



Fall 2022 Program Guide

CI Playgroups

Free Birth-to-Three Playgroup

This drop-in playgroup is for children and their caregivers to explore and practice social, play, and motor skills in a fun environment with peers! CI staff will be present to facilitate play and answer questions.

Tuesdays from 9:30-10:30AM

Free Open Gyms

We're partnering with our friends at Forward Athletics again to provide your family with a space to be active or learn a new game.

5:30PM-6:30 PM on October 12th, October 26th, November 15th, November 29th, December 14th, December 21st.

Playgroup and Open Gyms will be held at Forward Athletics; 2911 Marketplace Dr. Fitchburg, WI 53719

Pre-registration is recommended, but not required. Please sign up at <https://www.citherapies.com/ciconnect/>



Library Story Times

Join a member of CI Pediatric Therapy Centers' staff for an interactive story time of books, songs, movement, crafts and fun! Activities will be geared towards 2-5 year olds, but all ages are welcome!

Waunakee Public Library

9:45AM

October 21, November 18, December 16

Fitchburg Public Library

10:00 AM

October 13, November 10, December 8

Middleton Public Library

10:00AM

October 7, November 4, December 2

Verona Public Library

9:30AM

September 23, October 19, December 9

Forward Athletics Groups



Fitness Foundations

Thursdays 4:30-5:25pm from 9/22-10/27

Join this class where athletes of various abilities will improve their strength and fitness. This class is recommended for athletes with Down syndrome. Activities will include upper body strengthening, core strengthening, lower body strengthening, and building overall endurance and stamina. Our instructor, Andrew, will lead this class and recommends it for participants 11 years of age and up. *Enrollment is open for all dates.*

Building Blocks for Competitive Sports

Thursdays 5:30-6:25 from 9/22-10/27

Join this class to improve your participation and skill in fall and winter sports. This class is recommended for kids with hemiplegia and/or other side to side differences to work on skill attainment and improvement for success in all sports they are interested in. Our instructor, Andrew, will lead this class and recommends it for participants 10 years of age and up. *Enrollment is open for all dates.*

To register for these Forward Athletics Groups, sign up online:

Forward Athletics: <https://www.forwardathleticswi.com/the-classes>



Fall 2022 Program Guide

Recreation Departments

All programs are instructed by CI Pediatric Therapy Centers Staff and take place through the Fitchburg Recreation Department and the Middleton Recreation Department. These programs will support the needs of all individuals and abilities.

Fall Crafty Kids (Ages 6 - 10)

Get in the fall spirit by creating some amazing fall masterpieces! Don't miss this chance to let your creativity shine on your day off school.

- Middleton: **Monday, October 17th, 9:00am - 12:00pm** (Hubbard Activity Center)
- Fitchburg: **Friday, October 14th, 9:00am-12:00pm and Thursday, October 20th, 9:00am-12:00pm** (Huegel-Jamestown Park)

On the Move (Ages 6-10)

On the Move will give kids a chance to learn and play some fun group games that will keep them active on their day off of school and carry over into future playground and recess fun!

- Fitchburg : **Friday, November 4th, 1:00-4:00 PM** (Fitchburg Community Center)

DIY Gifts and Craft Making

Let's get crafty! From snowman stones to felt flowers, learn what crafts you can make from reusing items found around the house or outside!

- Middleton (Ages 6-10): **Monday, November 14th, 9:00am - 12:00pm** (Lakeview Park Indoor Shelter)
- Fitchburg (Ages 7-12): **Wednesday, November 23rd, 9:00am-12:00pm and 1:00-4:00pm** (Fitchburg Community Center)



Middleton WI
The Good Neighbor City



To register for these recreation department groups, sign up online:

Fitchburg Recreation Department: <https://fitchburgwi.gov/599/Recreation>

Middleton Recreation Department: <https://www.cityofmiddleton.us/176/Recreation-Programs>