

CAMBRIDGE CAP  
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CAMBRIDGE WI

# The Cambridge Re-CAP

WINTER/SPRING 2009

## CAP to Manage Ripley Park

The Cambridge Community Activities Program and the Cambridge Foundation have recently partnered together to enhance and promote Ripley Park. Located on the west shores of Lake Ripley, the park is made up of 18 acres and is privately owned by the Cambridge Foundation.

The Cambridge Foundation was established in 1947, providing an easy and effective way for donors to make a lasting impact on Cambridge and the surrounding areas. Annually, the Cambridge Foundation awards grants to community organizations and projects to enhance the quality of life for Cambridge area residents.



The CAP is very excited to be partnering with the Foundation on this project!

To further the missions and visions of both the CAP and the Cambridge Foundation, we will be promoting the utilization of Ripley Park, encouraging and assisting area residents to make the most of this beautiful community asset. The Cambridge

Foundation will continue to fund all park related expenses, and in many aspects the change in management will go unnoticed at Ripley Park. The most significant change occurring is the handling of park reservations and employment. Both of these items will now be handled through the CAP office,



creating a central location for Park and Recreation related activities for the Cambridge Community.

Directly overseeing the operations of the park will be Jody Wilke, current Youth Center Coordinator. Jody will be on-site at Ripley Park several days a week. She will offer structured programming for the middle school aged youth that already take advantage of the park. Jody believes this will offer youth a great location to gather with friends and enjoy organized, supervised fun! Jody is looking forward to this new opportunity for the community.

Recently hired as an intern for the CAP, Jake Donar will be working closely with Jody to coordinate many aspects of the

park. Jake will be responsible for programming, maintenance, concessions, and rentals. Jake recently received a degree in Recreation Resources Management from UW Madison, and is eager to apply his knowledge and experience to best fit the needs of Ripley Park.

The CAP is looking forward to implementing new programs and activities for the community at Ripley Park. We will continue to offer summer movies in the park, as well as summer tennis lessons. Watch for new offerings in the summer CAP brochure!



Ripley Park is the perfect location to host your next family reunion, company picnic, birthday party, or baby shower. The possibilities are endless! Please contact the CAP office at (608) 423-8108 if you would like to make a reservation. The calendar is filling up fast!

Ripley Park season passes are also available. Passes are \$20 if purchased prior to April 30, 2009. Passes purchased after May 1 will be \$25. Get yours today!



### SPECIAL POINTS OF INTEREST:

- Ripley Park
- Meet the Staff
- Youth Council
- Blue Fins
- Active Adults



# Meet . . . Kathryn Jenkins



Kathryn Jenkins has been employed by the Cambridge Community Activities Program since September 2006.

Kathryn began her career with the CAP as a lifeguard. Since then, she has accepted a variety of roles in the organization such as Youth Athletics Supervisor, Head Lifeguard, and Water Safety Instructor. Additionally, Kathryn works closely with the Blue Fins Youth Swim Team.

A native of Cambridge, Kathryn graduated from Cambridge High School in 2008. She is now attending Madison Area Technical College in Madison, pursuing a Liberal Arts degree with hopes to transfer to a university and become a high school history teacher.

Kathryn has a variety of interests outside of work including swimming and spending time with her friends and family.

Aquatics Coordinator Lesli Buehler states, "Kathryn is a valuable asset to the Cam-

bridge Community Activities Program. From starting out as a lifeguard, she has now developed into an extremely well rounded employee to which we use her in many different programs areas. Her skills and leadership are a part of what makes CAP successful. We are very lucky to have her!"

Kathryn will be a familiar face on the soccer field this spring, as she will be the onsite supervisor for the Saturday morning soccer program. Be sure to stop her and say hello!

*"It's kind of fun to do the impossible."*  
~Walt Disney



## Adult Leagues are Booming

On a typical Wednesday night, you may expect to find the gyms at the Cambridge High School quiet. However, thanks to the Cambridge CAP's adult leagues on Wednesdays, the gyms are anything but quiet! With eight teams in the adult co-ed volleyball league and six teams in men's basketball, the high school gyms are filled with excitement. CAP Director Bridgette Scott is thrilled with the turnout in both leagues. She

mentioned, "This is the best turnout we've seen for adult volleyball in the past five years. We have a very active group of volleyball players and are even routinely having enough players come for Sunday night open gym. It's great to see and fun to be a part of!"

The CAP hopes that the volleyball fever will continue. Partnering with Lake Ripley Lanes, the CAP will be offering many summer sand volleyball leagues.

Jeremy Porter, owner of Lake Ripley Lanes, is excited for the upcoming season and is looking forward to seeing the newly-installed sand volleyball court utilized. Porter said, "The volleyball court is a great addition to our facility. I am looking forward to the new leagues and believe it will be a nice fit with our already active whiffle ball leagues." For more information on upcoming adult leagues click on [www.cambridgecap.net](http://www.cambridgecap.net) or contact the CAP office at (608) 423-8108.

## Belly Dancing Basics

The Basics of Belly Dancing class offered by the CAP this winter was a great success with 18 participants!

Taught by Arielle Juliette, participants sported hip scarves and practiced moves such as hip accents, figure eights, hip circles, shimmies, and undulations, all while getting a great workout!

Dancer Sharon Hinich com-

mented, "This is a great workout! It takes a lot of concentration but it is very fun, and Arielle is wonderful!"

Arielle Juliette has been belly-dancing for five years, studying under teachers located throughout the country, and has developed a passion for the art. She is excited that the dance is currently experiencing a renewal of interest in mainstream America.

The third session of Belly Dancing Basics runs April 30 through June 4. Please visit [www.cambridgecap.net](http://www.cambridgecap.net) for more information on the class or to register for future sessions.



# Swimming toward Success

With 70 participants this Winter season, the Cambridge Blue Fins continue to succeed! The most recent season ran from January 12 through March 6. The Cambridge Blue Fins is a youth swim team that kids from Kindergarten to 12th grade can participate in. The program provides an environment which increases self-confidence, motivation, and keeps kids healthy and moving.

Kathy Sayre has been coaching the Blue Fins for the past 10 years. This year, she was joined by new coach Jennifer Fleener. Jennifer stated, "I was impressed with the number of swimmers we had participating in the program this season. Many swimmers continuously improved on their times at each meet. These

swimmers not only worked hard, but they had a lot of fun as well. Both Kathy and I continued to see improvements in stroke technique and times throughout the season. It has been a wonderful experience to coach this talented group of swimmers!"

The Blue Fins participated in numerous meets during the season. Competition included teams from Lodi, Milton, Waunakee, Edgerton, and Delavan. The recently added Blue Fins record board gave swimmers the extra drive and motivation to push themselves to



reach their goals. Some recently attained records showcased on the record board are: Cody Harrison - 50 yard backstroke in 1.22.45, Brooke Parish - 50 yard backstroke in 48.08,

and Denver Evans - 100 yard backstroke in 1.51.49. Great job!

Lesli Buehler, CAP Aquatics Coordinator commented, "The CAP is so proud of the Blue Fins. It is a great

program and the kids really enjoy it. The support from the parents and coaches helps make this program what it is. If you have not attended a Blue Fins swim meet, try to take the time and see what it is all about. You will be impressed!"

## Youth Council Pitches In

The Youth Center Youth Council is a group of middle school students who dedicate some of their time to help out the CAP Youth Center as well as the Cambridge community. In addition, members assist in planning and implementing fundraisers to benefit the Youth Center.

One of the most recent activities the Youth Council has devoted their time to was the Taco Bar. The annual fundraiser was held on



March 5, and nine Youth Council members volunteered their time to serve the dinner to those in attendance. Shown below left are the Council members having fun while volunteering their time.

The Youth Council also recently created coloring books to be delivered to Madison hospitals for children who are patients there. Each student submitted a picture to be used as a page in the coloring book, and each created their own cover for a book as well. The Youth Council members came up with the idea of creating coloring books on their own and were very passionate about it.

Current members of the Youth Council are Hanna Paxson, Katie Seidl, Maddy Ley, Katelyn Evans, Nicole Lettman, Lisa Zibell, Colton Schultz, Lucy Wallman, and Jared Horton.

Members earn points for volunteering time or participating in Youth Council meetings. Quarterly, the top point earners then get to collectively choose an activity or field trip of their choice as a reward for their volunteerism. Recently, the top point earners chose to go see a movie and go shopping at the mall.



For more information on the Youth Council or the CAP Youth Center, please contact Jody Wilke at (608) 423-8045 or [youthcenter@cambridge.k12.wi.us](mailto:youthcenter@cambridge.k12.wi.us).

*"Children  
are like wet  
cement. What  
falls on them  
makes an  
impression."*

*~Haim  
Ginott*



Cambridge

### Community Activities Program

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### Mission Statement

The Cambridge Community Activities Program encourages and promotes life-long wellness by providing a variety of high-quality recreational activities, learning opportunities, aquatics programs, and services to the broad Cambridge area community.

### Coming soon . . .

Watch your mailboxes the week of April 13 for the Summer edition of the CAP brochure, which will highlight the CAP's 2009 Summer Day Camp schedule. In addition to Day Camp, there will many exciting activities for everyone in the family to enjoy.

We are continuously looking for new ideas for programs or classes. Please don't hesitate to contact us and share your suggestions!



# Seniors in Motion

New this winter, the CAP introduced the Active Adults Exercise Program to senior citizens of the Cambridge community. The Active Adults Exercise Program is offered on Mondays and Wednesdays from 9 a.m. until 9:45 a.m. in the Historical Auditorium at the Nikolay Middle School.

The "active adults" are instructed by Certified Personal Trainer

Tracy Peterson. Tracy became certified by the American Council on Exercise as a personal trainer in 2007, and is cur-



rently employed by Snap Fitness in Fort Atkinson as a Manager and Fitness Professional.

Tracy recently attended one of the CAP's senior citizen luncheons to talk to the group about the benefits of staying active during the aging process. Tracy stressed to the group that it is necessary to maintain good levels of functionality for activities of daily living. In addition, senior citizens will reap the benefits of reduced stress, improved strength and flexibility, and general health improvements while preventing falls, muscle atrophy, and joint freezing.

The Active Adults Exercise Program includes a variety of different

movements, including walking, upper and lower body exercises using hand weights and resistance tubes, abdominal exercises, stretching, balancing movements, and a cool down. All of



these movements can be modified to accommodate different levels of fitness.

For more information on the Active Adults Exercise Program, please contact Jody Wilke at (608) 423-8045 or [youthcenter@cambridge.k12.wi.us](mailto:youthcenter@cambridge.k12.wi.us).

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