



FALL/WINTER
2024-2025

COMMUNITY ACTIVITIES GUIDE



CAP

FROM BABIES TO OLDER ADULTS
SERVING GREATER CLINTON AREA

Preview:

 Safe Sitter & Safe @ Home pg. 8

 Intro to Pickleball pg. 14

 Pumpkin Chalk Walk pg. 5

REGISTRATION BEGINS AUGUST 29, 2024

A LETTER FROM THE DIRECTOR



I am excited to introduce myself as the new Community Engagement Director through the Clinton Community School District! My name is Brooke Franseen, and I am thrilled to join the Clinton area and begin working to enhance our community's engagement and involvement!

As a proud graduate of the University of Wisconsin-Whitewater (go Warhawks!) with a degree in Recreation and over ten years of professional experience in parks and recreation, I bring a deep passion for community activities. Outside of work, my husband and I enjoy every moment with our two little kiddos.

The new Community Activities Program (CAP) is designed to offer a variety of activities and events for all ages and interests. Whether you live in Clinton or in the surrounding areas, you are welcome to join in any activity! This fall/winter, we're launching over 50 exciting new activities and events - there's truly something for everyone!

As you flip through the guide, be sure to circle your favorites and get ready to dive in. I am looking forward to working with all of you to create a vibrant and engaging community program. Let's make this a fantastic season for everyone in the Clinton area and beyond!

Sincerely,
Brooke Franseen
Community Engagement Director

Mission: To cultivate a thriving and connected community through the provision of high-quality, inclusive programs and events for all ages and interests.

Vision: To create a vibrant and inclusive recreational environment that ignites passion, fosters learning, and serves as the heart of the community.

HOW TO REGISTER

1. Online at clintonactivities.com
New users will need to create an account
2. In-Person at Clinton Elementary
3. By Mail: 115 Milwaukee Rd.
P.O. Box 566 Clinton, WI 53525
Attn: Community Activities Program
(Registration form available online)

**REGISTRATION BEGINS
ON THURS, AUGUST 29
AT 8AM**

CONTACT CAP

Monday–Thursday: 8:00am–4:00pm
Fridays: 8:00am–12:00pm

Office Location: Clinton Elementary School
Enter the front doors and check-in
115 Milwaukee Road
Clinton, WI 53525

Phone: 608-676-8494
Email: brfranseen@clintonwis.com
Website: www.clintonactivities.com
Social Media: facebook.com/CCSDCougars



Adult/Child program
throughout the guide

CES = Clinton Elementary School
115 Milwaukee Rd., Clinton
CJSH = Clinton Jr./Sr. High School
112 Milwaukee Rd., Clinton

Do I have to live in Clinton to participate in CAP activities?

Residency in Clinton is not a requirement for participation in CAP. All individuals are welcome to join regardless of your place of residence.

What is your refund policy?

Program fees are refundable when the activity is canceled by CAP, the participant cancels for a medical reason preventing participation in at least 50% of the program, or the participant un-enrolls 4 or more business days prior to the beginning of the program. If a refund request is made for which CAP has incurred expenses on your behalf, a refund may not be granted. Expenses may be but are not limited to: uniforms, equipment, supplies, etc. Refunds can be issued either in the original form of payment or placed on your account for future recreation program use. Money placed on your account will expire 2 years after the date it was issued.

When do I have to register for a program?

Registration deadlines help us gauge the level of interest in a program. To ensure program viability, it's essential for participants to register by the specified deadline. If there are insufficient registrations by the deadline, the program may be canceled.

Will you accept late registrations?

Late registrations will be accepted, but there are a few things to keep in mind. Anyone registering after the set deadline will incur an additional \$5 late fee per program. Additionally, there's a possibility that late registrants may not be able to participate if the program has reached its maximum capacity. To ensure smooth planning and organization, deadlines for program registration will be set in advance.

Can a program get canceled?

CAP reserves the right to cancel, postpone, or combine classes due to insufficient enrollment. All cancellations due to weather and/or facility conditions will be made as soon as possible.

Notice of Non-Discrimination

No person shall, on the basis of sex, race, national origin, ancestry, creed, marital or parental status, age or disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity, including employment.

What happens if there is inclement weather?

In the event that Clinton Community School District is closed due to inclement weather, all CAP programs are also canceled. In the event of inclement weather, CAP will try to make the cancellation prior to 4:00 pm and look to reschedule the program. If you are unsure if a program will be held, please call the CAP office at 608-676-8494.

What is your photography policy?

For program promotional purposes, we may photograph our activities and the participants. Photos may be used on flyers, brochures, websites, social media, and any other purpose determined appropriate. If you do NOT wish to have you or your child's photo taken, please tell the photographer and/or instructor prior to the start of the program.

What if I have a talent I'd like to offer as a program?

If you have a talent you'd like to share and turn into a program, we are thrilled to hear about it! Simply fill out the Program Proposal Form found on clintonactivities.com, and we will review your proposal and get in touch with you to discuss further steps. If you would rather not teach a class but you have a program suggestion, we would love to hear it! Please send it to brfranseen@clintonwis.com.

Can I volunteer for a program or event?

Absolutely! Please reach out to CAP at 608-676-8494 or brfranseen@clintonwis.com to learn more or to get added to the volunteer list.

How do I get to the CAP office?

Arrive to the Clinton Elementary School at 115 Milwaukee Road. Park in the front parking lot and enter through the front doors. For security purposes, check-in with the front office.

Where are CAP activities located?

CAP activities are held at various locations around Clinton, WI. Please note that locations may change, so watch for a reminder email with details before the activity start date.

Credit Card Transaction Fees

All card transactions will be charged a non-refundable 3.25% service fee. We accept Visa, Mastercard, Discover, and American Express.



Clinton Community Activities Program Registration Form

3 Ways to Register: In-Person, Online, or Mail-In

Please make checks payable to Clinton Community School District. Return form with legible handwriting and included payment to:
Mail: 115 Milwaukee Rd. P.O. Box 566 Clinton, WI 53525 Attn: Community Activities Program / **In-Person:** 115 Milwaukee Rd. Clinton
 or **Sign Up Online:** www.clintonactivities.com

Parent/Guardian Name (please print): _____

Cell Phone: _____ Work Phone: _____ Home Phone: _____

Street Address: _____ City: _____ Zip: _____

Email Address: _____ Date of Birth: _____

Emergency Contact Name (in case parent/guardian cannot be reached): _____ Phone: _____

Participant Full Name	Program Name	Time	D.O.B.	Gender	*Shirt Size	Grade	Fee
Program Fee Subtotal							

*Please write shirt size in column above if applicable for the program: YS 6-8, YM 10-12, YL 14-16, Adult S-3XL

Please list any participant special needs or medical concerns/limitations to be aware of: _____

Late Fees: Registration is not guaranteed after program deadline. A late fee of \$5 per program will be added to all late registrations.

Release of Liability/Photo Release

In consideration of being permitted by the CCSD Community Activities Program to participate in activities at the Clinton Community School District facilities, I hereby waive, release, and discharge any and all claims for damage for personal injury, death or property damage which I may have, or which may hereafter accrue to me, as a result of participation in activities at said facilities. This release is intended to discharge in advance the CCSD Community Activities Program, its officers, employees, and agents from any and all liability arising out of or connected in any way with my participation in activities at this or any other CCSD Community Activities Program facility even though that liability may arise out of negligence or carelessness on the part of those parties. It is understood that activities such as the ones I will be participating in involve an element of risk and danger of accidents and knowing those risks, I hereby assume those risks. It is further agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold harmless the Clinton Community School District and CCSD Community Activities Program, its officers, employees, and agents from any loss, liability, damage, cost, or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in any activity at this or any other CCSD Community Activities Program facility.

I hereby give consent for emergency medical treatment for myself or my child in the event it is needed. In addition, I give my permission to have my photo and/or my child's photo taken during CCSD Community Activities Program activities and events and for such photos to be used for any purpose determined appropriate by the CCSD Community Activities Program.

Signature (must be over 18): _____ Date: _____

<p>Office Use Only</p> <p>Cash/Check #: _____ Amount Received: _____ Date Received: _____ Received By: _____</p>

PAGES TO PAVEMENT RUN & WALK

PROCEEDS
FUND STUDENT
SCHOLARSHIPS!

PARTNERSHIP
WITH
CLINTON
EDUCATION
FOUNDATION

5K & 1 MILE

SATURDAY, SEPTEMBER 14, 2024

TIME: 1 MILE STARTS AT 8:30 AM
5K STARTS AT 9 AM

PRICE: 1 MILE: \$10 (\$15 AFTER AUG 26)
5K: \$20 (\$25 AFTER AUG 26)

LOCATION: CLINTON JR./SR. HIGH SCHOOL

HIGHLIGHTS!

- **SIRENS AND IRONS:** PANCAKE BREAKFAST (DONATION) 7:30-11:00AM
- **LITERACY FOR LIFE:** POP-UP PLAY FOR KIDS HOSTED BY THE CLINTON LIBRARY! 8:30-11:00AM
- **BOOK DRIVE:** DONATE YOUR GENTLY USED (KID FRIENDLY BOOKS) FOR CES STUDENTS!
- **STROLLER FRIENDLY ROUTES**
- **5K RUN/WALK IS TIMED**
- **ALL FINISHERS RECEIVE A MEDAL**

MORE INFO: WWW.CLINTONACTIVITIES.COM



PUZZLE PALOOZA SAT, FEB. 22 AT 10AM-12PM

Teams of two will race against other teams to finish the same 500-piece puzzle first! Top three teams win a prize!

Ages 12+
\$25/team
Sign up by Feb 2
Located in CES Front Gym

More info: clintonactivities.com



Community Activities Program

OPEN HOUSE



**Sat, Sept. 7 at 9-11AM
CES - Commons**

- Fall/Winter Activities Showcase
- Kids Drop-In Yoga (adults welcome)
- Photo Ops with Bluey
- Sign up for Fall/Winter Activities with Staff Onsite



FREE!

You're Invited!

PUMPKIN CHALK WALK

Oct 22 - Nov 3
All Ages at CJSH Grounds

Start at the front entrance and follow the trail of chalk jack-o'-lanterns for a fun family stroll. Complete the walk, unscramble the letters found within the pumpkins, and submit the word to CAP for a chance to win a prize. This self-guided activity is free to enjoy at your own pace!

Clinton Community Events

Fall-O-Ween

Trick or treating, games, and vendors!
Sun, October 27 at 3:00-5:00pm

Winter Wonderland

Downtown activities and lighted parade!
Fri, December 6 at 4:30-6:00pm

For more info, please contact the Clinton Area Chamber of Commerce, event organizer.

These events are not school-sponsored activities. CCSD does not provide support or endorsement of these activities. Contact CAP if you have a non-profit and non-sector event to include in future publications.

SPECIAL EVENTS

Mystery Trip

Trip Leader: Brooke Franseen

Get ready for a family adventure packed with excitement! Aboard a school bus and head to a destination where you'll be on your feet, gliding, spinning, and in a world of flashing lights and fun. This event is fun for all ages, but participants must be able to walk. Bring family or friends, or come alone and meet new friends. Kids ages 17 and under must be accompanied by an adult. Bring some money for lunch if you'd like to enjoy a tasty bite during our trip, as food will be available. Please wear socks and shoes. Min/Max: 30/48
*Arrive to Clinton Elementary School by 9am

Sess	Age	Day	Date	Time	Location	Fee
1	All	Sat	11/23	9:00am-1:00pm	*Mystery	\$15/person

Sess 1 Deadline Date: 11/14 (fee increases by \$5 after 11/14)

Family Yoga & Fun



Instructor: Megan Pasciak, Lifestyle Focus Fitness

Mothers and fathers, sons and daughters, aunts and uncles, and more can learn yoga poses and strengthen family bonds during this upbeat and fun class! Learn healthy habits, positive body image, strengthen/stretch/balance, giggle, be goofy, and more! All levels welcome and no previous experience required. This is an adult/child class and the fee covers two people. Please register each person and bring a yoga mat. Min/Max: 8/40

Sess	Age	Day	Date	Time	Location	Fee
1	7+	Wed	10/2-10/30	5:30-6:30pm	CES 4k/5k Commons	\$55/duo +\$13*

No class 10/23. *Additional participant is \$13/person.
Sess 1 Deadline Date: 9/24 (fee increases by \$5 after 9/24)



Family Pins and Pizza



Bring your family and friends to enjoy unlimited bowling while savoring delicious pizza! It's a fantastic way to have fun, relax, and create memorable moments with loved ones. To add to the fun, goofy games will be recommended throughout the event, ensuring lots of laughs and excitement! All ages are welcome—come for the strikes and stay for the pizza! Included in price: unlimited bowling, shoe rental, pizza, and a soft drink. Max: 48

Sess	Age	Day	Date	Time	Location	Fee
1	All	Wed	9/25	5:30-7:00pm	Cougar Lanes	\$10/person
2	All	Wed	1/8	5:30-7:00pm	Cougar Lanes	\$10/person

Sess 1 Deadline Date: 9/17 (fee increases by \$5 after 9/17)
Sess 2 Deadline Date: 12/29 (fee increases by \$5 after 12/29)

Have a Child Under 5?

The Basics are five simple and powerful ways to help all children aged 0-5 build a strong foundation for success in school and life. Join Basics Insights by



scanning the QR code to receive two FREE weekly texts about your child's development with activities to help boost learning in these critical early years.
<https://bit.ly/basicscanton>

FREE EVENT PLAYGROUND PLAYDATE

ALL AGES WELCOME

September 10 & October 8

9:30-10:30am

Gert Wolter Park,
732 Meadow Park, Clinton

Play with your kid(s) at the playground while meeting other parents and kiddos in town! No registration required, just show up and play between 9:30-10:30am. In the event of inclement weather, the program will be canceled.

Build a Buddy

Instructor: Brooke Franseen

Create lasting memories with your loved ones by bringing a buddy to life! Each kit comes with an animal, a heart, stuffing, and a birth certificate—no sewing needed. After assembling your new buddy, relax and enjoy a story and a snack. This fun, hands-on activity requires adult participation to ensure a great experience for all. Please register your child and pick which animal you would prefer at registration. Min/Max: 10/30

Sess	Age	Day	Date	Time	Location	Fee
1	3-11	Wed	9/25	4:00-4:45pm	CES Commons	\$15/child

Sess 1 Deadline Date: 9/10 (fee increases by \$5 after 9/10)



Start Smart Sports

Instructor: Brooke Franseen

Designed by the National Alliance for Youth Sports, this program helps kids develop skills and self-esteem in a supportive environment.

Start Smart Baseball

This program is designed to introduce young players to the fundamentals of tee ball, baseball, and softball through fun, engaging activities. Adult participation is required in helping your child develop essential skills like throwing, catching, and hitting. Min/Max: 5/20

Sess	Age	Day	Date	Time	Location	Fee
1	3-5	Mon/Wed	12/2-12/11	4:45-5:30pm	CES Front Gym	\$20/child

Sess 1 Deadline Date: 11/24 (fee increases by \$5 after 11/24)

Start Smart Soccer

This program introduces fundamental soccer skills through interactive and enjoyable activities. Adult participation is required in helping to guide and support your child as they learn to dribble, pass, and shoot. Min/Max: 5/20

Sess	Age	Day	Date	Time	Location	Fee
1	3-5	Mon/wed	1/13-1/22	4:45-5:30pm	CES Front Gym	\$20/child

Sess 1 Deadline Date: 1/5 (fee increases by \$5 after 1/5)

Make & Take: Play-Doh

Instructor: Ashley Smith, Foods Teacher

Join us for a fun-filled class designed for both kids and adults! Work together to mix ingredients, add vibrant colors, and unleash your creativity with hands-on play-doh fun. Craft your own long-lasting play-doh to take home and enjoy endless imaginative play. Perfect for creating memorable moments with your little one(s) without the mess at home! This is an adult/child class and the fee covers one adult and one child. Please register your child only. If you'd like another adult to join, please email brfranseen@clintonwis.com to secure a seat. Adult participation is required. Min/Max: 5/12

Sess	Age	Day	Date	Time	Location	Fee
1	1-12	Sat	2/1	9:00-10:00am	CJSH Rm 309	\$13/duo +\$7*

*Additional children is \$7/child.

Sess 1 Deadline Date: 1/23 (fee increases by \$5 after 1/23)

Muffins & Me: Kids Take Charge

Instructor: Ashley Smith, Foods Teacher

Let your little ones take the lead as they measure, mix, and bake delicious muffins. They'll also learn responsibility by doing dishes and



proudly serving their creations to you. It's a fun-filled, hands-on experience that fosters independence and creates sweet memories together! Please list any allergies at the time of registration, and accommodations will be made to the best of our ability. This is an adult/child class and the fee covers one adult and one child. Please register your child only. If you'd like another adult to join, please email brfranseen@clintonwis.com to secure a seat. Adult participation is required. Min/Max: 4/8

Sess	Age	Day	Date	Time	Location	Fee
1	18mo-5yr	Mon	10/7	4:00-5:15pm	CJSH Rm 309	\$25/duo +\$13*

*Additional children is \$13/child.

Sess 1 Deadline Date: 9/29 (fee increases by \$5 after 9/29)

Safe @ Home

Instructor: Courtney Urbanek

Students learn 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. A booklet and snack are included. Max: 15

Sess	Age	Day	Date	Time	Location	Fee
1	9-12	Thur	10/24	3:30-5:00pm	CES Conf. Room	\$20/person
2	9-12	Tue	11/26	3:30-5:00pm	CES Conf. Room	\$20/person

Sess 1 Deadline Date: 10/14 (fee increases by \$5 after 10/14)
 Sess 2 Deadline Date: 11/18 (fee increases by \$5 after 11/18)

Youth Sewing Classes

Instructor: Ann Lankford, Casey's Sewing Center

Learn how to thread your machine and get it set up for sewing your projects! Get to know the terminology of sewing machine parts and locations. There will be a number of projects that you can keep for yourself or share with others. You are welcome to bring your sewing machine to learn on it, or one will be provided. All other supplies will be provided. *Casey's Sewing Center: 238 Allen St. Clinton

Youth Sewing 101

Work on sewing straight seams while making fun projects you can use at home or at school. Projects include: a simple pillowcase, a book or notebook cover, and a book pocket pillowcase. Min/Max: 4/10

Sess	Age	Day	Date	Time	Location	Fee
1	10-17	Thur	1/23	5:00-6:00pm	Casey's Sewing*	\$13/person

Sess 1 Deadline Date: 1/15 (fee increases by \$5 after 1/15)

Youth Sewing 201

You will continue learning how to sew pieces together by following a guide and perfecting your stitching as well as a simple zipper application. Projects include: a cord keeper, a tote bag, and a small zipper bag. Sewing 101 is not a requirement, but basic sewing knowledge is helpful for 201. Min/Max: 4/10

Sess	Age	Day	Date	Time	Location	Fee
1	10-17	Thur	2/20	5:00-6:00pm	Casey's Sewing*	\$13/person

Sess 1 Deadline Date: 2/12 (fee increases by \$5 after 2/12)



Safe Sitter Essentials w/CPR

Instructor: Courtney Urbanek, Certified Instructor

This program equips kids with the skills they need to stay safe when home alone, watching younger siblings, or babysitting. The class features engaging games and role-playing exercises. Participants will practice rescue techniques, such as choking rescue while using manikins. Class includes lunch, a safe sitter bag, and a student handbook. Please note, this class does not provide CPR certification. Max: 8

Sess	Age	Day	Date	Time	Location	Fee
1	11-14	Thur	10/24	8:30am-3:15pm	CES Conf. Room	\$75/person
2	11-14	Tue	11/26	8:30am-3:15pm	CES Conf. Room	\$75/person

Sess 1 Deadline Date: 10/14 (fee increases by \$5 after 10/14)
 Sess 2 Deadline Date: 11/18 (fee increases by \$5 after 11/18)

Mileage Mavericks

Instructor: Stacy Beals, Phy-Ed & Health Teacher

For those ages 10+, get active with this fun walking program! Boost your fitness with regular walks, resistance band exercises, and gentle stretching. For more info, please see page 14.

Yoga for Jr./Sr. High Girls

Instructor: Megan Pasciak, Lifestyle Focus Fitness

Beginning yoga early in life can help establish healthy habits. This upbeat program teaches pre-teens and teens yoga poses, mindfulness, and your connection with fitness, mental health, and positive body image. This movement-based class focuses on strength, balance, and flexibility with components of emotional regulation. Be prepared to sweat to great music and have fun! No previous experience is necessary. Please bring a yoga mat. Min/Max: 6/20

Sess	Age	Day	Date	Time	Location	Fee
1	12-18	Thur	10/3-10/24	4:00-5:00pm	CJSH Multi-Purp	\$35/person

Sess 1 Deadline Date: 9/25 (fee increases by \$5 after 9/25)

Santa's Little Helpers Fun Day: Parents' Day Off

Instructors: Mary Zeimentz & Jessica Niquet, Art Teachers

Children can enjoy making holiday crafts and playing games in a fun, supervised environment. Activities include creating personalized crafts, designing festive cards, and burning energy in the gym. The workshop fosters creativity and holiday spirit among kids, while parents get some much-needed time to wrap presents, complete last-minute shopping, or simply relax. Please note that there won't be a nap time during the program. Program includes a bag lunch and a snack. Min/Max: 15/30

Sess	Age	Day	Date	Time	Location	Fee
1	5-12	Sat	12/14	10:00am-3:00pm	CJSH Commons	\$35/person

Sess 1 Deadline Date: 12/5 (fee increases by \$5 after 12/5)

Community Musical

Instructor: Aaron Bennett, CCSD Choral Director

Clinton's first-ever community musical: The Music Man, needs you! Youth are encouraged to participate. Auditions are in March, and rehearsals are in April. For more info, please see page 12.

Dart Foam Frenzy

Instructors: Megan & Geoff Pasciak

Prepare for the ultimate foam blaster showdown! Join an action-packed event filled with exhilarating battles, strategic gameplay, and endless fun. Bring friends and family for a thrilling experience you won't want to miss. Adults are welcome to sign up or use the time to run errands. Please bring a blaster; darts and safety glasses will be provided. Min/Max: 17/30

Sess	Age	Day	Date	Time	Location	Fee
1	7+	Sat	9/21	1:00-3:00pm	CJSH Back Gym	\$15/person
2	7+	Sat	10/19	1:00-3:00pm	CJSH Back Gym	\$15/person
3	7+	Sat	11/16	1:00-3:00pm	CJSH Back Gym	\$15/person

Sess 1 Deadline Date: 9/12 (fee increases by \$5 after 9/12)

Sess 2 Deadline Date: 10/10 (fee increases by \$5 after 10/10)

Sess 3 Deadline Date: 11/7 (fee increases by \$5 after 11/7)



Youth Kitchen Skills

Instructor: Ashley Smith, Foods Teacher

Learn basic kitchen skills such as proper knife handling, measuring ingredients, cracking eggs, and boiling water. This hands-on, fun, and interactive class will build confidence and self-sufficiency in the kitchen, all while having a blast. There will be an array of skills covered to kickstart your culinary adventure! If your child will take the bus from CES to CJSH, please identify at the time of registration. Min/Max: 5/16

Sess	Age	Day	Date	Time	Location	Fee
1	9-12	Mon	11/4	4:00-6:00pm	CJSH Rm 309	\$32/person

Sess 1 Deadline Date: 10/27 (fee increases by \$5 after 10/27)

FIRST LEGO League

Grades 1-3: Explore

Grades 4-6: Challenge

FIRST LEGO League invites young minds to explore, experiment, and grow their confidence through hands-on learning. In the Explore program, younger students will engage in exciting activities that foster critical thinking and design skills. The Challenge program offers older students a more advanced experience, where they tackle complex problems and build innovative solutions. Teams will start meeting the week of September 9 at CES. To join a team, please contact the CAP office for more information and availability.

Cricut for Beginners

Instructor: Mitchy Eden, CCSD Admin. Assist.

Curious about Cricut? Got questions? Whether you're new to Cricut or looking to refresh your skills, this class is perfect for you. Each week, we'll dive into new techniques and create exciting projects together. You'll receive a special item each week to help you along your crafting journey. By the end of the class, you'll have the confidence and skills to bring your creative ideas to life! Please bring a Cricut, computer and power cord, and Cricut cutting mat. If you want to purchase a Cricut and join the class, but don't know where to start, please email Mitchy at mieden@clintonwis.com. Min/Max: 4/10

Sess	Age	Day	Date	Time	Location	Fee
1	15+	Tue	10/1, 11/5, 12/3	6:00- 7:30pm	CES Conf. Room	\$25/ person

Sess 1 Deadline Date: 9/23 (fee increases by \$5 after 9/23)

Watercolor Basics

Instructor: Mary Zeimentz, Art Teacher

Learn essential techniques, explore different types of watercolor, and experiment with styles from abstract to realistic landscapes. Whether you're a beginner or an intermediate artist, this class will help you develop your unique artistic voice. All materials are provided—just bring your passion for art! Min/Max: 5/30

Sess	Age	Day	Date	Time	Location	Fee
1	16+	Thur	11/7- 11/21	6:00- 7:30pm	CJSH Rm 323	\$50/ person

Sess 1 Deadline Date: 10/30 (fee increases by \$5 after 10/30)



Adult Sewing Classes

Instructor: Ann Lankford, Casey's Sewing Center

Learn the basics of sewing on your machine. There will be three simple projects to help you kick start your sewing adventure! No experience needed, just the will to learn something new. You are welcome to bring your sewing machine to learn on it, or one will be provided. All other supplies will be provided. *Casey's Sewing Center: 238 Allen St. Clinton

Adult Sewing 101

You will learn straight stitching, pivoting corners, elastic casings, hemming, overcast stitching, and more. Projects include: an envelope pillow (change with the season/your decor), a plastic bag holder (for your kitchen or pantry), and a simple pillowcase (for gifts or home). Min/Max: 4/10

Sess	Age	Day	Date	Time	Location	Fee
1	18+	Mon	1/20, 1/27	6:00- 7:30pm	Casey's Sewing*	\$25/ person

Sess 1 Deadline Date: 1/13 (fee increases by \$5 after 1/13)

Adult Sewing 201

You will learn a pattern, quilting techniques, and zipper application. Projects include: an apron, a table runner, and a small zipper bag. Min/Max: 4/10

Sess	Age	Day	Date	Time	Location	Fee
1	18+	Mon	2/17, 2/24	6:00- 7:30pm	Casey's Sewing*	\$25/ person

Sess 1 Deadline Date: 2/10 (fee increases by \$5 after 2/10)

Canvas Creations

Instructor: Tannis Woodman, Art-Vark Studios
Location: Hickory Wood Events, 102 Allen St., Clinton

This program invites participants of all skill levels to explore your creativity on a 16" x 20" canvas. Follow step-by-step instructions to create a unique piece of art, or let your imagination guide you. Supplies and guidance will be provided, so you can focus on enjoying the process and creating a masterpiece! Beverages available for purchase. **\$35/person per event.** Ages 16+. Registration deadline is one week prior to event date - \$5 late fee after. Min/Max: 10/25



Pumpkins
Thur, Oct 10
6:00-8:30pm



Highland Cow
Thur, Feb 27
6:00-8:30pm

Cooking Techniques & Steak Perfection

Instructor: Ashley Smith, Foods Teacher

Elevate your culinary skills by learning the art of searing a steak to perfection and creating a simple, flavorful pan sauce. At the end of class, savor your delicious creation and impress your taste buds with your newfound expertise! Please bring your own heavy-bottom pan so you can learn using your own equipment; if you need a pan, please contact the CAP office. Fee includes one ribeye and all ingredients. Min/Max: 5/16

Sess	Age	Day	Date	Time	Location	Fee
1	16+	Tue	3/11	5:30-7:00pm	CJSH Rm 309	\$45/person

Sess 1 Deadline Date: 3/3 (fee increases by \$5 after 3/3)

Cake Decorating 101

Instructor: Teri Schott, Cupcakes & Crumbs

Enhance your cake decorating skills in this hands-on workshop! Learn how to fill and frost a 3-layer cake and explore techniques for piping decorations, adding drips, and more. Suitable for all skill levels, this class will help you create beautifully decorated cakes for any occasion. Class includes a premade 6" 3-layer cake, frosting, fillings, and basic decor items. Min/Max: 10/25

Sess	Age	Day	Date	Time	Location	Fee
1	18+	Tue	1/21	5:15-7:15pm	CJSH Rm 309	\$32/person

Sess 1 Deadline Date: 1/13 (fee increases by \$5 after 1/13)

Community Woodshop

Supervisor: Ruben Hernandez, Tech Ed Teacher

We are excited to welcome the community into an equipped workshop for your personal projects the second Wednesday of each month between December & May. With a knowledgeable supervisor on hand, you'll have access to tablesaws, bandsaws, drill presses, wood planers, sanders, chopsaws, a laser engraver, and various hand tools. Bring your own materials; the fee covers all equipment use. Enhance your skills and complete your projects in a supportive environment. Min/Max: 3/25

Months	Age	Day	Time	Location	Fee
Dec-May	18+	2nd Wed	4:00-6:00pm	CJSH Rm 321	\$20/person per date

Find more info for specific dates and registration deadlines online

Instant Pot Basics

Instructor: Ashley Smith, Foods Teacher

Did you get an instant pot when they were the hot new kitchen appliance only to store it away in a forgotten space? Too intimidated to use it? Join the class to overcome that fear and learn how to use the instant pot to save valuable time! Bring the instant pot to class, and we will get to know it together! Min/Max: 5/25

Sess	Age	Day	Date	Time	Location	Fee
1	16+	Tue	9/24	5:30-7:00pm	CJSH Rm 309	\$20/person

Sess 1 Deadline Date: 9/16 (fee increases by \$5 after 9/16)

Filling & Frosting Cupcakes

Instructor: Teri Schott, Cupcakes & Crumbs

Learn how to fill cupcakes and explore different frosting techniques. Discover various types of frosting and how to choose the best one for any occasion. Elevate your cupcake-making skills with this fun and informative workshop! Class includes six premade cupcakes, filling, frosting, and take-home container. Min/Max: 10/25

Sess	Age	Day	Date	Time	Location	Fee
1	18+	Tue	11/12	5:15-7:15pm	CJSH Rm 309	\$25/person

Sess 1 Deadline Date: 11/4 (fee increases by \$5 after 11/4)

Chop to Chip: Knife Techniques & Salsa

Instructor: Ashley Smith, Foods Teacher

Unlock the secrets of professional chefs in this class while learning essential knife skills, including how to dice onions quickly and open garlic effortlessly. Discover the reasoning behind food sizing and the proper way to hold a knife for maximum efficiency and safety. Put your newfound skills to the test as you craft fresh, flavorful salsa and homemade tortilla chips. End the class by enjoying your tasty creations and impressing your family and friends with your culinary prowess! Min/Max: 5/15

Sess	Age	Day	Date	Time	Location	Fee
1	16+	Tue	1/28	5:30-7:00pm	CJSH Rm 309	\$32/person

Sess 1 Deadline Date: 1/20 (fee increases by \$5 after 1/20)



Heartsaver CPR/First Aid/AED

Instructor: Clinton Fire Protection District

If you're a parent, grandparent, babysitter, family member, or friend, this class is for you! The course covers adult, child, and infant CPR and AED use, how to relieve choking in all ages, and basic first aid skills. Upon successful completion, participants earn a two-year certification, equipping you with the knowledge and confidence to respond to cardiac, breathing, and first aid emergencies. Min/Max: 6/12

Sess	Age	Day	Date	Time	Location	Fee
1	16+	Tue	11/12	5:00-9:00pm	CES Conf. Room	\$25/person
2	16+	Tue	2/25	5:00-9:00pm	CES Conf. Room	\$25/person

Sess 1 Deadline Date: 11/4 (fee increases by \$5 after 11/4)
 Sess 2 Deadline Date: 2/17 (fee increases by \$5 after 2/17)

Caring for the Caregiver

Instructor: Brandyn Simmons, Caring Senior Service

Are you a senior who is wanting more resources on how to age with dignity? Or a family caregiver who is caring for a loved one and trying to avoid burnout? This workshop will teach how to avoid burnout, how to age in place, how to live well, and how to die well. With topics around advance directives, long term care, end of life care, and much more, you will receive the tools you need to care for your loved one and yourself while maintaining autonomy and sanity! Min/Max: 5/25

Sess	Age	Day	Date	Time	Location	Fee
1	18+	Mon	9/16	5:30-7:00pm	CJSH Rm 123	FREE; reg req.

Sess 1 Deadline Date: 9/10 (free, advanced registration required)



Help! I Have a Struggling Reader!

Instructor: Tracy Maxwell, Great Minds Dyslexia Cntr

Do you have a struggling reader? Have you noticed your child skips or misreads little words (to, of, from, for, etc.), guesses words instead of sounding them out, relies on pictures to read, or has difficulty spelling? These can all be signs of a common learning difference. Come, hear how the brain learns to read, and why your child may be doing it differently! Min/Max: 5/30

Sess	Age	Day	Date	Time	Location	Fee
1	18+	Wed	11/6	6:30-8:00pm	CJSH Rm 123	\$5/person

Sess 1 Deadline Date: 10/29 (fee increases by \$5 after 10/29)

How Does Dyslexia Feel?

Instructor: Tracy Maxwell, Great Minds Dyslexia Cntr

Dyslexia is a common learning difference that is characterized by an unexpected difficulty with reading, spelling, and writing. Dyslexia affects 20% of the population, though most often goes undiagnosed. Come experience, first hand, what it feels like to struggle with language processes that come naturally to most. This is an interactive presentation - be ready to do things a little differently! Min/Max: 5/30

Sess	Age	Day	Date	Time	Location	Fee
1	18+	Wed	11/20	6:30-8:00pm	CJSH Rm 123	\$5/person

Sess 1 Deadline Date: 11/12 (fee increases by \$5 after 11/12)

COMMUNITY MUSICAL

Instructor: Aaron Bennett, CCSD Choral Director

Presenting Clinton's first ever community musical! This show is open to anyone who would like to try to be on stage, backstage, or a part of the pit orchestra. All ages are welcome with younger elementary age students encouraged to participate with their family members. Rehearsals will begin weekdays in April with auditions and sign up in March. Stay tuned for more information.



Mixed Yoga Flow

Instructor: Marcia Luety

A Mixed Yoga Flow class is a vinyasa yoga practice with options for all levels. Start with a warmup, move through poses to build strength, flexibility, balance, and posture, and finish with deep stretches and relaxation. Ideal for those comfortable moving between floor and standing positions, this class blends effort with surrender. Please bring a yoga mat. Class is 7 weeks. Min/Max: 8/20

Sess	Age	Day	Date	Time	Location	Fee
1	16+	Tue	10/1-11/12	3:45-4:45pm	CES 4k/5k Commons	\$70/person

Sess 1 Deadline Date: 9/24 (fee increases by \$5 after 9/24)

Gradual Yoga

Instructor: Megan Pasciak, Lifestyle Focus Fitness

Join us for an invigorating yet relaxing yoga experience. This class combines work and rest to gradually improve balance, strength, and flexibility. Find calm after an intense day. We will practice a combination of standing and seated exercises that will help your joints feel good and help you train your posture muscles. All levels welcome; ability to get up/down off the floor required. Please bring a yoga mat. Class is 4 weeks. Min/Max: 5/20

Sess	Age	Day	Date	Time	Location	Fee
1	16+	Wed	1/8-1/29	3:45-4:45pm	CES 4k/5k Commons	\$40/person

Sess 1 Deadline Date: 12/29 (fee increases by \$5 after 12/29)

Posture Perfect SGT

Instructor: Megan Pasciak, Lifestyle Focus Fitness

Posture affects how we move and stand, but also affects how we look and feel. This special class is more like personal training, but in a small group. It will assess your vertical baseline, provide potential corrections for better posture, and exercises to achieve it. Wear comfortable clothing that is form fitting and get ready to learn the best ways you can improve your posture through strengthening and stretching! Min/Max: 2/6

Sess	Age	Day	Date	Time	Location	Fee
1	18+	Thur	10/3-10/24	5:30-6:30pm	CJSH Multi Purp	\$75/person

Sess 1 Deadline Date: 9/25 (fee increases by \$5 after 9/25)

YOGA & MOCKTAILS

Yoga Class

with Megan Pasciak

Saturday, January 11
9:00-10:30am
At CES Gym

After the holiday rush, you deserve some "me time." Start with a rejuvenating 1-hr yoga session designed to stretch, strengthen, and sooth your body and mind. Afterward, unwind and mingle over a refreshing mocktail. One mocktail included with registration specialty made by The Thirsty Outlaw. Min/Max: 8/50

Sess	Age	Day	Date	Time	Location	Fee
1	18+	Sat	1/11	9:00-10:30am	CES Front Gym	\$20/person

Sess 1 Deadline Date: 1/5 (fee increases by \$5 after 1/5)



New Program Idea?



If you have an idea for a spring/summer program or would like to teach a class, please reach out to the CAP office!

CAP IS HIRING

Part-time energetic individuals who enjoy working with kids and adults are needed to assist with various activities on an as-needed basis. Flexible! Ages 16+.

For more info: clintonactivities.com



Mileage Mavericks

Instructor: Stacy Beals, Phy-Ed & Health Teacher

This walking program is a structured plan that is designed to help individuals incorporate regular walking into their daily routine to improve fitness, health, and overall well-being. Resistance bands (ski walks) for a cardiovascular increase will be available. The session will end with mild stretching suited to fit your needs. Please wear comfortable clothing and walking shoes. Min/Max: 5/30

Sess	Age	Day	Date	Time	Location	Fee
1	10+	Mon/ Wed	*10/7- 11/13	6:00- 7:00pm	CJSH Rm 105	\$20/ person
2	10+	Mon/ Wed	**1/6- 2/12	6:00- 7:00pm	CJSH Rm 105	\$20/ person

*Sess 1: No class Oct 23 / **Sess 2: No class Jan 20

Sess 1 Deadline Date: 9/30 (fee increases by \$5 after 9/30)

Sess 2 Deadline Date: 12/29 (fee increases by \$5 after 12/29)

Dare to Dance

Instructor: Megan Pasciak, Lifestyle Focus Fitness

Embrace the joy of movement, improve your fitness, and feel your confidence soar! No dance experience is needed - just come ready to move, smile, and transform your day. This all levels adult class uses a combination of styles from line dance to ballet, to hip hop, aerobic dance, and more. Find your groove in this judgement free space where you can move and have fun! Min/Max: 5/20

Sess	Age	Day	Date	Time	Location	Fee
1	16+	Wed	*11/6- 12/4	5:30- 6:30pm	CES 4k/5k Commons	\$40/ person

*No class Nov 27

Sess 1 Deadline Date: 10/29 (fee increases by \$5 after 10/29)

Intro to Pickleball

Instructor: Julie Fiebig

This class is an introductory class to the game of pickleball. Beginners will learn essential skills and techniques, including serving, returns, volleys, and dinking. The class covers scoring, rules, and foundational techniques for recreational play. Perfect for those new to the sport. Min/Max: 5/20

Sess	Age	Day	Date	Time	Location	Fee
1	18+	Mon	11/18- 12/9	6:00- 7:00pm	CES Front Gym	\$25/ person
2	18+	Mon	1/20- 2/10	6:00- 7:00pm	CES Front Gym	\$25/ person

Sess 1 Deadline Date: 11/10 (fee increases by \$5 after 11/10)

Sess 2 Deadline Date: 1/12 (fee increases by \$5 after 1/12)



Open Pickleball Play

You're invited, and all skill levels are welcome! Balls, nets, and some paddles will be provided, but feel free to bring your own paddle. Newcomers are welcome anytime - no partner or sign-up needed. Enjoy friendly competition and meet fellow pickleball enthusiasts in a welcoming environment.

Open Pickleball is organized in partnership with volunteer pickleball players who manage the Facebook group "Clinton, WI Pickleball." Be sure to follow the page for updates!

Sess	Age	Day	Date	Time	Location	Fee
1	16+	Wed	*10/2- 3/26	6:00- 7:30pm	CES Front Gym	FREE

*CES Back Gym from 5:00-6:30pm on 11/6, 11/13, 2/26 & 3/5
No pickleball 11/27, 12/25 & 1/1

Below are volunteer-run youth organizations in Clinton that offer additional recreational activities. For any questions, please contact the individuals listed.

Clinton Youth Baseball

The program is a recreational league for ages 4-14, playing in the Sateline League with Clinton, Roscoe, and Rockton. The season runs from mid-May to mid-July and features an end-of-season tournament and an all-star game, with age groups divided into 4U, 6U, 8U, 10U, 12U, and 14U.

Email: pwesling25@yahoo.com

Website: www.clintonyouthsports.com

Clinton Youth Football

Flag football for current 1st and 2nd graders and tackle football for current 3rd through 6th graders in a recreational yet competitive atmosphere that teaches valuable football and life skills. Registration opens in April, with an 8-12 week season starting in August and ending in October depending on the level.

Email: clintonyouthfootballclub@gmail.com

Website: www.clintonyouthsports.com

Clinton Youth Wrestling

The program is a competitive wrestling club ranging in ages Kindergarten through 8th grade. The season begins mid-November and runs through mid-March. All experience levels welcome..

Email: roniquet@clintonwis.com

Clinton Cub Scouts Pack 322

Clinton Cub Scouts Pack 322 meets at 6:00pm on the first and third Tuesday of each month from September to May at the Clinton Senior Center/American Legion/VFW hall.

Contact: Crystal Byerley

Text or Call: 815-970-2740

Website: beascout.org

Clinton Youth Basketball

Youth basketball is for grades 1-8 with practices beginning shortly after Labor Day. Players have an average of two practice days per week through the season with other additional skill building opportunities.

Email: speters10119@gmail.com

Website: www.clintonyouthsports.com

Clinton Youth Softball

The program is a recreational league for ages 6-14. Practices are in Clinton and games are in the Janesville Youth Softball League. The season runs from mid-May to the end of July. The program focuses on teaching fundamentals and developing knowledge of the sport.

Email: bellem0310@hotmail.com

Website: JYBSA.org

Youth Bowling

At Cougar Lanes in Clinton, youth bowling leagues offer coaching, scholarship opportunities, and sportsmanship development. The leagues, open to ages 8 and under as well as ages 9 and up, take place after school on Tuesdays or Thursdays, or on Saturday mornings, starting in September and running through mid-April.

Email: mark@cougarlanes.com

Website: www.cougarlanes.com/Youth

Clinton Girl Scouts

Clinton Girl Scouts meets from September to May. If you're interested in learning more about how to join girl scouts, please contact Ashley Thiede.

Contact: Ashley Thiede

Call: 262-233-0772

Email: ashley.thiede@yahoo.com



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Clinton, WI 53525

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WHAT'S HAPPENING IN CLINTON?

SEPTEMBER

- 7 CAP Open House
- 9 FIRST LEGO League
- 10 Playground Playdate
- 14 5K & 1 Mile Run/Walk
- 16 Caring for the Caregiver
- 21 Foam Dart Frenzy
- 24 Instant Pot Basics
- 25 Family Pins & Pizza
- 25 Build A Buddy

DECEMBER

- 2 Start Smart Baseball
- 6 Winter Wonderland
- 11 Community Woodshop
- 14 Santa's Helpers Fun Day

JANUARY

- 6 Mileage Mavericks Sess 2
- 8 Family Pins & Pizza
- 8 Community Woodshop
- 8 Gradual Yoga
- 11 Yoga & Mocktails
- 13 Start Smart Soccer
- 20 Adult Sewing 101
- 20 Intro to Pickleball Sess 2
- 21 Cake Decorating 101
- 23 Youth Sewing
- 28 Knife Techniques & Salsa

OCTOBER

- 1 Cricut for Beginners
- 1 Mixed Yoga
- 2 Open Pickleball Begins
- 2 Family Yoga & Fun
- 3 Posture Perfect SGT
- 3 Yoga for Jr./Sr. High Girls
- 7 Muffins & Me
- 7 Mileage Mavericks Sess 1
- 8 Playground Playdate
- 10 Canvas Creations: Pumpkins
- 19 Foam Dart Frenzy
- 22 Pumpkin Chalk Walk Begins
- 24 Safe Sitter Essentials
- 24 Safe @ Home
- 27 Fall-O-Ween

FEBRUARY

- 1 Make & Take: Play-Doh
- 12 Community Woodshop
- 17 Adult Sewing
- 20 Youth Sewing
- 22 Puzzle Palooza
- 25 CPR/First Aid/AED
- 27 Canvas Creations: Highland Cow

NOVEMBER

- 4 Youth Kitchen Skills
- 6 Dare to Dance
- 6 Help! Struggling Reader
- 7 Watercolor Basics
- 12 Filling & Frosting Cupcakes
- 12 CPR/First Aid/AED
- 16 Foam Dart Frenzy
- 18 Intro to Pickleball Sess 1
- 20 How Does Dyslexia Feel
- 23 Mystery Trip
- 26 Safe Sitter Essentials
- 26 Safe @ Home

MARCH

- 11 Steak Perfection
- 12 Community Woodshop

View the full events calendar by scanning the QR code below (or go to clintonactivities.com). Check here for updates and changes throughout the year!

