



# Winter/Spring 2023 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**

Playgroups will be held at three locations

**Forward Athletics:** 2911 Marketplace Dr; Fitchburg, WI 53719

**CI Mount Horeb Clinic:** 107 S. 3rd St; Mount Horeb, WI 53572

**CI Waunakee Clinic:** 114 E. Main St. #225; Waunakee, WI 53597

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

*Check the sign up weekly to confirm playgroup dates at each location.*



## 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

January 13, February 10, March 17, April 21, May 19

### Fitchburg Public Library

10:00 AM

January 12, February 9, March 9, April 13, May 11

### Middleton Public Library

10:00AM

February 3, March 3, May 5

### Verona Public Library

February 24 (9:30AM), March 16 (10:30AM),  
April 14 (9:30AM),  
May 18 (10:30AM)

## Forward Athletics Groups



### Girl Strong

**Wednesdays 4:00-4:45pm from 1/4-3/22**

A strength and cardio conditioning class for girls ages 8-12 with themed activities built around self-confidence, inner dialogue, motivation and what it means to be strong both inside and out. Meets in the studio. *Enrollment is open for all dates. See Forward Athletics Website for additional class options.*

**Register online at:** <https://www.forwardathleticswi.com/the-classes>



## CI Sports Rehab

Was your student athlete injured during winter sports or in need of a tune up before spring sports ramp up? CI Pediatric Therapy Centers is now offering pediatric sports rehabilitation at Forward Athletics (2911 Marketplace Dr, Fitchburg, WI 53719) where we specialize in sports related acute, chronic, and overuse injuries, including concussion management. Our rehabilitation program addresses injuries that may occur in various sports such as: basketball, volleyball, soccer, baseball, softball, tennis and more! Curious if your child could benefit from Physical Therapy, we offer free injury screens. Visit our website-<https://www.citherapies.com/our-services/sports-rehab/> or call (608) 819-6394 to learn more.



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## 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.*

### Game Makers (Ages 8 - 12)

In this program, we're all about fun and games! We'll be playing active indoor games and creating our own board games to play. Put your creations to the test with some friendly competition!

- **Fitchburg: Friday, January 20th, 9:00AM-12:00PM** (Fitchburg Community Center)
- **Middleton: Monday, January 23rd, 9:00AM-12:00PM** (Lakeview Park Shelter)

### Winter Wonderland (Ages 6-10)

Join us for a fun winter themed day off school! We will be making crafts, building in the snow, and exploring our creative minds with some science experiments.

- **Fitchburg: Friday, February 17th, 9:00AM-12:00PM** (Fitchburg Community Center)
- **Middleton: Monday, February 20th, 9:00AM-12:00PM** (Lakeview Park Shelter)

### Spring Crafty Kids (Ages 6-10)

Get in the springtime spirit while making amazing crafts. We will be making springtime masterpieces using a variety of materials and art supplies.

- **Fitchburg: Wednesday, March 22nd, 9:00AM-12:00PM and Monday, March 27th, 9:00AM-12:00PM** (Fitchburg Community Center)
- **Middleton: Friday, March 31st, 9:00AM - 12:00PM** (Lakeview Park Shelter)

### Spring Stem (Ages 8-12)

Learn all about STEM while creating projects like traveling rainbows, egg catapults and more. We'll be experimenting with science, technology, engineering, and math all while making exciting projects.

- **Fitchburg: Friday, April 7th, 9:00AM-12:00PM and Friday, May 26th, 9:00AM-12:00PM** (Fitchburg Community Center)
- **Middleton: Monday, April 17th, 9:00AM - 12:00PM** (Lakeview Park Shelter)



**Middleton**<sup>WI</sup>  
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>