



## Things to do to stay active in the community

### Fort Atkinson

There are many opportunities around the area for adults and youth to participate in. What can you do on a hot summer day to cool off? Visit the Family Aquatic Center located at 1300 Lillian St. Daily admissions are \$3.25 for adults and \$3 for youth. Season passes are \$35 for an individual, \$80 for a family. The cost is reduced to \$70 prior to May 15. Swim lessons are also available.

Interested in spending some time with friends? Join any of the following adult summer leagues: volleyball, basketball, or softball.

Not a sports or water fan? Take a stroll along the Fort Atkinson Riverwalk.

### Whitewater

Adult program are available! Sign up to participate in softball or partake in soccer, basketball or volleyball open gyms located at the Downtown Armory.

Want to keep your children active? Sign them up for volleyball, flag football, basketball, baseball, softball, t-ball or tennis.

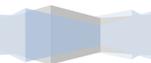
Looking to do something as a family? Participate in the W3 (Working for Whitewater's Wellness), a local event that consists of parenting classes, yoga, boot camp, a poker walk, zumba and much more!

### Jefferson

The Jefferson Parks and Rec offers numerous opportunities for adults. Participate in adult bike rides every Wednesday morning beginning at 7 a.m. Looking to relax? Sign up for yoga or continuing yoga classes. Water aerobics and jazzercise are also available!

Kids want to play sports and make friends? There are activities for that, too! Sign up for flag football, t-ball (ages 5-6), minor league baseball (ages 7-8), major league baseball (ages 9-10), little league baseball (ages 11-12), girls' fastpitch softball (ages 9-16), pony league baseball (ages 12-14), outdoor soccer, and tennis (ages 7-18).

Want to visit a water park, but the cost is just too expensive? The Jefferson Parks and Rec also offers discounts! Want to spend a day at Noah's Ark? Costs are \$29 for adults and \$7.50 for children ages 3-12. How about spending some time with the animals? Milwaukee County Zoo tickets are \$9.75 for adults and \$7.50 for children ages 3-12. Have a child 2 years of age or below? They get in for free!



## Madison

Are you an avid biker? Take a stroll along the Capitol City Trail. The trail takes you along the Capitol where you are able to view the beautiful scenes Madison has to offer. There is a \$4 fee upon completion. Used to biking great distances? Take a ride along the Military Ridge State Trail. This trail is nearly 40 miles long!

## Watertown

Get those kids involved! Sign them up for youth baseball (t-ball, pee-wee, minor slow pitch, minor fast pitch, major slow pitch and major fast pitch), basketball, flag football, soccer, golf lessons, tennis, wrestling, volleyball, and ballet. More concerned with keeping yourself active? Join a summer league! Basketball, volleyball and softball leagues are available. Other activities include tennis, yoga, water aerobics and baseball!

Want to spend more time with the family and spend close to nothing? The following places offer great beaches for cheap prices! Lake Mills: Sandy Beach Park (\$3) and Bartels Beach. Cambridge: Ripley Park (\$2).

**For more information on staying active in your community, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or [Sharon.Rateike@forthc.com](mailto:Sharon.Rateike@forthc.com).**

