. - 6:00 p.m.

4K WRAP AROUND CARE

Registration for 4K 2024 – 2025 will open in February. 4K children can be in morning or afternoon 4K at CES.

3K WRAP AROUND CARE

Registration for 3K's 2024 – 2025 school year will open May 1st. Children must be old enough to enter 4K during the 2024 – 2025 school year.



SPRING BREAK CAMP

Dates: March 25 – 29 **Time:** 6:00 a.m. – 6:00 p.m.

Ages: 3 yr. - 10 yr. (must currently be enrolled

in CAP CARE)

Fee: 4K - 4th grade: \$180 R / \$195 NR

Age 3: \$250 R/ \$265 NR *Registration deadline: March 13

Calling all adventurers! Join us for some spring break fun. Some of our adventures will include Westside park, swimming at the Cambridge pool and a movie afternoon. Minimum 10 participants.

CAP SUMMER DAY CAMP

CAP CARE Day Camp daily rates availability will be announced and available for registration May 1st

Online registration is not available for daily rates. Please contact Cap Care at (608) 423-8044 to register.

Dates: Monday – Friday

- 4K 4th Grade Summer School Days
 6:00 a.m. 8:00 a.m. & 12:00 p.m. 6:00 p.m.
- Full Days:
 6:00 a.m. 6:00 p.m.
- 3K Monday Friday 6:00 a.m. 6:00 p.m.

Ages: 3 year – 10 (must be entering 4K 2024 – 2025 school)

Location: "Base Camp" will be in the Cap Care rooms

Summer Day Camp is more than just summer day care, it's an adventure! This state licensed Day Camp will offer hands on activities that will provide your child with fun, excitement, and learning opportunities.

Week 1: June 10 – 14
 Summer School Week
 Field Trip: Ripley Park/Bowling Alley

Week 2: June 17 – 21
 Summer School Week
 Field Trip: Kona Ice Truck & Korth Park

Week 3: June 24 – 28
 Summer School Week
 Field Trip: Jelly's Market Strawberry Picking

Week 4: July 1 – 5
 Full Day Week
 Field Trip: Jefferson Aquatic Center (closed July 4th)

 Week 5: July 8 – 12 Summer School Week Field Trip: Korth Park

Week 6: July 15 – 19
 Full Day Week
 Field Trip: Skyzone

Week 7: July 22 – 26
 Full Day Week
 Field Trip: Jefferson Aquatic Center

Week 8: July 29 – August 2
 Full Day Week
 Field Trip: Phoebe Bakken Memorial Park

Week 9: August 5 – 9
 Full Day Week
 Field Trip: Jefferson Aquatic Center

Week 10: August 12 – 16
 Full Day Week
 Field Trip: Kona Ice & Riverfront Park

Week 11: August 19 – 23
 Full Day Week
 Field Trip: Timber Ridge Water Park

Week 12: August 26 – 30
 CLOSED for Cleaning and Open Houses

Sponsor:	Cambridge
sponson.	FAMILY DENTAL





CAP SUMMER CAMP				
	Resident Fee	Non-Resident Fee		
4K-4th grade Summer school	\$300.00	\$315.00		
Daily Rate	\$55	\$70		
4K- 4th grade Sum- mer School Day Field Trip Daily	\$65	\$80		
4K-4th grade Summer School Day Weekly Rate	\$140	\$155		
3K Daily Rate	\$60	\$75		
4K – 4th grade Daily Rate	\$70	\$85		
4K – 4th grade Field Trip Daily	\$80	\$95		
3K Weekly rate	\$250	\$265		
4K – 4th grade Weekly Rate	\$180	\$195		



YOUTH CENTER

In — School Hours

Monday — Friday: 3:00 p.m. — 6:00 p.m. (Closed on: March 8, March 25 — March 29,

May 27)

Grade: 5 – 8 (Current Cambridge Students)

Fee: FREE

To Register: Parent may register their student by completing an online registration, or by completing a paper form located outside of the Youth Center. For questions, parents are encouraged to contact Mandy Hollis, Youth and Child Care Center Director at (608) 423-8045 or ahollis@cambridge.k12.wi.us

Located in the Nikolay Middle School, the Youth Center offers:

- A safe environment for kids
- Activities and opportunities to build teamwork and cooperation
- Diverse, qualified, caring, and adult aged supervision for students
- Assistance with homework and other academic related activities
- Monthly special events
- Self-guided activities
- Opportunities to meet peers and build positive relationships
- A free afternoon snack & milk

Recreational activities offered, but not limited to:

- Football
- Basketball
- Computers
- Movies
- Board games
- Reading
- STEAM activities
- Video games
- Volunteer opportunities

Early Release & No School Days:

The Cambridge Area Youth Center may offer additional programming or hours on early release and no school days. These special programs are marketed separately, and likely to incur their own registration and fees. The Youth Center does not operate on holidays, school district recognized holidays, and when school is closed or released early due to weather.

Sponsors:







YOUTH CENTER AFTER HOURS & EVENTS

SKYZONE

Date: Friday, March 8

Time: 11:30 a.m. - 4:00 p.m.

Location: Meeting at the Youth Center

Grades: 5 - 8

Fee: \$35 R / \$40 NR (includes transportation and

jump ticket)

Bring money for Culver's prior to Skyzone

Min 6/ Max 12

MURDER MYSTERY DINNER

Date: Friday, March 15 Time: 6:00 p.m. — 9:00 p.m. Location: Youth Center

Grades: 5 - 8

Fee: \$15 R / \$20 NR (This includes dinner, and interactive murder mystery, sign up early to get a

character)

GAME NIGHT

Date: Friday, April 12
Time: 6:00 p.m. — 9:00 p.m.
Location: Youth Center

Grades: 5 - 8

Fee: \$15 R / \$20 NR (This includes snacks, card games, and board games, or bring your own)



SPRING FLING DANCE

Date: Friday, May 10 **Time:** 6:00 p.m. – 8:00 p.m. **Location**: Historic Gym

Grades: 6 – 8 **Fee:** \$5 R / \$10 NR

BOOK NOOK WORKSHOP & PAINT NIGHT

Date: Friday, May 17
Time: 6:00 p.m. — 9:00 p.m.
Location: Youth Center

Grades: 5 - 8 **Fee:** \$15 R / \$20 NR

This includes supplies for workshop, paint, and

snacks

CAMPFIRE, CAPTURE THE FLAG & MOVIE AT RIPLEY PARK

Date: Friday, June 7

Time: 6:00 p.m. — 10:00 p.m. Location: Meeting at Ripley Park

Grades: 5 – 8 **Fee:** \$15 R / \$20 NR

This includes supplies for campfire snacks, Capture the flag and a movie. Smores will be

provided by Cash and Olives.

Sponsor:





YOUTH CENTER SUMMER TRIPS

DAVE AND BUSTERS

Date: Friday, June 7 **Time:** 12:30 – 4:00 p.m.

Location: Meeting at the Youth Center

Grades: 5-8

Fee: \$50 R / \$65 NR

This fee includes transportation to Dave and Busters, lunch while there as well as \$25 on a power card. Students are welcome to bring additional money to

add to their power cards.

Min 6/ Max 12

MT. OLYMPUS

Date: Friday, July 12 **Time:** 9:30 a.m. — 4:00 p.m.

Location: Meeting at the Youth Center

Grades: 5 – 8 grade **Fee:** \$50 R / \$65 NR

This fee includes transportation to Mt. Olympus and entrance fee. Each participant will responsible for

their lunch. Min 6/ Max 12

URBAN AIR

Date: Friday, August 16 **Time:** 12:30 p.m. – 4:00 p.m.

Location: Meeting at the Youth Center

Grades: 5 – 8 grade **Fee:** \$45 R / \$60 NR

This fee includes transportation to Urban Air, lunch while there & the ultimate Urban Air. This package includes the Ropes Course, Climbing Walls, Wipeout, ProZone Performance Trampolines, Warrior Course, Drop Zone, Slam Dunk, Climbing Hill, Battle Beam, Tubes, Indoor Playground, Dodgeball, Runway Tumble Track, APEX

Trampolines
Min 10/ Max 12

YOUTH ATHLETICS

RECREATIONAL SOCCER

Volunteer coaches are needed to make CAP soccer programs a success! If you are interested in coaching, please email Martin Bathke at mbathke@cambridge.k12.wi.us and attend our coaches meeting. Spring: Wednesday, March 6 at 6:00 p.m., Fall: Wednesday, August 14 at 6:00 p.m. both in the CHS Lecture Lab. Coaches in attendance will receive the 50% off coaching discount!

In this fun, exciting, recreational soccer league your child will learn fundamentals, rules and basic plays. Games are played at 8:00 a.m., 9:00 a.m., 10:00 a.m., or 11:00 a.m., depending on registration numbers. Practices are held for the different teams at the discretion of their respective coaches. You will be contacted by a coach regarding your child's team assignment. Shin guards are <u>MANDATORY</u> at all levels. Cleats are not required but are recommended.

Spring Season

Dates: Saturdays, April 6 – May 11

CHS Soccer Team Skills Day: Saturday, April 27

Location: CES Fields

Fee: \$30 R / \$45 NR (before March 15) \$40 R / \$55 (after March 15)

Sponsors:





Fall Season

Dates: Saturdays, September 7 – October 12

Location: CES Soccer Fields

Fee: \$30 R / \$45 NR (before August 8) \$40 R / \$55 NR (after August 8)

Sponsors:









4K Division

Open to children currently in 4K, this division is a 4K only group that is the base level introduction to the sport focusing on a few skills. This group will only meet on Saturdays and will be in a practice format (with parent involvement). Full games will not be played.

Kindergarten/1st Grade Division (U6)

Open to children currently enrolled in kindergarten or first grade. U6 is intended to be the next progression in the soccer skill development, with continued focus on the fundamentals of the game and having fun. his division will practice weekly and also play on Saturday mornings. Children will play small sided soccer (3 on 3) on small sized fields (25 X 30 yards). They play four 8 minute quarters; referees and goalies are not used at this level.

2nd/3rd Grade Division (U8)

Designed for children in grades 2 and 3; children will continue to develop basic skills, while also learning advanced gameplay and strategy in a fun relaxed environment. Teams will play 4 on 4, on a 30 X 30 yard field. They will play four 10 minute quarters; referees and goalies are not used at this level.

4th/5th Grade Division (U10)

The U10 program will be offered to children in grades 4-5 with the intent of this division to continue growth in the sport, while also preparing players for the next progression to either GDU or other more organized soccer leagues. This division will practice at least one day a week outside of regular scheduled games.

KICKS CDU SOCCER CAMP

Date: Sunday, April 28

Location: Cambridge High School, soccer fields

Time: 12:00 p.m. – 3:00 p.m.

Grades: K – 5th **Fee:** \$35 R / \$40 NR

Discover your potential, learn techniques and skills to become a better soccer player. The Cambridge Deerfield United (CDU) high school soccer coaches and players will run this highly engaging one day camp. Each camper will receive a t-shirt and also will be supporting the CDU team as this camp is a fundraiser for the program.

Sponsors:





YOUTH BASEBALL PROGRAM

Coaches are needed at all levels; a great way to volunteer and get involved in your community! Please contact CAP for more information at (608) 423-8108, or email Martin Bathke at mbathke@cambridge.k12.wi.us.

LITTLE LEAGUE

The Cambridge CAP participates in the Eastern Suburban Youth Baseball League, which includes the surrounding communities of Columbus, Cottage Grove, Deerfield, Fall River, Jefferson, Lake Mills, Marshall, McFarland, Monona, and Waterloo. For more information, please log onto http://esybl.org. Uniform tops are provided for both Little League groups; players are required to wear gray pants to match. First year players are provided with a hat. Returning players may purchase replacements by contacting the CAP main office at (608) 423-8108.

There is a mandatory spring "Warm-Up" day for all boys interested in playing American or National League on Saturday, April 6 from 12:00 p.m. – 1:30 p.m. for NL and 2:00 p.m. – 3:30 p.m. for AL at the CHS Baseball Fields.

Any parent interested in coaching is asked to inform Martin Bathke and attend the coaches' meeting set for Thursday, March 21 at 6:00 p.m. in the CHS Lecture Lab. Coaches attending the meeting will receive a 50% discount on their child's registration!

ESYBL LITTLE LEAGUE (NATIONAL OR AMERICAN LEAGUE)

Dates: Mid May thru late July

Grades: 3 - 6

Fee: \$65 R / \$80 NR (before March 8) \$75 R / \$90 NR (after March 8)

Participants registered for Little League should plan to attend the mandatory "Warm Up Day" on April 6 to have basic skills assessed. Player assessment will be used in creation of both National and American League teams. National League teams will play regularly on Mondays and Wednesdays, and American League teams play on Tuesdays and Thursdays. Practices will start early May, 3 weeks prior to first game and will continue during the season at the discretion of the team and coach's availability. Parent transportation is required and teams have an opportunity to participate in one local rec tournament during, or up to one month after the regular season.

PONY LEAGUE

Dates: Early June thru late July **Grade:** 7 (2023 – 2024 school year) **Fee:** \$70 R / \$85 NR (before March 8)

\$80 R / \$95 NR (after March 8) (10 player minimum at deadline)

Pony League is a traveling baseball league (parent transportation required) designed to transition players from Little League to Teener League baseball. The schedule will be set by the league and players will be contacted in regards to practices and games. Uniforms are provided; players are asked to purchase blue socks. There will be a coaches meeting on Thursday, March 21 at 6:00 p.m. in the CHS Lecture Lab. Coaches attending the meeting will receive a 50% discount on their child's registration!

UPPER LEVEL LEAGUE BASEBALL PROGRAMS

In conjunction with the CHS Baseball Program, the CAP offers summer baseball for kids who are going into grades 9 - 12. Summer baseball is a great way for players to build upon their skills and provides an opportunity to strengthen the CHS team. Teener teams are offered based on registration numbers and teams are assigned based on age and skill. The Teener program is operated under the guidance of the high school coaching staff. This League is designed to provide players with an opportunity to participate at a high level of competition, with a goal of state tournament play in mind. Therefore, a commitment to area travel, practices, games, and work ethic are expected for these leagues. Playing times in games may not be equal and skill levels, attendance, attitude, sportsmanship, and commitment will be used to determine playing time.



TEENER LEAGUE

Dates: Late May thru late July

Grade: 9 - 12

Fee: \$90 R / \$105 NR (before March 8) \$100 R / \$115 NR (after March 8) (11 player minimum at deadline)

Teener is a traveling, competitive baseball league (parent transportation required). The schedule will be set by the coach and players will be contacted in regards to practices and games. Uniforms are provided; players are asked to purchase blue socks. Teener coaches meeting will be on Thursday, March 21 at 6:00 p.m. in the CHS Lecture Lab. Coaches attending the meeting will receive a 50% discount on their child's registration!

ASA WINDMILL SOFTBALL

Dates: Mid May thru late July The Cambridge CAP participates in an ASA sanctioned Windmill Girls' Fast Pitch League. Girls are divided into leagues according to their age; cutoff is the age as of September 1, 2023. All levels of CAP Softball are traveling leagues with games played both at home and away (parent transportation required). Uniform tops are provided for all players; players provide their own Black pants. Practice schedules will vary from coach to coach; coaches will contact players to notify them of their first meeting date. For more information on the ASA Windmill leagues, check out: http://www.eteamz.com/windmillfastpitchsoftball/. There will be an informational meeting for all coaches on Thursday, March 21 at 6:00 p.m. in the CHS Lecture Lab. Practices may begin 3 weeks prior to first game (10 player minimum per league).

• WINDMILL SOFTBALL – U8

Ages: 7 - 9

Fee: \$45 R / \$60 NR (before March 8) \$55 R / \$70 NR (after March 8) The focus at this level will be on learning the fundamentals of softball. The games will be played on Wednesday evenings.

• WINDMILL SOFTBALL –U10, U12, U14

Ages: 9 - 15

Fee: \$65 R / \$80 NR (before March 8) \$75 R / \$90 NR (after March 8) Coaches will help determine the appropriate league of play based on the birthdates of the majority of the girls in the class. Doubleheaders are played for both home and away games.



WINDMILL SOFTBALL – U16

Ages: 16 - 18

Fee: \$75 R / \$90 NR (before March 8) \$85 R / \$100 NR (after March 8) The U16 softball program is run in conjunction and under the guidance of the CHS softball program. Players are expected to commit to practices and games, with playing time being reflective of commitment and skill. Doubleheaders are played for both home and away games.

T-BALL

Dates: Mondays, June 3 - July 15

(No program 7/1)

Time: 6:00 p.m. – 7:15 p.m.

Ages: 5 - 6

Location: NMS Diamond 2 & 3 **Fee:** \$35R / \$50 NR (before May 4)
\$45 R / \$60 NR (after May 4)

T-ball teaches children the proper techniques of throwing, catching, hitting, and running the bases. A low-key, fun approach will be used to teach the fundamentals to the children. Children must be 5 years old by June or entering kindergarten in the fall. T-Ball Coaches meeting will be on Thursday, May 16 at 6:00 p.m. at CHS Lecture Lab.

Sponsors:





COACH PITCH

Dates: Tuesdays & Thursdays, June 4 - July 18 (no

games on 7/2 and 7/4)

Time: 5:30 p.m. – 7:00 p.m.

Ages: 6 – 9 or two years of t-ball

Location: NMS Diamond 2 & 3

Fee: \$40 R / \$55 NR (before May 4)

\$50 R / \$65 NR (after May 4)

In this local league, teams are arranged at random based on the number of participants. Coaches are used to pitch to players on both practice and game days. Practices will focus on fundamental skills, rules of the game, and general gameplay. Teams will also compete with no scores or standings recorded. Game schedules are created and shared with parents in late May. Those participants who are 8 years old may also consider playing Windmill Softball or Little League. Coach Pitch Coaches meeting will be on Thursday, May 16 at 6:00 p.m. at CHS Lecture Lab.

Sponsors:





YOUTH TENNIS LESSONS

Days: Thursdays Ages: 3 - 18+

Session I: June 13 – July 18 (No Class July 4)

Session II: July 25 - August 22
 Location: Ripley Park Tennis Courts

Instructor: Premier Tennis

Age	Time	Cost
3 – 6	1:00 — 1:45 p.m.	\$30 R / \$35 NR
7 – 8	1:45 — 2:30 p.m.	\$30 R / \$35 NR
9 – 12	2:30 — 4:00 p.m.	\$60 R / \$75 NR
13 – 18	4:00 — 5:30 p.m.	\$60 R / \$75 NR
18+	6:00 — 7:00 p.m.	\$40 R / \$55 NR

Throughout the two sessions, kids will have the chance to learn from experienced Tennis Instructors. Each age level will develop new skills starting from learning the basics to the strategies of the game. For any weather cancellations, the CAP office will let every participant know 2 hours before the first session of the day.

NFL FLAG FOOTBALL LEAGUE

Date: Monday & Wednesday, August 26 -

October 2 **Grades:** K - 5 **Location:** CES Fields

Fee: \$45 R / \$60 NR before August 1

\$55 R / \$70 NR after August 1

NFL Flag Football will have your child begging for more! Your child will receive a top of the line NFL jersey as part of their participation. As tradition continues, players will participate in a training camp led by the Cambridge Blue Jays Football Team, date and time TBD. A coaches meeting will be held on Thursday, August 15 at 6:00 p.m. at the CHS Lecture Lab. If you are interested in coaching, please contact the CAP office and plan on attending the meeting. Players will be contacted by the coaches as to your child's team assignment. All practices and games will be between the hours of 4:45 p.m. – 6:45 p.m.



YOUTH ENRICHMENT



Date: Thursday, March 7 **Time:** 6:00 p.m. – 7:30 p.m. **Location:** CES Library

Ages: 9 - 13

Instructor: Hope Hollis **Fee:** \$30 R / \$35 NR

Safe@Home by Safe Sitter® is a program designed for students in grades 4 – 6 to prepare them to be safe when they are home alone. The program is an introductory level program to prepare students to care for themselves when parents are away for short periods of time. This class teaches students how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. Safe@Home is ideal for students that have expressed interest in assuming the responsibility of staying home alone. Min 6 / Max 12

PARENT'S NIGHT OUT

Day: Fridays

 March 15 — Luck of the Leprechaun, Leprechaun traps

April 12 – Dance Party Night

May 17 – May the force be with you

June 7 — Pool party

• July 12 – Happy Campers

August 9 — Pancakes and Pajamas

Time: 6:30 p.m. - 9:00 p.m.

Grades: 4K - 5 **Location:** CAP CARE

Fee: \$15 R / \$20 NR (per night / per child)

Drop the kids off and head out for date night! CAP staff will have fun programming planned to keep your kids entertained while you get away. *Registration can be done online and closes the Wednesday prior to the event. Space is limited! Min 8 / Max 14

Sponsor:



COUNSELOR IN TRAINING

Dates: Day Camp weeks 2024

Days and weeks will vary per counselor's availability

Time: Shifts between 6:00 a.m. — 6:00 p.m. Shifts will vary per counselor's availability

Location: CAP CARE **Grades:** 7 - 12

Supervisor: Mandy Hollis

CAP CARE is excited to offer Camp Counselor opportunities for Day Camp 2023. Applicants can contact CAP CARE at capcare@cambridge.k12.wi.us to set up an interview time prior to registering for the

program. Counselors will have the opportunity to plan, lead, and implement activities for children 3K - 4th grade. Counselors will also participate in local and away weekly field trips and swim activities. This program will give counselors the opportunity to explore the park and rec field as well as the early childhood field, gain leadership, communication and problem-solving skills as well as earn Silver Cord Hours for those in High School.

SAFE SITTER ESSENTIALS & CPR

Date:

Summer School Session 1: June 10 — 14 and 17 — 21

Summer School Session 2:

June 24 - 28 and July 8 - 12

Time: 9:00 a.m. -10:00 a.m.

Ages: 11-15

Location: CAP CARE Instructor: Hope Hollis Fee: \$50 R/ \$65 NR

In cooperation with SAFESITTER, this course is designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. The class is filled with fun games and role-playing exercises. Students will learn the following:

- Safety Skills: How to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies.
- Child Care Skills: Students learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering.
- First Aid & Rescue Skills: Learning skills such as choking rescue. Students also learn a system to help them assess and respond to injuries and illnesses.
- Life & Business Skills: The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays.

This class will be offered during summer school hours. Registration will need to be made through CAP. Min 6 / Max 12

COPS & BOBBERS

Dates: Monday – Friday, July 15 – 19

Time: 9:00 a.m. — 10:30 a.m.

Grades: 2 – 6

Location: Cambridge Wildlife & Fishing Area

Fees: \$15 R / \$20 NR

In conjunction with the Dane County Sheriff's Department and the Cambridge Lion's Club, our local law enforcement officers will lead the group in an introductory environment to the fundamentals of fishing. Topics covered include basic gear prep, how to bait a hook, how to cast, and how to catch the BIG ONE. Registration also includes free bait and fishing gear to keep.

ADULT ACTIVITIES & FITNESS

CAP SENIOR LUNCHEONS

Dates: Wednesdays

- March 13
- July 10, 24
- April 17
- August 14, 28
- May 8, 22
- September 11, 25
- June 12, 26

Time: 12:00 - 1:30 p.m.

Location: Oakland Cambridge Presbyterian Church

(unless otherwise posted)

Ages: 55 and up **Cost:** \$5

Attention Cambridge area residents age 55 or better – Join CAP for one of our fantastic senior luncheons! You won't want to miss this opportunity to socialize and meet new friends. Please contact Cambridge CAP for more information. Lunch and entertainment provided.

LADIES DAY AWAY

Date: Saturdays

- January 20
 - May 4 February 3 June 15 March 2 July 20 April 6 August 24

Time: 8:00 a.m. - 3:00 p.m. **Location:** CHS IMC

Fee: FREE

Have you ever wanted a day to just get away and do your own thing? We're providing the location; you provide the activity. Quilting, scrapbooking, knitting, sewing, crafting, painting, reading, etc. Come for a couple hours, or join us for the whole day. A quiet area with computers will be available if you'd like to get some work or studying done...away from home.

PICKLEBALL

Dates: Monday - Friday **Times:** 9:00 a.m. - 1:00 p.m.

Location: NMS Historical Auditorium & Lake Ripley Park (Summer Session will take place at Ripley Park by a purchase of Pickleball Summer Pass)

Fee:

Winter Rate

Resident: \$20 single, \$30 couple Non-Resident: \$30 single, \$50 couple

Summer Rate

Resident: \$10 Single, \$15 Couple Non-Resident: \$15 Single, \$20 Couple

Pickleball is the fastest growing recreational sport in America. This casual group will meet in the mornings. So whether you are an avid player or want to try it out for the first time, this is the group for you. Once you have registered for the season, you will be provided a link to sign-up for days to play. This limits the amount of people registered per day to allow equal playing time.



Dates: (On-going class, join anytime) Monday & Wednesday: 6:00pm - 7:00pm

Saturday: 8:15 a.m. — 9:15 a.m.

Location: Nikolay Middle School, Historical Gym & Cambridge Elementary Gym from June - August Fee: (Includes Jazzercise classes at Cambridge and Jefferson)

Single or Trial Class: \$15, One Week Pass: \$25

5 class pass: \$60 (2 - month expiration)

1 – month unlimited class pass: \$60 or \$53 with auto-pay

Classes incorporate dance cardio with strength training to sculpt and tone your muscles in the ultimate full-body workout. Both high and low impact options are offered, making the classes suitable for all ages and fitness levels.

Participants are asked to bring a mat and hand weights. Check out our class Facebook page for the latest, up to date information: https://www.facebook.com/ JazzerciseCambridgeWi/

Or call Franchised Instructor, Christine Kenseth, (608) 201-9236. Register anytime at any class or by phone (608) 201-9236 or online at Jazzercise Cambridge WI Fitness Classes | Jazzercise

MEN'S OPEN BASKETBALL

Dates: Wednesdays, ongoing year-round

Times: 7:00 p.m. - 8:30 p.m. Location: NMS New Gym

Fee: FREE

If league play is no longer your idea of fun, check out open basketball! This casual pick-up league changes each week as new players come and go. Come to shoot some hoops and stay for the camaraderie!

ACTIVE ADULTS OPEN GYM

Days: Mondays, Wednesdays, Fridays, ongoing

Time: 8:45 a.m. — 10:00 a.m.

Location: NMS Historical Auditorium

A great chance to stretch and strengthen your muscles! Chairs will be available for balance and also for those who prefer to do exercises sitting down. An instructor will be there if you desire to assist you with cardiovascular exercise, increased flexibility and coordination as well as provide a positive social environment.



Affordable pricing, high quality equipment, and a commitment to your health!



FITNESS CENTER

The Cambridge Community Fitness Center is located in the Cambridge High School and is open to students, employees, and the public.

To purchase a membership, visit us online at www.cambridgecap.net/cambridge-community-fitness-center/ or contact the CAP office at (608) 423-8108. All members will be issued a membership fob! Payment plans available upon request.

A 20% discount for both a Pool and Fitness Center Annual Membership.

CAMBRIDGE COMMUNITY FITNESS CENTER			
Memberships	Annual		
Family	\$85.00	\$300.00	
Individual	\$60.00	\$200.00	
Senior Citizen	\$35.00	\$100.00	
CSD Students	FREE	FREE	





CAMBRIDGE COMMUNITY FITNESS CENTER HOURS 1/25/24 – 6/5/24		
Day	Times	
Monday / Tuesday / Thursday / Friday	5:00 a.m 10:45 a.m. 12:00 p.m 1:45 p.m. 4:30 p.m 10:00 p.m.	
Wednesday	5:00 a.m 12:00 p.m. 1:15 p.m 2:15 p.m. 4:30 p.m 10:00 p.m.	
Saturday & Sunday	5:00 а.m. — 10:00 р.m.	
Summer Hours (Unless Specified)	5:00 a.m. — 10:00 p.m.	

COMMUNITY & FAMILY EVENTS

CAMBRIDGE COMMUNITY CAFÉ

Date: Monthly - First Thursday of month

Time: 5:30 p.m. – 6:30 p.m.

Age: Everyone!

Location: Cambridge High School Commons (March-

May) Ripley Park (June-September)

Fee: FREE

Come join in the fun at the monthly community dinner! This free dinner is open to all who live and work in the Cambridge area. Each evening is sponsored by a local organization or group. The mission of the meal is to build community through friendship, family, and fellowship while enjoying delicious food. Come warm your soul with home cooking and camaraderie! Volunteers are always welcome!

To get involved or register your group to host, contact us at (608) 423-8142 or email kmarren@cambridge.k12. wi.us.

Upcoming Events -SAVE THE DATE!

- Touch A Truck Saturday, September 14
- Cambridge Harvest Festival Saturday, October 12
- Breakfast with Santa Sunday, December 7

ART QUEST

Date: April 18 – May 16

Deadline to enter art: March 8

Age: Everyone!

Location: Throughout the community

Fee: \$5 to enter art, \$20 to host art, FREE to

Art Quest is a month long art show and fundraiser for the Cambridge Youth Center. During Art Quest you will be able to access a Quest brochure listing all the locations and art through the community as you start your Quest of visiting all the locations and businesses Cambridge has to offer. This exciting adventure will end on May 16 with the finale at the Cambridge Elementary School interactive art show. All businesses are welcome to host and all artists, young and old, are welcome to enter pieces in the Quest. All proceeds will go to the Youth Center and help ensure that we continue to be able to offer a free, safe place for youth 5th-8th grade to participate in positive social, recreational, educational and community service activities under the supervision of professional staff.

LAKE RIPLEY RIDE

Date: Saturday, July 27 **Location:** Ripley Park

The Cambridge Lake Ripley Ride

features four distances: a family friendly 18-mile route, a longer and slightly hilly 40-mile route, and a more challenging 62-mile metric century route. You will ride quiet country roads and visit Cambridge, Rockdale, Deerfield, and Lake Mills. Registration includes a shirt, map/cue sheet, scenic rest stops, sag wagon, a sandy swimming beach, and a FANTASTIC post ride celebration featuring live music, refreshments, and a tasty dinner provided by the Cambridge Lions Club. Vegetarian and gluten free meal options are available. Help us support the JDRF and CAP!

Distance	Start Time		
18 Mile	9:00 - 9:30 a.m.		
40 Mile	8:00 - 9:00 a.m.		
62 Mile	7:00 - 8:00 a.m.		
Fees	Date	Amount	
Adult	Early Bird (until 5/11)	\$40	
	Beginning 5/12	\$49	
	Day of	\$55	
	VIP (Until 7/1)	\$60	
Child (12 & Under)	Until 7/22	\$15	
	Day of	\$20	

Premier sponsor:





Gold sponsors:





Silver sponsors:





TRY CAMBRIDGE TRI

Date: Sunday, August 18

Time: 7:00 a.m. **Location:** Ripley Park

This sprint distance triathlon will take you along the shores of Lake Ripley, traveling scenic country roads and through beautiful downtown Cambridge. You will love the swim because at 7 am Lake Ripley is a no wake lake. The event will start and end at Ripley Park, an 18-acre beach front park complete with a brand-new bathhouse, multiple shelters, a disc golf course, a playground for the kids, and much more! All triathletes will receive a medal and tech t-shirt for participation.

Event	Jan 1 – May 31	June 1 – August 13	Day of
Sprint	\$65	\$75	\$90
Sprint - Relay	\$105	\$115	\$135





Gold sponsor:



Silver sponsor:



RIPLEY PARK

ADMISSION

- Adults \$5
- Children Under 12 \$2

2024 SEASON PASSES ON SALE NOW!

\$30 thru April 30, \$35 after April 30

All season passes are valid May 27 – September 2, 2024. A season pass covers the admission into the park for anyone in your vehicle when entering. Season passes may be purchased online or at the CAP office until May 31 and at Ripley Park Gate only starting June 1.

PARK INFORMATION

Ripley Park, located on the west shores of Lake Ripley, is an 18-acre park privately owned by the Cambridge Foundation and managed by the CAP. This beautiful park has something for everyone! Ripley Park is home to a large sandy beach, two tennis courts, a basketball court, a children's play structure, disc golf course, wide open space to play and ADA accessible bathrooms with showers. Ripley Park is fully open seasonally from Memorial Day Weekend to Labor Day.

DONATE TO RIPLEY PARK

Help the Cambridge Foundation to preserve this treasured community asset. Your tax-deductible donation can be mailed to the Cambridge Foundation at: P.O. Box 1, Cambridge, WI. For more information regarding the Cambridge Foundation, please contact Michael Rumpf at (608) 423-3254.

DISC GOLF

Ripley Park offers a 9-hole recreational-to-intermediate level course open to the public. The course will be closed for the winter but re-installed in late April, depending on ground conditions. When Ripley Park is open for the season, patrons must pay the admission fees to access the disc golf course. The first tee is located just west from the North Shelter at the bottom of the hill. There is a course map posted in the message center near the parking lot. Restroom facilities will be closed until the park is open for the season. Park hours are 9:00 a.m. — 8:00 p.m. Donations are appreciated at the park entrance drop box to keep up maintenance for the disc golf course.

SHELTER RESERVATIONS — BOOKING NOW FOR 2024!

Cambridge's Ripley Park is the perfect location to host your next event. With three beautiful shelters, there is sure to be one to meet your needs. All reservations include admission for your whole party. Rent a shelter today by calling the CAP office at (608) 423-8108. Check the calendar for shelter availability at www.cambridgecap.net.

Ripley Park is a great place for family reunions, company picnics, birthday parties, cookouts, playgroups, baby or bridal showers and much more!

RIPLEY SHELTER

with kitchenette \$200.45/Day* without kitchenette \$174.08/Day*

The Ripley Shelter is adjacent to the restroom and close proximity to the parking lot. The kitchenette will feature a large double fridge, along with ample outlets and counters for serving food, with roll-up windows. There will be 12 picnic tables in this shelter, a large group charcoal grill and a beautiful view overlooking the beach.



NORTH SHELTER

\$147.70/Day*

The North Shelter is the largest of the four pavilions at Ripley Park. North Shelter offers 15 picnic tables underneath the shelter, with more tables available upon request. Additionally, North Shelter is in close proximity to the park restrooms. The shelter is 30 ft. x 40 ft., is equipped with electrical hookups, and has close access to a double charcoal grill.



SOUTH SHELTER

\$121.33/Day*

The South Shelter is a 24 ft. x 36 ft. shelter with electrical utilities. This shelter offers 11 – 14 picnic tables, with more available upon request. The South Shelter is located across the field space from the restrooms.



BOUNCE HOUSE

\$63.30 for 6 hrs*

Large commercial bounce house available for rent at all shelters or events held at Ripley Park. Price includes set-up.



*All prices include 5.5% sales tax

ASK ABOUT OUR SPECIAL DAY CAMP AND COMMUNITY ORGANIZATION PRICES!

AQUATICS



SWIM LESSONS

In – depth schedules, descriptions and pricing can be found online at www.cambridgecap.net/programs/aquatics/lessons

Session Pricing

*Please note a \$10 late fee will be added after registration deadlines.

Fee: \$55 R / \$60 NR

SWIM LESSON SCHEDULE			
Monday	Tuesday		Wednesday
4:15 — 5:30 p.m. Parent/Child A/B	4:25 — 5:00 p.m. Skippers 1, 2, 3		4:25 — 5:10 p.m. Level 1, 2, 3, 4
4:50 — 5:25 p.m. Skippers 1, 2, 3	5:00 — 5:35 p.m. Parent/Child A/B		5:15 — 5:45 p.m. Skippers 1, 2, 3
5:35 — 6:15 p.m. Levels 1, 2, 3, 4	5:35 — 6:20 p.m. Level 1, 2, 3, 4		5:50 — 6:35 p.m. Level 5, 6
	6:25 — 7 Level		
SESSION 1			ne 3 — July 1 <i>7</i> :lass July 1 — 5)
Registration deadline: Wednesday, May 27			
SESSION 2		July	22 — August 28
Registration deadline: Monday, July 15			

PRIVATE SWIM LESSONS

*Based on availability. Contact the pool to schedule.

Fee: \$35 R / \$40 NR for 1, 30 min. lesson
\$125 R / \$140 NR for 5, 30 min. lessons

SEMI-PRIVATE SWIM LESSONS — (2-ON-1, 3-ON-1, 4-ON-1)

*Based on availability. Contact the pool to schedule. **Fee:** based on group size, contact the pool for more information.

LIFEGUARD CERTIFICATION COURSES

Lifeguard certification courses are being finalized. Check back for dates and more information at www.cambridgecap.net

AQUA FITNESS

MASTERS SWIMMING

Days: Tuesdays & Thursdays
Session 1: April 16 – June 20
Session 2: June 25 – August 29

Time: 5:45 a.m. - 6:45 a.m.

Location: CACP Fee: \$85 R / \$100 NR

Workouts will be provided by the masters instructor throughout the summer sessions.

FIT AFTER 50

Days: Tuesdays & Thursdays, ongoing

Time: 7:00 a.m. - 8:00 a.m.

Fee: Access with membership/day-passes

This non-impact, cardiovascular workout is designed to build muscles, increase flexibility and improve functional fitness. Each class will be held in the shallow end of the pool and will end with a stretching session for a total body workout.

AQUACIZE

Days: Mondays, Wednesdays & Saturdays, ongoing

Time: M/W: 7 - 8 p.m., Sat: 9 - 10 a.m. **Fee:** Access with membership/day-passes

This non-impact, cardiovascular workout is designed to build muscles, increase flexibility and improve functional fitness. Each class will be held in the shallow end of the pool and will end with a stretching session for a total body workout



POOL MEMBERSHIP & PRICING

Memberships	Resident	Non — Resident
ANNUAL		
Family	\$245	\$275
Adult	\$185	\$215
Senior	\$130	\$160
Student	\$130	\$160
3 MONTH		
Family	\$90	\$120
Adult	\$60	\$90
Senior	\$50	\$80
Student	\$50	\$80
PUNCH PASSES	Resident	Non — Resident
10 PUNCH PASS		
Family*	\$75	\$90
Adult	\$50	\$65
Senior	\$40	\$50
DAY PASSES	Resident	Non — Resident
Family*	\$11	\$13
Adult	\$6	\$7
Senior/Student	\$5	\$6
Child	\$3	\$4

^{*}Family fees are up to 5 members living in the same household

DID YOU KNOW?

The Cambridge Pool is available for rent for private events, birthday parties, and much more! Please contact the pool at (608) 423-8097 for pricing and availability. Interested in renting the pool? A standard pool rental includes: Lifeguards, Pool and Locker Room use, use of the cafeteria for food, cake and gift opening. Need to add a little more fun? Add on the Wibit Slide for \$15 add on fee, for groups with kids ages 7 and up. Additionally, you can rent the Cafeteria for food and cake for \$25.

POOL SCHEDULE

For the most up-to-date schedule please visit: www.cambridgecap.net/aquatics/pool-schedule





ADDRESS:

Nikolay Middle School (Lower Level)
211 South Street
Cambridge, WI 53523

FOOD PANTRY & RESOURCE CENTER

The Cambridge Food Pantry provides food assistance, resources, and emergency aid to residents of the Cambridge School District. Families and individuals residing in the Cambridge School District in need of assistance are welcome to shop at the pantry on Wednesday evenings by appointment. A photo ID and proof of residency are required.

CAMBRIDGE FOOD PANTRY AND RESOURCE CENTER

Staff Hours: Wednesday evenings, 4:00 p.m. – 6:30 p.m. by appointment. Staff hours vary.

HOLIDAY BASKETS DISTRIBUTED

Date: March 20 and March 27

Time: 4:30 p.m. - 6:00 p.m. by appointment

Sponsor:











The Cambridge Food Pantry relies on the generosity of the Cambridge community to help our neighbors experiencing food insecurity. There is a donation box at the entrance of the food pantry for non-perishable items. Having a party or get together? Consider asking your guests to bring a donation for the food pantry. For assistance or other fundraising ideas, or to volunteer, please contact Kerry Marren at foodpantry@cambridge.k12.wi.us or (608) 423-8142.

Volunteers can register online by going to www.cambridgecap.net then clicking on Get Involved and Volunteerism.































At CAP, we LOVE our Volunteers!

Anyone interested in more information or wants to volunteer can register online by going to www.cambridgecap.net, then clicking on Get Involved and Volunteer Opportunities.

PARTNER WITH THE CAMBRIDGE COMMUNITY ACTIVITIES PROGRAM

Cambridge CAP provides the opportunity to not just promote your business with unique and affordable advertising, but also invest in the programs, parks and facilities in your community. To become a sponsor, contact the CAP offices at (608) 423-8108 or email cap@cambridge.k12.wi.us, or visit our webpage cambridgecap.net for more information.

DONATIONS ARE A GREAT WAY TO HELP SUSTAIN OUR PROGRAMS!

As a non-profit organization we rely on donations and sponsorship. To make a tax-deductible donation to the Cambridge Community Activities Program please send check to: P.O. Box 54, Cambridge, WI 53523. Checks may be designated to specific programs such as the Cambridge Food Pantry, Youth Center, Ripley Park, etc. Or visit the CAP webpage at cambridgecap.net!