



# ***FUNTASTIC GUIDE***

Play · Inspire · Explore



**FALL WINTER EDITION  
2024 - 2025**

# A LETTER FROM THE DIRECTOR

## Welcome to the Fall/Winter 2024-25 edition of the CAP Brochure!

We are thrilled to present the exciting programming and events we have been working on over the past few months. Our team has put in a lot of effort to ensure there is something for everyone.

As you explore our brochure, we hope you'll find activities that ignite your passion and curiosity. Whether you're looking to try something new or simply have fun, we have a variety of options for you.



At CAP, our mission is to encourage and promote life-long wellness by providing a variety of high-quality recreational activities, learning opportunities, aquatics programs, and services to the broad Cambridge area community. We are dedicated to fostering a vibrant and healthy community.

I would like to extend my heartfelt gratitude to the Cambridge community, our dedicated volunteers, and all participants in our programs. Your unwavering support makes Cambridge a wonderful place to live and work. Thank you, and enjoy a fantastic Fall and Winter season!

Warm regards,

**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
Jesus Rivera	(920) 287-1618
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@cambridge.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.

The Cambridge Community Activities Program is committed to creating an inclusive and welcoming environment for everyone. We recognize and respect that not all individuals identify strictly as male or female. We invite all registrants who identify outside the traditional gender binary to join us in our programs. We aim to provide a supportive space where everyone can participate fully and authentically. Your identity and experiences are valued, and we are here to ensure you have a positive and enriching experience. Please feel free to share any specific needs or accommodations you may require with our Executive Director to help us make your participation comfortable and enjoyable.

## REGISTRATION OPTIONS

- **Option #1: Online**  
Using our website, [www.cambridgecap.net](http://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](http://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](http://www.cambridgecap.net)



# PRESCHOOL ACTIVITIES

## LEARN AND PLAY

**Time:** 6:00 p.m. – 7:00 p.m.

**Ages:** 3 – 4 and their caregivers

**Location:** Cambridge  
Community Library

**Fee:** FREE

**Dates:** 3rd Thursday of each month

- September 19: Understanding your 3-year-old- Focus on reading
- October 17: Alternatives to Electronics
- November 21: Self Help skills
- December: no meeting
- January 16: Establishing routines and dealing with behaviors
- February 20: Simple fine motor skills
- March 20: Gross Motor skills
- April 17: Early Literacy and Fine Motor Skills
- May 15: Self Help Skills

**Our Vision:** We envision a community where every child receives the support they need to thrive academically and emotionally, starting from the earliest years.

By providing free home learning kits and hosting monthly training sessions for caregiver, we aim to cultivate a culture of active caregiver involvement, creating a strong foundation for children’s success in school and beyond.

Together, we nurture a generation of empowered caregivers and resilient learners, building a brighter future for our community.



## MUSIC TOGETHER FAMILY CLASS

**Date:** Monday, September 9 – November 11

**Time:** 6:00 p.m.- 6:45 p.m.

**Age:** Birth – 5 years with a grownup

**Location:** CES Library

**Fee:** \$175 R / \$190 NR

**Instructor:** Robin Kantzler

The Music Together Family Class is for children from birth through age 5—and the grownups who love them! All classes are active music-making experiences, designed to teach the way children learn: through play with the grownups they love.

Music Together  
with Robin

Each week, a trained Music Together teacher leads the class in singing, dancing, and playing songs that range from tender lullabies to boisterous jams using child-friendly percussion instruments. The award-winning music, illustrated songbook, and other print and online resources will help you continue the music-making fun at home and nurture your child’s musical growth—even if you don’t think of yourself as a great singer or dancer. Like parenting, making music requires no previous experience or expertise, just a willingness to get down on the floor and get silly with your child!



## MUSIC TOGETHER FAMILY DEMO DAY

**Date:** Wednesday, August 14

**Time:** During All School Registration

**Age:** Anyone can join in the fun

**Location:** CHS

**Fee:** FREE

**Instructor:** Robin Kantzler

# CAP CARE

CAP CARE is a state licensed group child care facility that provides enrichment based, wrap around care and programming for children ages 3 – 11 years. CAP CARE is located in the Cambridge Elementary School, Room 129-131 & 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 21 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, credit card, or WI Shares.

## 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

## 3K WRAP AROUND CARE

**Hours of Operation:** 6:00 a.m. – 6:00 p.m.

## 4K WRAP AROUND CARE

- AM Wrap Around, Monday – Thursday, 8:00 a.m. - 12:00 p.m.
- PM Wrap Around, Monday – Thursday, 11:00 a.m. - 3:00 p.m.
- No 4K Fridays, 6:00 a.m. – 6:00 p.m.

Wrap Around children can attend before and after school hours as well

## Before and After School Care

- Monday-Friday 6:00 a.m. - 8:00 a.m. (9:00 a.m. on late start Wednesday's)
- Monday-Friday 3:00 p.m.- 6:00 p.m.



## CAP CARE 3-YEAR-OLD AND 4K OPEN HOUSE

**Date:** Tuesday, August 27

**Time:** 12:00 p.m. - 7:00 p.m.

A Sign-up Genius invitation will be sent out at the beginning of August Check out all that CAP CARE 4K Wrap Around Care has to offer at this open house. This time will be used to tour the rooms, meet the staff, and see what our daily routines will look like for children and parents.

## CAP CARE READY SET GO

**Date:** Wednesday, August 28

**Time:** 4:00 p.m.-6:00 p.m.

CAP CARE will be open during the CES Ready Set Go night. Check out all that CAP CARE has to offer at this open house. This time will be used to tour the rooms, meet the staff, and see what our daily routines will look like for children and parents.

## CAP CARE – WINTER BREAK CAMP

**Date:** December 23-27 (closed December 24 and 25)

**Time:** 6:00 a.m. – 6:00 p.m.

**Age:** 3yr – 11yr.

**Fee:** 3yr \$250 R/ \$270 NR

4yr – 11yr. \$220 R/ \$235 NR

\*Registration Deadline: November 28

We are excited for winter break this year! For winter break we are planning activities, games, crafts, cooking and STEM projects. We will also have a day of swimming at the Cambridge Pool followed by a movie, and take a trip to Westside park. The highlight of our week will be an afternoon trip to Westside park for sledding! Children will need to bring a sack lunch. Minimum of 10 participants.

## Special Activities:

- Swimming at Cambridge Community Pool
- Movie in the Little Theater
- Sledding at Westside Park



# YOUTH CENTER

## School Year

Monday – Friday, ongoing (beginning 9/3)

**Times:** 3:00 p.m. – 6:00 p.m.

**Grade:** 5 – 8

**Fee:** FREE to all Cambridge School District youth

The Youth Center will be closed:

- September 2
- October 23-25
- November 27-29
- December 23-31
- January 1-3 & 20
- February 24
- March 7 & 24-28
- April 18
- May 26

Located in the NMS, the Youth Center offers a safe place for youth to participate in positive social, recreational, educational, and community service activities under the supervision of professional staff. Each day includes a free healthy snack and milk. Activities include: open gym, STEAM activities, video games, Foosball, board & card games, movies, outdoor games & activities, field trips, ping pong, computers with filtered internet, socializing with friends, and after-hours events.

**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

## 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.



# YOUTH CENTER AFTERHOURS & EVENTS

## YOUTH CENTER OPEN HOUSE

**Date:** Wednesday, August 28

**Time:** 5:00 p.m. - 7:00 p.m.

**Cost:** FREE

Come visit the youth center and check out all the fun things we offer! We will have free milk and cookies for visitors.

## AFTER HOURS PASSPORT

**Cost:** \$120 if registered before September 13

\$110 if registered after September 13 (will not include September's After Hours)

The After-Hours Passport is your ticket to ALL After Hours events for the school year. For one low price you can have access to all 11-school year After Hours events. This way you and your parents won't need to worry about signing up for them each month and you can ensure that your spot is reserved instead of registering monthly and risk the chance of missing out. These events include:

- **September 13: Dinner and a Movie** including dinner
- **October 18: Pumpkin carving & baking** including pumpkin carving
- **November 15: Nerf Gun wars** including pizza and nerf guns (or bring your own)
- **December 13: Cookie Decorating** includes snacks and all the decorating supplies
- **January 10: Pool party & movie** includes pizza and swimming
- **February 7: Cupcake wars/Nailed it** includes all the supplies for an epic decorating night
- **March 14: Tie Dye** includes a shirt to Tie Dye and pizza
- **April 11: Game Night** includes pizza and board and card games (or bring your own)
- **May 16: Water Gun Battle** including pizza and water guns (or bring your own)
- **June 6: Campfire, Capture the Flag** includes supplies snack supplies for the campfire

## SEPTEMBER DINNER & A MOVIE

**Date:** Friday, September 13  
**Time:** 6:00 p.m. – 9:00 p.m.  
**Cost:** \$15 R / \$20 NR

Come join us for a delightful movie night and dinner at the Youth Center! In case it's a clear evening, we'll set up the colossal screen outdoors for a magical movie and dinner experience beneath the starry sky. Drop-off and pick-up will be at the Youth Center. Min 6

## OCTOBER PUMPKIN CARVING AND BAKING

**Date:** Friday, October 18  
**Time:** 6:00 p.m.-9:00 p.m.  
**Cost:** \$17 R / \$23 NR

Join us for an evening of pumpkin carving, followed by some delightful fall treat baking fun! We'll provide the snacks. Min 6

## NOVEMBER NERF WARS

**Date:** Friday, November 15  
**Time:** 6:00 p.m. – 9:00 p.m.  
**Cost:** \$15 R / \$20 NR

Join us for an unforgettable Nerf War night! We'll provide the Nerf guns and bullets, or feel free to bring your own. Plus, enjoy pizza and drinks on us. Min 6

## DECEMBER COOKIE DECORATING

**Date:** Friday, December 13  
**Time:** 6:00 p.m.- 9:00 p.m.  
**Cost:** \$17 R / \$23 NR

Come join us for a festive holiday cookie decorating extravaganza! We'll supply the cookies, decorations, snacks, and drinks. Plus, you can take home as many holiday cookies as your heart desires. Min 6

## JANUARY POOL PARTY & MOVIE

**Date:** Friday, January 10  
**Time:** 6:00 p.m.- 9:00 p.m.  
**Cost:** \$15 R / \$20 NR

Dive into the fun at our pool party and movie night at the Cambridge pool! We'll supply pizza and drinks for everyone. Remember, pick up and drop off will be at Cambridge Elementary School. Min 6

## FEBRUARY CUPCAKE WARS/ NAILED IT

**Date:** Friday, February 7  
**Time:** 6:00 p.m.- 9:00 p.m.  
**Cost:** \$17 R / \$23 NR

Join us for an epic creative night where you'll have the chance to decorate cupcakes and take part in a Nailed It challenge! We'll provide all the supplies you need, along with pizza and drinks to fuel your creativity. Min 6



## MARCH TIE DYE

**Date:** Friday, March 14  
**Time:** 6:00 p.m.- 9:00 p.m.  
**Cost:** \$17 R / \$23 NR

Join us for a Tie Dye night where you can unleash your creativity! Craft your very own Tie Dye shirt or bring along something else you'd like to transform. For those who pre-register, we'll provide a shirt along with snacks and drinks to keep you energized. Min 6

## APRIL GAME NIGHT

**Date:** Friday, April 11  
**Time:** 6:00 p.m.- 9:00 p.m.  
**Cost:** \$15 R / \$20 NR

Join us for a game night extravaganza at the Youth Center! We'll have an array of games ready for you to enjoy, or feel free to bring your own favorites. Plus, we'll keep you fueled with pizza and drinks throughout the evening. Min 6

## MAY WATER GUN BATTLE

**Date:** Friday, May 16  
**Time:** 6:00 p.m.- 9:00 p.m.  
**Cost:** \$15 R / \$20 NR

Join us for an exhilarating water gun battle! We'll supply the water guns and plenty of water, but you're welcome to bring your own if you prefer. Plus, refuel with pizza and drinks to keep the fun going strong. Min 6

## JUNE CAMPFIRE, & CAPTURE THE FLAG

**Date:** Friday, June 6  
**Time:** 6:00 p.m.- 10:00 p.m.  
**Cost:** \$15 R / \$20 NR

Join us for an unforgettable end to the school year as we celebrate with a campfire, s'mores, hot dogs, and an exhilarating game of Capture the Flag! Min 6

# YOUTH CENTER SPECIAL EVENTS

## DANCES

### DAY OF THE DEAD

**Date:** Friday, November 1

**Time:** 6:00 p.m. - 8:00 p.m.

**Grade:** 6 - 8

**Location:** NMS Historic Gym

**Fee:** \$5

Come and join us for our spooktacular Halloween-themed dance! Feel free to get into the spirit by dressing up in your favorite Halloween costumes. Don't forget to submit your music requests to the Youth Center staff before the dance so we can groove to your tunes. Plus, concessions will be available for purchase to keep you energized throughout the night!

### SNOW BALL MASQUERADE

**Date:** Friday, January 17

**Time:** 6:00 p.m. - 8:00 p.m.

**Grade:** 6 - 8

**Location:** NMS Historic Gym

**Fee:** \$5

Come and join us for our enchanting winter-themed dance! Dress to impress in your finest formal attire and get ready to dance the night away. Don't forget to send in your music requests to the Youth Center staff ahead of time so we can make sure to play your favorite tunes. And of course, concessions will be available for purchase to keep you fueled and refreshed throughout the event!

### SPRING FLING

**Date:** Friday, May 9

**Time:** 6:00 p.m. - 8:00 p.m.

**Grade:** 6 - 8

**Location:** NMS Historic Gym

**Fee:** \$5

Join us for an elegant spring-themed dance! Dress to impress in your finest formal attire and get ready to celebrate the season in style. Be sure to send in your music requests to the Youth Center staff before the event so we can tailor the playlist to your preferences. And don't worry about refreshments - concessions will be available for purchase to keep you energized and hydrated throughout the festivities!



## SPECIAL EVENTS

### TYROL BASIN SKI OR TUBE

**Date:** Friday, January 3

**Time:** 10 a.m. - 3:30 p.m.

**Grade:** 5 - 12

**Location:** Meet at the Youth Center

**Fee:** \$60 R/ \$70 NR

Embark on an unforgettable ski adventure with us to Tyrol Basin during winter break! Whether you're into tubing or skiing, you'll have endless fun. We'll gather at the Youth Center to kick off the journey. The trip cost covers rental equipment and transportation. Just remember to bring along some cash for your own meals and snacks. Min 6

### SUPER BOWL PARTY

**Date:** Sunday, February 9

**Time:** 30 min prior to kick off- until the end of the game (exact times to be announced closer to the date)

**Grade:** 5 - 8

**Location:** Youth Center

**Fee:** \$25 R/ \$30 NR

Celebrate Super Bowl Sunday with us at the Youth Center for an epic Super Bowl Party! Get ready for games, crafts, activities, snacks, and, of course, the football game and halftime show! Not a football fan? No worries! We've got you covered with multiple TVs and a variety of activities, ensuring everyone can have a blast at the party, regardless of their interest in football. Min 6



# YOUTH ATHLETICS

## NFL FLAG FOOTBALL LEAGUE

**Date:** Mondays & Wednesdays,  
September 4 – October 9

**Grade:** K – 4 (24/25 School Year)

**Location:** CES Fields

**Fee:** \$50 R / \$65 NR (before August 1)  
\$60 R / \$75 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 lead by the Cambridge Blue Jays Football Team on September 4. A coaches meeting will be held on Tuesday, August 6 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 4:30 p.m. – 7:00 p.m.



Sponsor: **BankFirst**

## TRAVELING FLAG FOOTBALL

**Date:** Thursdays, September 5 – October 10

**Grade:** 5 & 6 (24/25 School Year)

**Time:** 5:30 p.m.

**Location:** CES Fields

**Fee:** \$55 R / \$70 NR (before August 1)  
\$65 R / \$80 NR (after August 1)

The Travel Flag Football League is geared towards kids entering grade 5 or 6. This traveling league will consist of games on Thursday evenings in Cambridge, Jefferson, Palmyra, Johnson Creek, Lake Mills, & Deerfield. Games will consist of two 25-minute halves and game play will be 7 vs. 7, with three blocking linemen. All games will have officials and jerseys will be provided. Coaches will provide players with a practice and game schedule. If you are interested in coaching, please attend the Coaches Meeting on Tuesday, August 6 at 6:00 p.m. at the CHS lecture lab.

## CAMBRIDGE YOUTH FOOTBALL CLUB

The Cambridge Youth Football Club runs tackle football for youth in grades 7-8. All games take place at the Cambridge High School; for game time, opponents or additional information contact Patrick Eagan at (608) 423-4878 or patrickeagan@charter.net.

## RECREATIONAL SOCCER

**FALL:**

**Date:** Saturdays, September 7 – October 12

**Location:** CES Soccer Fields

**Fee:** \$30 R / \$45 NR (before August 1)  
\$40 R / \$55 NR (after August 1)

Coaches Meeting: August 22

**SPRING:**

**Date:** Saturdays, April 5 – May 10

**Location:** CES Soccer Fields

**Fee:** \$30 R / \$45 NR (before March 14)  
\$40 R / \$55 NR (after March 14)

Coaches Meeting: March 20

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., or 10:00 a.m., depending on registration numbers. You will be contacted by a coach regarding your child's team assignment, and practice times. Anyone interested in coaching is asked to contact the CAP office and attend the coaches meeting at 6:00 PM in the Lecture Lab at the High School.

- **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 the next progression in the soccer skill development, focusing on the fundamentals of the game and having fun. This division will practice weekly and also play on Saturday mornings.

- **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.

- **4th/5th Grade Division (U10)**

The U10 program will be offered to children in grades 4 and 5 with the intent for continued 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.

Sponsors:

**CARLSON BLACK**

CARLSON BLACK O'CALLAGHAN & BATTENBERG LLP

**BankFirst**





### CAMBRIDGE YOUTH WRESTLING CLUB

The Cambridge Youth Wrestling Club offers a wrestling program open to all youth! For information regarding the club please contact Cory Stenjem at (608) 220-6939 or cambridgeyouthwrestling@gmail.com.

### LIL' JAYS TRAVEL BASKETBALL PROGRAM

- **Girls Season:**

October 26 – December 7 (Except for 11/30)

**Registration deadline:** September 1

**Coaches Meeting:** September 19

- **Boys Season:**

January 4 – February 8

**Registration deadline:** December 1

**Coaches Meeting:** November 21

**Grade:** 4 – 8

Registration before deadline: \$75 R / 90 NR

Registration after deadline: \$85 R / \$100 NR

This program is designed to provide students with an opportunity to participate at a high level of competition. A strong commitment to skill development and work ethic are integral to this program. Playing times in games may not be equal for grades six through eight. Practices and games will take place both during the week and on the weekends. Both the girls and the boys will participate in a traveling league consisting of area teams. This program requires a great deal of commitment and travel for games and tournaments. Coaches will contact players to notify them of practice times and games. Parents should anticipate practices for teams to start no more than 3 weeks prior to their team's first Saturday of games. Coaches Meetings will take place at 6:00 PM in the Lecture Lab in the High School.



Sponsors:



**BankFirst**

### BASKETBALL FUNDAMENTALS

**Date:** Saturdays, December 7 – January 18  
(no class on 12/28)

**Grade/Time:**

4K & Kindergarten: 8:00 a.m. - 9:00 a.m.

Grades 1 – 2: 9:15 a.m. - 10:30 a.m.

**Location:** CES Gym

**Fee:** \$40 R / \$55 NR

Your child will love this introduction to the sport of basketball. Each week will introduce new skills and techniques related to the game. What they learn here will create a strong foundation of skills, an attitude of sportsmanship, and a love for basketball. This program is led by the CHS Girls Basketball Team. Cost includes instruction and a commemorative t-shirt.

Sponsors:



**BankFirst**





### G3 BASKETBALL (BOYS & GIRLS)

**Season:** Late November thru January

**Days/Time:** TBA

**Location:** Cambridge Gymnasiums

**Grade:** 3

**Fee:** \$35 R / \$50 NR (before November 1)  
\$45 R / \$60 NR (after November 1)

Third grade students will have the opportunity to learn the game of basketball with their classmates. The coaches will designate practices throughout the week, and those practices will include instruction and skill development. Grade 3 will also play games throughout the season against local communities to get them ready for the ESYBL for years to come. Coaches Meeting is TBD.

### SPIRIT CLINIC

**Date:** February (TBD)

**Time:** TBD

**Grade:** 1 - 5

**Location:** CES Commons

Instructors: CHS Spirit Squad

\$25 R / \$35 NR (before January 1)

\$35 R / \$45 NR (after January 1)

Now is the time for your child to learn pom-pom and cheer skills! The Spirit Clinic is a great introduction to the sport of cheer-leading, dance, and poms. Participants will meet three times to learn a routine, which will be performed during half-time of the varsity basketball game. Fee includes a commemorative t-shirt and pom-poms.

### YOUTH VOLLEYBALL – MEDAL LEAGUE

**Date:** Sundays, February 23 - March 23

**Grade:** 5 - 8

**Location:** CSD Gyms

**Fee:** \$35 R / \$50 NR

Medal League is a program for young volleyball players who would like to have fun learning skills and getting involved in competition against players around the area. Rules have been altered to accommodate young players. This program is dedicated to the development of volleyball by displaying good sportsmanship at all levels. If you are interested in coaching, please attend the coaches meeting January 23 at 6:00 p.m. in the Lecture Lab located inside the CHS.





# YOUTH ENRICHMENT

## SAFE@HOME

by SAFESITTER

**Date:** Thursday, November 14

**Time:** 6:00 p.m. - 7:30 p.m.

**Ages:** 9-13

**Location:** CES Library

**Instructor:** Hope Hollis

**Fee:** \$30R/ \$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

- September 13: Game Night (Board games, card games & Wii)
- October 18: Halloween party & movie
- November 15: Caramel Apples & Art
- December 13: Sledding, hot chocolate, & cookie decorating
- January 10: Swimming at the CAP pool
- February 7: Cookie Decorating & movie
- March 14: Luck of the Leprechaun
- April 11: Egg decorating
- May 16: Dance Party
- June 6: Pool party at the CAP pool
- July 11: Glow Party
- August 15: Swimming at the CAP pool

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

**Grades:** 4K - 5

**Location:** CAP CARE

**Fee:** \$15 per night / per child

Drop the kids off and head out for date night! CAP staff will have fun programming planned to keep the kids entertained while the parents get away. Registration closes the Wednesday prior to the event. Min 8 / Max 14.

### PARENTS NIGHT OUT PASSPORT

- **Cost:** \$160 if registered before September 13  
\$150 if registered after September 13 (will not include September's PNO)

The Parents Night Out Passport is your ticket to ALL Parents Night Out events for the entire year. This way you and your parents won't need to worry about signing up for them each month and you can ensure that your spot is reserved instead of registering monthly and risk the chance of missing out. This includes all PNO events September 2023- August 2024



### SAFE SITTER ESSENTIALS & CPR

**Date:** Monday, December 30

**Time:** 8:00 a.m. -4:00 p.m.

**Ages:** 11 - 15

**Location:** CAP CARE rooms

**Instructor:** Hope Hollis

**Fee:** \$50 R/ \$60 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.

Bring a sack lunch Min 6 / Max 12



# ADULT ACTIVITIES & FITNESS

## CAP SENIOR LUNCHEONS

### Dates:

- September 11 and September 25
- October 9 and 23
- November 13
- December 11
- January 8
- February 12

**Time:** Doors open at 11:45, lunch from 12:00-1:30

**Location:** Cambridge-Oakland Presbyterian Church

**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. Doors open at 11:45. Lunch and entertainment provided. Reservations required. Please RSVP no later than the Friday prior to the lunch date by calling (608) 423-8142.

## LADIES DAY AWAY

### Dates:

- Saturday, August 24, 2024
- September 7, 2024
- October- None
- November 2, 2024
- January 4, 2025
- February 8, 2025
- March 8, 2025
- April 5, 2025
- May 3, 2025

**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.



**Dates:** (On-going class, join anytime)

- Monday & Wednesday: 6:00 p.m. - 7:00 p.m.
- Saturday: 8:15 a.m. - 9:15 a.m.

**Location:** Nikolay Middle School, Historical Gym

**Fee:** (Includes Jazzercise classes at Cambridge, Jefferson & VFW Rec Center, T/TH 8:30am & 5:00pm)

NEW CUSTOMER TRIAL  
**Two Weeks for \$59.00**  
 Unlimited workouts for 2 weeks with no commitment!  
 Perfect for those new to Jazzercise.

Single Class Visit - \$15.00

MEMBERSHIP PRICING <small>Recurring Monthly Auto Pay. Cancel Anytime.</small>	CLASS PACKS <small>One-Time Payment. Ideal for those looking for flexibility</small>
<p><i>best deal</i></p> <p>Unlimited In-Studio Classes  <b>\$64.00</b>  <small>3 Month Minimum - Billed every 1 month</small></p>	<p>8 Class Pack  <b>\$99.00</b>  <small>2 month expiration</small></p>
<p>12 Classes Per Month  <b>\$59.00</b>  <small>Billed every month</small></p>	<p>4 Class Pack  <b>\$54.00</b>  <small>1 month expiration</small></p>
<p>8 Classes Per Month  <b>\$49.00</b>  <small>Billed every month</small></p>	<p><b>ANNUAL PASS</b>  <small>One-Time Payment. Unlimited Classes.</small>  <b>\$769.00</b>  <small>Valid for 12 months</small></p>
<p>4 Classes Per Month  <b>\$44.00</b>  <small>Billed every month</small></p>	

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

### ACTIVE ADULTS OPEN GYM

**Date:** Wednesdays, ongoing year-round

**Time:** 7:00 p.m. – 8:30 p.m.

**Location:** NMS New Gym

**Fee:** FREE

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.

### PICKLEBALL

**Date:** Monday - Friday, ongoing for 24/25 school year

**Time:** 10 a.m. - 1 p.m.

**Location:** NMS Historical Auditorium

**Fee:** Resident: \$20 single, \$30 couple

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

Whether you are an avid player or want to try it out for the first time. 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.

### FALL ADULT VOLLEYBALL LEAGUE

**Date:** Wednesday, September 11 - October 30

**Time:** 7:00 p.m. – 9:00 p.m.

**Location:** CHS Small Gym

**Fee:** \$80 per Team

\$10 as Free Agent

Join our Adult Volleyball League for some post-work fun! In this league, you'll compete in a round-robin format against various teams. The goal is to provide a great activity for adults in our community to enjoy after work. Whether you come with a team or as a free agent, you're sure to have a blast this Fall!

### WINTER ADULT VOLLEYBALL LEAGUE

**Date:** Wednesday, January 8 - February 26

**Time:** 7:00 p.m. – 9:00 p.m.

**Location:** CHS Small Gym

**Fee:** \$80 per Team

\$10 as Free Agent

Join our Adult Volleyball League for some post-work fun! In this league, you'll compete in a round-robin format against various teams. The goal is to provide a great activity for adults in our community to enjoy after work. Whether you come with a team or as a free agent, you're sure to have a blast this Winter!

### ZUMBA CLASSES

Are you looking for something new to do in the community and want to work out but more in a fun and an energetic way? Then Zumba is right for you! Zumba is an interval-style dance fitness party that combines low-intensity and high-intensity moves. You'll burn a lot of calories as you move to the rhythm with Latin-inspired dance moves. The best part of it all is that it doesn't even feel like exercise! So try one of the three style of Zumba this Fall!

### REGULAR ZUMBA

**Day:** Tuesday

**Time:** 5:30 p.m. – 6:30 p.m.

**Location:** NMS Historical Gym

**Fee:** \$35 R / \$50 NR

Session 1: August 20 – October 1

Session 2: October 8 – November 19

### ZUMBA GOLD

**Day:** Thursday

**Time:** 8:00 a.m. – 9:00 a.m.

**Location:** NMS Historical Gym

**Fee:** Session 1 = \$20 R / \$35 NR

Session 2 = \$35 R / \$50 NR

Session 1: September 5 – September 26

Session 2: October 10 – November 21



### STRONG BODIES

**Day:** Tuesday and Thursday, October 1 - November 21

**Time:** 9:00 a.m. – 10:00 a.m.

**Location:** Oakland-Cambridge Pres. Church

**Fee:** FREE

Strong Bodies is an 8-week strength training program developed by the University of Wisconsin Extension, specifically designed for adults aged 50+ with simple-to-follow and adaptable exercises to build the muscles that get you happily, and healthfully through your day for decades to come.





**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/](http://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	3 Month	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 (Subject to Change During School Days)		
Day	Morning	Evening
Monday - Friday	5:00 a.m. - 1:00 p.m.	5:00 p.m. - 10:00 p.m.
Saturday	5:00 p.m. - 10:00 p.m.	
Sunday	5:00 p.m. - 10:00 p.m.	

# COMMUNITY & FAMILY EVENTS

## CAMBRIDGE COMMUNITY CAFÉ

**Date:** First Thursday of month  
**Time:** 5:30 p.m. – 6:30 p.m.  
**Age:** Everyone!  
**Location:** Cambridge High School Commons (October-May) Ripley Park (June-September)  
**Fee:** FREE

Join in the fun at the FREE monthly community dinner! The Community Café is open to anyone living or working in the Cambridge area. Each evening is sponsored by a local organization or group. Come and join your neighbors for 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 [foodpantry@cambridge.k12.wi.us](mailto:foodpantry@cambridge.k12.wi.us).



## CAMBRIDGE FOOD PANTRY ANNIVERSARY CELEBRATION

**Date:** Saturday, Sept. 7  
**Time:** 12:00 p.m. - 7:00 p.m.  
**Location:** Cambridge Area Lions Club clubhouse  
 This September marks the Cambridge Food Pantry's 15th Anniversary! Come celebrate with us and enjoy a day of fun, food, and community spirit. Events include a fishing contest and corn hole tournament with prizes! Featuring live music by the Wild Heathens. To sponsor this event, or for more information, please contact the food pantry at (608) 423-8142 or email [foodpantry@cambridge.k12.wi.us](mailto:foodpantry@cambridge.k12.wi.us).

Generously sponsored by Enbridge and the Cambridge Area Lions Club.



## TOUCH-A-TRUCK

**Date:** Saturday, September 14  
**Time:** 10:00 a.m. - 12:00 p.m.  
**Location:** Ripley Park  
**Fee:** Free!

Join CAP for our annual Touch-A-Truck event! We will have food, a bouncy house and of course a chance to see the vehicles that fascinate you up close and hands on, including emergency and military vehicles, farm equipment, race cars, and much more. Registration is not required for this free event.

Gold Sponsor:



Silver Sponsor:



Bronze Sponsor:



## CAMBRIDGE HARVEST FESTIVAL

**Date:** Saturday, October 12  
**Time:** 2:00 p.m. - 6:00 p.m.  
**Location:** Ripley Park  
**Fee:** \$5 per child; chaperones free with paid child admission

Must pre-register to be guaranteed a pumpkin  
 Registration Deadline: October 4, 2024  
 CAP is once again partnering with the CD Players for this fun family event, featuring an array of engaging activities, including a spooky theater, fun games, hay rides, a pumpkin patch, food trucks, petting zoo, and vendor fair. This is fundraising event will also feature a 50/50 raffle and basket raffle. Please pre-register to be guaranteed a pumpkin for decorating! Chaperones Free with child admission.

Sponsors:





## CELEBRATE THE 25TH ANNUAL LIGHTS ON AFTERSCHOOL - YOUTH CENTER BOWLING FUNDRAISER

**Date:** Saturday, October 19

**Location:** Lake Ripley Lanes

**Fee:** \$25 adults \$15 students

Cash Raffle: \$25 per ticket with only 100 tickets being sold

- 1st prize \$500
- 2nd prize \$100
- 6 \$50 drawings



Drawings will be held on the day of the event

The Youth Center is a completely free program for 5th-8th grade students to participate in positive social, recreational, educational and community service activities under the supervision of professional staff. Events such as this help to keep the program free for all students. Help us reach our annual goal of \$2,500



## CAMBRIDGE CAP HOLIDAY WEEKEND

Join CAP for a weekend of holiday fun during the Cambridge Christmas celebration!

## BUDDY'S BRAT BUBBLE

**Date:** Friday, December 6

**Time:** 4:30 p.m. - 7:30 p.m.

**Location:** Veteran's Park

**Fee:** All sales are by donation, give what you can! Light up the Cambridge Food Pantry! Join us for a brat or hot dog at Veteran's Park while you wait for Santa to arrive to light the Cambridge Christmas tree! Chips, hot chocolate and cookies will also be available. All proceeds from the sale go to support the Cambridge Food Pantry. Make the season Merry and Brat!

Sponsor: **KWIK TRIP**

## HOLIDAY GALA

**Date:** Saturday, December 7

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

**Location:** Cambridge Winery

**Fee:** \$60 per person includes 3 drink tickets,

\$100 per couple includes 6 drink tickets,

\$400 private 4 person table with 2 bottles of wine

Celebrate the magic of the Cambridge Christmas weekend at the third annual Christmas Gala. Bring your friends and enjoy an elegant evening of dancing, delicious hors d'oeuvres, fine beverages and live music. There is also a fantastic silent auction benefiting the Cambridge Food Pantry.

Pre-registration is required.

Sponsor:  Cambridge Winery

## BREAKFAST WITH SANTA

**Date:** Sunday, December 8

**Time:** 8:00 a.m. - 12:00 p.m.

**Location:** CES Commons

**Fee:** \$8 per plate (under 2 years free)

CAP off a fantastic holiday weekend with the 18th annual Breakfast with Santa! Enjoy breakfast, pictures with Santa, holiday music, crafts and more! All proceeds will be used to purchase Christmas gifts for underprivileged children in the Cambridge area. This event is a collaborative effort between CAP, the Cambridge Fire Department, Dane County Sheriff's Office and the CHS girls' basketball team.

Gold Sponsor:



Silver Sponsor:



BankFirst



Bronze Sponsor:



## TIES AND TIARAS

**Date:** Saturday, February 15

**Time:** 5:00 p.m. - 7:00 p.m.

**Location:** CES Gym

**Fee:** \$10 per adult / \$5 per child

Our Valentine theme dance for your kiddos is back! Show your kids just how special they are with a Ties and Tiaras date night. Make lasting memories with a night of dancing, food, and fun! Formal wear is not required, but dressing up and having fun with attire is always encouraged.



# RIPLEY PARK

## HOLIDAY LIGHTS IN RIPLEY PARK

**Date:** November 24 – January 1

**Time:** Daily 5:00 p.m. – 10:00 p.m.

**Fee:** Donations appreciated at park drop box  
Bring your family and friends through this quaint light display that will be sure to put you in the holiday spirit! Drive through the winter scenery in the comfort of your car. Approximately a half mile of lights and displays will brighten up Ripley Park 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.

Sponsors:



## 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.

## SHELTER RESERVATIONS

**AVAILABLE JANUARY 1 FOR 2025!**

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](http://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!



**THERE'S STILL TIME TO ADD YOUR NAME TO THE SPONSORSHIP LIST FOR 2024! CONTACT CAP TODAY AT (608) 423-8108 TO SPONSOR THE HOLIDAY LIGHTS SHOW.**

## 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.



# AQUATICS

## SWIM LESSONS

In – depth schedules, descriptions and pricing can be found online at [www.cambridgecap.net/programs/aquatics/lessons](http://www.cambridgecap.net/programs/aquatics/lessons)

### Session Pricing

**Fee:** \$55 R / \$70 NR

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

SWIM LESSON SCHEDULE		
Monday	Tuesday	Sunday
5:00 – 5:30 p.m. Parent/Child A & B	5:00 – 5:30 p.m. Skippers 1, 2, 3	1:00 – 1:30 p.m. Parent/Child A & B
5:35 – 6:20 p.m. Levels 1, 2, 3, 4	5:35 – 6:20 p.m. Levels 1, 2, 3, 4	1:35 – 2:20 p.m. Levels 1, 2, 3, 4
6:25 – 6:55 p.m. Skippers 1, 2, 3	6:25 – 7:10 p.m. Level 1, 2, 3, 4	2:25 – 3:10 p.m. Level 5, 6
<b>SESSION 1</b>		<b>September 9 – October 20</b>
Registration Deadline: September 2		
<b>SESSION 2</b>		<b>October 28 - December 9</b>
Registration Deadline: October 21		
<b>SESSION 3</b>		<b>January 6 – February 16</b>
Registration Deadline: December 30		
<b>SESSION 4</b>		<b>February 24 – April 13</b>
No Lessons – Week of 3/24 – 3/28 Registration Deadline: February 17		

## PRIVATE SWIM LESSONS

\*Based on availability. Contact the pool to schedule.

**Fee:** \$35 for 1, 30 min. lesson

\$125 for 5 lessons

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

**Fee:** based on group size, contact the pool for more information.

*\*Based on availability and group size, contact the pool for more information.*

## LIFEGUARD CERTIFICATION COURSES



**American  
Red Cross**

**Ages:** 15 & up

**Location:** Cambridge Area  
Community Pool

**Fee:** \$250 R / \$270 NR

**Days:** Sept. 20 - 22

- September 20 (4:00 p.m. – 8:00 p.m.)
- September 21 & 22 (8:00 a.m. – 4:00 p.m.)

**Registration Deadline:** September 13

Take this course and become an American Red Cross certified lifeguard. Courses are taught by Red Cross certified Lifeguard Instructors. This course is a blended-learning course with an online portion required to be completed prior to in-person class time. Prior to in-water training, Individuals must pass a skill test including:

- 150 yard swim (Freestyle, Breaststroke, or combination), maintain position for a 2 minute tread, 50 yard swim (Freestyle, Breaststroke, or combination)
- Timed Event (1min 40sec): Swim 20 yard approach, retrieve 10 pound brick from bottom of pool and return back 20 yards to starting point

**Participants MUST attend all dates and times. No exceptions!**





**BLUE FINS YOUTH SWIM TEAM**



**Days:**

- Regular Practice - Wednesday – Thursday  
 Distance Day – Tuesdays (6th grade & up only)
- **Session 1:** New to swim team? Contact the pool (bandrews@cambridge.k12.wi.us) and we'll set up an evaluation.
    - September 18 - December 5
    - (No practice October 23 & 24, November 26 – 28)
  - **Session 2:** Swimmers must have participated in the first session of Blue Fins or swam as a competitive swimmer in previous years in order to participate in the second session.
    - December 10 – February 20
    - (No practice December 24 - January 2)

**Location:** Cambridge Area Community Pool  
**Registration deadline:** Wednesday, September 11.

The Blue Fins is a competitive youth swim team open to any swimmer from K-12th grade who meet the minimum requirements. Our emphasis is on teamwork, individual motivation, self-esteem, and fun. Swimmers improve their swimming skills, get great exercise and make new friends. A preseason meeting for both sessions will be held on Wednesday, September 11 at the CACP. Meets are generally Friday nights and occasional Saturdays. Parents are asked to help at home swim meets. Fall/Winter sports schedules may overlap with swim team. We are understanding in this situation and would encourage swimmers to contact the coach as applicable to notify us of your schedule.

**Skill Requirements & Evaluations**

- 8 and under: Must be able to swim 25yds freestyle and 25yds backstroke without stopping.
- 9 and up: Must demonstrate the basics of or able to swim the following strokes: 50yds of freestyle and 50yds of backstroke.

New to swim team? Contact the pool (bandrews@cambridge.k12.wi.us) and we'll set up an evaluation.

Blue Fins Youth Swim Team			
Grade	Time	Fee	
K - 3	3:15 p.m. - 4:15 p.m.	Session 1: \$100 R / \$115 NR	Session 2: \$95 R / \$110 NR
4 & 5	4:00 p.m. - 5:15 p.m.	Session 1: \$110 R / \$125 NR	Session 2: \$105 R / \$120 NR
6 & up	5:00 p.m. - 6:30 p.m.	Session 1: \$120 R / \$135 NR	Session 2: \$115 R / \$130 NR
6 & up	Distance Day (Tues) 3:45 p.m. - 4:45 p.m.	Included w/ Session 1	Included w/ Session 2

Sponsors:



**AQUA FITNESS**

**MASTERS SWIMMING**

- Days:** Tuesdays & Thursdays
- **Session 1:** Sept. 3 – November 7
    - **Registration Deadline:** 8/27
  - **Session 2:** November 19 – February 11
    - **Registration Deadline:** 11/12
    - No Class (11/28, 12/24, 12/26, 12/31, 1/2)
  - **Session 3:** February 18 – April 24
    - **Registration Deadline:** 2/11
- Time:** 5:45 a.m. – 6:45 a.m.  
**Location:** CACP  
**Fee:** \$100 R | \$115 NR  
 \*\*\$10.00 late fee if registering after the deadline

**FIT AFTER 50**

- Day:** Tuesdays & Thursdays  
**Time:** 7:00 a.m. - 8:00 a.m.  
**Fee:** Access with membership or Day-Passes  
 Day-Pass: \$6 R / \$7 NR  
 Senior Pass: \$5 R / \$6 NR

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**

- Day:** Monday, Wednesday & Saturday  
**Time:** M/W: 7 - 8 p.m., Sat: 9 - 10 a.m.  
**Fee:** Access with membership/day-passes  
 • Day-Pass: (\$6 R | \$7 NR)  
 • Senior Pass: (\$5 R | \$6 NR)

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.

**AQUA ZUMBA**

- Date:** Saturday  
**Time:** 12:30 p.m. - 1:30 p.m.  
**Location:** CES Pool  
**Fees:** Session 1 = \$25 R / \$40 NR  
 Session 2 = \$40 R / \$55 NR  
 Session 1: September 7 – September 28  
 Session 2: October 12 – November 23

**AQUA ZUMBA**

- Dates:** Mondays  
**Times:** 7:30 a.m. – 8:30 a.m.  
**Location:** CES Pool  
**Fee:** \$40 R / \$55 NR  
 Session 1: August 19 – September 30  
 Sessions 2: October 7 – November 18



# POOL MEMBERSHIP & PRICING

Memberships can be purchased by calling (608)423-8097 or by visiting the pool during open hours.

Memberships	Resident	Non – Resident
<b>ANNUAL</b>		
Family	\$245	\$275
Adult	\$185	\$215
Senior (65+)	\$130	\$160
Student	\$130	\$160
<b>3 MONTH</b>		
Family	\$90	\$120
Adult	\$60	\$90
Senior (65+)	\$50	\$80
Student	\$50	\$80
<b>PUNCH PASSES</b>		
<b>10 PUNCH PASS</b>		
Family*	\$75	\$90
Adult	\$50	\$65
Senior (65+)	\$40	\$50
<b>DAY PASSES</b>		
Family*	\$11	\$13
Adult	\$6	\$7
Senior/Student (65+, 5-17)	\$5	\$6
Child (0-4)	\$3	\$4

## 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.

## DID YOU KNOW?

A standard pool rental includes: use of the Pool & Locker Room spaces.

- Additional space is available by renting the cafeteria for an additional \$25.00 fee.
- Add on the Wubit Slide for \$15 add on fee, for groups with kids ages 7 and up.

## POOL SCHEDULE

For the most up-to-date schedule please visit:  
[www.cambridgecap.net/aquatics/pool-schedule](http://www.cambridgecap.net/aquatics/pool-schedule)





Celebrating 15 Years  
Serving the Cambridge Community

# FOOD PANTRY & RESOURCE CENTER

## ADDRESS:

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

## CAMBRIDGE FOOD PANTRY AND 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.

Many volunteers and donations are needed to make the Cambridge Food Pantry & Resource Center successful. Anyone interested in more information is asked to contact Kerry Marren at [foodpantry@cambridge.k12.wi.us](mailto:foodpantry@cambridge.k12.wi.us) or (608) 423-8142.

Volunteers can register online by going to [www.cambridgecap.net](http://www.cambridgecap.net) then clicking on Get Involved and Volunteerism.

## SHOPPING HOURS:

Wednesday evenings:  
3:45 p.m. - 6:00 p.m. by appointment.  
Staff hours vary.

## THANKSGIVING BASKETS DISTRIBUTED

**Date:** November 13 and 20  
**Time:** 3:30 p.m. - 6:00 p.m.

## HOLIDAY BASKETS DISTRIBUTED

**Date:** December 11 and 18  
**Time:** 3:30 p.m. - 6:00 p.m.



**WLT** WAREHOUSING  
& MINI STORAGE

**LR**  
LEE  
RECREATION LLC  
PARTICIPATION & RECREATION EQUIPMENT