



# Fall 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 two locations:

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

**CI Waunakee Clinic:** 1102 Stephenson Lane, Suite 100; 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!

### Cottage Grove (Phoebe Bakken Memorial Park)

9:00 AM

September 11, October 9, November 6

### Verona Public Library

10:30 AM

October 26, November 2, December 21

### Fitchburg Public Library

10:00 AM

September 14, October 12, November 9, December 14

### Waunakee Public Library

9:45AM

September 1, October 13, November 10, December 8

### Middleton Public Library

10:00AM

September 8, October 6, November 3,  
December 1

## CI Sports Rehab



Was your student athlete injured over the summer or in need of a tune up before fall sports ramp up? CI Pediatric Therapy Centers is now offering pediatric sports rehabilitation at Forward Athletics 2911 Marketplace Dr, Fitchburg, WI 53719.

We specialize in sports related acute, chronic, and overuse injuries. Our specialty services include concussion management and golf evaluations. 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: [citherapies.com](https://www.citherapies.com) or call (608) 819-6394 to learn more.



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## Recreation Departments

*All programs are led by CI Pediatric Therapy Centers Staff and take place through the Fitchburg Recreation Department, Middleton Recreation Department and Waunakee Recreation Department. These programs aim to support the needs of all individuals and abilities.*

### Young Yogis (Ages 6-10)

Learn how to practice mindfulness and feel settled in your body. We will participate in guided meditation, gentle yoga movement, and peace of mind activities.

- **Middleton: Monday, October 16, 9:00AM-12:00PM** (Hubbard Activity Center)

### On The Move (Ages 8-12)

Let's get moving on your day off school! This program will include active indoor and outdoor (weather permitting) group games that will promote an active lifestyle and will teach participants many ways to stay active while having fun.

- **Waunakee: Friday, October 27th, 9:00AM-12:00PM** (Waunakee Recreation Center)

### Passionate Painters (Ages 6-11)

Allow your creativity to flow and join us in exploring the magical world of painting! We will work with different kinds of paint & textures and learn about color mixing, all while creating your own ideas!

- **Middleton: Monday, September 18th, 9:00AM - 12:00PM** (Hubbard Activity Center)
- **Fitchburg: Tuesday, September 26th, 4:00-6:00 PM** (Fitchburg Recreation Center)

### DIY Gifts and Craft Making (Ages 6-11)

Let's get crafty! DIY photo frames, coasters, and keychains - learn what crafts you can make from reusing items and exploring with a variety of materials.

- **Fitchburg: Thursday, October 19th, 9:00AM-12:00PM** (Fitchburg Community Center)
- **Middleton: Monday, November 13, 9:00AM - 12:00PM** (Hubbard Activity Center)



Middleton<sup>WI</sup>  
The Good Neighbor City



To register for these recreation groups, sign up online:

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

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

Waunakee Recreation Department: <https://www.vil.waunakee.wi.us/393/Recreation-Programs>