

Registration begins August 4, 2022 | Para ayuda en español: 414.475.8180

# FALL Recreation Guide



Activities for the entire community  
**YOUTH | TEENS | ADULTS | SENIORS**

[mkerec.net](http://mkerec.net)



A department of **MPS**

# Fall fun ahead with Milwaukee Recreation!



As our summer season comes to a close, I hope you had the opportunity to enjoy a new activity, explore the great outdoors, or spend time with family and friends.

And though we are saying goodbye to summer, Milwaukee Recreation is excited to usher in a fall season that is jam-packed with activities, sure to keep the fun going all year long.

This fall, we are celebrating our 15th annual Run Back to School on Saturday, August 27. This 5K fun run and 1.5-mile walk through Washington Park is a great way to kick off another school year! Additionally, we hope you will join us at the 29th annual Halloween Glen on October 7 & 8. This year's theme is Stories in the Stones.



We hope you take some time to browse this guide to see all that Milwaukee Recreation has to offer this season. You truly never know what you will find. We look forward to seeing you this fall!

Dr. Keith P. Posley  
Superintendent of Schools

## MPS FIVE PRIORITIES FOR SUCCESS



## BEHIND EVERY FUTURE GRADUATE, IS A DEDICATED TEACHER.

**Put a brighter future in focus, enroll today.**

From Montessori to STEM and from immersion to IB, MPS has many great options for your child's education. Visit [mpsmke.com](https://mpsmke.com) to discover the best choice for your family. Early start schools begin **Monday, August 15, 2022**. Seats fill quickly. For more information, please call **(414) 475-8159** or email [enrollmentsupport@milwaukee.k12.wi.us](mailto:enrollmentsupport@milwaukee.k12.wi.us).



**STEAM**  
SCIENCE  
TECHNOLOGY  
ART  
ENGINEERING  
MATH



6 Primary Years Programme  
6 Middle Years Programme  
6 Diploma Programme



**Apply. [mpsmke.com/enroll](https://mpsmke.com/enroll)**

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**MILWAUKEE  
PUBLIC SCHOOLS**

**This recreation guide is a  
quarterly publication of  
Milwaukee Recreation, a  
department of MPS.**

Dr. Keith P. Posley  
**Superintendent of Schools**  
  
Lynn A. Greb, Senior Director  
**Milwaukee Recreation**

## **Milwaukee Board of School Directors**

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**Para ayuda en español: 475-8812**

## **Important Dates — See page 2 for details.**

<b>August 4</b>	Priority registration for city of Milwaukee residents begins at 10AM
<b>August 11</b>	Non-city of Milwaukee residents' registration begins at 10AM.
<b>September 2</b>	Mail-in registration deadline.
<b>September 2</b>	Fax-in registration deadline. Fax registrations must be received by 4PM.

### **A NOTE REGARDING FALL 2022 REGISTRATION:**

*Registration will be available online, via phone, and in-person for the fall 2022 season. See page 2 for more details.*

## **OUR MISSION:**

To enrich and strengthen the community by promoting healthy lifestyles, personal development, and fun through memorable recreational and educational experiences for people of all ages and abilities.

## **OUR VISION:**

To be the leading provider of quality and affordable recreation services in the Milwaukee community.



## Ways to Register

Priority registration is given to city of Milwaukee residents beginning **August 4, 2022 at 10AM**. Non-city of Milwaukee residents may register beginning **August 11, 2022 at 10AM** through the dates listed below. **Registration for Driver Education begins on August 2, 2022 starting at 10AM**.

### 1. ONLINE REGISTRATION

**Deadline: one week before your class begins.**

Visit [mkerec.net](http://mkerec.net) for the easiest way to sign up. If you're having trouble logging into your account, please do not create a new account. Instead, please call 414.475.8180 for assistance.

**SAVE YOUR USERNAME AND PASSWORD HERE:**

---

### 2. OVER-THE-PHONE REGISTRATION

**Deadline: one week before your class begins.**

1. Please call 414-475-8811 to inquire about registering for a class over the phone.  
Please have credit card information ready at the time of your call.

### 3. IN-PERSON REGISTRATION

**Deadline: one week before your class begins.**

You can now register in-person, as late as one week before your class begins. To guarantee a space, please register early. You may register in person at one of these offices:

1. Milwaukee Recreation Central Office: 5225 W Vliet St.

Hours: Mon - Fri, 8:15AM - 4:30PM

2. Citywide Programs Office: 2414 W Mitchell St.

Hours: Mon-Fri, 8:15AM - 4:30PM

### 4. FAX-IN REGISTRATION

**Through Friday, September 2 at 4:00 PM**

1. Fax completed form to: Milwaukee Recreation.  
(414) 475-8183. Please include a return FAX number.  
2. A credit card number (MasterCard or Visa only), expiration date, and signature are required on all forms.

### 5. MAIL-IN REGISTRATION

**Registration must be received by Friday, September 2**

1. Checks and credit card information will be accepted. **NO CASH via mail-in registration.**  
2. Make check payable to: Milwaukee Recreation. Please **DO NOT** send cash via mail.  
3. Mail to: Milwaukee Recreation, P.O. Box 2181, Milwaukee, WI 53201-2181.  
4. Active Older Adults: Mail to 2414 W. Mitchell St., 53204

**Nondiscrimination Notice:** It is the policy of the Milwaukee Public Schools, as required by section 118.13, Wisconsin Statutes, that no person will be denied admission to any public school or be denied the benefits of, or be discriminated against in any curricular, extracurricular, pupil services, recreational or other program or activity because of the person's sex, race, color, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation or physical, mental, emotional or learning disability. This policy also prohibits discrimination under related federal statutes, including Title VI of the Civil Rights Act of 1964 (race, color, and national origin), Title IX of the Education Amendments of 1972 (sex), and Section 504 of the Rehabilitation Act of 1973 (disability), and the Americans with Disabilities Act of 1990 (disability). The following individuals have been designated to handle inquiries regarding the non-discrimination policies: For section 118.13, Wisconsin Statutes, federal Title IX: Matthew Boswell, Director, Department of Student Services, Room 133, Milwaukee Public Schools, 5225 W. Vliet St., P.O. Box 2181, Milwaukee, Wisconsin, 53201-2181 (414) 475-8027. For section 504 of the Rehabilitation Act of 1973 (Section 504), federal Title II: J. Andy Woyte, Interim Section 504/ADA Coordinator, Department of Specialized Services, 6620 W. Capitol Dr., Milwaukee, WI, 53216, (414) 438-3677. ASL: (414) 438-3458

## Important Registration Information

**ENROLLMENT.** Registrations will be processed in the order in which they are received. Enrollment is not guaranteed. We reserve the right to cancel classes because of low enrollment after a class has started and to close further enrollment when a class is filled. All participants must register and pay for classes prior to attending the first session.

**DEADLINES.** Registrations must be received before registration deadlines. No exceptions. Milwaukee Recreation is not responsible for delayed mail delivery, or unreadable or improperly transmitted faxes. No telephone registrations accepted.

**CONFIRMATION.** Activity confirmations will be mailed to the address listed on the registration form. If you register online, your confirmation will not be mailed; instead, you will be able to print your confirmation immediately.

**REFUND POLICY.** Information regarding our refund policy can be found online at [www.mkerec.net/refund](http://www.mkerec.net/refund). Or, contact us at 414.475.8180 to receive a copy by mail.

**INSURANCE.** Milwaukee Recreation does not provide accident or hospital insurance for class participants. Participants should review their insurance policies for coverage.

**FEES.** Resident and non-resident fees are as listed under course offerings. Registration forms without the proper fee will be returned.

**REDUCED ACTIVITY FEE (17 YEARS & UNDER).** City of Milwaukee youth whose family is enrolled in FoodShare/SNAP (Supplemental Nutrition Assistance Program), Wisconsin Shares Childcare Subsidies, and/or Foster Care may be eligible for reduced fees. Children's classes over \$10 are eligible for a \$5 discount. Children's classes \$30 and over are eligible for a \$10 discount. \*\*Classes, field trips, special events, and admission fees that are not eligible for reduced fees are noted in the class description. MPS Students: The MPS student database is used to verify eligibility. Registrant must provide documentation with registration if eligibility cannot be confirmed. Non-MPS Students: Must provide eligibility documentation with registration. Our full policy including acceptable documentation can be found online at [www.mkerec.net/reduced](http://www.mkerec.net/reduced).

**PAYMENT METHODS.** Includes check, money order, credit/debit card (VISA/ MasterCard only), and cash (in-person registration only). Denied Credit/Debit Cards: Individuals whose credit/debit card has been denied will not be registered until an alternate form of payment is received. Returned Checks: Individuals whose checks are returned will no longer be registered for that class. Individuals must register again by paying with cash or money order and will be included in the class if space is still available. A \$20 returned check charge will be added to your class fees. Out-of-state checks will not be accepted.

**PROGRAM ACCESSIBILITY:** Reasonable accommodations are made for individuals to participate in Milwaukee Recreation programs. For more information on requesting a reasonable accommodation, please visit the Inclusion Services Policy on page 4 or call 414-475-8182

**AMERICANS WITH DISABILITIES ACT:** Milwaukee Recreation is committed in both policy and practice to enforce and implement all required provisions of the Americans with Disabilities Act. If you or your child need a reasonable accommodation to participate in a recreation program, your request may be made to any Milwaukee Recreation staff person. Upon reasonable notice, efforts will be made to accommodate your request.

**A.H.E.R.A. REGULATION:** Official Notice to Inform All MPS Parents and Employees about Asbestos Containing Materials Inside School Buildings is Hereby Given: According to the United States E.P.A., the A.H.E.R.A. Regulation requires annual notification to all employees and parents/guardians regarding asbestos containing materials inside school buildings. Management Plans specifying locations, condition, and past response actions of these materials are located in the respective engineer's office for each site and are available for review during normal school hours as required by A.H.E.R.A. In the ongoing program to safely maintain asbestos-containing materials, MPS conducts surveillances, and 3-year reinspections, and implements appropriate response actions. If interested parties have specific questions relating to the Milwaukee Public School District policy or the scheduling of asbestos related activities planned or in progress, please contact the MPS Environmental Services Department at 414.283.4626.



MILWAUKEE RECREATION CLASS/ACTIVITY REGISTRATION FORM

MAIN CONTACT

LAST NAME

FIRST NAME

MIDDLE INITIAL

DATE OF BIRTH

RECEIPT # (OFFICE USE ONLY)

ADDRESS

(NO PO BOX #s, PLEASE)

APT. #

CITY

ZIP CODE

PHONE ( )

E-MAIL

CHECK BOX IF ADDRESS IS NEW

**PERMISSION:** I hereby grant permission for my child/myself to participate in the above-named Milwaukee Recreation event. In the event of any injury requiring medical attention, I hereby grant permission to the recreation staff (including volunteers) to attend to my son/daughter or myself including seeking medical attention.

**WAIVER:** I/we recognize that unanticipated situations and problems can arise during Recreation activities that are not reasonably within the control of the recreation staff (including volunteers). I/we therefore agree to release and hold harmless the Milwaukee Board of School Directors, its agents, officer, employees, and volunteers, from any and all liability, claims, suits, demands, judgments, costs, interest and expense (including attorneys' fees and costs) arising from such activities, including any accident or injury to myself or my child and the costs of medical services.

**PHOTO PERMISSION/RELEASE:** I understand that there are times when the local news media, national news media and/or nonprofit organizations partnering with Milwaukee Public Schools (MPS) request the opportunity to videotape, take photographs and/or interview participants within Milwaukee Recreation and MPS. By signing this, I understand that and give permission for MPS to allow this with respect to my child and/or myself. I also understand that by signing this release I give permission to MPS to make or use pictures, slides, digital images, or other reproductions of me, of my minor child or of materials owned by me or my child, and to put the finished pictures, slides, or images to use without compensation in broadcast productions, publications, on the Web, or other printed or electronic materials related to the role and function of the MPS. I understand that by signing this, I am, on behalf of myself and/or my child, releasing MPS and its directors, officers, employees and agents, from any future claims as well as from any liability arising from the use of any photograph or other images. This form shall be valid for the duration of the current Milwaukee Recreation program season.

I hereby certify that I have read and do understand the above information:

**X**

Signature required for all registrations

☐ CASH

☐ MONEY ORDER

☐ CHECK (# )

CHECKS PAYABLE TO MILWAUKEE RECREATION

CREDIT CARD #

CARDHOLDER NAME

PHONE NUMBER ( )

SIGNATURE:

EXP. DATE / /

SECURITY CODE:

NEW: DEMOGRAPHIC INFORMATION (MAIN CONTACT)

1. Which race or ethnicity best describes you?

- Hispanic/Latino (1)
- American Indian or Alaska Native (2)
- Asian (3)
- Black or African American (4)
- Native Hawaiian or other Pacific Islander (5)
- White (6)
- Two or more races (7)
- Prefer not to answer (8)

2. Which of the following most accurately describes you?

- Male (M)
- Female (F)
- Transgender (T)
- Non-binary (N)
- Prefer not to answer (P)

For each participant please record the corresponding letter and number in the "DEMO" column in the table below.

Activity Code	Section Code	Activity Name	Day	Time	Fee	First/Last Name	DEMO	DOB (Month/Day/Year)

Please sign this form at left, enclose total payment, and mail to Milwaukee Recreation

PO Box 2181

Milwaukee, WI, 53201

or fax to

414.475.8183

before the advertised registration deadlines.

TOTAL FEES \$

REDUCED ACTIVITY FEE

\$

SCHOOL NAME:

Please check this box if you wish to donate \$1 to the Youth Program Fund.

\$1 DONATION?

TOTAL PAYMENT DUE \$

REDUCED ACTIVITY FEE (17 YEARS & UNDER)

Families meeting financial guidelines may qualify for an activity discount. Children's classes over \$10 are eligible for a \$5 discount. Children's classes \$30 and over are eligible for a \$10 discount. Most field trips, special events, and admission fees are not eligible and are so noted in the class description. School-age youth whose family qualifies for one or more of the following program subsidies are eligible for the youth discount (where applicable): FoodShare/SNAP (Supplemental Nutrition Assistance Program), Wisconsin Shares Childcare Subsidies, and Foster Care. The MPS student database will be used to verify participant eligibility. Non-MPS students must provide eligibility documentation with registration. Our full policy can be found online at [www.mkearec.net/reduced](http://www.mkearec.net/reduced).

CHECK THIS BOX IF YOU ARE REQUESTING THE REDUCED ACTIVITY FEE FOR YOUR CHILD

## MILWAUKEE RECREATION INCLUSION SERVICES POLICY

Milwaukee Recreation is committed to creating and promoting inclusion within all facilities and programs. Through the Inclusion Services Policy and supporting practices, we aim to ensure that everyone has access to the benefits of quality parks and recreation.

Milwaukee Recreation defines inclusion as the process of including all persons, regardless of their socioeconomic level, abilities, language, ethnic origin, sexual orientation or gender identification.

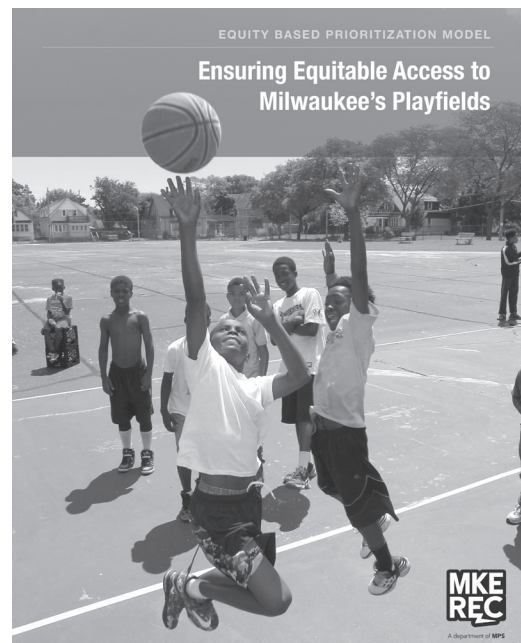
**POLICY GOALS:** The Inclusion Services Policy outlines Milwaukee Recreation's approach to ensuring inclusive environments and equitable opportunities for all community members in local parks and recreation.

### THIS POLICY ENSURES THAT:

- Community members utilizing our facilities, programs and services have equitable and ability-appropriate access to programs and services regardless of ability, race, age, language, religion, country of origin, sexual orientation, or gender identity.
- Site staff, community partners and stakeholders engage in the support of all community members and promote inclusive behaviors both in park and recreation facilities and throughout the community in public spaces.
- Milwaukee Recreation establishes and maintains an organizational infrastructure for the management of the policy and its established goals and objectives.
- Milwaukee Recreation will continuously measure and improve inclusive practices.

We invite you to visit [mkerec.net/inclusion](http://mkerec.net/inclusion) to learn more about Milwaukee Recreation's efforts to support inclusive practices across all program areas including the Equity Based Prioritization Model for playfield improvements, professional development opportunities for staff, Everyone Plays! Scholarship Program, and the new process for requesting accommodations for Recreation classes.

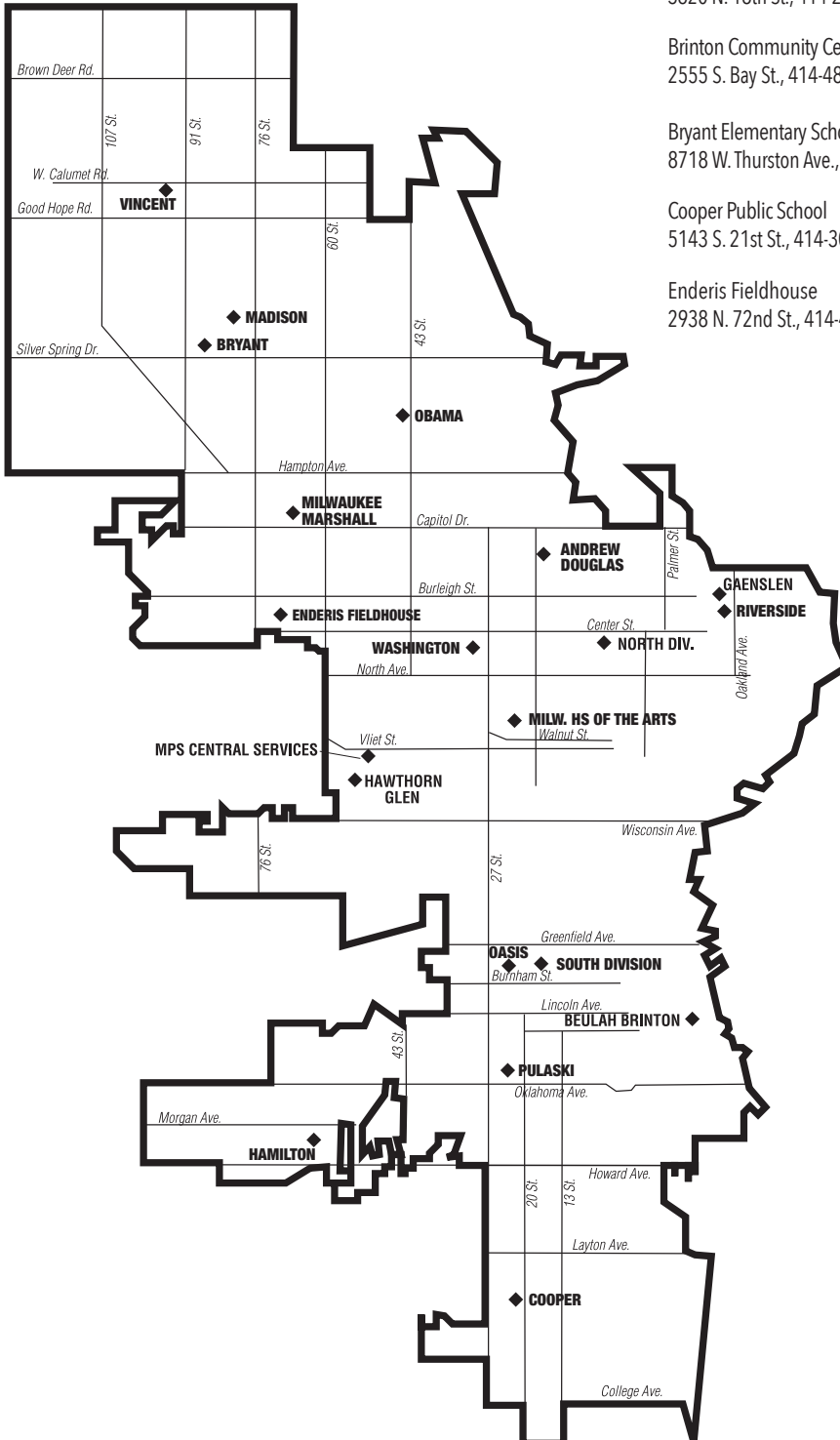
***Need accommodations? Submit an ADA Accommodation Request electronically by visiting [mkerec.net/inclusion](http://mkerec.net/inclusion) and a member of the recreation team will contact you for further details.***



# EVERYONE PLAYS!



Please use the phone numbers listed only during recreation program hours at that location.



Andrew Douglas Middle School  
3620 N. 18th St., 414-256-8200

Brinton Community Center  
2555 S. Bay St., 414-481-2494

Bryant Elementary School  
8718 W. Thurston Ave., 414-393-6500

Cooper Public School  
5143 S. 21st St., 414-304-6300

Enderis Fieldhouse  
2938 N. 72nd St., 414-453-6026

Gaenslen School  
1250 E. Burleigh St., 414-267-5734  
Enter north door, #4

Hamilton High School  
6215 W. Warnimont Ave., 414-327-9402  
Enter door #5 off south parking lot

Hawthorn Glen  
1130 N. 60th St., 414-777-7888

Madison High School  
8135 W. Florist Ave., 414-393-6100

Milwaukee Marshall  
4141 N. 64th St., 414-393-2391  
or 414-393-2388  
Enter door #10 - N. 64th St. & W. Hope Ave.

Milwaukee HS of the Arts  
2300 W. Highland Ave., 414-934-7000  
Enter door #9 off east parking lot.

MPS Central Services  
5225 W. Vliet St., 414-475-8180  
Enter southwest door off rear parking lot

North Division High School  
1011 W. Center St., 414-267-5077  
Enter west side of building near tennis courts

OASIS  
2414 W. Mitchell St., 414-647-6041

Obama High School  
5075 N. Sherman Blvd., 414-393-4900  
Enter door #5

Pulaski High School  
2500 W. Oklahoma Ave., 414-902-8900

Riverside University High School  
1615 E. Locust St., 414-906-4900

South Division High School  
1515 W. Lapham Blvd., 414-902-8300

Vincent High School  
7501 N. Granville Rd., 262-236-1270  
Enter northeast door #4 by fieldhouse

Washington High School  
2525 N Sherman Blvd, 414-875-5900





## JOIN US FOR THE 15<sup>th</sup> Annual Run Back to School

August 27<sup>th</sup> | Wick Playfield (4929 W Vliet Street)

One great event, multiple opportunities for family and school community team building! Participate in a **5k Fun Run** or a **1.5 Mile Walk**, followed by great activities.

*All event proceeds support youth recreation programs.*

IN PARTNERSHIP WITH

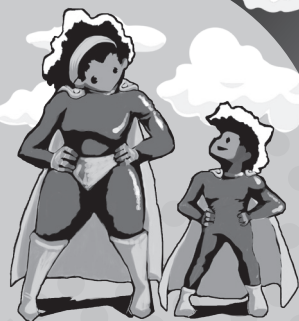


MILWAUKEE  
PUBLIC SCHOOLS



**REGISTER NOW**

[mkerec.net/rbts](http://mkerec.net/rbts)



## MOTHER & SON SUPERHERO NIGHT SATURDAY, NOVEMBER 12

HAMILTON, 6215 WEST WARNIMONT AVE. | 5:30 - 7:30PM | AGES 1-10

MOTHERS - HA01

\$15/RESIDENTS, \$23/NON-RESIDENTS

SONS - HA02

\$5/RESIDENTS, \$8/NON-RESIDENTS

It's a bird! It's a plane! It's Mother Son Superhero Night! Come dressed as your favorite hero and join us for an evening of games, crafts, and snacks. Moms and sons will participate in Superhero Training and have the opportunity to take pictures at our prop stations. In addition, we will have a professional photographer and back drop available for your special night together to be captured. Fly, swing, or smash your way in for this event, it'll be one you won't want to miss.

**REGISTER ONLINE AT [MKEREC.NET](http://MKEREC.NET)**  
**ACTIVITY CODE: 2RCE3322**



## ARTS & CRAFTS

### Miniature Paper Houses and Buildings

With paper plot, students can recreate memorable buildings or build entirely new miniature homes through delicate instruction and focused effort. In Korean culture it is believed that using the fingers and hands by folding paper increases creativity, improves intelligence and fine motor skill, and can help stave off aging of the mind. A \$16 supply fee is due to the instructor on the first day of class.

**Activity Code: 2RCE0912**  
(Section codes listed below)

**Hamilton (Ages 13-17)..... HA01**  
Sat, Oct 29-Nov 19, 2:00PM- 3:30PM  
\$14 Residents/\$21 Non-Residents

### Paper Flowers

With various kinds of paper, learners can make flowers similar to real one. For example, carnations, tulips, mums, lotus, cactus, cosmos, sunflowers, and more can all be crafted through the art of folding paper. Participants can also make vases and special cards to feature their creations. An \$18 supply fee is due to the instructor on the first day of class.

**Activity Code: 2RCE0913**  
(Section codes listed below)

**Hamilton (Ages 13-17)..... HA01**  
Tue, Sep 20-Oct 25, 6:45PM- 8:15PM  
\$21 Residents/\$32 Non-Residents

### Korean Goblin Masks

Before Halloween, students can make special masks with traditional Korean designs. Throughout the course, students will also learn about the history behind Korean goblin masks. An \$18 supply fee is due to the instructor on the first day of class.

**Activity Code: 2RCE0914**  
(Section codes listed below)

**Hamilton (Ages 5-12)..... HA01**  
Tue, Oct 4-Oct 25, 5:30PM- 6:30PM  
\$10 Residents/\$15 Non-Residents

### Paper Dolls

Using diverse kinds of paper, learners will create their own dolls through folding paper and quilling for decoration or special gifts. A \$16 supply fee is due to the instructor on the first day of class.

**Activity Code: 2RCE0956**  
(Section codes listed below)

**Hamilton (Ages 13-17)..... HA01**  
Mon/Sat, Oct 1-Oct 22, 2:00PM- 3:30PM  
\$11 Residents/\$17 Non-Residents

## BAKING

### Signature Red Velvet Cookies

Your Little Bakers will have a blast as they prepare the BEST red velvet cookies ever. Our recipe produces a very soft and chewy cookie loaded with white chocolate chips! Students will be introduced to baking vocabulary, techniques, cooking tools, and kitchen safety. Class is taught by Geneva Byrd from Little Bakers Association. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

**Activity Code: 2RCE2507**  
(Section codes listed below)

**Milwaukee Marshall (Ages 4-12)... MR01**  
Sat, Oct 8, 1:00PM- 2:00PM  
\$24 Residents/\$36 Non-Residents

### Apple Crisp

Get ready to indulge when all the best flavors are combined with apples, sugar, and spices for an out of this world recipe! This delicious treat is perfect for any season, or any occasion. Your Little Baker will be preparing their apple crisp and serving it with a scoop of ice-cream on top! They will be introduced to baking vocabulary, techniques, cooking tools, and kitchen safety. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

**Activity Code: 2RCE2509**  
(Section codes listed below)

**Milwaukee Marshall (Ages 4-12)... MR01**  
Sat, Dec 3, 1:00PM- 2:00PM  
\$24 Residents/\$36 Non-Residents

### Cake Pops

Your little baker will have a chance at making cake pops! Who knew that cake pops could be created so easily, and taste so delicious? Kids will be introduced to baking vocabulary, techniques, cooking tools, and kitchen safety. Class taught by Geneva Byrd with Little Bakers Association. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

**Activity Code: 2RCE2515**  
(Section codes listed below)

**Hamilton (Ages 4-12)..... HA01**  
Sat, Oct 15, 1:00PM- 2:00PM  
\$24 Residents/\$36 Non-Residents

### Caramel Apple Pizza

Your little baker will make a delectable dessert when preparing a caramel apple pizza! A signature sugar cookie with a flavored cream cheese, whipped cream, caramel, and granny smith apples! Kids will be introduced to baking vocabulary, techniques, cooking tools, and kitchen safety. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

**Activity Code: 2RCE2516**  
(Section codes listed below)

**Hamilton (Ages 4-12)..... HA01**  
Sat, Nov 12, 1:00PM- 2:00PM  
\$24 Residents/\$36 Non-Residents

## BATON

### Baton

Twirl your way to fun while you learn basic skills such as figure 8s, flat spins, pinwheels and tosses. Coordinate your twirling with marching jumps, leaps and dance steps. Enjoy the opportunity to perform. A baton is required and can be purchased from the instructor. Class taught by Marcy Blaufuss!

**Activity Code: 2RCE7901**  
(Section codes listed below)

**Beulah Brinton (Ages 5-17)..... BN01**  
Sat, Sep 24-Nov 12, 10:30AM-11:30AM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton (Ages 5-17)..... BN04**  
Sat, Dec 3-Jan 14, 10:30AM-11:30AM  
\$12 Residents/\$18 Non-Residents



## CYCLING AND BIKE MAINTENANCE

### Mountain Biking 201

Mountain Biking 201 will be a continuous progression from Mountain Biking 101, covering more advanced skills for navigating courses and trails as well as some basic bicycle maintenance. This course is designed for those interested in riding and racing in the Wisconsin High School Cycling League, part of the National Interscholastic Cycling Association (NICA). Participation in Mountain Biking 101 is recommended as a prerequisite. Participants are encouraged to bring their own bikes; however, bikes are available upon request in a limited capacity. Class fee is non-refundable.

**Activity Code: 2RCE2804**  
(Section codes listed below)

**MacDowell (Ages 12-18)..... JU01**  
Tue/Thu, Aug 9-Oct 20, 4:00PM- 6:00PM  
\$25 Residents/\$25 Non-Residents

**Riverside (Ages 12-18)..... RS01**  
Tue/Thu, Aug 9-Oct 6, 4:30PM- 6:00PM  
\$25 Residents/\$25 Non-Residents

### Bike Maintenance with Billie

This class will teach you the skills needed to keep and maintain your bike in fine working order. These skills will save you time, money and make your rides easier and safer. With a few tools, you can make your bike rideable. This class is for beginners. In this class you will cover the following: changing a flat tire, fixing a slipped chain, completing a minor brake repair and seasonal cleaning. Class taught by Billie Myhra. Please bring your bike to class. Youth and adult classes are combined. Class fee is non-refundable. Supplies and tools provided by coastinnbikes.com.

**Activity Code: 2RCE2807**  
(Section codes listed below)

**Hamilton (Ages 11-17)..... HA01**  
Sat, Oct 1, 10:00AM-11:30AM  
\$5 Residents/\$8 Non-Residents

**MacDowell (Ages 11-17)..... JU01**  
Sat, Sep 24, 10:00AM-11:30AM  
\$5 Residents/\$8 Non-Residents

**Riverside (Ages 11-17)..... RS01**  
Sat, Sep 17, 10:00AM-11:30AM  
\$5 Residents/\$8 Non-Residents

## DANCE

### African Dance

Explore the art of African dance as you enhance your rhythmic and creative movement skills. Experience African culture, music, and dance. Please wear comfortable clothing. All levels are welcome.

**Activity Code: 2RCE2901**  
(Section codes listed below)

**Riverside (Ages 6-17)..... RS01**  
Sat, Sep 10-Oct 29, 1:00PM- 2:00PM  
\$21 Residents/\$32 Non-Residents

**Riverside (Ages 6-17)..... RS02**  
Sat, Dec 3-Jan 7, 12:00PM-12:55PM  
\$12 Residents/\$18 Non-Residents

### Ballet

Ballet is a fine art discipline which strives to improve coordination, posture and muscular development. Learn basic ballet positions, steps and floor combinations. Ballet shoes and leotards are recommended. Unless otherwise noted, all classes are beginner level.

**Activity Code: 2RCE2902**  
(Section codes listed below)

**Riverside (Ages 5-6)..... RS02**  
Sat, Sep 10-Nov 5, 11:00AM-11:50AM  
\$16 Residents/\$24 Non-Residents

**Riverside (Ages 7-10)..... RS01**  
Sat, Sep 10-Oct 29, 12:00PM-12:50PM  
\$16 Residents/\$24 Non-Residents

**Riverside (Ages 7-10)..... RS04**  
Sat, Dec 3-Jan 7, 12:05PM- 1:00PM  
\$12 Residents/\$18 Non-Residents



### Disney® Dance

Dance to the songs and music of classic Disney® stories and films. Each class will start with the reading of a Disney® story followed by learning dances to music associated with that story. Join us in bringing the music to life!

**Activity Code: 2RCE2906**  
(Section codes listed below)

**Hamilton (Ages 4-8)..... HA01**  
Sat, Nov 5-Dec 17, 10:30AM-11:30AM  
\$14 Residents/\$21 Non-Residents

**Milwaukee Marshall (Ages 4-8)..... MR01**  
Sat, Sep 17-Oct 22, 10:30AM-11:30AM  
\$14 Residents/\$21 Non-Residents



### Hip Hop

Break out of the boring routine and into freestyle dance! Learn hip hop grooves you've always wanted to, but never thought you could.

**Activity Code: 2RCE2908**  
(Section codes listed below)

**Hamilton (Ages 7-14)..... HA01**  
Sat, Nov 5-Dec 17, 11:30AM-12:30PM  
\$14 Residents/\$21 Non-Residents

**MacDowell (Ages 7-14)..... JU01**  
Mon, Sep 19-Nov 7, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

**Milwaukee Marshall (Ages 7-14)... MR02**  
Sat, Sep 17-Oct 22, 11:30AM-12:30PM  
\$14 Residents/\$21 Non-Residents

**Milwaukee Marshall (Ages 7-14)... MR01**  
Thu, Sep 22-Nov 10, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

### Pre-Ballet

Your child will be introduced to the basic posture and positions of ballet, while having fun with rhythm and creative movement. Ballet shoes and leotards are recommended.

**Activity Code: 2RCE2911**  
(Section codes listed below)

**Hamilton (Ages 3-5)..... HA01**  
(Not eligible for reduced fees)  
Sat, Nov 5-Dec 17, 9:15AM- 9:45AM  
\$8 Residents/\$12 Non-Residents

**Hamilton (Ages 6-9)..... HA02**  
Sat, Nov 5-Dec 17, 9:45AM-10:30AM  
\$11 Residents/\$17 Non-Residents

**Milwaukee Marshall (Ages 3-5)..... MR01**  
(Not eligible for reduced fees)  
Sat, Sep 17-Oct 22, 9:15AM- 9:45AM  
\$8 Residents/\$12 Non-Residents

**Milwaukee Marshall (Ages 6-9)..... MR02**  
Sat, Sep 17-Oct 22, 9:45AM-10:30AM  
\$11 Residents/\$17 Non-Residents

**MacDowell (Ages 5-9)..... JU01**  
Mon, Sep 19-Nov 7, 5:15PM- 6:00PM  
\$14 Residents/\$21 Non-Residents

**Riverside (Ages 3-4)..... RS01**  
Sat, Sep 10-Oct 29, 10:00AM-10:50AM  
\$14 Residents/\$21 Non-Residents

**Riverside (Ages 4-5)..... RS03**  
Sat, Dec 3-Jan 7, 10:25AM-11:15AM  
\$14 Residents/\$21 Non-Residents

**Riverside (Ages 6-7)..... RS04**  
Sat, Dec 3-Jan 7, 11:20AM-12:00PM  
\$11 Residents/\$17 Non-Residents



## Giggle, Wiggle, Shake!

This class will teach your child the beginning steps of dance, while having fun learning with other children their age. (no special shoe requirement) Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RCE2917**  
(Section codes listed below)

### Riverside (Ages 2-3)..... RS01

Sat, Sep 10-Oct 29, 9:20AM- 9:50AM  
\$10 Residents/\$15 Non-Residents

### Riverside (Ages 2-3)..... RS02

Sat, Dec 3-Jan 7, 9:00AM- 9:30AM  
\$8 Residents/\$12 Non-Residents

## FAMILY CLASSES

### Mother Son Super Hero Night

It's a bird! It's a plane! It's Mother Son Super Hero Night! Come dressed as your favorite hero and join us for an evening of games, crafts, and snacks. Moms and sons will participate in Super Hero Training and have the opportunity to take pictures at our prop stations. In addition, we will have a professional photographer and back drop available for your special night together to be captured. Fly, swing, or smash your way in for this event, it'll be one you won't want to miss.

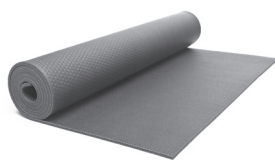
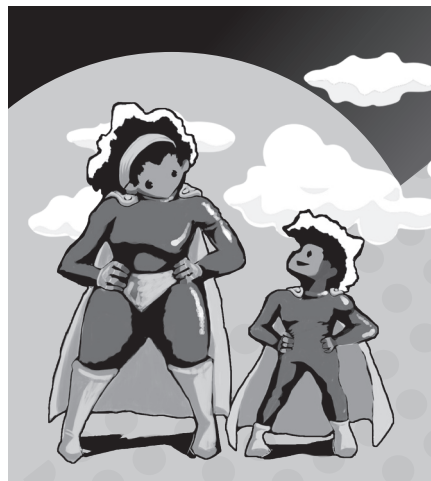
**Activity Code: 2RCE3322**  
(Section codes listed below)

### Hamilton ..... HA01

(Mothers)  
Sat, Nov 12, 5:30PM- 7:30PM  
\$15 Residents/\$23 Non-Residents

### Hamilton (Ages 1-10)..... HA02

(Sons)  
Sat, Nov 12, 5:30PM- 7:30PM  
\$5 Residents/\$8 Non-Residents



### Yoga Buddies-Early Childhood Yoga Class

**NEW** This is a space for little ones, ages 2-5 and one caregiver to practice yoga together. Using the tools of yoga, we will practice skills to handle big feelings. Each class will combine yoga poses (asana) and breathing techniques(pranayama) with fun games and activities to help us learn and grow together. Have fun while deepening your relationship and gaining new tools to handle the ups and downs of toddler and preschool life! Please bring 2 yoga mats to class or purchase at the site for \$10. Parent must register, pay and attend with child. Fee is per person.

**Activity Code: 2RCE3333**  
(Section codes listed below)

### Beulah Brinton (Ages 2-5)..... BN01

(youth)  
Mon, Sep 19-Nov 7, 4:00PM- 4:45PM  
\$15 Residents/\$23 Non-Residents

### Beulah Brinton ..... BN02

(adult)  
Mon, Sep 19-Nov 7, 4:00PM- 4:45PM  
\$15 Residents/\$23 Non-Residents

### Beulah Brinton (Ages 2-5)..... BN03

(youth)  
Mon, Sep 19-Nov 7, 5:00PM- 5:45PM  
\$15 Residents/\$23 Non-Residents

### Beulah Brinton ..... BN04

(adult)  
Mon, Sep 19-Nov 7, 5:00PM- 5:45PM  
\$15 Residents/\$23 Non-Residents

### Beulah Brinton (Ages 2-5)..... BN05

(youth)  
Mon, Nov 14-Dec 19, 4:00PM- 4:45PM  
\$15 Residents/\$23 Non-Residents

### Beulah Brinton ..... BN06

(adult)  
Mon, Nov 14-Dec 19, 4:00PM- 4:45PM  
\$15 Residents/\$23 Non-Residents

### Beulah Brinton (Ages 2-5)..... BN07

(youth)  
Mon, Nov 14-Dec 19, 5:00PM- 5:45PM  
\$15 Residents/\$23 Non-Residents

### Beulah Brinton ..... BN08

(adult)  
Mon, Nov 14-Dec 19, 5:00PM- 5:45PM  
\$15 Residents/\$23 Non-Residents

## Fall Family Scavenger Hunt

Race around Milwaukee with your family or team and earn points for each challenge you complete. Some challenges will require you to travel to Milwaukee Recreation locations while others you can do from the comfort of your home! The families or teams with the highest number of points at the end of the scavenger hunt will be eligible to win a prize! Participants will use a mobile app to view challenges and track progress. Directions will be emailed to all participants prior to start of the scavenger hunt. A smart phone or mobile device is needed to participate in this activity. Only one registration is needed per family/team to receive information for the hunt.

**Activity Code: 2RAE3325**  
(Section codes listed below)

### Citywide (Ages 4 & up) ..... CS01

Thu-Mon, Oct 20-Oct 24, 9:00AM- 9:00PM  
\$6 Residents/\$9 Non-Residents



## LANGUAGE SKILLS

### Korean Culture II

Can you read Korean letters? Would you like to improve your Korean language? If you have any questions relating to Korean culture or history, take this class. The instructor can teach you Korean language and help you take a deeper dive into K-pop and other parts of Korean culture.

**Activity Code: 2RCE4402**  
(Section codes listed below)

**Hamilton (Ages 13-17)..... HA02**

Sat, Oct 1-Nov 19, 11:45AM- 1:30PM

\$31 Residents/\$47 Non-Residents

### Korean Culture Class

Do you want to understand Korean movies and drama? If you have any questions relating to Korean culture or history, take this class. From basic Korean alphabets, Hangeul, to cultural information, the instructor can help to understand K-pop and tradition.

**Activity Code: 2RCE4405**  
(Section codes listed below)

**Hamilton (Ages 13-17)..... HA02**

Sat, Oct 1-Nov 19, 10:00AM-11:30AM

\$27 Residents/\$41 Non-Residents

## MAD SCIENCE

### Mad Science Digging for Dinosaurs

Examine real fossil casts and explore the differences in the teeth of herbivorous and carnivorous dinosaurs. Students will participate in a mini dinosaur excavation and make a dinosaur tooth to take home. Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RCE7604**  
(Section codes listed below)

**Hamilton (Ages 5-12)..... HA02**

Sat, Dec 10, 11:15AM-12:15PM

\$18 Residents/\$27 Non-Residents

**Riverside (Ages 5-12)..... RS03**

Sat, Sep 24, 11:15AM-12:15PM

\$18 Residents/\$27 Non-Residents



### Mad Science Electricity Workshop

This workshop introduces students to the fundamental concepts of electricity: circuits, conductors, insulators, and how electricity is converted for everyday uses. Students get to create different circuits, interact with plasma balls, discover "sticky" static electricity and make their own static energy chambers to take home. Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RCE7605**  
(Section codes listed below)

**Hamilton (Ages 5-12)..... HA02**

Sat, Oct 22, 10:00AM-11:00AM

\$18 Residents/\$27 Non-Residents

**Riverside (Ages 5-12)..... RS02**

Sat, Nov 19, 10:00AM-11:00AM

\$18 Residents/\$27 Non-Residents

### Mad Science Slime Time

Ooze into a gooeey hour of sliming around! Create slime using the Mad Science recipe and then enter your creation in the Slime Olympics. Take home your own concoction of Mad Science Slime. Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RCE7615**  
(Section codes listed below)

**Hamilton (Ages 5-12)..... HA02**

Sat, Dec 3, 11:15AM-12:15PM

\$18 Residents/\$27 Non-Residents

**Riverside (Ages 5-12)..... RS03**

Sat, Oct 1, 11:15AM-12:15PM

\$18 Residents/\$27 Non-Residents

### Mad Science Radical Robots

What are automatons? How do robotic systems work? Learn all about robot-building in this exciting Mad Science lab! Students will tinker with their very own robots as they learn the basic engineering skills involved in building these machines. Experiment with robots that can do some extraordinary tasks, infrared robots, robotic arms, and even robots that like to play. Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RCE7622**  
(Section codes listed below)

**Hamilton (Ages 5-12)..... HA01**

Sat, Oct 15, 10:00AM-11:00AM

\$18 Residents/\$27 Non-Residents

**Riverside (Ages 5-12)..... RS02**

Sat, Nov 12, 10:00AM-11:00AM

\$18 Residents/\$27 Non-Residents

### Mad Science: Spy Academy

Look out 007! From edible messages and decoding clues, students will have the opportunity to check out their skills that spies have to have to survive. Spies use these skills in the world of espionage. Children should bring their own snacks (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RCE7636**  
(Section codes listed below)

**Hamilton ..... HA01**

Sat, Nov 5, 10:00AM-11:00AM

\$18 Residents/\$27 Non-Residents

**Riverside ..... RS02**

Sat, Oct 8, 10:00AM-11:00AM

\$18 Residents/\$27 Non-Residents

## MUSIC

### Songwriting 101

Are you an aspiring songwriter? Got a melody stuck in your head, or maybe a clever lyric? No matter what age, anyone can write a song. Mr. D will lead you through the basics of music theory, rhyming schemes, melodies and harmony, and so much more. It's helpful, but not necessary that you know how to play an instrument, and you won't need to bring one to class. Class is combined with adult class.

**Activity Code: 2RCE4601**  
(Section codes listed below)

#### Hamilton (Ages 12-17)..... HA01

Wed, Sep 21-Nov 9, 7:45PM- 8:45PM  
\$19 Residents/\$29 Non-Residents



### Bass Guitar

In a hurry to jam with the band? Every band needs a bass player. Learn the basics in theory, riffs, and chord progressions. Bring your own bass guitar (but not your amp). Class is combined with adult class. Class is taught by Mr. D.

**Activity Code: 2RCE4602**  
(Section codes listed below)

#### Beulah Brinton (Ages 12-17)..... BN01

Fri, Sep 23-Nov 11, 7:15PM- 8:15PM  
\$19 Residents/\$29 Non-Residents

#### Beulah Brinton (Ages 12-17)..... BN02

Fri, Dec 2-Jan 13, 7:15PM- 8:15PM  
\$12 Residents/\$18 Non-Residents

### Drums

Ready to rock? Mr. D will help aspiring drummers learn rhythms, rides, rolls, and styles. Bring a pair of drumsticks and a practice drum pad (available at most music stores). Class is combined with adult class.

**Activity Code: 2RCE4603**  
(Section codes listed below)

#### Beulah Brinton (Ages 12-17)..... BN01

Fri, Sep 23-Nov 11, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

#### Beulah Brinton (Ages 12-17)..... BN02

Fri, Dec 2-Jan 13, 6:00PM- 7:00PM  
\$12 Residents/\$18 Non-Residents

### Guitar

This class focuses on basic chords, note reading, different strumming techniques, and guitar maintenance.\*Beg Semi-Private courses focus on the music theory side of playing guitar, and chord theory is a key element of this class.\*Adv Semi-Private courses build your song repertoire and techniques and are for students with previous guitar experience. All classes are taught by Mr. D. and youth and adult courses are combined.

**Activity Code: 2RCE4604**  
(Section codes listed below)

#### Beulah Brinton (Ages 12-17)..... BN01

Sat, Sep 24-Nov 12, 2:00PM- 3:30PM  
\$27 Residents/\$41 Non-Residents

#### Beulah Brinton (Ages 12-17)..... BN02

Sat, Dec 3-Jan 14, 2:00PM- 3:30PM  
\$18 Residents/\$27 Non-Residents

#### Hamilton (Ages 12-17)..... HA01

Thu, Sep 22-Nov 10, 6:00PM- 7:30PM  
\$27 Residents/\$41 Non-Residents

#### Riverside (Ages 12-17)..... RS01

(Beg. - Semi-Private)  
Mon, Sep 12-Oct 31, 6:30PM- 8:00PM  
\$54 Residents/\$81 Non-Residents

#### Riverside (Ages 12-17)..... RS02

(Adv. - Semi-Private)  
Mon, Sep 12-Oct 31, 8:15PM- 9:15PM  
\$41 Residents/\$62 Non-Residents



### Piano

Beg. level courses will give beginning piano enthusiasts an introduction to the keyboard, including note reading, rhythm, two handed playing, and techniques. Int. level courses will help take you to the next level. Keys, scales, chords, and melodies, learning with Mr. D makes theory fun. Course for those with previous keyboard and note-reading experience. There is no need to bring your keyboard from home. Classes are taught by Mr. D. and all youth and adult courses are combined.

**Activity Code: 2RCE4606**  
(Section codes listed below)

#### Beulah Brinton (Ages 12-17)..... BN01

(Beg.)  
Sat, Sep 24-Nov 12, 10:30AM-12:00PM  
\$27 Residents/\$41 Non-Residents

#### Beulah Brinton (Ages 12-17)..... BN02

(Int.)  
Sat, Sep 24-Nov 12, 12:15PM- 1:45PM  
\$27 Residents/\$41 Non-Residents

#### Beulah Brinton (Ages 12-17)..... BN03

(Beg.)  
Sat, Dec 3-Jan 14, 10:30AM-12:00PM  
\$18 Residents/\$27 Non-Residents

#### Beulah Brinton (Ages 12-17)..... BN04

(Int.)  
Sat, Dec 3-Jan 14, 12:15PM- 1:45PM  
\$18 Residents/\$27 Non-Residents

#### Hamilton (Ages 12-17)..... HA01

(Beg./Int.)  
Wed, Sep 21-Nov 9, 6:00PM- 7:30PM  
\$27 Residents/\$41 Non-Residents

### Rock Band

Join the band, learn some songs, and have fun! All types of musicians welcome; bring your musical instrument. Previous band experience and/or training required. Mr. D leads the way. Class is combined with adult class.

**Activity Code: 2RCE4607**  
(Section codes listed below)

#### Beulah Brinton (Ages 12-17)..... BN01

Sat, Sep 24-Nov 12, 4:00PM- 6:00PM  
\$35 Residents/\$53 Non-Residents

#### Beulah Brinton (Ages 12-17)..... BN02

Sat, Dec 3-Jan 14, 4:00PM- 6:00PM  
\$23 Residents/\$35 Non-Residents



## Sing Out!

Do you want to learn to sing or improve your confidence and control? Work on basic vocal techniques with Mr. D. Learn proper breathing, voice inflection, range, and ear training. Class is combined with adult class.

**Activity Code: 2RCE4609**  
(Section codes listed below)

**Hamilton (Ages 12-17)..... HA01**

Thu, Sep 22-Nov 10, 7:45PM- 8:45PM  
\$19 Residents/\$29 Non-Residents



## Introduction to Harmonica

Learn the basic techniques of playing the harmonica. Before long you will be jamming with your classmates and showing off to your family and friends. Carry your music in your pocket! Please bring a 'Key of C' harmonica. Bring your own harmonica. Class is combined with adult class.

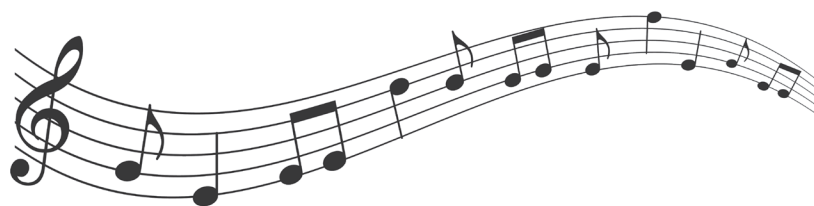
**Activity Code: 2RCE4611**  
(Section codes listed below)

**Hamilton (Ages 12-17)..... HA01**

Tue, Sep 20-Nov 8, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

## MUSIC IN MPS

Milwaukee Recreation and the MPS Music Department offer the following Saturday Youth Music lessons at Hamilton. Class fees for all classes are \$12 Residents and \$18 Non-Residents. All classes provide students the opportunity to learn and develop their skills in a small groups. Students must come to class with their own instrument, except piano/keyboarding. Register for the classes using the following guidelines: Beginner: No experience on instrument, Intermediate: 1-2 years of experience on instrument, Advanced, 3+ years of experience on instrument. All teachers reserve the right to place students in the appropriate skill level after the first class.



## Acoustic Guitar

This course provides students the opportunity to learn and develop their skills on guitar in a small group setting. Emphasis will be basic note reading and chord playing skills. A 1/2 or 3/4 sized nylon-stringed acoustic guitar is required. Students must bring their own instrument to class. Please register for classes following the guidelines below: Beginning - no experience required; Intermediate/Advanced - completed Beginner course. Class combined with Beginner Ukulele class.

**Activity Code: 2RCE3201**  
(Section codes listed below)

**Hamilton (Ages 7-9)..... HA01**

(Beg.)  
Sat, Sep 17-Dec 17, 9:00AM- 9:30AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 10-17)..... HA02**

(Beg.)  
Sat, Sep 17-Dec 17, 9:45AM-10:15AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 7-17)..... HA03**

(Int./Adv.)  
Sat, Sep 17-Dec 17, 10:30AM-11:15AM  
\$24 Residents/\$36 Non-Residents

## Brass

This course provides students the opportunity to learn and develop their skills on a brass instrument, including trumpet, French horn, trombone, baritone, euphonium, and tuba in a small group setting. Students must bring their own instrument to class. Special face coverings will be used to ensure safety. Please register for classes following the guidelines below: Beginning - no experience required; Intermediate/Advance -Completed Beginner course.

**Activity Code: 2RCE3203**  
(Section codes listed below)

**Hamilton (Ages 10-17)..... HA05**

(Beg.)  
Sat, Sep 17-Dec 17, 9:00AM- 9:30AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 10-17)..... HA06**

(Int./Adv.)  
Sat, Sep 17-Dec 17, 9:45AM-10:30AM  
\$24 Residents/\$36 Non-Residents

## Piano/Keyboard

This course provides students the opportunity to learn and develop their skills on a piano in a small group setting. Students will work on melodies in right and left hands, independence, scales, basic chords and arpeggios. Focus on manual dexterity; rhythmic expression and correct hand positions will assist students in their daily practice. A piano or electronic keyboard at home is recommended. Please register for the Piano/Keyboard classes using the following guidelines: Beginner - No experience Intermediate/Advance - Completed Beginner course.

**Activity Code: 2RCE3207**  
(Section codes listed below)

**Hamilton (Ages 7-17)..... HA04**

(Beg.)  
Sat, Sep 17-Dec 17, 8:15AM- 8:45AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 7-9)..... HA01**

(Beg.)  
Sat, Sep 17-Dec 17, 9:00AM- 9:30AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 10-17)..... HA02**

(Beg.)  
Sat, Sep 17-Dec 17, 9:45AM-10:15AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 7-17)..... HA03**

(Int./Adv.)  
Sat, Sep 17-Dec 17, 10:30AM-11:15AM  
\$24 Residents/\$36 Non-Residents

**Milwaukee Marshall (Ages 7-9)..... MR01**

(Beg.)  
Sat, Sep 17-Dec 17, 9:00AM- 9:30AM  
\$24 Residents/\$36 Non-Residents

**Milwaukee Marshall (Ages 10-17).MR02**

(Beg.)  
Sat, Sep 17-Dec 17, 9:45AM-10:15AM  
\$24 Residents/\$36 Non-Residents

**Milwaukee Marshall (Ages 10-17).MR09**

(Int./Adv.)  
Sat, Sep 17-Dec 17, 10:30AM-11:15AM  
\$24 Residents/\$36 Non-Residents

## Woodwinds

This course provides students the opportunity to learn and develop their skills on a woodwind instrument including flute, oboe, clarinet, bass clarinet, bassoon, and saxophone in a small group setting. Students must bring their own instrument to class. Special face coverings will be used to ensure safety. Please register for classes following the guidelines below: Beginning - no experience required; Intermediate/Advance - Completed Beginning course.

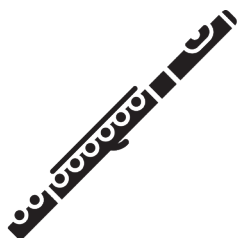
**Activity Code: 2RCE3212**  
(Section codes listed below)

**Hamilton (Ages 10-17)..... HA05**  
(Beg.)

Sat, Sep 17-Dec 17, 9:00AM-9:30AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 10-17)..... HA06**  
(Int./Adv.)

Sat, Sep 17-Dec 17, 9:45AM-10:30AM  
\$24 Residents/\$36 Non-Residents



## String Lessons

This course provides students the opportunity to learn and develop their skills on stringed instruments violin, viola, cello and bass in a small group setting. Students must come to classes with their own instruments. Please register for the string classes using the following guidelines: Beginner - No experience. Intermediate/Advanced - Completed Beginner course.

**Activity Code: 2RCE3218**  
(Section codes listed below)

**Hamilton (Ages 7-9)..... HA01**  
(Beg.)

Sat, Sep 17-Dec 17, 9:00AM-9:30AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 7-17)..... HA02**  
(Beg.)

Sat, Sep 17-Dec 17, 9:45AM-10:15AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 7-17)..... HA07**  
(Int./Adv.)

Sat, Sep 17-Dec 17, 10:30AM-11:15AM  
\$24 Residents/\$36 Non-Residents

**Milwaukee Marshall (Ages 7-9)..... MR01**  
(Beg.)

Sat, Sep 17-Dec 17, 9:00AM-9:30AM  
\$24 Residents/\$36 Non-Residents

**Milwaukee Marshall (Ages 10-17). MR02**  
(Beg.)

Sat, Sep 17-Dec 17, 9:45AM-10:15AM  
\$24 Residents/\$36 Non-Residents

**Milwaukee Marshall (Ages 7-17)... MR03**  
(Int./Adv.)

Sat, Sep 17-Dec 17, 10:30AM-11:15AM  
\$24 Residents/\$36 Non-Residents

## Drums/Percussion

This course provides students the opportunity to learn and develop their skills in drums and percussion in a small group setting. Please register for classes following the guidelines below: Beginning - no experience required; Intermediate/Advance - 1-2 years experience in drumming/percussion playing.

**Activity Code: 2RCE3230**  
(Section codes listed below)

**Hamilton (Ages 7-17)..... HA01**  
(Beg.)

Sat, Sep 17-Dec 17, 10:45AM-11:15AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 7-17)..... HA02**  
(Int./Adv.)

Sat, Sep 17-Dec 17, 11:30AM-12:15PM  
\$24 Residents/\$36 Non-Residents

## Beginning Ukulele

Are you a fan of Vance Joy or Twenty-One Pilots? Now is your chance to learn their main instrument: the ukulele. Students in this class will learn chords, melody, note reading and strumming patterns. This class will give you the skills needed to give you the basics of the ukulele including how to read chord charts and help you hit the ground running with your favorite songs. Ideal for future guitar players! No experience necessary. Students should bring their own ukuleles. Books will be provided at the first session.

**Activity Code: 2RCE3231**  
(Section codes listed below)

**Hamilton (Ages 10-17)..... HA01**  
(Beg.)

Sat, Sep 17-Dec 17, 11:30AM-12:00PM  
\$24 Residents/\$36 Non-Residents

# EVERYONE PLAYS!

If you receive state or federal assistance like FoodShare or BadgerCare, your children may be eligible to receive a scholarship to pay for most classes in the Milwaukee Recreation Guide. This includes arts & crafts, cooking, dance, fitness, language skills, music, outdoor education, sports, swimming and more!

Limited scholarships available. Apply today! Please call 414.475.8180 or visit [mkerec.net/scholarship](http://mkerec.net/scholarship) to learn more and complete our short application.

## NATURE IN YOUR NEIGHBORHOOD

### Ornaments

We will use objects found in nature to create seasonal and festive ornaments. These hand-made ornaments are perfect for decorating your house or giving as gifts! Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P124711**  
(Section codes listed below)

**Hamilton (Ages 5 & up) ..... HA01**  
Thu, Dec 1, 6:00PM- 7:15PM  
\$4 Residents/\$6 Non-Residents

### Exploring Hibernation

Shhhh... Don't wake them up! Have you ever wondered why some animals sleep through the winter? Which animals hibernate and how do they prepare for the winter? Come with us to explore hibernation through games, stories, activities and crafts. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P124722**  
(Section codes listed below)

**Riverside (Ages 3 & up) ..... RS01**  
Wed, Nov 2, 6:00PM- 7:00PM  
\$4 Residents/\$6 Non-Residents



### Pumpkins

Did you know that pumpkins are vegetables?! In fact, they are the unofficial vegetable of the month every October. Pumpkins are not just the harbingers of Halloween, they are much more than that. Come visit us and discover what pumpkins are really all about! Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P124725**  
(Section codes listed below)

**Hamilton (Ages 3 & up) ..... HA01**  
Tue, Oct 18, 6:00PM- 7:15PM  
\$4 Residents/\$6 Non-Residents

## DID YOU KNOW?

**Eighty-six percent** of U.S. adults agree think it is helpful that they and their families have **access to the outdoors and nature during stressful times**, including more than **three in five** who find this **very or extremely helpful**.

via [nrpa.org/parkpulse](http://nrpa.org/parkpulse)

### Acorns

You have probably seen an acorn or two lying on the ground. Have you ever pondered the acorn? Where did it come from? Will it be eaten and by whom? Join us for a walk to find acorns and learn more about these industrious nuts. Create a beautiful acorn adornment that you can take home. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P124782**  
(Section codes listed below)

**Riverside (Ages 4 & up) ..... RS01**  
Thu, Sep 22, 6:00PM- 7:00PM  
\$4 Residents/\$6 Non-Residents

## PLAY GROUPS

### Music Maker and More-Early Childhood Music Class

This sing along musical activity is designed for children and their parent or caregiver. The class incorporates traditional children's songs, finger plays, rhythm instruments and dance movements as well as puppets that help tell a story within the songs. A goal of the class is to give children an interest and love for all kinds of music. Bring your dancing feet and join us for a fun, family class. Due to room restrictions, only 1 adult may accompany each child. Parent or guardian must attend. Price is per child. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RCE5508**  
(Section codes listed below)

**Beulah Brinton (Ages 1-4) ..... BN01**  
Tue, Sep 13-Oct 4, 9:00AM- 9:30AM  
\$36 Residents/\$48 Non-Residents

**Beulah Brinton (Ages 1-4) ..... BN02**  
Tue, Oct 11-Nov 1, 9:00AM- 9:30AM  
\$36 Residents/\$48 Non-Residents

**Beulah Brinton (Ages 1-4) ..... BN03**  
Tue, Nov 8-Nov 29, 9:00AM- 9:30AM  
\$36 Residents/\$48 Non-Residents

## RED CROSS BABYSITTING CERTIFICATION

### Babysitting Workshop

Ages 11 & up. Receive American Red Cross certification for babysitting. Learn basic First Aid, reacting to stressful situations, creative play techniques, proper nutrition and more. Sign up early as classes fill quickly. Not eligible for reduced fees. Refund request must be received one week prior to the start of class.

**Activity Code: 2RCE5601**  
(Section codes listed below)

**Hamilton (Ages 11-17) ..... HA01**  
Sat, Sep 17, 8:30AM- 4:00PM  
\$100 Residents/\$150 Non-Residents

**Hamilton (Ages 11-17) ..... HA02**  
Sat, Dec 3, 8:30AM- 4:00PM  
\$100 Residents/\$150 Non-Residents

**MacDowell (Ages 11-17) ..... JU01**  
Sat, Nov 12, 8:30AM- 4:00PM  
\$100 Residents/\$150 Non-Residents

**Riverside (Ages 11-17) ..... RS01**  
Sat, Oct 8, 8:30AM- 4:00PM  
\$100 Residents/\$150 Non-Residents

**Riverside (Ages 11-17) ..... MR02**  
Sat, Oct 22, 8:30AM- 4:00PM  
\$100 Residents/\$150 Non-Residents

*A word from our customers...*

*Milwaukee Recreation provides timesaving and economical ways to engage in activities outside the home!*



## SCIENCE

### Prehistoric Exploration

Does your child love dinosaurs? Then join us for this classroom expedition! Kids will learn more about dinosaurs and participate in projects that include art, fossils, and volcanoes. This class will be taught by a certified MPS teacher. Class fee includes supply costs and is non-refundable. Class is not eligible for reduced fees.

**Activity Code: 2RCE5806**  
(Section codes listed below)

#### Milwaukee Marshall (Ages 5-7)..... MR01

Sat, Oct 22, 12:30PM- 2:00PM  
\$8 Residents/\$12 Non-Residents

#### Milwaukee Marshall (Ages 8-11)... MR02

Sat, Oct 22, 2:30PM- 4:00PM  
\$8 Residents/\$12 Non-Residents

### Space Exploration

NEW

3..2..1..Blastoff into fun with Space Exploration! Kids will learn and explore the final frontier through projects that include making their own shuttles, the solar system, planets, and more! This class will be taught by a certified MPS teacher. Class fee includes supply cost and is non-refundable. Class is not eligible for reduced fees.

**Activity Code: 2RCE5808**  
(Section codes listed below)

#### Milwaukee Marshall (Ages 5-7)..... MR01

Sat, Dec 3, 12:30PM- 2:00PM  
\$8 Residents/\$12 Non-Residents

#### Milwaukee Marshall (Ages 8-11)... MR02

Sat, Dec 3, 2:30PM- 4:00PM  
\$8 Residents/\$12 Non-Residents

## WEAVING AND FIBER ARTS

### Kids Knitting

This class is for beginners and beyond!! Learn the basics of knitting or take your skills to a new level! Beginning with the knit and purl stitch, casting on and binding off. Build on skills to make socks, bucket hats or any knitting project you put your mind to with guidance of an instructor.

**Activity Code: 2RCE6901**  
(Section codes listed below)

#### Gaenslen (Ages 9-17).....GS01

Mon, Sep 12-Oct 31, 4:00PM- 5:30PM  
\$35 Residents/\$35 Non-Residents

## BASKETBALL

### Mighty Mite Basketball

This class is not an intro "dunktion" to basketball. Your young person will have fun, while being introduced to some basketball skills. Skills include dribbling, passing, sliding feet laterally, and shooting on a 4-foot hoop. This class will expose your young person to the great game of basketball in a FUN environment.

**Activity Code: 2RCE1101**  
(Section codes listed below)

#### Bryant (Ages 3-4)..... BY01

(Not eligible for reduced fees)  
Wed, Sep 28-Nov 16, 5:30PM- 6:00PM  
\$10 Residents/\$15 Non-Residents

#### Milwaukee Marshall (Ages 3-4)..... MR01

(Not eligible for reduced fees)  
Sat, Sep 17-Nov 5, 9:45AM-10:15AM  
\$10 Residents/\$15 Non-Residents

#### Riverside (Ages 3-4)..... RS01

Sat, Sep 10-Nov 5, 12:15PM-12:45PM  
\$11 Residents/\$17 Non-Residents



### B.I.G. Basketball

In this program, participants will learn the fundamentals of basketball, including dribbling, passing, shooting, rebounding, rules, and how the game is played. Combine all of these components with team play for a fun and exciting experience.

**Activity Code: 2RCE1102**  
(Section codes listed below)

#### Bryant (Ages 7-9)..... BY01

Wed, Sep 28-Nov 16, 6:45PM- 7:30PM  
\$19 Residents/\$29 Non-Residents

#### Hamilton (Ages 7-9)..... HA01

Sat, Sep 17-Nov 5, 9:30AM-10:30AM  
\$19 Residents/\$29 Non-Residents

#### Milwaukee Marshall (Ages 7-9)..... MR01

Sat, Sep 17-Nov 5, 11:10AM-12:10PM  
\$19 Residents/\$29 Non-Residents

#### Riverside (Ages 7-11)..... RS01

Sat, Sep 10-Nov 5, 2:00PM- 2:55PM  
\$19 Residents/\$29 Non-Residents

#### Vincent (Ages 7-9) ..... VN01

Mon, Sep 26-Nov 14, 5:30PM- 6:30PM  
\$19 Residents/\$29 Non-Residents

### Bitty Basketball

The hoops are lower and the basketballs are smaller, but the fun is big in Bitty Basketball. This program is a great way to introduce your child to the sport. Participants will learn the rules of basketball as well as basic fundamentals such as shooting, dribbling, and passing. This is accomplished through hands-on practice using mini basketballs and 6 & 8 foot hoops.

**Activity Code: 2RCE1103**  
(Section codes listed below)

#### Beulah Brinton (Ages 5-6)..... BN01

Tue, Sep 20-Nov 8, 4:00PM- 4:45PM  
\$14 Residents/\$21 Non-Residents

#### Beulah Brinton (Ages 5-6)..... BN02

Fri, Sep 23-Nov 11, 4:00PM- 4:45PM  
\$14 Residents/\$21 Non-Residents

#### Bryant (Ages 5-6)..... BY01

Wed, Sep 28-Nov 16, 6:00PM- 6:45PM  
\$14 Residents/\$21 Non-Residents

#### Milwaukee Marshall (Ages 5-6)..... MR01

Sat, Sep 17-Nov 5, 10:20AM-11:05AM  
\$14 Residents/\$21 Non-Residents

#### Riverside (Ages 5-6)..... RS01

Sat, Sep 10-Nov 5, 1:00PM- 1:45PM  
\$16 Residents/\$24 Non-Residents

### Girls Basketball Camp

Gain the skills needed to become a basketball star. This camp will cover shooting, passing, dribbling, rebounding, and team play. Rules of the game will also be discussed.

**Activity Code: 2RCE1105**  
(Section codes listed below)

#### Milwaukee Marshall (Ages 8-12)... MR01

Sat, Sep 17-Nov 5, 12:15PM- 1:15PM  
\$19 Residents/\$29 Non-Residents

### All-American Basketball

This advanced class is designed for children who have a solid foundation in basketball and wish to improve to the next level.

**Activity Code: 2RCE1106**  
(Section codes listed below)

#### Hamilton (Ages 10-12)..... HA01

Sat, Sep 17-Nov 5, 10:45AM-11:45AM  
\$19 Residents/\$29 Non-Residents

#### Milwaukee Marshall (Ages 10-12). MR01

Sat, Sep 17-Nov 5, 1:20PM- 2:20PM  
\$19 Residents/\$29 Non-Residents

#### Riverside (Ages 10-12)..... RS01

Sat, Sep 10-Nov 5, 3:00PM- 3:55PM  
\$19 Residents/\$29 Non-Residents

#### Vincent (Ages 10-12) ..... VN01

Mon, Sep 26-Nov 14, 6:30PM- 7:30PM  
\$24 Residents/\$36 Non-Residents

## Elementary Basketball League

Emphasis will be placed on participation, development of basketball skills, sportsmanship, and teamwork. COED teams will be formed on the first day during the organizational meeting and practice. A minimum of two (2) VOLUNTEER PARENT COACHES are required per team. All parents interested in the role of VOLUNTEER PARENT COACH should contact the Youth Sports Office, at [Youthsports@mkerec.net](mailto:Youthsports@mkerec.net) to complete the online volunteer coaching application and mandatory background check prior to the scheduled organizational meeting and practice. The organizational/parent meeting and practice is scheduled for the first day of the activity at 10:00 a.m.. If you have any questions, please call the Youth Sports Office at 414.475.8410. Players will receive a t-shirt and participation medal. Fee based on 1 hour of activity per session.

**Activity Code: 2RYS1101**  
(Section codes listed below)

### Madison (Ages 6-9).....MA01

(GRADES 1ST - 3RD ONLY / Games played at Madison High School)  
Sat, Nov 5-Feb 25, 9:00AM-12:00PM  
\$33 Residents/\$50 Non-Residents

### Madison (Ages 9-11).....MA02

(GRADES 4TH - 5TH ONLY / Games played at Vincent High School)  
Sat, Nov 12-Mar 4, 10:00AM- 1:00PM  
\$33 Residents/\$50 Non-Residents

## Middle School Basketball League

Emphasis will be placed on participation, development of basketball skills, sportsmanship, and teamwork. A COED team will be formed on the first day, during the organizational/parent meeting on Saturday November 12th at 2:00 p.m.. If you have any questions, please contact the Youth Sports Office at [Youthsports@mkerec.net](mailto:Youthsports@mkerec.net) or call 414.475.8410. Players will receive a t-shirt and participation medal. Fee based on 1 hour of activity per session.

**Activity Code: 2RYS1102**  
(Section codes listed below)

### Beulah Brinton (Ages 12-14).....BN01

(GRADES 6TH - 8TH ONLY / Games played at Beulah Brinton)  
Sat, Nov 12-Mar 4, 1:00PM- 4:00PM  
\$33 Residents/\$50 Non-Residents

## FOOTBALL

### Pigskin Pals (Coed Football)

Learn the basics of throwing, catching, kicking, punting, hand-offs, positioning stances, offense, defense, special teams, and more. Help your little one get a 'hut' up on the competition.

**Activity Code: 2RCE3702**  
(Section codes listed below)

### Beulah Brinton (Ages 5-7).....BN01

Sat, Sep 24-Nov 12, 8:30AM- 9:15AM  
\$19 Residents/\$29 Non-Residents

### Milwaukee Marshall (Ages 7-11)...MR02

Sat, Sep 17-Oct 22, 1:15PM- 2:15PM  
\$14 Residents/\$21 Non-Residents

### Milwaukee Marshall (Ages 7-11)...MR04

Sat, Nov 5-Dec 17, 1:15PM- 2:15PM  
\$14 Residents/\$21 Non-Residents

## Elementary Flag Football League

Emphasis will be placed on participation, development of football skills, sportsmanship, and teamwork. Tackling will not be involved. A minimum of two (2) VOLUNTEER PARENT COACHES are required per team. All parents interested in the role of VOLUNTEER PARENT COACH should contact Randy Hall, Youth Sports Supervisor, at [hallr@milwaukee.k12.wi.us](mailto:hallr@milwaukee.k12.wi.us) to complete the online volunteer coaching application and mandatory background check prior to the scheduled organizational meeting day. COED teams will be formed at the organizational/parent meeting and practice on Saturday September 17, 10:00 a.m.. League games begin Saturday September 24. If you have any questions, please call the Youth Sports Office at 414.475.8410. Players will receive a t-shirt and participation medal. Fee based on 1 hour of activity per session. THE REGISTRATION DEADLINE FOR THIS ACTIVITY IS FRIDAY, SEPTEMBER 2, 2022.

**Activity Code: 2RYS3701**  
(Section codes listed below)

### Brinton Playfield (Ages 6-9).....BN01

(GRADES 1ST - 3RD ONLY / Make-Up Date - November 5th)  
Sat, Sep 17-Nov 5, 9:00AM-11:00AM  
\$27 Residents/\$41 Non-Residents

### Brinton Playfield (Ages 9-12).....BN02

(GRADES 4TH - 5TH ONLY / Make-Up Date - November 5th)  
Sat, Sep 17-Nov 5, 11:00AM- 2:00PM  
\$27 Residents/\$41 Non-Residents

## GOLF

### Get in the Swing - Golf Camp

Get in the Swing is a camp for beginners and avid youth golfers alike. Participants will learn fundamentals from general rules and etiquette to proper stance and how to hold a club. This camp is a great way to build a solid foundation in the sport. Golfers need to bring their own clubs.

**Activity Code: 2RCE3801**  
(Section codes listed below)

### Milwaukee Marshall (Ages 8-17)...MR01

Sat, Sep 17-Nov 5, 2:00PM- 3:00PM  
\$19 Residents/\$29 Non-Residents



## GYMNASTICS

### Gymnastics

If springing over a vault, balancing on a beam, standing on your hands, and doing backward walkovers sound like fun, sign up for gymnastics. This is a developmental program, taught with a progression of gymnastic skills, which assist youth in the development of coordination.

**Activity Code: 2RCE3901**  
(Section codes listed below)

**Riverside (Ages 4-5)..... RS01**  
Sat, Sep 10-Nov 5, 10:00AM-10:55AM  
\$23 Residents/\$35 Non-Residents

**Riverside (Ages 6-7)..... RS02**  
Sat, Sep 10-Nov 5, 11:00AM-11:55AM  
\$23 Residents/\$35 Non-Residents

**Riverside (Ages 8-10)..... RS03**  
Sat, Sep 10-Nov 5, 12:00PM-12:55PM  
\$23 Residents/\$35 Non-Residents

**Riverside (Ages 11-13)..... RS04**  
Sat, Sep 10-Nov 5, 1:00PM- 1:55PM  
\$23 Residents/\$35 Non-Residents

**Riverside (Ages 4-6)..... RS05**  
Thu, Sep 15-Nov 10, 6:00PM- 6:55PM  
\$23 Residents/\$35 Non-Residents

**Riverside (Ages 7-9)..... RS06**  
Thu, Sep 15-Nov 10, 7:00PM- 7:55PM  
\$23 Residents/\$35 Non-Residents

**Riverside (Ages 4-6)..... RS12**  
Thu, Dec 1-Jan 12, 6:15PM- 7:10PM  
\$15 Residents/\$23 Non-Residents

**Riverside (Ages 7-9)..... RS13**  
Thu, Dec 1-Jan 12, 7:15PM- 8:10PM  
\$20 Residents/\$30 Non-Residents

**Riverside (Ages 4-5)..... RS07**  
Sat, Dec 3-Jan 7, 9:50AM-10:45AM  
\$17 Residents/\$26 Non-Residents

**Riverside (Ages 6-8)..... RS08**  
Sat, Dec 3-Jan 7, 10:50AM-11:45AM  
\$17 Residents/\$26 Non-Residents

**Riverside (Ages 9-11)..... RS09**  
Sat, Dec 3-Jan 7, 11:50AM-12:45PM  
\$17 Residents/\$26 Non-Residents



### PLEASE NOTE...

Masks will be **mandatory** for participants and staff in all Milwaukee Recreation facilities. This policy is subject to change based on current conditions.

Procedures to reduce the spread of COVID-19 will remain in place and participants are encouraged to continue taking steps to stay safe and healthy.

### Tumbling Teddy Bears

Somersault for fun. This pre-gymnastics program will assist children in the development of eye/hand coordination and balance through basic tumbling activities. Parent(s)/Guardian(s) are required to attend this class with their child at no extra charge.

**Activity Code: 2RCE3902**  
(Section codes listed below)

**Riverside (Ages 2.5-3)..... RS01**  
Sat, Sep 10-Nov 5, 9:00AM- 9:45AM  
\$21 Residents/\$32 Non-Residents

**Riverside (Ages 2.5-3)..... RS02**  
Sat, Dec 3-Jan 7, 9:00AM- 9:45AM  
\$19 Residents/\$29 Non-Residents

## LACROSSE

### Intro to Girls Lacrosse

Lacrosse is the fastest growing sport in the country, and also America's oldest sport! This instructional clinic offers drills/skills and fundamentals for beginners to intermediate players. This is a great opportunity for girls to learn to play the fun sport of lacrosse, coached by experienced and enthusiastic instructors. Beginners will learn the basic skills of girls lacrosse, while intermediate players will refine their stick skills and work on advanced skills. Lacrosse stick, goggles and mouth guard are required equipment for girls lacrosse. Lacrosse sticks and goggles will be available to borrow, but each participant will need to bring their own mouth guard. No experience necessary!

**Activity Code: 2RCE9702**  
(Section codes listed below)

**Riverside (Ages 6-12)..... RS01**  
Tue, Sep 13-Nov 1, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

## MARTIAL ARTS

### Children's Self-Defense

Be confident about protecting yourself when the need arises. Learn real life strategies and situational awareness to avoid confrontations. Learn basic escape techniques to get out of a situation, if one occurs. Class time includes awareness discussions and practicing techniques.

**Activity Code: 2RCE4501**  
(Section codes listed below)

**MacDowell (Ages 7-13)..... JU01**  
Wed, Sep 21-Nov 9, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

### Judo

Judo or 'gentle way/technique' focuses on manipulating an opponent's force against him/her rather than confronting it with one's own force. Join us to learn about judo under personalized instruction that focuses on technique and tradition. Students Interested in continuing through the advanced level must demonstrate a high level of comfort with properly executed Judo falls and have instructor approval. USJA and USMA associated. Please wear clothes without buttons or metal. Class is combined with adult class.

**Activity Code: 2RCE4503**  
(Section codes listed below)

**MacDowell (Ages 7-17)..... JU02**  
(Beginner)  
Mon, Sep 19-Nov 7, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

**MacDowell (Ages 7-17)..... JU03**  
(Advanced)  
Mon, Sep 19-Nov 7, 7:00PM- 8:00PM  
\$19 Residents/\$29 Non-Residents

**MacDowell (Ages 7-17)..... JU01**  
(Advanced)  
Mon, Nov 21-Dec 12, 6:00PM- 7:00PM  
\$10 Residents/\$15 Non-Residents

**Tae Kwon Do**

Tae Kwon Do is a Korean art of hand and foot fighting. Learn self-discipline, kicking and punching techniques, correct body positioning, and self-defense.

**Activity Code: 2RCE4506**  
(Section codes listed below)

**Beulah Brinton (Ages 6-17)..... BN01**

(Beg. - White - Yellow Belts)  
Mon/Wed/Fri, Sep 19-Nov 11, 4:00PM- 4:45PM  
\$39 Residents/\$59 Non-Residents

**Beulah Brinton (Ages 6-17)..... BN02**

(Int./Adv. - Camo - Brown Belts)  
Mon/Wed/Fri, Sep 19-Nov 11, 4:45PM- 5:30PM  
\$39 Residents/\$59 Non-Residents

**Beulah Brinton (Ages 6-17)..... BN03**

(Adv. - Red/Black & Black Belts)  
Mon/Wed/Fri, Sep 19-Nov 11, 5:30PM- 6:15PM  
\$39 Residents/\$59 Non-Residents

**Beulah Brinton (Ages 3-5)..... BN04**

(Not eligible for reduced fees)  
Sat, Sep 24-Nov 12, 8:00AM- 8:30AM  
\$10 Residents/\$15 Non-Residents

**Beulah Brinton (Ages 6-14)..... BN05**

Sat, Sep 24-Nov 12, 8:30AM- 9:30AM  
\$18 Residents/\$27 Non-Residents

**Beulah Brinton (Ages 6-17)..... BN08**

(Beg. - White - Yellow Belts)  
Mon/Wed/Fri, Nov 28-Jan 13, 4:00PM- 4:45PM  
\$25 Residents/\$38 Non-Residents

**Beulah Brinton (Ages 6-17)..... BN09**

(Int./Adv. - Camo - Brown Belts)  
Mon/Wed/Fri, Nov 28-Jan 13, 4:45PM- 5:30PM  
\$25 Residents/\$38 Non-Residents

**Beulah Brinton (Ages 6-17)..... BN10**

(Adv. - Red/Black & Black Belts)  
Mon/Wed/Fri, Nov 28-Jan 13, 5:30PM- 6:15PM  
\$25 Residents/\$38 Non-Residents

**Beulah Brinton (Ages 3-5)..... BN06**

(Not eligible for reduced fees)  
Sat, Dec 3-Jan 14, 8:00AM- 8:30AM  
\$7 Residents/\$11 Non-Residents

**Beulah Brinton (Ages 6-14)..... BN07**

Sat, Dec 3-Jan 14, 8:30AM- 9:30AM  
\$12 Residents/\$18 Non-Residents

**Hamilton (Ages 6-14)..... HA06**

(Class is combined with adult class)  
Mon/Wed, Sep 19-Nov 9, 5:30PM- 6:30PM  
\$35 Residents/\$53 Non-Residents

**Hamilton (Ages 6-14)..... HA01**

(Class is combined with adult class)  
Mon/Wed, Sep 19-Nov 9, 6:45PM- 7:45PM  
\$35 Residents/\$53 Non-Residents

**MacDowell (Ages 6-14)..... JU01**

Tue/Thu, Sep 20-Nov 10, 6:00PM- 7:00PM  
\$31 Residents/\$47 Non-Residents

**MacDowell (Ages 6-14)..... JU06**

Tue/Thu, Nov 15-Dec 15, 6:00PM- 7:00PM  
\$23 Residents/\$35 Non-Residents

**MacDowell (Ages 6-14)..... JU08**

Tue/Thu, Nov 15-Dec 15, 7:15PM- 8:15PM  
\$23 Residents/\$35 Non-Residents

**Milwaukee Marshall (Ages 6-14)... MR07**

(Beg. - White, Orange, & Yellow Belt)  
Sat, Sep 17-Oct 22, 9:00AM-10:00AM  
\$14 Residents/\$21 Non-Residents

**Milwaukee Marshall (Ages 6-14)... MR08**

(Beg. - White, Orange, & Yellow Belt)  
Sat, Sep 17-Oct 22, 10:15AM-11:15AM  
\$14 Residents/\$21 Non-Residents

**Milwaukee Marshall (Ages 6-14)... MR09**

(Int./Adv., Camo-Red, Black Belts)  
Sat, Sep 17-Oct 22, 11:30AM-12:30PM  
\$15 Residents/\$23 Non-Residents

**Milwaukee Marshall (Ages 6-14)... MR03**

(Beg. - White, Orange, & Yellow Belt)  
Mon, Sep 19-Dec 12, 6:00PM- 7:00PM  
\$26 Residents/\$39 Non-Residents

**Milwaukee Marshall (Ages 6-14)... MR01**

(Beg. - White, Orange, & Yellow Belt)  
Mon/Wed, Sep 19-Dec 14, 6:00PM- 7:00PM  
\$51 Residents/\$77 Non-Residents

**Milwaukee Marshall (Ages 6-14)... MR02**

(Int./Adv., Camo-Red, Black Belts)  
Mon/Wed, Sep 19-Dec 14, 7:15PM- 8:15PM  
\$53 Residents/\$80 Non-Residents

**Milwaukee Marshall (Ages 6-14)... MR04**

(Int./Adv., Camo-Red, Black Belts)  
Mon, Sep 19-Dec 12, 7:15PM- 8:15PM  
\$28 Residents/\$42 Non-Residents

**Milwaukee Marshall (Ages 6-17)... MR05**

(Beg.-White, Orange, & Yellow Belt)  
Wed, Sep 21-Dec 14, 6:00PM- 7:00PM  
\$26 Residents/\$39 Non-Residents

**Milwaukee Marshall (Ages 6-14)... MR06**

(Int./Adv., Camo-Red, Black Belts)  
Wed, Sep 21-Dec 14, 7:15PM- 8:15PM  
\$28 Residents/\$42 Non-Residents

**Milwaukee Marshall (Ages 6-17)... MR10**

(Beg.-White, Orange, & Yellow Belt)  
Sat, Nov 5-Dec 17, 9:00AM-10:00AM  
\$14 Residents/\$21 Non-Residents

**Milwaukee Marshall (Ages 6-14)... MR11**

(Beg. - White, Orange, & Yellow Belt)  
Sat, Nov 5-Dec 17, 10:15AM-11:15AM  
\$14 Residents/\$21 Non-Residents

**Milwaukee Marshall (Ages 6-14)... MR12**

(Int./Adv., Camo-Red, Black Belts)  
Sat, Nov 5-Dec 17, 11:30AM-12:30PM  
\$15 Residents/\$23 Non-Residents

**Riverside (Ages 3-5)..... RS07**

(Beg.)  
Sat, Sep 10-Oct 29, 9:00AM- 9:30AM  
\$12 Residents/\$18 Non-Residents

**Riverside (Ages 3-5)..... RS08**

(Int./Adv., Ara Belt & Higher)  
Sat, Sep 10-Oct 29, 9:30AM-10:00AM  
\$18 Residents/\$27 Non-Residents

**Riverside (Ages 6-14)..... RS04**

(Beg., White-Yellow Belt)  
Sat, Sep 10-Oct 29, 10:15AM-11:00AM  
\$16 Residents/\$24 Non-Residents

**Riverside (Ages 6-14)..... RS05**

(Camo-Black Belts)  
Sat, Sep 10-Oct 29, 11:00AM-11:45AM  
\$16 Residents/\$24 Non-Residents

**Riverside (Ages 6-14)..... RS01**

(Beg., white-yellow belt)  
Mon/Wed, Sep 12-Nov 2, 6:00PM- 6:45PM  
\$30 Residents/\$45 Non-Residents

**Riverside (Ages 6-14)..... RS02**

(Camo-Purple Belts)  
Mon/Wed, Sep 12-Nov 2, 6:45PM- 7:30PM  
\$39 Residents/\$59 Non-Residents

**Riverside (Ages 6-14)..... RS03**

(Blue-Black Belts only, all ranks, all ages)  
Mon/Wed, Sep 12-Nov 2, 7:30PM- 8:15PM  
\$32 Residents/\$64 Non-Residents

**Riverside (Ages 6-14)..... RS10**

(Beg., white-yellow belt)  
Mon/Wed, Nov 28-Jan 11, 6:00PM- 6:45PM  
\$34 Residents/\$51 Non-Residents

**Riverside (Ages 6-14)..... RS13**

(Int./Adv., Camo/Black Belts)  
Mon/Wed, Nov 28-Jan 11, 6:45PM- 7:30PM  
\$26 Residents/\$39 Non-Residents

**Riverside (Ages 3-5)..... RS21**

(Beg. Not eligible for reduced fees.)  
Sat, Dec 3-Jan 7, 9:00AM- 9:30AM  
\$8 Residents/\$12 Non-Residents

**Riverside (Ages 3-5)..... RS16**

(Int./Adv., Ara Belt & Higher. Not eligible for reduced fees.)  
Sat, Dec 3-Jan 7, 9:30AM-10:00AM  
\$8 Residents/\$12 Non-Residents

**Riverside (Ages 6-14)..... RS17**

(Beg., White-Yellow Belt)  
Sat, Dec 3-Jan 7, 10:15AM-11:00AM  
\$12 Residents/\$18 Non-Residents

**Riverside (Ages 6-14)..... RS18**

(Int./Adv., Camo/Black Belt)  
Sat, Dec 3-Jan 7, 11:00AM-11:45AM  
\$12 Residents/\$18 Non-Residents





## SOCCER

### Just for Kicks Soccer

Score the winning goal or make a diving save! Learn dribbling, trapping, and more through drills. Rules, strategy, and teamwork will be introduced.

**Activity Code: 2RCE5901**  
(Section codes listed below)

#### Milwaukee Marshall (Ages 5-6).....MR01

Sat, Sep 17-Oct 22, 11:20AM-12:05PM  
\$11 Residents/\$17 Non-Residents

#### Milwaukee Marshall (Ages 5-6).....MR02

Sat, Nov 5-Dec 17, 11:20AM-12:05PM  
\$11 Residents/\$17 Non-Residents



### Mighty Mite Soccer

Quit kicking your brother or sister and kick a soccer ball instead! Learn the basics of soccer and how to play as part of a team. This class will teach dribbling, passing, and kicking. Take this opportunity to use the motor skills your child already has and focus them on an organized sport.

**Activity Code: 2RCE5902**  
(Section codes listed below)

#### Beulah Brinton (Ages 3-4).....BN01

Thu, Sep 15-Nov 10, 4:00PM- 4:45PM  
\$14 Residents/\$21 Non-Residents

#### Milwaukee Marshall (Ages 3-4).....MR01

(Not eligible for reduced fees)  
Sat, Sep 17-Oct 22, 10:45AM-11:15AM  
\$8 Residents/\$12 Non-Residents

#### Milwaukee Marshall (Ages 3-4).....MR02

(Not eligible for reduced fees)  
Sat, Nov 5-Dec 17, 10:45AM-11:15AM  
\$8 Residents/\$12 Non-Residents

### B.I.G. Soccer

Soccer is great! Participants will continue to build on dribbling, heading, and trapping skills as well as develop some defense skills, all with an emphasis on FUN. Each skill will be taught thru drills that maximize repetition and learning.

**Activity Code: 2RCE5903**  
(Section codes listed below)

#### Milwaukee Marshall (Ages 7-9).....MR01

Sat, Sep 17-Oct 22, 12:10PM- 1:10PM  
\$14 Residents/\$21 Non-Residents

#### Milwaukee Marshall (Ages 7-9).....MR02

Sat, Nov 5-Dec 17, 12:10PM- 1:10PM  
\$14 Residents/\$21 Non-Residents



## LOOKING FOR A FUN JOB THIS FALL?

## MILWAUKEE RECREATION IS HIRING SOCCER REFEREES. JOIN OUR TEAM TODAY!

### Beginning Soccer Referee Training:

Milwaukee Recreation is recruiting, hiring, and training soccer referees (ages 15yrs and above) for our fall elementary outdoor soccer leagues.

### Referee Training Information (Mandatory):

- Tuesday, September 13
- 5:30pm – 7:30pm
- Beulah Brinton Community Center, 2555 S. Bay St – Milwaukee, WI 53207

**Pay Rate:** \$15/per hour (PAID TRAINING).

**League Dates:** Must be available on Saturdays, September – November from 8:00am – 5:00pm.

**League Locations:** Sijan Playfield, Emigh Playfield, South Stadium and Vincent Playfield (reliable transportation needed to be a soccer referee).

**Registration:** Email Ryan Broderick (youthsports@mkerec.net) by Friday, September 9.

**Future Employment:** Milwaukee Recreation offers fall, winter, and spring elementary school soccer leagues.



**MKE REC**  
A department of MPS

## SPORTS AND RECREATION

### Dodgeball

Dodge, dip, duck, and dive! This is a great class to perfect your technique playing non-exclusive dodgeball variations.

**Activity Code: 2RCE6202**  
(Section codes listed below)

#### Beulah Brinton (Ages 8-12)..... BN01

Tue, Sep 20-Nov 8, 4:30PM- 5:30PM  
\$19 Residents/\$29 Non-Residents

## TENNIS

### Tennis

Tennis instruction will expose youth to backhand/forehand grips and strokes using the latest aerobic and physical fitness conditioning exercises. Rules of singles and doubles play will be covered with an emphasis on sportsmanship. Participants in intermediate and advance should have solid foundation in tennis and completed the beginner level. Participants need to bring their own rackets.

**Activity Code: 2RCE6501**  
(Section codes listed below)

#### Milwaukee Marshall (Ages 6-12)...MR01

(Beg.)  
Sat, Sep 17-Oct 22, 10:05AM-11:05AM  
\$14 Residents/\$21 Non-Residents

#### Milwaukee Marshall (Ages 12-17)...MR02

(Beg.)  
Sat, Sep 17-Oct 22, 11:10AM-12:10PM  
\$14 Residents/\$21 Non-Residents

#### Milwaukee Marshall (Ages 10-17).MR03

(Int./Adv.)  
Sat, Sep 17-Oct 22, 12:15PM- 1:15PM  
\$15 Residents/\$23 Non-Residents

#### Milwaukee Marshall (Ages 6-12)...MR04

(Beg.)  
Sat, Nov 5-Dec 17, 10:05AM-11:05AM  
\$14 Residents/\$21 Non-Residents

#### Milwaukee Marshall (Ages 12-17)...MR05

(Beg.)  
Sat, Nov 5-Dec 17, 11:10AM-12:10PM  
\$14 Residents/\$21 Non-Residents

#### Milwaukee Marshall (Ages 10-17)...MR06

(Int./Adv.)  
Sat, Nov 5-Dec 17, 12:15PM- 1:15PM  
\$15 Residents/\$23 Non-Residents

### Tennis Lessons (Semi-Private)

Milwaukee Recreation is offering a golden opportunity to learn tennis in a semi-private format. Participants will learn and/or improve upon the fundamental skills of ground strokes, footwork, volleying, serving, backhand/forehand grips, and the lob. Rules of singles and doubles play will be covered with an emphasis on sportsmanship. Participants will be encouraged to bring their own racquet, water bottle, and/or sweat towel if possible. All 50-minute clinic sessions will consist of a one (1) to three (3) participants. Call 414.475.8410 for more information.

**Activity Code: 2RYS6507**  
(Section codes listed below)

#### Enderis Playfield (Ages 9-11)..... EF01

Mon/Wed, Sep 7-Oct 10, 4:30PM- 5:20PM  
\$43 Residents/\$65 Non-Residents

#### Enderis Playfield (Ages 9-11)..... EF02

Mon/Wed, Sep 7-Oct 10, 5:30PM- 6:20PM  
\$43 Residents/\$65 Non-Residents

#### Enderis Playfield (Ages 12-14)..... EF03

Mon/Wed, Sep 7-Oct 10, 6:30PM- 7:20PM  
\$43 Residents/\$65 Non-Residents

#### Sijan Playfield (Ages 9-11) .....JS01

Sat, Sep 10-Oct 15, 1:30PM- 2:20PM  
\$23 Residents/\$35 Non-Residents

#### Sijan Playfield (Ages 12-14) .....JS02

Sat, Sep 10-Oct 15, 2:30PM- 3:20PM  
\$23 Residents/\$35 Non-Residents

### MTEF Fall Tennis Lessons (Small Group)

In partnership with the Milwaukee Tennis & Education Foundation, the Youth Sports Office is excited to offer COED small group tennis lessons for ages 10-14 years old. This 6-week introductory program will ignite youth participants interests in the game of tennis and for them to have fun with peers engaging in physical activity. Each lesson is guided by the following three principles: education, exercise, and enjoyment. With structured group dynamics focused on play-to-learn and learn-to-play formats, players will build the stroke fundamentals and athletic skills needed to grow their game. Students of all abilities are welcome and will be matched accordingly in training pods of not more than 8 students per court. Participants will be encouraged to bring their own racquet and water bottle if possible. For more information, please call 414.475.8410.

**Activity Code: 2RYS6508**  
(Section codes listed below)

#### Enderis Playfield (Ages 10-14)..... EF01

Thu, Sep 22-Oct 27, 5:00PM- 5:50PM  
\$21 Residents/\$32 Non-Residents

#### Enderis Playfield (Ages 10-14)..... EF02

Thu, Sep 22-Oct 27, 6:00PM- 6:50PM  
\$21 Residents/\$32 Non-Residents

#### Wick Field (Ages 10-14).....W201

Sat, Sep 24-Oct 29, 9:00AM- 9:50AM  
\$21 Residents/\$32 Non-Residents



## Family Tennis Lessons (Private)

Milwaukee Recreation is now offering families the opportunity to learn tennis together in a private setting. Private lessons will provide registered families with the chance to develop or improve upon the fundamental skills of ground strokes, footwork, volleying, serving, backhand/forehand grips, and the lob together. Rules of singles and doubles play will be covered with an emphasis on sportsmanship. Registration formats will be limited to either one (1) adult and one (1) child, or one (1) adult and two (2) children of the same household per session. (Registration fees are \$25 per adult resident / \$20 per child resident, and \$38 per adult non-resident / \$33 per child non-resident) Adults are required to register, attend, and participate at each lesson with their child, as this is a family oriented program. Parents looking for children only tennis opportunities are encouraged to register for Semi-Private Tennis Lessons. Family Tennis participants will be asked to bring their own water bottle, and/or sweat towel if possible. All necessary tennis equipment will be provided by Milwaukee Recreation. All 50-minute clinic sessions will consist of a two (2) to three (3) participants from the same household. Please call 414.475.8410 for more information.

**Activity Code: 2RYS6512**  
(Section codes listed below)

**Sijan Playfield .....JS01**  
Sat, Sep 10-Oct 15, 9:30AM-10:20AM  
Fees listed in description

**Sijan Playfield .....JS02**  
Sat, Sep 10-Oct 15, 9:30AM-10:20AM  
Fees listed in description

**Sijan Playfield .....JS03**  
Sat, Sep 10-Oct 15, 10:30AM-11:20AM  
Fees listed in description

**Sijan Playfield .....JS04**  
Sat, Sep 10-Oct 15, 10:30AM-11:20AM  
Fees listed in description

**Sijan Playfield .....JS05**  
Sat, Sep 10-Oct 15, 11:30AM-12:20PM  
Fees listed in description

**Sijan Playfield .....JS06**  
Sat, Sep 10-Oct 15, 11:30AM-12:20PM  
Fees listed in description

## TRACK

### Mini Track

On your mark, get set, go... Receive instruction in the proper techniques for sprints, distance running, starting stance, relays, and field events.

**Activity Code: 2RCE6703**  
(Section codes listed below)

**Milwaukee Marshall (Ages 5-7).....MR01**  
Sat, Sep 17-Oct 22, 9:00AM-10:00AM  
\$14 Residents/\$21 Non-Residents

**Milwaukee Marshall (Ages 8-12)...MR02**  
Sat, Sep 17-Oct 22, 10:00AM-11:00AM  
\$14 Residents/\$21 Non-Residents



## VOLLEYBALL

### Volleyball Academy

Learn the fundamentals necessary to play more than 'boom ball.' This includes passing, serving, individual defense, setting and hitting approaches. Develop correct footwork, body positioning, timing, ball tracking and coordinated teamwork. Basic strategy and rules of the sport will be taught.

**Activity Code: 2RCE6801**  
(Section codes listed below)

**Beulah Brinton (Ages 7-10)..... BN01**  
Wed, Sep 21-Nov 9, 4:00PM- 5:00PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton (Ages 11-16)..... BN02**  
Wed, Sep 21-Nov 9, 5:00PM- 6:00PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton (Ages 7-10)..... BN03**  
Wed, Nov 30-Jan 11, 4:00PM- 5:00PM  
\$12 Residents/\$18 Non-Residents

**Beulah Brinton (Ages 11-16)..... BN04**  
Wed, Nov 30-Jan 11, 5:00PM- 6:00PM  
\$12 Residents/\$18 Non-Residents

## INTERESTED IN WORKING FOR MILWAUKEE RECREATION YOUTH SPORTS? BECOME A FLAG FOOTBALL OFFICIAL TODAY!

### Officials Training:

Milwaukee Recreation is recruiting, hiring, and training flag football officials (ages 15yrs and above) for our fall leagues.



### Officials Training Information (Mandatory):

- Thursday, September 8 and Wednesday, September 14
- 6:00pm – 8:00pm
- Wick Playfield, 4929 W. Vliet St. – Milwaukee, WI 53208 (Field #7)

**Pay Rate:** \$15/per hour (PAID TRAINING).

**League Dates:** Must be available on Saturdays, September – November from 8:00am – 5:00pm.

**League Locations:** Beulah Brinton Community Center and Pumping Station Playfield (reliable transportation needed to be a flag football official).

**Registration:** Email Randy Hall (Randy@mkerec.net) by Friday, September 2.

**Future Employment:** Milwaukee Recreation offers officiating opportunities in soccer, basketball, and volleyball.



**MILWAUKEE RECREATION****FREE DROP-IN PROGRAM****TWILIGHT CENTERS**

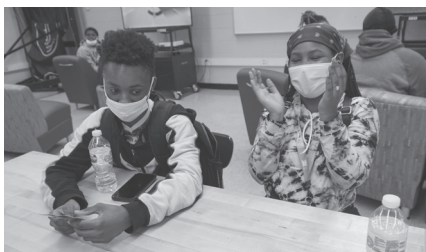
Twilight Centers are safe places for teens to hang out with their friends and are open to students ages 10-18. See below for fall location hours and dates. **Please note, all dates/times are subject to change. For up-to-date information visit [mkerec.net/Twilight](http://mkerec.net/Twilight) or follow our Facebook page at [Facebook.com/TwilightCenters](https://www.facebook.com/TwilightCenters).**

*Fall Twilight hours begin on August 24.*

SCHOOL LOCATION	DAYS OPEN	HOURS	AGE
Andrew Douglas	Monday, Wednesday, and Friday	5:00pm - 8:00pm	10 – 14
Bay View	Friday and Saturday	5:30pm - 8:30pm	10 – 14
Madison, North Division, South Division, Pulaski, Washington, and Obama	Monday and Wednesday	6:00pm - 9:00pm	12 – 18
	Saturday	6:00pm - 10:00pm	

**ESPORTS NOW AVAILABLE AT ANDREW DOUGLAS AND NORTH DIVISION.  
PLAY NBA 2K, FIFA, MADDEN, ROCKET LEAGUE, AND MORE!**

Masks and face coverings are optional at all Twilight centers. Should you like a face mask, one will be provided for you. To enter, students must bring an ID. Non-MPS middle school students must submit a Twilight Center Registration Form signed by a parent/guardian. Please visit [mkerec.net/twilight](http://mkerec.net/twilight) for more information and call 414.475.8811 for more information. For program updates, text @twilighter to 81010.





## Driver Education | General Information

### **SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION BEGINS ON TUESDAY, AUGUST 2 AT 10AM!**

**Eligibility (Programs not eligible for reduced fees):** students must be 15 by the first day of class and not older than 17.5 by the last day of class.

**All programs include:** classroom (in-person, hybrid, or online) and *Behind-the-Wheel* lessons.

MPS DRIVE	COMMUNITY-BASED DRIVER EDUCATION
<b>Students must be currently enrolled in MPS.</b>	Open to any student meeting age requirements.
Course fee is \$35.00.	City of Milwaukee residents: course fee is \$150.00 Non-residents: course fee is \$275.00

#### How to Register:

MPS DRIVE	COMMUNITY-BASED DRIVER EDUCATION
Visit <a href="http://mkerec.net">mkerec.net</a> .	Visit <a href="http://mkerec.net">mkerec.net</a> .
<b>Milwaukee Recreation has created student accounts. DO NOT CREATE A NEW ACCOUNT.</b>	Login to your family account to register for program.
<b>User Name:</b> MPS Student ID (Only enter numbers)	
<b>Password:</b> Student Last Name (the first letter is capitalized, ex: Smith)	

#### Waitlist:

- If you join a waitlist for a class, your waitlist position is only valid for that season.
- Joining a waitlist does NOT guarantee a spot in the class; Milwaukee Recreation will contact you if a spot becomes available.

#### Class Format:

*Please pay close attention to schedules when choosing the class that fits your needs.*

IN-PERSON	HYBRID	ONLINE
<ul style="list-style-type: none"> <li>• 30 hours in-person.</li> <li>• 2 hours per class, for 15 classes.</li> </ul>	<ul style="list-style-type: none"> <li>• 10 hours in person.</li> <li>• 2 hours per class, for 5 classes.</li> <li>• 20 hours online.</li> </ul>	<ul style="list-style-type: none"> <li>• Work at your own pace.</li> <li>• Maximum of 2 hours per day.</li> </ul>

## MPS Drive | Activity Code: 2UDE3001 (section codes below)

MPS Drive is a driver education program for age-eligible, currently enrolled, MPS high school students. A \$35.00 fee is due at the time of registration to cover the cost of the temporary permit.



*Going places.*

### IN-PERSON CLASS OPTIONS:

- Classes will meet three (3) days per week - Mondays, Wednesdays, and Thursdays for two (2) hours per class.
- If you miss three (3) classes, for any reason, you will be dropped from the program without a refund.

**DATES:** Sept. 19, 2022 – Oct. 20, 2022

LOCATION	CLASS TIME	SECTION CODE
Hamilton	5:30PM - 7:30PM	HA01
MSL	5:30PM - 7:30PM	ML01
Obama	5:30PM - 7:30PM	CT01
Riverside	4:15PM - 6:15PM	RS01

**DATES:** Oct. 31, 2022 – Dec. 8, 2022

LOCATION	CLASS TIME	SECTION CODE
Hamilton	5:30PM - 7:30PM	HA02
Madison	5:30PM - 7:30PM	MA02
Obama	5:30PM - 7:30PM	CT02
Riverside	4:15PM - 6:15PM	RS02

### HYBRID OPTIONS (NEW!):

- Classes will meet in-person five (5) days for one week - classes meet two (2) hours per day.
- After five (5) days, 10 hours, students will complete remaining 20 hours online.
- Students MUST attend ALL five (5) days **without an absence** to move to the online portion of the program.

LOCATION	CLASS TIMES	AUG. 22 - 26, 2022	SEPT. 12 - 16, 2022	OCT. 24 - 28, 2022
Rufus King	4:00PM - 6:00PM	Section Code: RK50	Section Code: RK51	Section Code: RK52
Marshall	5:30PM-7:30PM	Section Code: MR50	Section Code: MR51	Section Code: MR52
MHSA	4:15PM - 6:15PM	Section Code: MH50	Section Code: MH51	Section Code: MH52
Pulaski	4:15PM - 6:15PM	Section Code: PK50	Section Code: PK51	Section Code: PK52
Reagan	4:00PM - 6:00PM	Section Code: TL50	Section Code: TL51	Section Code: TL52
South (Spanish Only)	5:30PM-7:30PM	Section Code: SD50	Section Code: D51	Section Code: SD52
Vincent	4:30PM - 6:30PM	Section Code: VN50	Section Code: VN51	Section Code: VN52
Washington	5:30PM-7:30PM	Section Code: WA50	Section Code: WA51	Section Code: WA52

### ONLINE OPTIONS:

- Students must have internet access and either a computer, tablet, or smartphone.
- There is no set schedule for coursework to be completed; students will work at their own pace.
- Students must complete online coursework in 90 days or less.

Start Date: Sept. 19, 2022	Online	Section Code: DE10
Start Date: Nov. 28, 2022	Online	Section Code: DE11

### MPS Drive Program Sponsors



*Achieving more together.*



To sign up, see page 2 • Centers are closed September 5 and November 24 – 25

## Community-Based Driver Ed | Activity Code: 2DRD3001 (section codes below)

### Certified Classes for Teens | Classes Open to Residents & Non-Residents

#### IN-PERSON CLASS OPTIONS:

- Classes will meet three (3) days per week - Mondays, Wednesdays, and Thursdays for two (2) hours per class.
- If you miss three (3) classes, for any reason, you will be dropped from the program without a refund.

**Dates:** Sept. 14, 2022 - Oct. 20, 2022

**Dates:** Nov. 2, 2022 - Dec. 15, 2022

LOCATION	CLASS TIME	SECTION CODE
Marshall	5:30PM - 7:30PM	MR03

LOCATION	CLASS TIME	SECTION CODE
Hamilton	5:30PM - 7:30PM	HA04
MSL	5:30PM - 7:30PM	ML04

#### HYBRID OPTIONS (NEW!):

- Classes will meet in-person five (5) days for one week - classes meet two (2) hours per day.
- After five (5) days, 10 hours, students will complete remaining 20 hours online.
- Students MUST attend ALL five (5) days **without an absence** to move to the online portion of the program.


Dates: Sept. 12 - 16, 2022	Hamilton	5:30PM - 7:30PM	Section Code: HA33
Dates: Oct. 10 - 14, 2022	Hamilton	5:30PM - 7:30PM	Section Code: HA34

#### ONLINE OPTIONS:

- Students must have internet access and either a computer, tablet, or smartphone.
- There is no set schedule for coursework to be completed; students will work at their own pace.
- Students must complete online coursework in 90 days or less.

Start Date: Sept. 14, 2022	Online	Section Code: DE20
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**SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION BEGINS ON TUESDAY, AUGUST 2 AT 10AM!**



**MKE REC**  
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MILWAUKEE RECREATION PRESENTS:

## Fall Family Drive-in Movie Day

**Save the Date: Saturday, October 15<sup>th</sup>**  
(Rain Date - October 22<sup>nd</sup>)

Join us for a family friendly drive-in movie experience like no other! All ages are welcome. Popcorn and water will be provided, but families are encouraged to bring their own snacks to eat during the films.

Stay up to date at  
**[mkerec.net/movie](http://mkerec.net/movie)**

**MKE REC**  
A department of MPS

Join us for the 29th annual

# Halloween Glen



Join us for our 29th Annual Halloween Glen on October 7th and 8th! Actors will present interactive and educational skits at eight decorated stations at Hawthorn Glen, Milwaukee Recreation's 23-acre nature center.

## This year's theme is Stories in the Stones!

This year's theme, Stories in the Stones, is all about our place in Earth and space. We'll dig deep to uncover secrets in the soil, legends in the landforms, plots among the planets and tales along the trails of Hawthorn Glen. Following the hike, families are welcome to participate in a variety of fall-themed activities. Concessions will be available (cash only).

*Severe weather could impact this outdoor event. Please call 414.475.8192 if the weather is questionable. For all other questions, please call 414.647.6050.*

## AGES

Ages 3-12 and parent(s)/guardian(s). Children ages 2 and under may attend for free. Parent/guardian(s) must register, pay and attend with child and the number of children 2 and under must be indicated. Fee is per person and not eligible for reduced fees or refunds.

## TYKE HIKE (4 STATIONS)

This shorter hike is perfect for little ones eager to join in on the adventure! Our energetic tour guides will lead tykes and their families on a hike visiting 4 of the 8 stations. Following the hike families are also welcome to watch Halloween cartoons, make craft projects and enjoy refreshments (concessions are cash only). We are offering this hike at a special price of \$3.00 per person.

## PICK-UP LOCATION

Pick-up location: MPS Central Services, 5225 W. Vliet St. (rear parking lot). Shuttle bus provided; there will be no parking at Hawthorn Glen. Halloween Glen will be held rain or shine.

## COST

\$6.00 per person for residents and non-residents (5:00-8:00PM sessions), \$3.00 per person for residents and non-residents (4:30PM Tyke Hike). Fee is per person and not eligible for reduced fees or refunds.

Due to the popularity of this event it is advised for you to register well in advance; space is limited. If our maximum registration is obtained prior to the event, on-site registrations at MPS Central Services will not be accepted.

**Activity Code: 2P124001**  
(Section Codes listed below)

## BUS DEPARTURE TIMES FROM MPS CENTRAL SERVICES

## SCHEDULE

### Friday, October 7th

5:45PM - HG01  
6:15PM - HG02  
6:45PM - HG03  
7:30PM - HG04  
8:00PM - HG05

### Saturday, October 8th

4:30PM - HG06 (Tyke Hike)  
5:00PM - HG07  
5:30PM - HG08  
6:00PM - HG01  
6:45PM - HG10  
7:15PM - HG11





## OUTDOOR EDUCATION

### Autumnal Equinox Sunset Hike

NEW

Take in the autumn colors and views during nature's most spectacular season. Celebrate the autumnal equinox and enjoy the changing seasons as we explore Hawthorn Glen, the hidden gem of Milwaukee Recreation. As we hike to the upper trail, enjoy the historic vista and natural springs at dusk, when wildlife is abundant. Fee is per person. Parent/guardian must register, pay, and attend with child. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P125000**  
(Section codes listed below)

#### Hawthorn Glen (Ages 8 & up) ..... HG01

Sat, Sep 24, 6:30PM- 8:00PM  
\$5 Residents/\$8 Non-Residents

### Friday Night Tales for Tots

This nature tale time includes a story, craft, and nature hike, or trip to our nature museum. Parent/guardian must register, pay, and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P125007**  
(Section codes listed below)

#### Hawthorn Glen (Ages 3 & up) ..... HG01

(Goodbye Summer Hello Autumn, by Kenerd Pak)  
Fri, Sep 16, 6:00PM- 7:30PM  
\$5 Residents/\$8 Non-Residents

#### Hawthorn Glen (Ages 3 & up) ..... HG02

(The Leaf Thief by Alice Hemming)  
Fri, Oct 14, 6:00PM- 7:30PM  
\$5 Residents/\$8 Non-Residents

#### Hawthorn Glen (Ages 3 & up) ..... HG03

(Listening Walk by Paul Showers)  
Fri, Nov 11, 6:00PM- 7:30PM  
\$5 Residents/\$8 Non-Residents

### Howl-o-ween Pumpkin Carving

Be a part of the pack at Hawthorn Glen as we carve animal themed pumpkins for Halloween. Our naturalists will help you discover fun facts about the animals chosen for your punkin' template. We will also harvest the seeds so we can roast a tasty treat. Once completed, we will take our gourd-geous masterpieces outside to light as we hoot and howl like our animals. Fee is per person. Parent/guardian must register, pay, and attend with child. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P125063**  
(Section codes listed below)

#### Hawthorn Glen (Ages 6 & up) ..... HG01

Sat, Oct 22, 6:30PM- 8:00PM  
\$5 Residents/\$8 Non-Residents

### Autumn Leaves

Fall is a wonderful time to watch nature's amazing transformation as it prepares itself for the coldest of seasons. Hike through our vibrantly colored urban forest with our naturalists and explore how our native flora and fauna adapt for the changes ahead. Enjoy collecting leaves as we hike, and then paint a brightly hued t-shirt of your own. (Please bring your own t-shirt). Parent/guardian must register, pay, and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P125074**  
(Section codes listed below)

#### Hawthorn Glen (Ages 3 & up) ..... HG01

Sat, Oct 15, 10:00AM-11:30AM  
\$5 Residents/\$8 Non-Residents

### Turkey Day

With Thanksgiving right around the corner, join us for a closer look at turkeys and learn where and how turkeys live in the wild. Create a turkey craft to take home, meet Hawthorn Glen's resident turkey and understand why we should be thankful for turkeys! Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P125080**  
(Section codes listed below)

#### Hawthorn Glen (Ages 4 & up) ..... HG01

Sat, Nov 12, 10:00AM-11:30AM  
\$5 Residents/\$8 Non-Residents

### Where Did They Go?

Sometimes November can seem almost bleak. The bugs are quiet and the birds are leaving. The leaves have fallen and the flowers have faded. But where and why did all these things go? Join us for a hike at Hawthorn Glen to un-ravel the stillness of late fall. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P125081**  
(Section codes listed below)

#### Hawthorn Glen (Ages 4 & up) ..... HG01

Sat, Nov 5, 10:00AM-11:30AM  
\$5 Residents/\$8 Non-Residents

### Wisconsin Rocks!

Whatever genre of rock you are into, Wisconsin has 3 types of rocks and they are all underground. Unearth these distinctive categories and take a closer look at the wonderful life of rocks! We may even discover life in the rock. Learn about Wisconsin's state rock, Milwaukee's bedrock and examine the differences. This is probably the only class that will break into something millions of years old and no one will get in trouble. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P125083**  
(Section codes listed below)

#### Hawthorn Glen (Ages 8 & up) ..... HG01

Sat, Sep 17, 10:00AM-11:30AM  
\$5 Residents/\$8 Non-Residents

### Falling for Flowers

The flowers of spring and summer seem to get all the attention, probably because people are so happy to welcome warm weather. When the weather starts to get cooler with the coming of autumn, there are still beautiful late season flowers that deserve the same attention. Take a walk with our naturalist and learn about goldenrods, asters and other late bloomers. Fee is per person. Parent/guardian must register, pay and attend with a child. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P125088**  
(Section codes listed below)

#### Hawthorn Glen (Ages 8 & up) ..... HG01

Sat, Sep 3, 10:00AM-11:30AM  
\$5 Residents/\$8 Non-Residents

Visit page  
14 for  
Nature in Your  
Neighborhood!

## Teddy Bear Hunt

**NEW**

Join our bear hunt to celebrate National Teddy Bear Day September 9. You will start this BEARY fun adventure with a presentation of, We're Going on a Bear Hunt by author Michael Rosen. After the story, each family will be issued a colored hunting license to take on a hike. Families will explore Hawthorn Glen and find the corresponding-colored teddy bears that will be hidden on the hiking trails. Following the hike families will register the bear they harvested and settle in for a peanut butter treat. Parent/guardian must register, pay and attend with a child. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P125096**  
(Section codes listed below)

**Hawthorn Glen (Ages 3 & up) ..... HG01**

Sat, Sep 10, 10:00AM-12:00PM  
\$6 Residents/\$9 Non-Residents

## Fall Mandala

**NEW**

Celebrate the beauty of the natural world in autumn by creating your own nature mandala. We will begin with a hike to search for inspiration for our designs, followed by a meditative art session. All materials are provided. Parent/guardian must register, pay and attend with a child. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P125098**  
(Section codes listed below)

**Hawthorn Glen (Ages 6 & up) ..... HG01**

Sat, Oct 1, 10:00AM-11:30AM  
\$5 Residents/\$8 Non-Residents

## Campfire Tales

Join us around a campfire at Hawthorn Glen, as we share tall tales of some of the more infamous legends of the Badger State. From Wendigo to Sasquatch, Wisconsin's woods and even our waterways are the source of many legends and folklore. Hear stories of the Hodag, the goatman, water monsters and other beasts. Roast a marshmallow and share your favorite spirited local legend. Parent/guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P125099**  
(Section codes listed below)

**Hawthorn Glen (Ages 8 & up) ..... HG01**

Sat, Oct 29, 6:30PM-8:00PM  
\$5 Residents/\$8 Non-Residents



## SPACE SCIENCE

### Autumn Planetarium

Come to the planetarium prepared to be 'wowed' as we dim the lights to explore the autumn skies. Autumn is a great time for star gazing in Milwaukee -- the nights are pleasantly cool and relatively bug free. Learn some of the fall constellations and the legends that put them in the sky. Bid farewell to the bird constellations as they migrate below the horizon. Programs are enjoyable for star gazers of all ages, especially children. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P126016**  
(Section codes listed below)

**Hamilton (Ages 6 & up) ..... HG02**

Tue, Sep 20, 6:30PM-7:45PM  
\$4 Residents/\$6 Non-Residents

### October Fright Sky

The October night sky is more than just a Halloween backdrop, it is filled with starry creatures of its own. Join us for an evening of constellation lore and dare to explore with us the mysteries of space that send chills down the spines of astronomers. Fee is per person. Parent/guardian must register, pay, and attend with child. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P126018**  
(Section codes listed below)

**Hamilton (Ages 6 & up) ..... HA01**

Thu, Oct 27, 6:30PM-7:45PM  
\$4 Residents/\$6 Non-Residents

### Guiding Lights

**NEW**

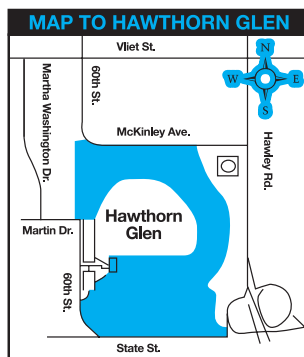
Over the summer, you may have heard of sailors charting the stars. This time of year especially you may hear of three wise men following a star. People love the idea of finding direction and navigating using the stars, but fear it is complicated. It does not need to be complicated at all, in fact it is something you can learn to do relatively quickly by locating the North Star, Polaris. Join us at the planetarium and learn how to locate this star and others to help you begin navigating by the stars. Fee is per person. Parent/guardian must register, pay and attend with a child. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P126030**  
(Section codes listed below)

**Hamilton (Ages 6 & up) ..... HA01**

Wed, Nov 16, 6:30PM-7:45PM  
\$4 Residents/\$6 Non-Residents

## THE LITTLE NATURE MUSEUM AT HAWTHORN GLEN



**LOCATED AT 1130 NORTH 60TH ST.**  
**HOURS: Mon-Fri 4 PM-5 PM, Sat & Sun**  
**11 AM-12 PM and 3 PM-4 PM**

Attendance is **FREE!**  
Come visit our Little Nature Museum & see animals native to Wisconsin, including tree frogs, several species of turtles & snakes, and many birds, even a hawk.

## HAWTHORN GLEN RENTALS

Hawthorn Glen is a perfect place to host a small gathering. Reserve your next birthday party, shower, family event or meeting space with us (reservations begin in March)!

- Assembly Room (indoor), maximum 40 people
- Redwood Picnic Area, maximum 115 people
- Deer Picnic Area, maximum 70 people

For reservations or more information, call the Outdoor Education Office at 414.647.6050.

Additional information is available at:  
mkerec.net/Hawthorn-Glen



Visit pages  
**63 for  
Outdoor  
Education  
offerings  
for ages  
50+!**

## Hawthorn Glen Winter Wonder Woods

December 9, 10, 16 & 17 • 5:00–8:30 p.m. • 1130 North 60<sup>th</sup> Street

See Milwaukee Recreation's Hawthorn Glen in a new light as you walk through the woods and past displays that are twinkling with over 70,000 lights! \$4/Person (Children 2 and under free)

COME EXPERIENCE WINTER WONDER WOODS



Register online at [mkerec.net](http://mkerec.net)  
(Activity code: 3P125082)

Please Note: Warm drinks & sweet treat concession is cash only. Parking is extremely limited in both the Hawthorn Glen parking lot, and on the street. Street parking is not permitted on 60<sup>th</sup> St. Carpooling and ride-sharing is greatly appreciated!

If Milwaukee Recreation cancels the event due to inclement weather, participants are welcome to transfer to an open session on a different day or receive a full refund. No makeup.



## AQUATICS COVID-19 PROTOCOLS

- Face coverings are required inside the facility (policy subject to change), in locker rooms, and on the pool deck. You will be issued a sanitized kick board to rest your face covering at the side of the pool as you enjoy your swim activity.
- Temperature checks prior to entry to the pool area may be required. If a patrons temperature is at or above 100 degrees Fahrenheit, they would not be allowed to participate in aquatic activities that day and would have a credit applied to their account for that missed class.
- Enter directly onto pool deck. **Do not enter via locker room.** Your instructor/coach will direct you to locker room once it is sanitized. To save time, arrive with your swimwear on.
- Please do not use the lockers. There will be designated spaces on benches in the pool area to place your personal belongings, including gym bags, towels, etc.
- Bring your own drinking bottle. Reminder: no glass on pool deck.
- In the locker room, one bench per person or one bench per household. If you are from the same household, you may share a bench.
- Limit your post-swim locker room time to 15 minutes. Exit the facility through the locker room doors.
- Flip flops or appropriate swim footwear highly recommended.
- A responsible person, age 16 or older must enter the pool with every child enrolled in Tot, Adv. Tot, and is encouraged but not required for Little Lv. 1, Little Lv. 2, Level 1 and Level 2.
- One spectator will be allowed on pool deck per swimmer on weeks 1, 4, and 8.

*Protocols are subject to change. Thank you for your cooperation and understanding!*

## GENERAL SWIM INFORMATION

**What to Bring to** — Swimsuit, towel, and swim cap. Swim caps must be worn by all individuals entering the pool. Swim caps may be purchased at the recreation office for \$2. Please report 10 minutes before class starts.

**Height Requirements (Ages 6-14)** — Students must meet the listed minimum height for each pool. Most pools have a 48" height requirement. For youth who are 42"-48" a six-inch booster step may be available. Children not able to comfortably stand in the shallow end of the pool (with or without a booster step) should be enrolled in an Infant, Lil' Squirts, Tiny-Tot or Advanced Tiny-Tot class where a parent/guardian must accompany the child in the water.

**Water Temperature** — Normal water temperature is 78-82° F. The only exceptions are North Division, Vincent, and Marshall therapy pools which range 86-89° F.

**Locker Rooms** — Participants may bring a padlock for lockers. All swim gear must be removed after each class. Children five years of age or under may accompany their parent/guardian in the locker room. Children ages six and up should use the locker rooms that correspond to their gender identity. For additional locker room information, please see the Aquatics COVID-19 Protocols below.

**Pre-Testing** — A pre-test is given to swimmers in levels 2-6 on the first day of class to ensure that the swimmer is in the appropriate level. Instructors reserve the right to recommend alternate classes for those students unable to complete pre-tests.

**Testing** — Testing of swim skills learned generally occurs during the second to last lesson, and last lesson. Parents/caregivers will be given certificates on the last day indicating which level to enroll in next.

**Infant and Tiny-Tot Requirements** — Diapers: Regular disposable diapers are not permitted as they disintegrate in the pool. Either disposable "Little swimmers" or reusable swim diapers are required.

**Parent Attendance** — Parents/caregivers must accompany their children in the water for all Tiny-Tot and Adv. Tiny-Tot, and is encouraged but not required for Lil. Lv 1, Lil. Lv 2, Level 1, and Level 2 classes.

**Second Child in Class** — If a parent/caregiver has more than one child enrolled in Tiny-Tot or Advanced Tiny-Tot classes, the second child must be accompanied by a responsible person 16 years of age or older.

**Make-up Policy** — Milwaukee Recreation works diligently to ensure that our pools stay in working operation to offer consistency in our programs. In the event that more than one class is cancelled due to circumstances we cannot control, we will work to make-up the missed class at a later date. When a make-up date is unavailable, credits for the missed class will be applied to your Milwaukee Recreation account.



Guidelines from the American Red Cross. Please read to choose the appropriate swim level for your child(ren).

Level	Requirements	Course Description
<b>Infant</b>	<b>Ages 6 mos. to 18 mos.</b> An adult must accompany the child in the water. Swim diapers required. No swim caps required.	The infant program introduces the child to water in a friendly environment. The program's focus is exploration and includes songs and games. Parents will gain tips in water safety for their infants.
<b>Lil' Squirt</b>	<b>Ages 18 mos. to 36 mos.</b> An adult must accompany the child in the water. Swim diapers and swim caps required	Lil' Squirt swim lessons acquaint the child with water through a combination of songs, games and basic water skills such as kicking and floating. Water safety practices will also be included.
<b>Tiny-Tot</b>	<b>Ages 3-4 yrs.</b> Previous pool experience NOT necessary. An adult must accompany the child in the water. Swim diapers recommended. Swim caps required	Tiny-tots build elementary aquatic skills including independent floating, breath control and rudimentary paddling techniques. Safety skills include "breaking" the over-confident toddler to allow your child to realize what it takes to swim independently in water.
<b>Advanced Tiny-Tot</b>	<b>Ages 4-5 yrs.</b> Previous enrollment in Tiny-Tots OR ability to submerge entire body and kick across pool with a flotation device. An adult must accompany the child in the water.	Participants are introduced to elementary swimming skills such as kicking in a variety of ways, floating, and rhythmic breathing. This course serves as an appropriate transition to Level One. Parents will elaborate on safety skills, including swimming with their tot in tow.
<b>Little Lv. 1 OR Little Lv. 2</b>	<b>Ages 4-6 yrs.</b> Previous enrollment in Advanced Tots OR ability to submerge entire body and kick across pool with a kick board. <i>Due to COVID-19 protocol, an adult must accompany the child in the water.</i>	In the Lil' Level 1/2 classes, the same elementary aquatic skills from Level One/Two are taught (see descriptions below.) In addition to meeting minimum 42" height requirement, your youngster should be able to be in class without you for the 45 minute class period. Instructors will advise promotion options based on age & skill.
<b>Level One Water Exploration</b>	<b>Ages 6-14 yrs.</b> None (Please see the height requirements noted under each swim location). <i>Due to COVID-19 protocol, an adult must accompany the child in the water.</i>	In Level 1, elementary aquatic skills are taught, which children will build on as they progress through the six Learn-to-Swim levels. In addition to rhythmic breathing and floating, skills include various kicks and arm strokes. At this level, children also start to develop positive attitudes and safe practices around the water.
<b>Level Two Fundamental Aquatic Skills</b>	<b>Ages 6-14 yrs.</b> Passed Level 1 or can demonstrate completion of all requirements in Level 1. <i>Due to COVID-19 protocol, an adult must accompany the child in the water.</i>	The objective of Level 2 is to give children success with fundamental skills. Children learn: floating without support and recovering to a vertical position, exploring simultaneous and alternating arm and leg motion to lay the foundations for future strokes. An introduction to deep water is included in this course.
<b>Level Three Stroke Development</b>	<b>Ages 6-14 yrs.</b> Passed Level 2 or can demonstrate completion of all requirements in Level 2.	Level 3 builds on the skills learned in Level 2 by providing additional guided practice. Children learn: coordinating the front crawl, elementary backstroke, fundamentals of treading water, rules for head first entries and additional safety skills. Most importantly, children who successfully complete this course will be ready to swim in deep water
<b>Level Four Stroke Improvement</b>	<b>Ages 6-15 yrs.</b> Passed Level 3 or can demonstrate all Level 3 requirements. Students MUST be comfortable in deep water.	The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Children learn: improved skills and increased endurance in the familiar strokes (front/back crawl), and are introduced to the elementary backstroke, breaststroke, sidestroke, and butterfly.
<b>Level Five Advanced Strokes</b>	<b>Ages 6-15 yrs.</b> Passed Level 4 or can demonstrate completion of all requirements in Level 4.	The objective of Level 5 is to coordinate the strokes that were introduced in 4. Students will put together the mechanics for elementary backstroke, breaststroke, sidestroke and butterfly. Underwater swimming & surface dives will also be included.
<b>Level Six Stroke Refinement</b>	<b>Ages 6-16 yrs.</b> Passed Level 5 or can demonstrate completion of all requirements in Level 5.	Level 6 refines all 6 strokes. Children learn: advanced techniques in all strokes (front/back crawl, butterfly, breaststroke, elementary backstroke, sidestroke) and will increase their distance endurance. Flip turns at the wall and improved diving skills will provide the student with the essentials to pursue swimming as a sport.

## \$5 SWIM CLASSES

As the American Red Cross celebrates its Centennial SWIM campaign, **Milwaukee Recreation and the Red Cross have partnered to offer \$5 swim classes at four locations across Milwaukee: Madison HS, Milwaukee HS of the Arts, North Division HS, and Vincent HS.** These locations will offer \$5 swim opportunities for youth, adults, and families both residents and non-residents. Registration begins on August 4.

**Family Swim:** Children ages 10 and up with their parent/caregiver can all learn to swim together! Make it a family affair and come learn all the basics of swimming at a pool near you. Up to 3 children per adult in the class. Each family member should enroll and pay the course fee.

American Red Cross



### Madison HS

#### Tuesday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ10503-MA02	LV 3	5:15PM	6:05PM	\$5
#2RAQ10501-MA03	LV 1	6:15PM	7:05PM	\$5
#2RAQ10504-MA02	Adult	7:15PM	8:15PM	\$5

#### Thursday, Sep 22 - Nov 10

Class#	Level	Start Time	End Time	Price
#2RAQ10574-MA02	Tot	5:15PM	5:45PM	\$5
#2RAQ10502-MA02	LV 2	5:50PM	6:40PM	\$5
#2RAQ10533-MA01	Family	6:50PM	7:50PM	\$5

### Milwaukee HS of the Arts

#### Monday, Sep 19 - Nov 7

Class#	Level	Start Time	End Time	Price
#2RAQ10574-MH02	Tot	5:00PM	5:30PM	\$5
#2RAQ10501-MH03	LV 1	5:40PM	6:30PM	\$5
#2RAQ10533-MH02	Family	6:40PM	7:40PM	\$5

#### Wednesday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ10502-MH01	LV 2	5:00PM	5:50PM	\$5
#2RAQ10503-MH02	LV 3	6:00PM	6:50PM	\$5
#2RAQ10504-MH01	Adult	7:00PM	8:00PM	\$5

### North Division HS

#### Tuesday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ10574-ND01	Tot	5:40PM	6:10PM	\$5
#2RAQ10505-ND01	LV 1	6:20PM	7:10PM	\$5
#2RAQ10504-ND01	Adult	7:20PM	8:20PM	\$5

#### Thursday, Sep 22 - Nov 10

Class#	Level	Start Time	End Time	Price
#2RAQ10502-ND02	LV 2	5:40PM	6:30PM	\$5
#2RAQ10503-ND02	LV 3	6:40PM	7:30PM	\$5

#### Saturday, Sep 24 - Nov 12

Class#	Level	Start Time	End Time	Price
#2RAQ10574-ND02	Tot	9:40AM	10:10AM	\$5
#2RAQ10501-ND02	LV 1	10:20AM	11:10AM	\$5
#2RAQ10502-ND01	LV 2	11:20AM	12:10PM	\$5
#2RAQ10503-ND01	LV 3	1:00PM	1:50PM	\$5
#2RAQ10533-ND02	Family	3:00PM	4:00PM	\$5

### Vincent HS

#### Monday, Sep 19 - Nov 7

Class#	Level	Start Time	End Time	Price
#2RAQ10574-VN01	Tot	5:45PM	6:15PM	\$5
#2RAQ10501-VN01	LV 1	6:30PM	7:20PM	\$5

#### Saturday, Sep 24 - Nov 12

Class#	Level	Start Time	End Time	Price
#2RAQ10574-VN02	Tot	8:30AM	9:00AM	\$5
#2RAQ10501-VN02	LV 1	9:10AM	10:00AM	\$5
#2RAQ10502-VN01	LV 2	10:10AM	11:00AM	\$5
#2RAQ10503-VN02	LV 3	11:10AM	12:00PM	\$5
#2RAQ10504-VN02	Adult	12:50PM	1:50PM	\$5
#2RAQ10501-VN03	LV 1	2:00PM	2:50PM	\$5
#2RAQ10533-VN01	Family	3:00PM	4:00PM	\$5

## Swim Lesson Age Groupings

CLASS	AGES
Infant	6mo - 18mo
Lil' Squirts	18mo - 3yrs
Tiny-Tot	3 - 4yrs
Adv. Tots	4-5yrs
Lil' Lv. 1/2	4-6yrs
Levels 1-6	6-16yrs

\* See level description on page 31 for ages.

## GENERAL SWIM CLASSES

### Hamilton HS

#### Monday, Sep 19 - Nov 7

Class#	Level	Start Time	End Time	Price
#2RAQ7403-HA02	Tiny Tot	6:00PM	6:30PM	\$32
#2RAQ0511-HA01	Lt. Level 1	6:40PM	7:30PM	\$36
#2RAQ0503-HA02	Level 3	7:40PM	8:30PM	\$36

#### Wednesday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ7401-HA01	Infant	6:00PM	6:30PM	\$32
#2RAQ0501-HA02	Level 1	6:35PM	7:25PM	\$36
#2RAQ0506-HA02	Level 6	7:35PM	8:25PM	\$36

#### Thursday, Sep 22 - Nov 10

Class#	Level	Start Time	End Time	Price
#2RAQ0502-HA03	Level 2	6:00PM	6:50PM	\$36
#2RAQ0504-HA02	Level 4	6:55PM	7:45PM	\$36

#### Saturday, Sep 24 - Nov 12

Class#	Level	Start Time	End Time	Price
#2RAQ7403-HA01	Tiny Tot	10:00AM	10:30AM	\$32
#2RAQ0501-HA01	Level 1	10:40AM	11:30AM	\$36
#2RAQ0502-HA02	Level 2	12:15PM	1:05PM	\$36
#2RAQ0503-HA04	Level 3	1:10PM	2:00PM	\$36
#2RAQ0504-HA01	Level 4	2:10PM	3:00PM	\$36
#2RAQ0505-HA01	Level 5	3:10PM	4:00PM	\$36

### Marshall HS

#### Monday, Sep 19 - Nov 7

Class#	Level	Start Time	End Time	Price
#2RAQ0502-MR01	Level 2	6:05PM	6:55PM	\$36

#### Tuesday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ7402-MR01	Lil' Squirts	6:10PM	6:40PM	\$32
#2RAQ0503-MR01	Level 3	6:55PM	7:45PM	\$36

#### Wednesday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ7401-MR02	Infant	5:00PM	5:30PM	\$32
#2RAQ0511-MR01	Lt. Level 1	5:40PM	6:25PM	\$36

#### Thursday, Sep 22 - Nov 10

Class#	Level	Start Time	End Time	Price
#2RAQ7403-MR01	Tiny Tot	5:00PM	5:30PM	\$32
#2RAQ0501-MR01	Level 1	5:45PM	6:35PM	\$36

#### Saturday, Sep 24 - Nov 12

Class#	Level	Start Time	End Time	Price
#2RAQ7404-MR01	Adv. Tiny Tot	8:00AM	8:45AM	\$36
#2RAQ0501-MR02	Level 1	8:50AM	9:40AM	\$36
#2RAQ0502-MR02	Level 2	9:50AM	10:40AM	\$36
#2RAQ0503-MR02	Level 3	10:50AM	11:40AM	\$36
#2RAQ0504-MR01	Level 4	12:30PM	1:20PM	\$36
#2RAQ0505-MR01	Level 5	1:30PM	2:20PM	\$36
#2RAQ0506-MR01	Level 6	2:30PM	3:20PM	\$36

### Pulaski HS

#### Saturday, Sep 24 - Nov 12

Class#	Level	Start Time	End Time	Price
#2RAQ0506-PK01	Level 6	10:30AM	11:20AM	\$36
#2RAQ0505-PK01	Level 5	11:30AM	12:20PM	\$36

### Riverside HS

#### Saturday, Sep 24 - Nov 12

Class#	Level	Start Time	End Time	Price
#2RAQ0503-RS01	Level 3	12:20PM	1:10PM	\$36
#2RAQ0504-RS01	Level 4	1:20PM	2:10PM	\$36
#2RAQ0505-RS01	Level 5	2:20PM	3:10PM	\$36

### South Division HS

#### Tuesday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ7401-SD01	Infant	6:15PM	6:45PM	\$32
#2RAQ0504-SD01	Level 4	6:50PM	7:40PM	\$36
#2RAQ0506-SD01	Level 6	7:50PM	8:40PM	\$36

#### Saturday, Sep 24 - Nov 12

Class#	Level	Start Time	End Time	Price
#2RAQ7404-SD01	Adv. Tiny Tot	9:35AM	10:20AM	\$36
#2RAQ0503-SD01	Level 3	10:30AM	11:20AM	\$36
#2RAQ0502-SD01	Level 2	1:00PM	1:50PM	\$36
#2RAQ0501-SD01	Level 1	2:00PM	2:50PM	\$36
#2RAQ0511-SD01	Lt. Level 1	3:00PM	3:45PM	\$36
#2RAQ7402-SD01	Lil' Squirts	3:50PM	4:20PM	\$32

**If a class you are interested in taking is full, please add your name to the waitlist. If additional space becomes available, the aquatics team will contact you to add you to the class.**

## ADULT SWIM

### Adult Swim Lessons

If you are a beginning swimmer, this class will orient you to swimming essentials so you will feel comfortable in and around water. You will learn basic swim strokes and water safety techniques. Intermediate swimmers will work on refining swimming strokes. Swimming caps are required and are available at the pools for \$2.

**Activity Code: 2RAQ0401**  
(Section codes listed below)

**Milwaukee Marshall (Ages 17 & up)... MR01**  
Mon, Sep 19-Nov 7, 5:00PM- 6:00PM  
\$36 Residents/\$48 Non-Residents

**Milwaukee Marshall (Ages 17 & up)... MR02**  
Thu, Sep 22-Nov 10, 6:45PM- 7:45PM  
\$36 Residents/\$48 Non-Residents

**Pulaski (Ages 17 & up).....PK01**  
Sat, Sep 24-Nov 12, 9:20AM-10:20AM  
\$36 Residents/\$48 Non-Residents

**Riverside (Ages 17 & up)..... RS01**  
Sat, Sep 24-Nov 12, 10:30AM-11:30AM  
\$36 Residents/\$48 Non-Residents

**South Division (Ages 17 & up).....SD02**  
Thu, Sep 22-Nov 10, 7:15PM- 8:15PM  
\$36 Residents/\$48 Non-Residents

**South Division (Ages 17 & up).....SD01**  
Sat, Sep 24-Nov 12, 11:30AM-12:20PM  
\$36 Residents/\$48 Non-Residents

**Vincent (Ages 17 & up)..... VN01**  
Mon, Sep 19-Nov 7, 7:35PM- 8:35PM  
\$36 Residents/\$48 Non-Residents

## AQUA FITNESS

### Aqua Boot Camp

Make your muscles burn so that your metabolic engine will stay lit, scorching calories long after your swimsuit has dried. A powerful class for men and women, you will need to bring hand-held weights between 3-5 pounds and a water bottle to stay hydrated. Water shoes recommended. Training tactics may not be appropriate for beginning exercisers, persons with special needs or those who wish not to get their hair wet.

**Activity Code: 2RAQ0301**  
(Section codes listed below)

**Riverside ..... RS01**  
Sat, Sep 24-Nov 12, 9:10AM-10:20AM  
\$36 Residents/\$54 Non-Residents

### Aqua Zumba®

The hottest fitness craze hits the cool water in the pool. Plan to have so much fun in this latin-themed pool party that you'll never miss the calories you leave behind. Water shoes recommended. Please bring a water bottle.

**Activity Code: 2RAQ0302**  
(Section codes listed below)

**South Division .....SD01**  
Sat, Sep 24-Nov 12, 8:30AM- 9:30AM  
\$36 Residents/\$54 Non-Residents

### Cardio Splash

Converting fat into lean muscle as you work against the powerful resistance of water is only the beginning of this high energy session. Fitness studies show that fat loss is expedited through interval training. You will work in sets of higher intensity intervals with periods of active rest. Endurance and intensity build each week for maximum results. Bring water bottle and hand weights to each class.

**Activity Code: 2RAQ0304**  
(Section codes listed below)

**Hamilton ..... HA01**  
Thu, Sep 22-Nov 10, 7:50PM- 8:50PM  
\$36 Residents/\$54 Non-Residents

**Milwaukee Marshall .....MR01**  
Mon, Sep 19-Nov 7, 7:00PM- 8:00PM  
\$36 Residents/\$54 Non-Residents

**North Division .....ND01**  
Tue, Sep 20-Nov 8, 4:30PM- 5:30PM  
\$36 Residents/\$54 Non-Residents

**North Division .....ND02**  
Sat, Sep 24-Nov 12, 8:30AM- 9:30AM  
\$36 Residents/\$54 Non-Residents

### Deep Water Aerobics

Changing the medium in which you workout challenges the body, building muscle in places you may not have felt before. In the gym trainers use Bosu platforms and exercise balls to destabilize the environment; in the water, we take the floor away! Participants will be provided a floatation belt.

**Activity Code: 2RAQ0305**  
(Section codes listed below)

**Hamilton ..... HA01**  
(No class on 10/4 due to HS swim meet. Make up on 11/15/22)  
Tue, Sep 20-Nov 8, 7:40PM- 8:40PM  
\$36 Residents/\$54 Non-Residents

**Hamilton ..... HA02**  
(11/19 make-up)  
Sat, Sep 24-Nov 12, 9:00AM-10:00AM  
\$36 Residents/\$54 Non-Residents

### Water Aerobics - Adult

Increase flexibility, muscle strength and endurance without joint discomfort of traditional land exercise. Sign up now to make your workout fun, not a bore or a chore.

**Activity Code: 2RAQ0306**  
(Section codes listed below)

**Milwaukee Marshall .....MR01**  
Wed, Sep 21-Nov 9, 6:35PM- 7:35PM  
\$36 Residents/\$54 Non-Residents

**North Division .....ND02**  
Mon, Sep 19-Nov 7, 4:30PM- 5:30PM  
\$36 Residents/\$54 Non-Residents

**North Division .....ND01**  
Wed, Sep 21-Nov 9, 4:30PM- 5:30PM  
\$36 Residents/\$54 Non-Residents

### YoQUA Fusion

Specially designed water exercise to ease the mind and restore the body. Gentle movements to increase flexibility and renew your spirit will be interspersed with moderate cardiovascular exercise to maintain body temperature. Participants may use floatation belts (provided) for some portions of this class.

**Activity Code: 2RAQ0307**  
(Section codes listed below)

**Milwaukee Marshall .....MR01**  
Tue, Sep 20-Nov 8, 5:00PM- 6:00PM  
\$36 Residents/\$54 Non-Residents

### Family Aqua-FIT

Make working out a family affair - in the coolest way possible: at the pool! This class is appropriate for families of every make up, participants must be ages 10 & up. Each member of the family should register. Up to 3 children per adult. Pool exercise has many benefits: cardiovascular, respiratory, increased flexibility - and the sense of calm created from hydrostatic pressure. Each person should bring a water bottle to class. Participants will experience a mix of our water aerobics and cardio splash classes during this offering, and potentially more, depending on the instructor and comfort of the class.

**Activity Code: 2RAQ3303**  
(Section codes listed below)

**North Division .....ND01**  
Thu, Sep 22-Nov 10, 4:30PM- 5:30PM  
FREE





## AQUATICS TRAINING

### Lifeguard Training

Ages 15 and above. American Red Cross Lifeguard Training will give you the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes: water rescue skills, first aid and CPR. Prerequisites include: Swim 300 yards NON-STOP (using breaststroke and front crawl), Submerge 10-12 feet to retrieve a 10 pound brick and tread 2 minutes without hands. Successful participants from this class will be considered for immediate employment opportunities. Internet access is required for this course. Link to online content will be shared by the instructor of the course, typically after the completion of the pre-test. Ask how you can enroll for FREE, by training for hire. All classes MUST be attended in full. If you have potential conflicts, need to schedule an alternative pre-test, or have any questions or need for accommodation, you should reach out to the aquatics office immediately. Aquatics Office: 414.647.6076 Instructor: Denzel Sha-reef

**Activity Code: 2RAQ0601**  
(Section codes listed below)

**Riverside (Ages 15-79)..... RS01**  
(Pre-test on Oct. 1 from 8:45AM - 10AM.)  
Sat, Oct 15-Nov 5, 8:45AM- 4:45PM  
\$100 Residents/\$300 Non-Residents

### Lifeguard Review Course

Lifeguards who need to re-new their certifications may register for this course. You must either possess a current Lifeguard certification card from a reputable organization or be within one month of the expiration of your certification. Pre-test, 2 water scenarios, and 2 written exams will be conducted among other basic water rescue skills. Please prepare yourself in advance as little guidance or teaching of skills will occur during a review. Space is limited. Course is not eligible for reduced fees, unless you are an employee with Milwaukee Recreation.

**Activity Code: 2RAQ0602**  
(Section codes listed below)

**Riverside (Ages 16-80)..... RS02**  
Sat, Nov 5, 8:45AM- 4:45PM  
\$60 Residents/\$90 Non-Residents

### WSI Training

Age 16 & Above. The American Red Cross Water Safety Instructor (WSI) course will train candidates to teach a variety of swim classes including: Learn To Swim levels 1 - 6 for youth, multiple levels of parent-child aquatics and pre-school aquatics, 3 levels of swimming for adults and MORE! Prerequisites TESTED at a determined Pre-Course Date include: 25 yards of proficient swimming in: Front Crawl, Back Crawl, Breaststroke, Sidestroke, Elementary Backstroke and Butterfly, 2 minutes of treading in deep water and a head first entry (dive) into deep water. Enrollees should contact the Aquatics Office for more details about the pre-test locations and times. Successful participants may be considered for immediate employment opportunities with Milwaukee Recreation aquatics.

**Activity Code: 2RAQ0604**  
(Section codes listed below)

### South Division/OASIS (Ages 16-80)...RS02

Thur-Sat, Aug 4 -6/11-13, TIMES LISTED BELOW  
Aug 4 & 11, 5:30PM-8:30PM at OASIS  
Aug 5, 6 & 12, 8:00AM - 4:15PM at South Division  
Aug 13, 12:00PM -3:00PM at OASIS  
\$160 Residents/\$240 Non-Residents

### CPR With AED

The American Red Cross Lay Responder Adult CPR/AED course will prepare you to respond to emergencies and administer chest compressions and ventilations until advanced medical care can arrive to the scene. These life saving measures are a mandatory skill set for anyone working in fitness, health care\*, childcare, recreation, education, senior living and more. Refund requests must be made one full week in advance of class date. Certificate valid for 2 years from training date. Instructor: Dr. DeSilva. \*Those working in health care professions should verify the Lay Responder level of training is appropriate per job title.

**Activity Code: 2RAE0202**  
(Section codes listed below)

**OASIS ..... 5501**  
Fri, Sep 30, 5:15PM- 8:45PM  
\$54 Residents/\$81 Non-Residents

**OASIS ..... 5502**  
Tue, Sep 27, 5:15PM- 8:45PM  
\$54 Residents/\$81 Non-Residents

### Height Requirements

Arts	48"
Hamilton	48"
Madison	48"
Marshall	48"
North Division	48"
Pulaski	54"
Riverside	48"
South Division	48"



## ADULT COMP SWIM

### Master's Swim - Weekdays

The Master's Swim Club is for the adult experienced swimmer. Course objectives vary among individuals. Some join to simply increase fitness levels while others use this program to train for triathlons. Your coach will work with you individually to reach your choice goals.

**Activity Code: 2RCS0701**  
(Section codes listed below)

#### MacDowell (Ages 14 & up)..... JU13

Wed, Sep 7-Dec 21, 5:15AM- 6:15AM  
\$28 Residents/\$42 Non-Residents

#### MacDowell (Ages 14 & up)..... JU23

Wed, Sep 7-Dec 21, 6:25AM- 7:25AM  
\$28 Residents/\$42 Non-Residents

#### MacDowell (Ages 14 & up)..... JU14

Thu, Sep 8-Dec 15, 5:15AM- 6:15AM  
\$28 Residents/\$42 Non-Residents

#### MacDowell (Ages 14 & up)..... JU24

Thu, Sep 8-Dec 15, 6:25AM- 7:25AM  
\$28 Residents/\$42 Non-Residents

#### MacDowell (Ages 14 & up)..... JU15

Fri, Sep 9-Dec 16, 5:15AM- 6:15AM  
\$28 Residents/\$42 Non-Residents

#### MacDowell (Ages 14 & up)..... JU25

Fri, Sep 9-Dec 16, 6:25AM- 7:25AM  
\$28 Residents/\$42 Non-Residents

#### MacDowell (Ages 14 & up)..... JU11

Mon, Sep 12-Dec 19, 5:15AM- 6:15AM  
\$28 Residents/\$42 Non-Residents

#### MacDowell (Ages 14 & up)..... JU21

Mon, Sep 12-Dec 19, 6:25AM- 7:25AM  
\$28 Residents/\$42 Non-Residents

#### MacDowell (Ages 14 & up)..... JU12

Tue, Sep 13-Dec 20, 5:15AM- 6:15AM  
\$28 Residents/\$42 Non-Residents

#### MacDowell (Ages 14 & up)..... JU22

Tue, Sep 13-Dec 20, 6:25AM- 7:25AM  
\$28 Residents/\$42 Non-Residents

#### Pulaski (Ages 14 & up)..... PK01

Mon, Sep 12-Dec 19, 5:55PM- 6:45PM  
\$28 Residents/\$42 Non-Residents

#### Pulaski (Ages 14 & up)..... PK02

(Weekend Option)  
Sat, Sep 24-Nov 12, 8:15AM- 9:15AM  
\$38 Residents/\$57 Non-Residents

#### Riverside (Ages 14 & up)..... RS01

(Tuesday Evening Option)  
Tue, Sep 13-Dec 20, 7:30PM- 8:30PM  
\$28 Residents/\$42 Non-Residents

### Master's Swim - Weekend

The Master's Swim Club is for the adult experienced swimmer. Course objectives vary among individuals. Some join to simply increase fitness levels while others use this program to train for triathlons. Your coach will work with you individually to reach your choice goals.

**Activity Code: 2RCS0702**  
(Section codes listed below)

#### MacDowell (Ages 14 & up)..... JU01

(Early Weekend: Triathlon Focus an option)  
Sat, Sep 24-Dec 17, 7:25AM- 8:25AM  
\$38 Residents/\$57 Non-Residents

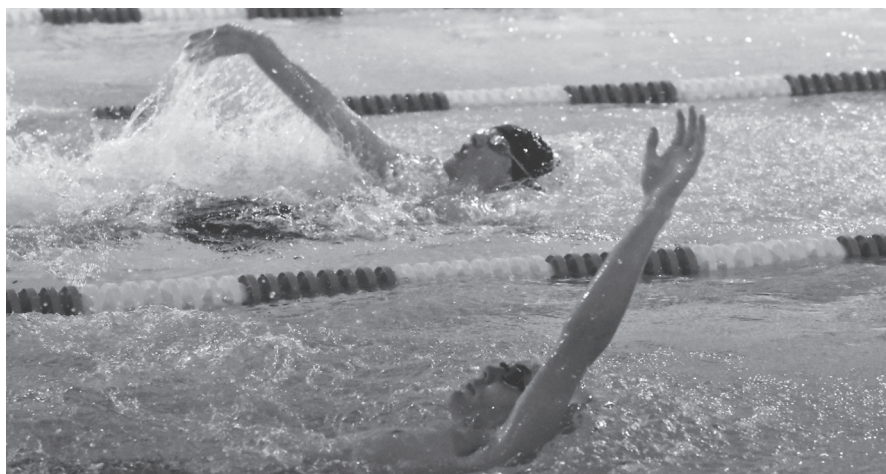
### Triathlon Cross Training

Coach Paul wants this to be the year you conquer your first triathlon! Triathlon specific swim techniques and tips will only be the beginning. Utilize the adjacent, newly expanded bike trails and improve running both on an outdoor track for drills and through the nearby parks for distance. Minimum recommended fitness level to be comfortable in class include: 50 yards of nonstop swim ability, 20 minute of jogging stamina and comfortable on your own bike. Participants should come prepared to swim, bike/spin and run for every class, unless instructed otherwise.

**Activity Code: 2RCS0704**  
(Section codes listed below)

#### Riverside (Ages 14 & up)..... RS02

Tue, Sep 13-Nov 15, 5:45PM- 7:15PM  
\$42 Residents/\$56 Non-Residents



## EVERYONE PLAYS!

If you receive state or federal assistance like FoodShare or BadgerCare, your children may be eligible to receive a scholarship to pay for most classes in the Milwaukee Recreation Guide. This includes arts & crafts, cooking, dance, fitness, language skills, music, outdoor education, sports, swimming and more!

Limited scholarships available. Apply today! Please call 414.475.8180 or visit [mkerec.net/scholarship](http://mkerec.net/scholarship) to learn more and complete our short application.

## YOUTH COMP SWIM

### Piranhas Swim Team

The Milwaukee Piranhas Age-Group Swim Club is for experienced swimmers who have been recommended by a coach to participate at the highest level of competition. New members should seek the approval of a coach by setting up a placement session at the pool. Swimmers on this team may be recruited for USA SWIMMING opportunities. No swimmers allowed to participate without proof of enrollment. Not eligible for reduced fees. Additional family members enrolling in Competitive Swim pay 50% of the listed fees.

**Activity Code: 2RCS0808**  
(Section codes listed below)

#### MacDowell (Ages 4-19)..... JU02

Mon-Thu, Sep 7-Dec 21, 5:15PM- 6:15PM  
\$54 Residents/\$81 Non-Residents

#### MacDowell (Ages 4-19)..... JU01

Mon-Thu, Sep 7-Dec 21, 6:25PM- 7:55PM  
\$72 Residents/\$108 Non-Residents

#### MacDowell (Ages 4-19)..... JU11

(SAT - EXTRA PRACTICE Must be enrolled in section JU01 to be eligible for this practice.)  
Sat, Sep 24-Dec 17, 8:35AM-10:05AM  
\$18 Residents/\$27 Non-Residents

#### MacDowell (Ages 4-19)..... JU22

(SAT - EXTRA PRACTICE Must be enrolled in Section JU02 to be eligible for this practice.)  
Sat, Sep 24-Dec 17, 10:15AM-11:15AM  
\$18 Residents/\$27 Non-Residents

### Tidal Waves Swim Team

The Tidal Waves Age-Group Swim Team offers youth interested in competitive swimming to join a friendly, learner-focused environment. Swimmers must be able to kick one full length (25 yards) of the pool on their back and stomach and be comfortable in deep water to join. Swimmers are not allowed to participate without proof of enrollment. Swimmers unable to complete prerequisite swim at first practice may be referred to a lesson program to develop swim ability. Not eligible for reduced fees.

**Activity Code: 2RCS0809**  
(Section codes listed below)

#### Pulaski (Ages 4-19) ..... PK02

(INTERMEDIATE GROUP)  
Mon/Tue/Thu, Sep 12-Dec 20, 6:45PM- 7:45PM  
\$28 Residents/\$42 Non-Residents

#### Pulaski (Ages 4-19) ..... PK03

(PRE-COMP GROUP)  
Tue/Thu, Sep 13-Dec 20, 6:00PM- 6:45PM  
\$18 Residents/\$27 Non-Residents



### Krakens Swim Team

The Krakens Age Group Swim Team offers a recreational competitive atmosphere. Seasonal swim meets will be held with local age-group clubs and allow for swimmers to be introduced to competition with those of similar ability levels. Participant should have completed Level 3 of the Learn to Swim program or be able to swim 25 continuous yards. Swimmers are not allowed to participate without proof of enrollment. Not eligible for reduced fees. Additional family members enrolling in Competitive Swim pay 50% of the listed fees.

**Activity Code: 2RCS0810**  
(Section codes listed below)

#### Riverside (Ages 4-19)..... RS02

(Intermediate group)  
Mon/Wed/Thu, Sep 7-Dec 21, 6:15PM- 7:15PM  
\$36 Residents/\$54 Non-Residents

#### Riverside (Ages 4-19)..... RS03

(Pre-Comp group)  
Mon/Wed, Sep 7-Dec 21, 6:15PM- 7:00PM  
\$24 Residents/\$36 Non-Residents

#### Riverside (Ages 4-19)..... RS01

(Advanced group)  
Mon/Wed/Thu, Sep 7-Dec 21, 6:45PM- 8:15PM  
\$48 Residents/\$72 Non-Residents

#### Riverside (Ages 4-19)..... RS22

(Intermediate group)  
Mon/Wed/Thu, Sep 7-Dec 21, 7:15PM- 8:15PM  
\$36 Residents/\$54 Non-Residents

## LAP SWIM INFORMATION

Participants can register for individual lap swim opportunities by visiting [mkerec.net/aquatics](http://mkerec.net/aquatics) using **activity code: 2RCS0705**. Cost is \$3/swim. Lap swim is available at the following locations:

- **Hamilton High School**  
» Saturdays, 9/24 - 11/12, 7:45AM - 8:45am
- **North Division High School**  
» Thursdays, 9/22 - 11/10, 7:40PM- 8:40PM
- **Riverside High School**  
» Saturdays, 9/24 - 11/12, 8:00AM -9:00AM

To reserve your lap swim session or for more information visit [mkerec.net/aquatics](http://mkerec.net/aquatics) or call 414.647.6067.

# AQUATICS IS NOW HIRING!

Interested in joining the Milwaukee Recreation aquatics team? See below for all employment opportunities. Visit [mkerec.net/aquatics](http://mkerec.net/aquatics) or call 414.647.6067 for more information.

## LIFEGUARDS

Starting Pay: \$16-17/hr

Age: 15+

Seasonal, year-round employment and flexible scheduling.

Two Year certification includes Red Cross First Aid, CPR, and AED.

Red Cross Lifeguarding is a National Certification Valid at Organizations around the US.

### Become a Red Cross Certified Lifeguard

- » Register online at [mkerec.net](http://mkerec.net)
- » Use coupon code: *Lifeguard Training* to save \$65
- » Call 414.647.6076 for train-to-hire opportunities

Apply online at [mkerec.net/aquatics](http://mkerec.net/aquatics) or email [swim@mkerec.net](mailto:swim@mkerec.net) with questions or for more information.

## SWIM INSTRUCTORS

Starting Pay: \$17-18/hr

Age: 16+

Seasonal, year-round employment and flexible scheduling.

Teach:

- Parent-Child Aquatics
- Levels 1-6 swim for youth
- Adult Learn-to-Swim

### Become registered Water Safety Instructor (WSI)

- » Register online at [mkerec.net](http://mkerec.net)
- » Use coupon code: *Lifeguard Training* to save \$65
- » WSI Training is FREE for current Milwaukee Recreation employees

Apply online at [mkerec.net/aquatics](http://mkerec.net/aquatics) or email [swim@mkerec.net](mailto:swim@mkerec.net) with questions or for more information.

## FITNESS INSTRUCTORS

Starting Pay: \$21/hr

Age: 16+

Seasonal, year-round employment and flexible scheduling.

Teach:

- Aqua Boot Camp
- Aqua Zumba
- Deep Water Aerobics
- Drum Vibes
- Glidefit
- Water Aerobics
- YoQua Fusion

Apprenticeships available! Apply online at [mkerec.net/aquatics](http://mkerec.net/aquatics) or email [swim@mkerec.net](mailto:swim@mkerec.net) for more information.

## COACHES

Starting Pay: \$16/hr for assistant coaches, \$19/hr for head coaches

Age: 16+

Coaching experience preferred but not required.

Seasonal, year-round employment and flexible scheduling.

Youth teams available:

- The Krakens at Riverside HS (up to 19yrs old)
- The Tidal Waves at Pulaski HS (up to 19yrs old)

Adult programs available:

- Masters Swim at MacDowell, Riverside HS, or Pulaski HS (adults)

Apprenticeships available! Apply online at [mkerec.net/aquatics](http://mkerec.net/aquatics) or email [swim@mkerec.net](mailto:swim@mkerec.net) for more information.



## COMMUNITY WELLNESS

### Mil"WALK"ee

Join our walking club and get a cardio workout while exploring Milwaukee with us! Each week you will start at the location listed, walk 3-4 miles, and end back at the same spot. Contact Erica@mkerec.net with questions.

**Activity Code: 2PL59003**  
(Section codes listed below)

**Anodyne ..... WN01**  
(2920 S Kinnickinnick Ave)  
Tue, Sep 6, 10:00AM-11:15AM  
FREE

**Beerline Trail ..... WN02**  
(3129 N Bremen St)  
Wed, Sep 7, 5:30PM- 6:30PM  
FREE

**Fiddleheads Coffee ..... WN03**  
(4334 N Oakland Ave)  
Thu, Sep 8, 10:00AM-11:15AM  
FREE

**Rochambo ..... WN04**  
(1317 E Brady St.)  
Tue, Sep 13, 10:00AM-11:15AM  
FREE

**Milwaukee River Greenway ..... WN05**  
(1449 E Park Place)  
Wed, Sep 14, 5:30PM- 6:30PM  
FREE

**Emerald Preserve Park ..... WN06**  
(8031 S. 6th Street)  
Thu, Sep 15, 10:00AM-11:15AM  
FREE

**Mitchell Park Domes ..... WN07**  
(524 S Layton Blvd.)  
Tue, Sep 20, 10:00AM-11:15AM  
FREE

**Klode Park ..... WN08**  
(5960 N Lake Dr)  
Wed, Sep 21, 5:30PM- 6:30PM  
FREE

**Valentine ..... WN09**  
(5918 W Vliet St)  
Thu, Sep 22, 10:00AM-11:15AM  
FREE

**Hansen Golf Course ..... WN10**  
(9800 Underwood Pkwy)  
Tue, Sep 27, 10:00AM-11:15AM  
FREE

**Nojoshing Trail Seminary Woods ...WN11**  
(3400 E Howard Ave)  
Wed, Sep 28, 5:30PM- 6:30PM  
FREE

**Havenwoods State Forest ..... WN12**  
(6141 N Hopkins St)  
Thu, Sep 29, 10:00AM-11:15AM  
FREE

**Colectivo Coffee Lakefront ..... WN13**  
(1701 N Lincoln Memorial Dr)  
Tue, Oct 4, 10:00AM-11:15AM  
FREE

**Calvary Cemetery ..... WN14**  
(5503 W Bluemound Rd)  
Wed, Oct 5, 5:30PM- 6:30PM  
FREE

**Hoyt Park ..... WN15**  
(1800 N Swan Blvd)  
Thu, Oct 6, 10:00AM-11:15AM  
FREE

**Brown Deer Golf Course ..... WN16**  
(7625 N Range Line Rd)  
Tue, Oct 11, 10:00AM-11:15AM  
FREE

**Forest Home Cemetery ..... WN17**  
(2405 W Forest Home Ave)  
Wed, Oct 12, 5:30PM- 6:30PM  
FREE

**Simmas Bakery ..... WN18**  
(817 N 68th St)  
Thu, Oct 13, 10:00AM-11:15AM  
FREE

**Stone Creek Coffee ..... WN19**  
(2650 N Downer Ave)  
Tue, Oct 18, 10:00AM-11:15AM  
FREE

**Hart Park ..... WN20**  
(7300 W Chestnut St)  
Wed, Oct 19, 5:30PM- 6:30PM  
FREE

**Klode Park ..... WN21**  
(5960 N Lake Dr)  
Thu, Oct 20, 10:00AM-11:15AM  
FREE

**Aggies Bakery ..... WN22**  
(7328 W Greenfield Ave)  
Tue, Oct 25, 10:00AM-11:15AM  
FREE

**Colectivo ..... WN23**  
(6745 W Wells St)  
Wed, Oct 26, 5:30PM- 6:30PM  
FREE

**Pulaski Park ..... WN24**  
(2677 S. 16 St)  
Thu, Oct 27, 10:00AM-11:15AM  
FREE

**Warnimont Park ..... WN25**  
(5400 S Lake Dr)  
Tue, Nov 1, 10:00AM-11:15AM  
FREE

**Valentine Coffee ..... WN26**  
(5918 W Vliet St.)  
Wed, Nov 2, 5:30PM- 6:30PM  
FREE

**Grant Park - Milwaukee County Parks ..... WN27**  
(100 Hawthorne Ave)  
Thu, Nov 3, 10:00AM-11:15AM  
FREE

**Hawthorne Coffee Roasters ..... WN28**  
(4177 S Howell Ave)  
Tue, Nov 8, 10:00AM-11:15AM  
FREE

**Vendetta Coffee ..... WN29**  
(7613 W State St.)  
Wed, Nov 9, 5:30PM- 6:30PM  
FREE

**WI State Fair Park ..... WN30**  
(640 S 84th St)  
Thu, Nov 10, 10:00AM-11:15AM  
FREE

### Yoga

Release some stress in your life with the calming ritual of yoga. Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, and meditation. Wear comfortable clothing. Individuals with medical conditions should be cleared by a physician prior to participation.

**Activity Code: 2PL59004**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Fri, Sep 23-Nov 11, 10:15AM-11:00AM  
FREE

**Tiefenthaler Park ..... TF01**  
Tue, Nov 1-Dec 13, 10:00AM-11:00AM  
FREE





### Fitness in the Park Yoga

Practicing Yoga outdoors has many benefits including increasing body awareness, strength and flexibility while connecting you deeper with nature. Join us for an outdoor yoga class that will take you through a series of poses and breath work. Bring your own exercise mat and water. Contact Erica@mkerec.net with questions.

**Activity Code: 2PL59006**  
(Section codes listed below)

#### Hawthorn Glen ..... WN01

Tue, Sep 13-Oct 25, 5:30PM- 6:15PM  
FREE

#### Hawthorn Glen ..... WN02

Sun, Sep 11, 10:00AM-11:00AM  
FREE

#### Hawthorn Glen ..... WN03

Sun, Sep 25, 10:00AM-11:00AM  
FREE

#### Hawthorn Glen ..... WN04

Sun, Oct 9, 10:00AM-11:00AM  
FREE

#### Hawthorn Glen ..... WN05

Sun, Oct 23, 10:00AM-11:00AM  
FREE

#### Wick Playfield ..... WN06

Sat, Sep 10, 10:00AM-11:00AM  
FREE

#### Wick Playfield ..... WN07

Sat, Sep 17, 10:00AM-11:00AM  
FREE

#### Wick Playfield ..... WN08

Sat, Sep 24, 10:00AM-11:00AM  
FREE

#### Wick Playfield ..... WN09

Sat, Oct 1, 10:00AM-11:00AM  
FREE

#### Wick Playfield ..... WN10

Sat, Oct 8, 10:00AM-11:00AM  
FREE

#### Tiefenthaler Park ..... TF01

Tue, Sep 13-Oct 25, 10:00AM-11:00AM  
FREE

### Fitness in the Park Bootcamp

Join us for an outdoor bootcamp class to challenge your entire body! Each class will include some strength, cardio and stretching exercises to give you a total body workout. Class is geared towards all fitness levels. Bring an exercise mat and water. Contact Erica@mkerec.net with questions.

**Activity Code: 2PL59007**  
(Section codes listed below)

#### Custer Playfield ..... WN01

(4001 W Custer Ave)  
Mon, Sep 12-Oct 24, 4:00PM- 4:45PM  
FREE

#### Southgate Playfield ..... WN02

(3350 S 25th St.)  
Tue, Sep 13-Oct 25, 5:00PM- 5:45PM  
FREE

#### Tiefenthaler Park ..... TF01

Wed, Sep 14-Oct 26, 4:00PM- 4:45PM  
FREE

#### Wick Playfield ..... WN03

(Meet at Playground)  
Thu, Sep 15-Oct 27, 4:00PM- 4:45PM  
FREE

### Glow with the Flow Yoga

This invigorating and upbeat flow yoga class will combine breath work and movement of the body. Black lights, glow sticks and a lively playlist will help set the mood! Join the party and Glow with the Flow! Bring your own exercise mat or purchase at site for \$10. Contact Erica@mkerec.net with questions.

**Activity Code: 2PL59011**  
(Section codes listed below)

#### Beulah Brinton ..... WN01

Wed, Nov 16, 6:00PM- 7:00PM  
FREE

### Walktober Challenge

This challenge encourages participants to walk every day in October. Regular walking has many benefits including maintaining a healthy weight, improving cardiovascular fitness, and better sleep and energy levels. Complete walks on your own or sign up for our organized walks listed under Community Wellness. Track your steps using a wearable device and log your weekly steps. Program rules and directions on how to log your steps will be emailed to all participants prior to the start of the challenge. Prizes will be awarded to those with the most steps!

**Activity Code: 2PL59013**  
(Section codes listed below)

#### Various ..... WN01

Mon-Sun, Oct 1-Oct 31, 12:00AM-12:00PM  
FREE

### Walktober Challenge Walks

Join our weekly walks to get some exercise and steps in for the Walktober Challenge! Each week, we will walk about 3 miles, starting and ending at the location listed. Must be signed up for the Walktober Challenge to participate.

**Activity Code: 2PL59014**  
(Section codes listed below)

#### Wick Playfield ..... WN01

Wed, Oct 5, 10:00AM-11:00AM  
FREE

#### Riverside ..... WN02

Sat, Oct 15, 10:00AM-11:00AM  
FREE

#### Lakeshore State Park ..... WN03

Wed, Oct 19, 5:00PM- 6:00PM  
FREE

#### Mitchell Park Domes ..... WN04

Fri, Oct 28, 10:00AM-11:00AM  
FREE

#### Hawthorn Glen ..... WN05

Mon, Oct 31, 10:00AM-11:00AM  
FREE

*A word from our customers...*

*Milwaukee Recreation activities are  
a great way to keep my family busy  
and active!*

## Total Wellness

Build muscle, get fit, and learn to cook to help prevent cancer and other health problems! Total Wellness teaches easy ways to live a healthy lifestyle. Classes meet twice a week. The first meeting includes interactive fun focused on health promotion, your lifestyle (including cooking!) and group fitness. The second weekly meeting is a group fitness class. Total Wellness is for all fitness levels - we meet you where you are. \*\*\*Special Opportunity For Registered Participants\*\*\* You may be eligible to take part in program feedback activities and receive a gift card. Call 414.955.8104 today to learn more.

**Activity Code: 2PL59015**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Sat, Sep 17-Nov 5, 9:45AM-11:15AM  
\$8 Residents/\$8 Non-Residents

**South Division ..... SD01**  
Sat, Sep 17-Nov 5, 10:00AM-11:30AM  
\$8 Residents/\$8 Non-Residents

## Community Bike Rides

Discover the joy of group bike rides on Milwaukee's best trails! Each session will include a 15-30 minute introduction on general bike safety & etiquette followed by a 90 minute group ride led by our experienced Ride Leaders. All rides will focus on bike trails with some street riding and will start/end at the same location. Rides are suitable for beginners to intermediate riders. Participants must provide their own bike & helmet. Ages 16 and up. Contact Erica@mkerec.net with questions.

**Activity Code: 2PL59016**  
(Section codes listed below)

**South Shore Park ..... WN01**  
Sat, Sep 10, 10:00AM-12:30PM  
FREE

**Hart Park ..... WN02**  
Sat, Sep 17, 10:00AM-12:30PM  
FREE

**Fondy Farmers Market ..... WN03**  
Sat, Sep 24, 10:00AM-12:30PM  
FREE

**Riverside Park ..... WN04**  
Sat, Oct 1, 10:00AM-12:30PM  
FREE

**Veterans Park Kite Store ..... WN05**  
Sat, Oct 8, 10:00AM-12:30PM  
FREE

**Mitchell Park Domes ..... WN06**  
Sat, Oct 15, 10:00AM-12:30PM  
FREE

**UEC - Menomonee Valley ..... WN07**  
(Halloween Costume Ride)  
Mon, Oct 31, 5:00PM- 7:00PM  
FREE

## Community Bike Ride - Good Morning Hank

Spring into riding shape as you explore Milwaukee's iconic Hank Aaron State Trail. Enjoy a variety of environments ranging from urban, to river views to prairie and wooded surroundings. All rides will focus on bike trails with some street riding and will start/end at the same location. Rides are suitable for beginners to intermediate riders. Participants must provide their own bike & helmet. Ages 16 and up. Contact Erica@mkerec.net with questions.

**Activity Code: 2PL59018**  
(Section codes listed below)

**Juneau Playfield ..... WN01**  
(5400 W Mt. Vernon Ave.)  
Tue, Sep 6-Oct 25, 8:00AM-10:00AM  
FREE

## Community Bike Rides - Intermediate Ride

This group ride series is for beginner/intermediate cyclist looking to train for cycling events, build endurance and muscle strength. Rides will be two hours long using various routes with occasional stops to regroup. Rides will focus on trails but must be comfortable with some street riding. Each ride will begin with a review of group riding safety including road positioning, hand signaling, and communication. Ride locations may vary and will be provided by the Ride Leader. Participants must provide their own bike and helmet. Contact Erica@mkerec.net with questions.

**Activity Code: 2PL59019**  
(Section codes listed below)

**UEC - Menomonee Valley ..... WN01**  
(3700 W Pierce Street)  
Mon, Sep 12-Oct 31, 5:00PM- 7:00PM  
FREE



## Nordic Walking for Beginners

Nordic Walking uses specially designed poles to enhance your natural walking experience. With a technique that is a cross between cross-country skiing and power walking, Nordic Walking is an efficient total body cardiovascular exercise that can be enjoyed by all ages & fitness levels. Class is geared towards beginners and poles will be provided. Led by Alisa, Certified Nordic Walking Instructor. Please email Erica@mkerec.net with questions.

**Activity Code: 2PL59021**  
(Section codes listed below)

**Riverside Park ..... WN01**  
(1500 E Park Place)  
Fri, Sep 16-Nov 11, 12:30PM-1:30PM  
FREE

**Riverside Park ..... WN02**  
(1500 E Park Place)  
Sat, Sep 17-Nov 12, 10:00AM-11:00AM  
FREE

**Riverside Park ..... WN03**  
(1500 E Park Place)  
Mon, Sep 12, 10:00AM-11:00AM  
FREE

**Riverside Park ..... WN04**  
(1500 E Park Place)  
Mon, Oct 3, 10:00AM-11:00AM  
FREE

**Riverside Park ..... WN05**  
(1500 E Park Place)  
Mon, Oct 24, 10:00AM-11:00AM  
FREE

**Riverside Park ..... WN06**  
(1500 E Park Place)  
Mon, Nov 7, 10:00AM-11:00AM  
FREE

## Community Bike Ride - Grantosa Packer Game Pre-Ride

GO PACK GO! Wear your favorite Green Bay Packer gear and join us for a pre Packer Game ride! We'll split into two groups - a Grantosa Shortie 8 mile ride and a Grantosa Tour de Force 14 mile ride. Both groups will ride on a bike trail, start/end at the same spot, and eventually meet up and ride together. Rides are suitable for beginners to intermediate riders. Participants must provide their own bike and helmet. Ages 16 and up. Contact Erica@mkerec.net with questions.

**Activity Code: 2PL59026**  
(Section codes listed below)

**Vincent ..... WN01**  
Sun, Sep 18, 12:00PM- 3:00PM  
FREE



## WEAVING AND FIBER ARTS



**ABK Weaving Center**  
**Gaenslen School**  
**1250 E. Burleigh St.**  
**414-267-5771**  
**www.abkweavingcenter.org**

### Not Your Grandma's Knitting

Learn to knit and make cool contemporary accessories with your first project! This group includes continuing students and beginners. Instructor: MaryLee Knowlton

**Activity Code: 2RAE6903**  
**(Section codes listed below)**

**Gaenslen .....GS01**  
 (Instructor: Sandra Schmidt)  
 Thu, Sep 15-Nov 3, 4:00PM- 6:00PM  
 \$41 Residents/\$41 Non-Residents



### Weaving Basics and Beyond

Weavers continue the learning process by developing more advanced weaving skills and planning more complex projects such as rugs, overshot, multi harness patterns, etc. Weavers will be able to choose their own projects, try out and work with instructors on floor looms and more advanced equipment. Instructors will demonstrate advanced weaving techniques and skills. Supply fee is based on materials used. Participants must have completed at least one weaving basics class at ABK.

**Activity Code: 2RAE6905**  
**(Section codes listed below)**

**Gaenslen .....GS01**  
 (Instructor: Naomi Holthaus)  
 Mon, Sep 12-Oct 31, 10:00AM-12:30PM  
 \$54 Residents/\$54 Non-Residents

**Gaenslen .....GS02**  
 (Jacquie Crema)  
 Tue, Sep 13-Nov 1, 6:00PM- 8:30PM  
 \$54 Residents/\$54 Non-Residents

**Gaenslen .....GS04**  
 (Instructor: Judy Larsen)  
 Wed, Sep 14-Nov 2, 12:00PM- 2:30PM  
 \$54 Residents/\$54 Non-Residents

**Gaenslen .....GS06**  
 (Instructor: Lynn Sbonik)  
 Wed, Sep 14-Nov 2, 6:00PM- 8:30PM  
 \$54 Residents/\$54 Non-Residents

**Gaenslen .....GS03**  
 (Instructor: Lynn Sbonik)  
 Thu, Sep 15-Nov 3, 6:00PM- 8:30PM  
 \$54 Residents/\$54 Non-Residents

### Bobbin Lace

Bobbin lace is a form of weaving that dates back to the 16th Century. New students will learn how to wind the bobbins (warp), the 3 basic stitches, and read a pattern. Instructor: Naomi Holthaus

**Activity Code: 2RAE6911**  
**(Section codes listed below)**

**Gaenslen .....GS01**  
 (Intro to Bobbin Lace)  
 Mon, Sep 12-Oct 31, 1:00PM- 3:30PM  
 \$13 Residents/\$13 Non-Residents

### Tapestry Weaving

Tapestry weaving is the ideal way to create visual impact using the warp as your canvas and yarn as your paint. This class will be tailored both for those who have no tapestry experience and for those who know the basics but need assistance in translating their skills into a woven design piece. The first class will include instruction on warping looms and provide an overview of the basic tapestry techniques and how they can be used in design, providing review for those with experience and inspiration for beginners. Following this introduction, each student will move at their own pace as they learn or master the basic tapestry techniques. Bring a small tapestry loom to class or rent one from the ABK Weaving Center. A \$5 (cash only) supply fee is due to the instructor at the first class. Instructor: Peggy MacArthur

**Activity Code: 2RAE6919**  
**(Section codes listed below)**

**Gaenslen .....GS01**  
 Tue, Sep 13-Nov 1, 10:00AM-12:30PM  
 \$54 Residents/\$54 Non-Residents

### Bead Loom Weaving

Weaving beads with a loom is a beautiful and traditional Native American art form that is easy to learn. The beads are locked in between the warp threads by the weft threads. First, an entire row of beads is strung on the weft thread. Then the beads are pressed in between warp threads and the needle is passed back through the beads above the warp threads to lock the beads into place. This class will teach the basics of seed based weaving. A \$5 (cash only) supply fee is due to the instructor at the first class.

**Activity Code: 2RAE6949**  
**(Section codes listed below)**

**Gaenslen .....GS01**  
 (Instructor: Kallia Walkowiak)  
 Thu, Sep 29-Oct 20, 9:30AM-12:30PM  
 \$21 Residents/\$21 Non-Residents

### PLEASE NOTE...

Masks will be **mandatory** for participants and staff in all Milwaukee Recreation facilities. This policy is subject to change based on current conditions.

Procedures to reduce the spread of COVID-19 will remain in place and participants are encouraged to continue taking steps to stay safe and healthy.



## Zen Stitch

Stitching by hand is a way to stimulate your inner creativity and become present in the moment. In this class we will explore Zen stitchery through hand sewing, embroidering, and embellishing with beads, buttons and baubles as a way to transform materials while relaxing and letting go of everyday worries. You can stitch away for the sheer pleasure of doing so, or work toward a creative project to tell your personal story through a pillow, book cover, bag or even a small quilt. Instructor: MaryLee Knowlton

**Activity Code: 2RAE6955**  
(Section codes listed below)

**Gaenslen ..... GS01**  
(Instructor: MaryLee Knowlton)  
Wed, Sep 14-Nov 2, 4:00PM-6:00PM  
\$34 Residents/\$34 Non-Residents

## Weaving Beginner Basics

Beginners will learn to warp the loom and weave a sampler of patterns. They will be introduced to pattern and draft weaving as well as project planning. Returning Beginners will be able to hone their skills by making a scarf or table runner. Weavers are able to repeat this class as many times as they like but will be limited to these three projects. Samplers supply fee \$10 cash only due to the instructor at the first class.

**Activity Code: 2RAE6959**  
(Section codes listed below)

**Gaenslen ..... GS01**  
(Instructor: Kallia Walkowiak)  
Mon, Sep 12-Oct 31, 6:00PM-8:30PM  
\$43 Residents/\$43 Non-Residents

**Gaenslen ..... GS04**  
(Instructor: Carly Neil)  
Tue, Sep 13-Nov 1, 9:30AM-12:00PM  
\$43 Residents/\$43 Non-Residents

**Gaenslen ..... GS05**  
(Instructor: Jacquie Crema)  
Tue, Sep 13-Nov 1, 3:00PM-5:30PM  
\$43 Residents/\$43 Non-Residents

**Gaenslen ..... GS02**  
(Instructor: Judy Larsen)  
Wed, Sep 14-Nov 2, 9:00AM-11:30PM  
\$43 Residents/\$43 Non-Residents

**Gaenslen ..... GS03**  
(Instructor: Kallia Walkowiak)  
Thu, Sep 15-Nov 3, 10:00AM-12:30PM  
\$43 Residents/\$43 Non-Residents

## Reading Weaver Drafts

Learn how to interpret weaving drafts from a variety of sources both familiar (Davison, Dixon, etc.) and lesser known (Oelsner, Worst, and others). Prior weaving experience and an ability to read basic weaving drafts required.

**Activity Code: 2RAE6960**  
(Section codes listed below)

**Gaenslen ..... GS01**  
(Intermediate - Instructor: Sue Knorr)  
Thu, Oct 20-Oct 27, 10:30AM-12:30PM  
\$14 Residents/\$14 Non-Residents

## Beginning Quilling

Do you enjoy paper arts and crafts? Then quilling is perfect for you! You can create beautiful art with ornately rolled and shaped pieces of paper. From flowers to animals to abstract art, let your imagination go wild with this inexpensive way to be creative. This beginning class will teach you how to use quilling tools and make one project. There is a \$15 cash supply fee due at the beginning of class. Class fee is non-refundable.

**Activity Code: 2RAE6962**  
(Section codes listed below)

**Gaenslen ..... GS01**  
(Instructor: Jacquie Crema)  
Tue, Sep 27, 10:00AM-12:00PM  
\$14 Residents/\$14 Non-Residents

## ARTS & CRAFTS

### Drawing & Painting

Whether you are a beginner or a pro, join us for adventures in all types drawing and painting! Work independently or follow weekly lessons and challenges to grow your artistic skills! Above all, have fun! Basic supplies will be provided. If you have any questions, please contact us at 414.647.6065.

**50+ Activity Code: 2R550902**  
(Section codes listed below)

**Enderis Playfield ..... EF01**  
Tue, Sep 13-Oct 18, 5:00PM-7:00PM  
\$27 Residents/\$41 Non-Residents

**Enderis Playfield ..... EF02**  
Tue, Oct 25-Nov 29, 5:00PM-7:00PM  
\$27 Residents/\$41 Non-Residents

## Craft Club

Crafting fun for everyone. No experience necessary! Explore all types of crafts in a friendly and nurturing atmosphere! Be amazed at your secret creative skills! A \$20 (cash only) supply fee is due to the instructor at the first class. If you have any questions, please contact us at 414.647.6065.

**50+ Activity Code: 2R550903**  
(Section codes listed below)

**Enderis Playfield ..... EF01**  
Tue, Sep 13-Nov 22, 9:00AM-12:00PM  
\$18 Residents/\$27 Non-Residents

## Holiday Crafts

Come and enjoy creating a variety of creative holiday crafts. The instructor will offer multiple options for creating holiday crafts and decorations that will allow you to take the holiday spirit into your home! Fee includes supply cost and is non-refundable.

**50+ Activity Code: 2R550912**  
(Section codes listed below)

**OASIS ..... 5501**  
Wed, Dec 7, 9:30AM-11:00AM  
\$5 Residents/\$8 Non-Residents

## Acrylic Painting

In this course you will have fun learning painting techniques such as recognizing shapes, light sources, and values. Beginners to advanced will improve at their own pace. We will start with working from photographs along with professional guidance from award-winning artist Laura Easey-Jones. A supply list will be provided on the first day of class. If you have any questions, please contact us at 414.647.6065.

**50+ Activity Code: 2R550913**  
(Section codes listed below)

**OASIS ..... 5501**  
Mon, Sep 12-Oct 24, 9:30AM-11:30AM  
\$31 Residents/\$47 Non-Residents

**OASIS ..... 5503**  
Mon, Oct 31-Dec 12, 9:30AM-11:30AM  
\$31 Residents/\$47 Non-Residents



### Explore Mixed Media

Make beautiful collage with paper, torn magazine pages, texture paste, stamps, paint, matte medium or mod podge, and much more. Each project is uniquely your own. Class is for all skill levels. After you master the basics, you may continue in the next session with additional projects such as paint pouring, Shibori dyeing, and alcohol inks to name a few. Basic supplies will be provided. If you have any questions, please contact us at 414.647.6065.

**50+**

**Activity Code: 2R550914**  
(Section codes listed below)

**OASIS ..... 5501**

Mon, Sep 12-Oct 24, 12:30PM- 2:30PM  
\$31 Residents/\$47 Non-Residents

**OASIS ..... 5502**

Mon, Oct 31-Dec 12, 12:30PM- 2:30PM  
\$31 Residents/\$47 Non-Residents

### Basic Jewelry Making

Make beautiful jewelry by starting easy with a pair of earrings; progress to a bracelet and then a necklace. Class is for beginners or crafters with little beading experience. Instructor will provide coaching on crimping, use of soft wires, clasps, jump rings, split rings, multi-strand bracelets and necklaces, making wrapped loops, use of tools, and making your project fit well. A \$10 (cash only) tool and supply fee will be due to the instructor at the first class. Students will be provided a list of supplies/materials to purchase for weeks 2-6.

**Activity Code: 2RAE0902**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**

Sat, Sep 17-Oct 22, 10:00AM-11:30AM  
\$27 Residents/\$41 Non-Residents

**Milwaukee Marshall ..... MR02**

Sat, Nov 5-Dec 17, 10:00AM-11:30AM  
\$27 Residents/\$41 Non-Residents

### Creative Crochet Techniques

This class will review basic stitches before practicing heavier texture stitches like popcorns, shells, and post stitches. After creating swatches, we will discuss how to turn these stitches into different kinds of accessories. In preparation for spring we will focus on mesh and lace stitches. We will create swatches and learn to block these items, then discuss how to turn lightweight fabrics into beautiful summer shawls or home items. Bring a skein of light colored yarn of your choice with an appropriate hook (check the yarn label for hook size).

**Activity Code: 2RAE0903**  
(Section codes listed below)

**Beulah Brinton ..... BN01**

(Granny Squares and Squares)  
Mon, Sep 19-Nov 7, 10:30AM-11:30AM  
\$24 Residents/\$36 Non-Residents

**Beulah Brinton ..... BN02**

(Granny Squares and Squares)  
Mon, Nov 28-Jan 9, 10:30AM-11:30AM  
\$16 Residents/\$24 Non-Residents



### Crocheting / Knitting

Develop the techniques needed to complete your beautiful projects. Learn or gather new ideas and visit with fellow crafters. Bring a skein of yarn and knitting needles.

**Activity Code: 2RAE0905**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**

Mon, Sep 19-Nov 21, 6:00PM- 8:00PM  
\$56 Residents/\$84 Non-Residents



### Sewing the Standard Pillow

We will be sewing one or two pillowcases in classes. If you would like to sew one pillowcase you will need 3/4 yard of main fabric and 1/3 yard of a contrasting fabric (top part of the pillowcase). Two pillows will need 1 & 1/2 yards of main fabric and 2/3 yard of contrasting fabric. Please bring a seam ripper, scissors, and sewing pins to class.

**Activity Code: 2RAE0906**  
(Section codes listed below)

**Hamilton ..... HA01**

Sat, Dec 3-Dec 10, 1:30PM- 3:30PM  
\$14 Residents/\$21 Non-Residents

### Landscape Painting

This relaxing class will explore landscape painting in the comfort of the classroom. We will use acrylics and work from photos. The goal of the class is to develop your own interpretation. Class starts with a short demonstration to get you started. Learn to paint and change the way you see the world. The supply list is available on Facebook: <https://goo.gl/bwvwnHd>.

**Activity Code: 2RAE0907**  
(Section codes listed below)

**Riverside ..... RS01**

(Level 1)  
Wed, Sep 14-Nov 2, 6:00PM- 8:00PM  
\$50 Residents/\$75 Non-Residents



## Painting Portraits from Photos

Painting in acrylic or oil we will learn to see others in an artistic way. Realizing your own approach will be the goal of this class. We will start with a drawing and progress onto painting. Bone structure, muscles and anatomy will be covered. Each class starts with a short demonstration to get you started. The supply list is available on Facebook: <https://goo.gl/bwvnhd>.

**Activity Code: 2RAE0910**  
(Section codes listed below)

### Riverside ..... RS01

Mon, Sep 12-Oct 31, 6:00PM-8:00PM  
\$50 Residents/\$75 Non-Residents

## Watercolor Painting

Create splendid, watercolor images applying magical layering of this transparent media. Explore expressive, effortless methods and techniques. Instructor offers demos and enthusiastic, personal guidance. Bring supplies to all sessions (call Brinton for supply list 414.481.2494).

**Activity Code: 2RAE0917**  
(Section codes listed below)

### Beulah Brinton ..... BN02

(Adv.)  
Thu, Sep 8-Sep 22, 6:15PM-8:15PM  
\$19 Residents/\$29 Non-Residents

### Beulah Brinton ..... BN01

(Beg.)  
Wed, Sep 14-Sep 28, 6:30PM-8:30PM  
\$19 Residents/\$29 Non-Residents

### Beulah Brinton ..... BN03

(Beg.)  
Wed, Oct 12-Oct 26, 6:30PM-8:30PM  
\$19 Residents/\$29 Non-Residents

### Beulah Brinton ..... BN04

(Adv.)  
Thu, Oct 13-Oct 27, 6:15PM-8:15PM  
\$19 Residents/\$29 Non-Residents

## Glass Blowing

Come melt your problems away-Experience Glass Blowing. All classes work on aspects of blocking, marvering, shaping and applying color. Students will create their own work of art in one workshop. The individual process takes approximately 15 minutes per student. Please arrive at least 15 minutes before the start of your class to discuss safety procedures and choose colors. Class sizes have been reduced to allow for proper social distancing between students. Your individual art piece may be picked up 48 hours after your experience. Please ask your instructor for pick up times. Bring water and snacks to class. Fee includes supply cost and is non-refundable. Classes held at: Square One Art Glass, 5322 W. Vliet Street, [www.squareoneartglass.com](http://www.squareoneartglass.com)

**Activity Code: 2RAE0928**  
(Section codes listed below)

### Square One Art Class .....SG01

(pumpkin)  
Sat, Oct 15, 10:00AM-12:00PM  
\$75 Residents/\$113 Non-Residents

### Square One Art Class .....SG02

(Orb)  
Wed, Oct 19, 5:30PM-7:30PM  
\$50 Residents/\$75 Non-Residents

### Square One Art Class .....SG03

(Bowl)  
Wed, Nov 9, 5:30PM-7:30PM  
\$60 Residents/\$90 Non-Residents

### Square One Art Class .....SG04

(Orb)  
Wed, Dec 7, 5:30PM-7:30PM  
\$50 Residents/\$75 Non-Residents

### Square One Art Class .....SG05

(Bowl)  
Sat, Dec 17, 10:00AM-12:00PM  
\$60 Residents/\$90 Non-Residents

### Square One Art Class .....SG07

(Orb)  
Sat, Jan 7, 10:00AM-12:00PM  
\$50 Residents/\$75 Non-Residents

## Runes and Rock Painting

Paint sigils, spirals, and ancient symbols on one of Nature's most steadfast canvases. Art created with intention give meaning to the symbols from the hand to the surface. Create ancient runes and Celtic designs and understand their meaning.

**Activity Code: 2RAE0929**  
(Section codes listed below)

### Hamilton ..... HA01

Tue, Oct 18, 6:00PM-8:00PM  
\$8 Residents/\$12 Non-Residents

## Paper Flowers

With various kinds of paper, learners can make flowers similar to real one. For example, carnations, tulips, mums, lotus, cactus, cosmos, sunflowers, and more can all be crafted through the art of folding paper. Participants can also make vases and special cards to feature their creations. An \$18 supply fee is due to the instructor on the first day of class.

**Activity Code: 2RAE0943**  
(Section codes listed below)

### Hamilton ..... HA01

Tue, Sep 20-Oct 25, 6:45PM-8:15PM  
\$27 Residents/\$41 Non-Residents



## Candle Making

What is more soothing and relaxing than enjoying a candle that you created? In this workshop, you will select your own scent, design and create your very own soy-wax candle to take home! Students will receive an overview of the candle making process provided by an experienced chandler. All supplies included. Workshop provided by Blossom Candle Co. Fee includes supply cost and is non-refundable.

**Activity Code: 2RAE0945**  
(Section codes listed below)

### Hamilton ..... HA01

Thu, Oct 27, 6:30PM-8:00PM  
\$25 Residents/\$38 Non-Residents

### Riverside ..... RS01

Wed, Nov 16, 6:30PM-8:00PM  
\$25 Residents/\$38 Non-Residents





### Cricut for Beginners

Did you have a Cricut® machine but have no idea how to use it? Cricut® is a brand of die-cutting machine that will take your crafting to a new dimension. This class is for any crafter. Learn about the Cricut® and all the fun projects you can do. You will discover resources to get free files. You will come out inspired and ready to enhance your creativity. Please bring your machine and your own materials

**Activity Code: 2RAE0954**  
(Section codes listed below)

**Hamilton ..... HA01**  
Sat, Sep 17-Oct 8, 9:00AM-11:00AM  
\$24 Residents/\$36 Non-Residents

### Creating a Snuffle Dog Mat

Enjoy creating a snuffle mat to hopefully slow down your dog's meal time. This mat will make your dog search for their dry food and treats prior to being able to eat them, providing a challenge and reward. A \$10 materials fee is due to instructor on the night of the class.

**Activity Code: 2RAE0960**  
(Section codes listed below)

**Hamilton ..... HA01**  
Thu, Oct 13, 6:00PM- 9:00PM  
\$11 Residents/\$17 Non-Residents

### Abstract Painting with Melva\*

Abstracts with Melva is a class designed for beginners and for seasoned artists by visual artist Melva. Come experience the inspiring development of abstract art. This class is more than lines and circles. Let the hands-on variety of projects and easy techniques challenge your imagination! A \$10 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

**Activity Code: 2RAE0962**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Thu, Oct 13-Nov 10, 6:00PM- 8:00PM  
\$29 Residents/\$44 Non-Residents



### Decoupage on Glass

Can't draw stick figures? No problem! Anyone can be an artist using the age-old art form of decoupage. Learn how to create separate inside and outside designs with paper on a small glass bowl so the inside design is visible through the glass. You will take home a beautiful yet functional work of art to give as a gift or use to hold jewelry, spare change or other small items. All supplies included. Class taught by Donna Eigen.

**Activity Code: 2RAE0963**  
(Section codes listed below)

**Riverside ..... RS01**  
Mon, Sep 26, 6:00PM- 8:00PM  
\$35 Residents/\$53 Non-Residents

**Riverside ..... RS02**  
Tue, Oct 18, 6:00PM- 8:00PM  
\$35 Residents/\$53 Non-Residents

**Riverside ..... RS03**  
Tue, Nov 22, 6:00PM- 8:00PM  
\$35 Residents/\$53 Non-Residents

### Survival Sewing

Learn the basics of operating a sewing machine by sewing straight and curved lines and turning corners on paper. In this class you will learn how to sew a button on material, thread the sewing machine and a simple pillow with fabric to make a hem. Bring basic sewing supplies which include scissors, sewing pins, seam ripper and fabric to class. This class is for beginners and those who want to be able to utilize a sewing machine or fixing sewing problems at home.

**Activity Code: 2RAE0977**  
(Section codes listed below)

**Hamilton ..... HA01**  
Sat, Sep 17-Oct 1, 1:30PM- 3:30PM  
\$19 Residents/\$29 Non-Residents

### Explore the Art of Sketching

Explore drawing layout techniques as you learn One, Two, and Three point perspective, planes in the artistic sense and learn to draw a human face. A \$10 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable

**Activity Code: 2RAE0985**  
(Section codes listed below)

**Hamilton ..... HA01**  
Tue, Sep 20-Oct 11, 6:00PM- 8:00PM  
\$24 Residents/\$36 Non-Residents

### Explore Painting with Acrylics

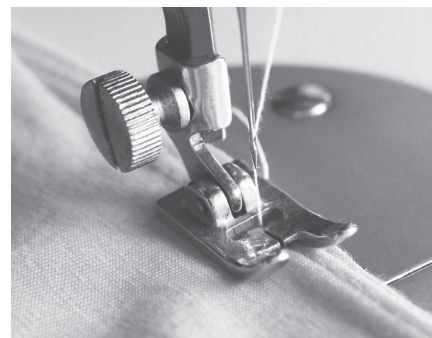
Learn how to apply, blend, and layer and the correct way of mixing colors. We will discuss how colors of light affects the colors of the object when it is lit. Students are encouraged to bring photographs they would like to paint within each class. Students must have completed a beginner level class to be enrolled in an advanced level. A \$10 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

**Activity Code: 2RAE0986**  
(Section codes listed below)

**Hamilton ..... HA01**  
(Beg.)  
Thu, Sep 22-Oct 27, 6:00PM- 8:00PM  
\$35 Residents/\$53 Non-Residents

**Hamilton ..... HA02**  
(Adv.)  
Thu, Nov 3-Dec 8, 6:00PM- 8:00PM  
\$35 Residents/\$53 Non-Residents

**Hamilton ..... HA03**  
(Beg.)  
Tue, Nov 15-Dec 6, 6:00PM- 8:00PM  
\$24 Residents/\$36 Non-Residents



### Sewing 101

Been a long time since you touched a sewing machine? Maybe never? This class will teach you the basics of sewing machines, sewing terminology and techniques, and working with patterns. Supply list provided at the first class to create an easy bag. Sewing machines are available or bring your own.

**Activity Code: 2RAE0988**  
(Section codes listed below)

**Hamilton ..... HA01**  
Thu, Sep 22-Nov 10, 6:00PM- 8:30PM  
\$56 Residents/\$84 Non-Residents

**Milwaukee Marshall ..... MR01**  
Wed, Sep 21-Nov 9, 6:00PM- 8:00PM  
\$45 Residents/\$68 Non-Residents



## Explore Watercolor Painting

This is an introduction course to techniques of painting with water colors. Course will introduce students to application techniques and different ways to prep painting surfaces as well as discuss the fundamental differences in painting with water color versus painting with acrylics. Course will cover three different forms of watercolor mediums. A \$10 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

**Activity Code: 2RAE0990**  
(Section codes listed below)

**Hamilton** ..... HA01  
Tue, Oct 18-Nov 8, 6:00PM- 8:00PM  
\$24 Residents/\$36 Non-Residents

## Expressive, Flowing Watercolor Portrayals

Create dramatic, dynamic color and composition. Discover exuberant and sculptural brush-play. Explore flowing watercolor imagery as you initiate, glaze or blend this magical, transparent media. Instructor offers demos and enthusiastic, personal guidance. Bring supplies to all sessions (call Brinton for supply list 414.481.2494).

**Activity Code: 2RAE2007**  
(Section codes listed below)

**Beulah Brinton** ..... BN01  
Thu, Sep 8-Sep, 3:15PM- 5:15PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton** ..... BN02  
Thu, Oct 13-Oct 27, 3:15PM- 5:15PM  
\$19 Residents/\$29 Non-Residents



## Paper Dolls

Using diverse kinds of paper, learners will create their own dolls through folding paper and quilting for decoration or special gifts. A \$16 supply fee is due to the instructor on the first day of class.

**Activity Code: 2RAE0993**  
(Section codes listed below)

**Hamilton** ..... HA01  
Sat, Oct 1-Oct 22, 2:00PM- 3:30PM  
\$15 Residents/\$23 Non-Residents

## Miniature Paper Houses and Buildings

With paper plot, students can recreate memorable buildings or build entirely new miniature homes through delicate instruction and focused effort. In Korean culture it is believed that using the fingers and hands by folding paper increases creativity, improves intelligence and fine motor skill, and can help stave off aging of the mind. A \$16 supply fee is due to the instructor on the first day of class.

**Activity Code: 2RAE0994**  
(Section codes listed below)

**Hamilton** ..... HA01  
Sat, Oct 29-Nov 19, 2:00PM- 3:30PM  
\$19 Residents/\$29 Non-Residents

## Creating a 9-Square Pillow

Utilize a quilting ruler to cut strips of material to create a patched pillow. Materials needed: 3 or 4 fabrics (100% cotton, 1/2 yard each), basic sewing supplies such as pins, scissor, thread, seam ripper. Sewing machines are provided, but you are welcome to bring your own.

**Activity Code: 2RAE0996**  
(Section codes listed below)

**Hamilton** ..... HA01  
Sat, Nov 5-Nov 19, 1:30PM- 3:30PM  
\$19 Residents/\$29 Non-Residents

## Knitting

Develop the techniques needed to complete your beautiful projects. Learn or gather new ideas and visit with fellow crafters. Bring a skein of yarn and knitting needles.

**Activity Code: 2RAE0997**  
(Section codes listed below)

**Hamilton** ..... HA01  
Tue, Sep 20-Nov 8, 6:30PM- 8:30PM  
\$45 Residents/\$68 Non-Residents

## Crocheting

Complete beautiful projects in this crochet class! Please bring your own crochet hooks and skein of yarn

**Activity Code: 2RAE0999**  
(Section codes listed below)

**Hamilton** ..... HA01  
Mon, Sep 19-Nov 7, 6:30PM- 8:30PM  
\$45 Residents/\$68 Non-Residents

**Hamilton** ..... HA02  
Mon, Nov 21-Dec 12, 6:30PM- 8:30PM  
\$24 Residents/\$36 Non-Residents

## BAKING

### Grandma's Apple Pie

**NEW** In this class you will learn how to assemble a pie crust from scratch! Then we will fill it with a warm filling using cinnamon, nutmeg, butter and seasonal apples. Bring a small container to take some home with you. Fee includes food cost and is non-refundable.

**50+** **Activity Code: 2R551617**  
(Section codes listed below)

**OASIS** ..... 5501  
Wed, Sep 14, 10:15AM-12:15PM  
\$20 Residents/\$30 Non-Residents

## CATE'S COOKERY

### Nochebuena Fiesta

In Mexico, the Philippines, and other Spanish speaking lands, Nochebuena (the Good Night or our Christmas Eve) is sometimes celebrated even more than Christmas itself. This is an afternoon and evening affair of food, music, presents, and time with family. Decorations include la flor de Nochebuena, poinsettias, native to Mexico and in season at this time. We will celebrate with classic recipes for Nochebuena including quick but delish Chicken Tamales; plentiful Pork Pozole (hominy stew), Nochebuena Salad with pomegranate seeds, Shrimp Avocado Ceviche and fragrant Mexican Hot Chocolate. Salud, amor y pesetas; y tiempo para gastarlas! (May you have health, love, and money, and the time to enjoy them).

**Activity Code: 2RAE1901**  
(Section codes listed below)

**Hamilton** ..... HA01  
Sat, Dec 3, 12:00PM- 3:00PM  
\$26 Residents/\$39 Non-Residents

### A Sparkling New Year's Eve

It's been a long time since we were all able to celebrate the new year together. For many, the pandemic resulted in ghost years with few memories and little to raise a toast to. So this year, whether in small family gatherings, or in larger groups, we can enjoy just being together again. Food makes the moments we spend together turn into magic, and Cate has pulled together a menu of favorites from her annual New Year's parties of the past including Roasted Red Pepper Hummus, Babaganouj (roasted eggplant dip), classic Rumaki, Pear, Brie & Candied Walnut Quesadillas, and her absolutely fabulous Tiramisu.

**Activity Code: 2RAE1902**  
(Section codes listed below)

**Hamilton** ..... HA01  
Sat, Nov 12, 12:00PM- 3:00PM  
\$26 Residents/\$39 Non-Residents

## COMPUTERS

### Computer Information Systems Fundamentals Workshop

**NEW**

Learn the concepts and terms to enable you to better understand the role of information technology, careers for computer professionals, basics in computer hardware, software and networking as well as the internet in business and society. Topics will include: technology trends, data security, personal privacy, open source software, smartphone and tablet devices. Class fee is non-refundable.

**Activity Code: 2RAE1530**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Mon, Oct 17, 6:00PM- 8:00PM  
\$8 Residents/\$12 Non-Residents



### Mobile Device Repair and Maintenance Workshop

**NEW**

You will gain immediate knowledge to service and repair smartphones, cellular phones and hand-held devices. You will also learn the concept of data transfer, recovery, jailbreaking, cell phone locking and unlocking. Class fee is non-refundable.

**Activity Code: 2RAE1531**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Mon, Oct 24, 6:00PM- 8:00PM  
\$8 Residents/\$12 Non-Residents

### IT Career Skills

**NEW**

This workshop will introduce you to careers in Information Technology. Workshop includes: learning about the variety of available positions, career paths in IT, how to prepare a quality resume, job search and going through the interview process. Students will also have the opportunity to complete a mock interview and learn how to use social media to increase the chances of securing employment. Class fee is non-refundable.

**Activity Code: 2RAE1532**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Mon, Oct 31, 6:00PM- 8:00PM  
\$8 Residents/\$12 Non-Residents

### Social Networking and Business Workshop

**NEW**

You will be introduced to social media, communication and collaboration tools that professionals utilize in a business environment. Workshop will emphasize proper business communication, resume development, professional persona development using social media. Class fee is non-refundable.

**Activity Code: 2RAE1533**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Mon, Nov 7, 6:00PM- 8:00PM  
\$8 Residents/\$12 Non-Residents

## COOKING

### Chicken Pot Pie

**NEW**

This homemade chicken pot pie recipe is easy to prep, making it great for a beginner cook and busy families on the go! We will be using chicken, onions, carrots and potatoes along with chicken broth makes this a comforting dish for a cool Fall night! Fee includes food cost and is non-refundable.

**50+** **Activity Code: 2R551618**  
(Section codes listed below)

**OASIS ..... 5501**  
Wed, Oct 12, 10:15AM-12:15PM  
\$20 Residents/\$30 Non-Residents

### Butternut Squash Soup

**NEW**

This soup combines the savory with the sweet. In this class we will be baking the squash and then cooking it in broth along with some savory herbs and warm spices. This quick and easy recipe will add another squash dish to your repertoire! Fee includes food cost and is non-refundable.

**50+** **Activity Code: 2R551619**  
(Section codes listed below)

**OASIS ..... 5501**  
Wed, Nov 9, 10:15AM-12:15PM  
\$20 Residents/\$30 Non-Residents

### Swedish Meatballs & Mashed Potatoes

**NEW**

This Scandinavian dish is so full of flavor! We will be combining beef, pork and spices together to make for a hearty meatball. Then we will simmer the meatballs in a creamy sauce while we prepare the mashed potatoes to complete the dish. This meal is quick to make and can be an easy weeknight dinner. Fee includes food cost and is non-refundable.

**50+** **Activity Code: 2R551620**  
(Section codes listed below)

**OASIS ..... 5501**  
Wed, Dec 14, 10:15AM- 12:15PM  
\$20 Residents/\$30 Non-Residents

### Jams and Jellies

In this hands-on class Master Food Preserver Annie Wegner LeFort will share information for safe homecanning and guide you to make a batch of jam or jelly. All ingredients and handouts are included. Bring a small box to carry home still-hot preserves. Fee includes food cost and is non-refundable.

**Activity Code: 2RAE1602**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Mon, Sep 12, 5:30PM- 7:30PM  
\$15 Residents/\$23 Non-Residents

### Korean Cooking: Kimchi & Vegetable Pancakes

Using ripe kimchi and various vegetables, participants will learn how to make Korean style unsweetened pancakes.

**Activity Code: 2RAE2408**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed, Sep 21, 6:30PM- 8:30PM  
\$21 Residents/\$32 Non-Residents

### Korean Cooking: Kimchi Stew & Soft Tofu Stew

The main ingredient of traditional Korean kimchi jjigae (kimchi stew) is ripe kimchi and either pork, beef, mackerel, tuna, or other meats or fish. Participants will also taste and learn how to make sundubu jjigae (spicy soft tofu stew).

**Activity Code: 2RAE2409**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed, Oct 12, 6:30PM- 8:30PM  
\$21 Residents/\$32 Non-Residents

### Korean Cooking: Korean Galbi (Seasoned Beef Ribs)

Galbi are traditional short ribs that are braised with vegetables such as turnip, chestnut, and carrots. Participants will taste and learn how to make Korean barbecue.

**Activity Code: 2RAE2410**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed, Oct 19, 6:30PM- 8:30PM  
\$26 Residents/\$39 Non-Residents



## COOKING BAKING FOREIGN FOODS

### Taste of the World- International Soups

Come and expand your food horizons and make some international soups from the Czech Republic, Cuba, Portugal, Slovenia and Sierra Leone. A variety of fresh ingredients and spices will be used. We will be making from the Czech Republic-Cesnecka, Cuba-Caldo Gallego (white bean soup), Portugal-Caldo Verde (potato and kale soup), Slovenia-Gobova Juha (mushroom soup) and Sierra Leone-Granat soup (groundnut soup). Fee includes food cost and is non-refundable.

**Activity Code: 2RAE2270**  
(Section codes listed below)

**Hamilton ..... HA01**  
Mon, Oct 3, 6:00PM- 8:00PM  
\$20 Residents/\$30 Non-Residents

### Taste of the World- International Foods

Come and make some International Food Dishes from Armenia, Romania, Slovenia and the Ukraine. We will be making the following from Armenia: Cheese rolls and celery, potato and Yogurt soup, Romania: Ciorba de Fasole Cu Afumatura (Bean Soup with smoked meat), Slovenia: Dandelion salad and Palachink (crepes) and the Ukraine: Ukrainian Goulash. Fee includes food cost and is non-refundable.

**Activity Code: 2RAE2271**  
(Section codes listed below)

**Hamilton ..... HA01**  
Mon, Oct 17, 6:00PM- 8:00PM  
\$20 Residents/\$30 Non-Residents

### It's all about the Sweet Potato!

The sweet potato is a great source of fiber, vitamins, antioxidants and minerals. There are many ways to prepare a sweet potato and we will explore a few including: Honey Roasted sweet potato and vegetables, spicy potato wedges, sweet potato and apple soup, salad and coffee cake. Fee includes food cost and is non-refundable.

**Activity Code: 2RAE2272**  
(Section codes listed below)

**Hamilton ..... HA01**  
Mon, Nov 14, 6:00PM- 8:00PM  
\$20 Residents/\$30 Non-Residents

## CYCLING AND BIKE MAINTENANCE

### Bike Maintenance with Billie

This class will teach you the skills needed to keep and maintain your bike in fine working order. These skills will save you time, money and make your rides easier and safer. With a few tools, you can make your bike rideable. This class is for beginners. In this class you will cover the following: changing a flat tire, fixing a slipped chain, completing a minor brake repair and seasonal cleaning. Class taught by Billie Myhra. Please bring your bike to class. Youth and adult classes are combined. Class fee is non-refundable. Supplies and tools provided by coastinnbikes.com.

**Activity Code: 2RAE2807**  
(Section codes listed below)

**Hamilton ..... HA01**  
Sat, Oct 1, 10:00AM-11:30AM  
\$7 Residents/\$11 Non-Residents

**MacDowell ..... JU01**  
Sat, Sep 24, 10:00AM-11:30AM  
\$7 Residents/\$11 Non-Residents

**Riverside ..... RS01**  
Sat, Sep 17, 10:00AM-11:30AM  
\$7 Residents/\$11 Non-Residents



## DANCE

### Adult Ballet

Through traditional ballet class structure of barre work, center exercise and traveling across the floor, adult ballet classes help you dance your way to stronger, longer muscles, improve posture, flexibility, agility, balance and core strength in a supportive and upbeat environment.

**Activity Code: 2RAE2901**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Mon, Sep 19-Nov 7, 6:00PM- 7:30PM  
\$35 Residents/\$53 Non-Residents

### African Dance

Explore the art of African dance as you enhance your rhythmic and creative movement skills. Experience African culture, music, and dance. Please wear comfortable clothing. All levels are welcome. Class is combined with youth class.

**Activity Code: 2RAE2902**  
(Section codes listed below)

**Riverside ..... RS01**  
Sat, Sep 10-Oct 29, 1:00PM- 2:00PM  
\$27 Residents/\$41 Non-Residents

**Riverside ..... RS02**  
Sat, Dec 3-Jan 7, 1:00PM- 1:55PM  
\$18 Residents/\$27 Non-Residents



### Ballroom Survival

When you attend a wedding or reunion, are you envious of the people gliding across the dance floor? Learn to waltz, fox-trot, cha-cha, etc., so that when the next song plays, you are the one sweeping others off their feet. Wear casual dress shoes.

**Activity Code: 2RAE2904**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed, Sep 21-Nov 9, 7:00PM- 8:30PM  
\$35 Residents/\$53 Non-Residents

**Milwaukee Marshall ..... MR01**  
(Beg./Int.)  
Tue, Sep 20-Nov 8, 7:00PM- 8:00PM  
\$24 Residents/\$36 Non-Residents

### Hip Hop

This class teaches a combination of jazz and hip-hop/funk dance routines to popular pop and hip-hop songs.

**Activity Code: 2RAE2918**  
(Section codes listed below)

**MacDowell ..... JU01**  
Mon, Sep 19-Nov 7, 7:00PM- 8:00PM  
\$24 Residents/\$36 Non-Residents

**Milwaukee Marshall ..... MR01**  
Thu, Sep 22-Nov 10, 7:00PM- 8:00PM  
\$24 Residents/\$36 Non-Residents

## Salsa & Bachata Dance

Learn the two most popular Latin club dances in world! Learn the basics of "lead and follow", Latin body movement, musicality, and dance etiquette. No partner or experience required! Dancers rotate partners.

**Activity Code: 2RAE2920**  
(Section codes listed below)

**Riverside ..... RS01**  
(Salsa & Bachata)  
Mon, Sep 12-Nov 7, 7:00PM- 8:00PM  
\$24 Residents/\$36 Non-Residents

**Riverside ..... RS02**  
(Salsa & Bachata)  
Mon, Nov 28-Jan 9, 7:00PM- 8:00PM  
\$16 Residents/\$24 Non-Residents

## DRIVER EDUCATION

### Adult Driver Safety

Ages 18 & up: Many adults find themselves needing to learn how to drive later in life. The Adult Driver Safety course will guide you to acquire a legal driver license. Topics will include: study materials for the permit test, working with the DMV, safe driving habits. This is a classroom session and does not include behind the wheel practice.

**Activity Code: 2RAE3011**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Tue, Oct 4-Oct 18, 5:30PM- 7:30PM  
\$12 Residents/\$18 Non-Residents

### PLEASE NOTE...

Masks will be **mandatory** for participants and staff in all Milwaukee Recreation facilities. This policy is subject to change based on current conditions.

Procedures to reduce the spread of COVID-19 will remain in place and participants are encouraged to continue taking steps to stay safe and healthy.

## FITNESS

### Bootcamp

This class is an introduction to an intense workout that will include strength, conditioning, speed work, balance and plyometric drills. Watch your stamina and fitness level soar to new heights.

**50+ Activity Code: 2R553520**  
(Section codes listed below)

**OASIS ..... 5501**  
(Advanced)  
Fri, Sep 16-Oct 28, 1:00PM- 1:50PM  
\$14 Residents/\$21 Non-Residents

**OASIS ..... 5502**  
(Advanced)  
Fri, Nov 4-Dec 16, 1:00PM- 1:50PM  
\$14 Residents/\$21 Non-Residents



### Building Strength

Get functional strength training and full body conditioning. This class will host opportunities to challenge all levels of fitness in addition to a 50+ level of fitness option by using a variety of equipment to create more mobility and strength for daily activities, as well as sculpt your entire body.

**50+ Activity Code: 2R553517**  
(Section codes listed below)

**OASIS ..... 5501**  
(Class content geared toward 50+ age group)  
Tue, Sep 13-Oct 25, 9:00AM- 9:50AM  
\$14 Residents/\$21 Non-Residents

**OASIS ..... 5502**  
(Intermediate/Advanced)  
Tue, Sep 13-Oct 25, 10:00AM-10:50AM  
\$14 Residents/\$21 Non-Residents

**OASIS ..... 5503**  
(Class content geared toward 50+ age group)  
Tue, Nov 1-Dec 13, 9:00AM- 9:50AM  
\$14 Residents/\$21 Non-Residents

**OASIS ..... 5504**  
(Intermediate/Advanced)  
Tue, Nov 1-Dec 13, 10:00AM-10:50AM  
\$14 Residents/\$21 Non-Residents

### Chair Yoga

People of all abilities experience greater health and well-being in this chair yoga plus strength exercise class. Poses are done while sitting in or standing by a chair. Benefits include increased muscle strength, greater range of motion, improved posture, balance, and breathing, and an overall sense of greater well being. Free with OASIS Center Membership (membership fees are \$15/Res and \$25/Non-Res). Membership is good for one year from purchase date. On-line registration is not available. If you have any questions, please contact us at 414.647.6041.

**50+ Activity Code: 2R553508**  
(Section codes listed below)

**OASIS ..... 5501**  
(OASIS membership Required. See fees above.)  
Mon/Wed/Fri, Sep 12-Dec 16, 9:00AM-10:00AM  
FREE

### Core Strength

Time to tighten the most important part of your body for stabilization; your core! In this class, you will increase the strength and endurance of your core muscles and improve your balance.

**50+ Activity Code: 2R553518**  
(Section codes listed below)

**OASIS ..... 5501**  
(Class content geared toward 50+ age group)  
Tue, Sep 13-Oct 25, 11:00AM-11:30AM  
\$9 Residents/\$14 Non-Residents

**OASIS ..... 5502**  
(Intermediate/Advanced)  
Tue, Sep 13-Oct 25, 11:40AM-12:10PM  
\$9 Residents/\$14 Non-Residents

**OASIS ..... 5503**  
(Class content geared toward 50+ age group)  
Tue, Nov 1-Dec 13, 11:00AM-11:30AM  
\$9 Residents/\$14 Non-Residents

**OASIS ..... 5504**  
(Intermediate/Advanced)  
Tue, Nov 1-Dec 13, 11:40AM-12:10PM  
\$9 Residents/\$14 Non-Residents



## Interval Training

This highly energetic class involves alternating bursts of intense activity with recovery periods. This is an efficient training method that helps to increase your cardiovascular intensity without burning yourself out.

**50+** Activity Code: 2R553521  
(Section codes listed below)

**OASIS** ..... 5501  
(Advanced)  
Fri, Sep 16-Oct 28, 2:10PM- 3:00PM  
\$14 Residents/\$21 Non-Residents

**OASIS** ..... 5502  
(Advanced)  
Fri, Nov 4-Dec 16, 2:10PM- 3:00PM  
\$14 Residents/\$21 Non-Residents

## Senior Fitness Class

You CAN Do This Fitness Class is about dynamic muscle and toning exercises that include stretching, cardio, strength training and abdominal work. This fit camp is designed to teach techniques that would improve and maintain muscle tone, functional strength and overall cardiovascular health. A variety of apparatus will be introduced such as light weights, Resist-a-Balls, and more! If you have any questions, please contact us at 414.647.6065.

**50+** Activity Code: 2R553511  
(Section codes listed below)

**OASIS** ..... 5501  
Wed, Sep 14-Oct 26, 12:30PM- 1:30PM  
\$16 Residents/\$24 Non-Residents

**OASIS** ..... 5502  
Wed, Nov 2-Dec 14, 12:30PM- 1:30PM  
\$16 Residents/\$24 Non-Residents

## StrongBodies

StrongBodies is a community-based strength training program aimed at adults that includes progressive resistance training, balance training, and flexibility exercises. StrongBodies is a strength training program for anyone desiring to slow down the bone and muscle loss process. In each class, ten exercises are performed that are geared toward progressive resistance training, balance training and flexibility exercises.

**50+** Activity Code: 2R553515  
(Section codes listed below)

**OASIS** ..... 5501  
Mon/Wed, Oct 3-Nov 30, 10:15AM-11:15AM  
FREE

## T'ai Chi & Qijong

T'ai Chi & Qigong are human movement systems created by the Chinese. Learn how to use movement to relax and balance your energy system. Wear comfortable clothing and flat soled shoes or stocking feet. Seniors and those with health limitations are encouraged to participate, as the movements can be adjusted to fit any fitness level. If you have any questions, please contact us at 414.647.6065.

**50+** Activity Code: 2R553519  
(Section codes listed below)

**OASIS** ..... 5501  
Tue, Sep 13-Oct 25, 10:00AM-11:00AM  
\$16 Residents/\$24 Non-Residents

**OASIS** ..... 5502  
Tue, Nov 1-Dec 13, 10:00AM-11:00AM  
\$16 Residents/\$24 Non-Residents

## Zumba Gold

Zumba® Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Join other older adults that want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold® is the perfect fit. It is a dance-fitness class that feels friendly, and most of all, fun.

**50+** Activity Code: 2R553503  
(Section codes listed below)

**OASIS** ..... 5501  
Mon, Sep 12-Oct 24, 10:15AM-11:15AM  
\$16 Residents/\$24 Non-Residents

**OASIS** ..... 5503  
Thu, Sep 15-Oct 27, 10:15AM-11:15AM  
FREE

**OASIS** ..... 5502  
Mon, Oct 31-Dec 12, 10:15AM-11:15AM  
\$16 Residents/\$24 Non-Residents

**OASIS** ..... 5504  
Thu, Nov 3-Dec 15, 10:15AM-11:15AM  
FREE



## 4 in 1 Training

This class is a combination of Spiced up Cardio, Boxing Aerobics, Body Sculpting and Step Aerobics. Burn off the calories and shape your body while having fun!

Activity Code: 2RAE3501  
(Section codes listed below)

**Beulah Brinton** ..... BN01  
Tue, Sep 20-Nov 8, 7:15PM- 8:15PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton** ..... BN02  
Tue, Nov 29-Jan 10, 7:15PM- 8:15PM  
\$19 Residents/\$29 Non-Residents

## ABSoGLUTely Fit

Want to look and feel better? In this class we will work on your upper and lower abdominals. In addition to improving you abs, students will focus on toning their gluteus and hamstrings. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 2RAE3502  
(Section codes listed below)

**Beulah Brinton** ..... BN01  
Mon, Sep 19-Nov 7, 6:10PM- 7:10PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton** ..... BN02  
Wed, Sep 21-Nov 9, 6:00PM- 7:00PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton** ..... BN03  
Mon, Nov 28-Jan 9, 6:10PM- 7:10PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton** ..... BN04  
Wed, Nov 30-Jan 11, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

*A word from our customers...*

*The Zumba Gold instructor is warm and welcoming! They make you feel good about working out.*

### Body Sculpting

Use bands and weights to tone all areas of your body. Improve your mind, as well as your self-image. Bring your own weights and toning band. Bring your own exercise mat or purchase at site for \$10.

**Activity Code: 2RAE3505**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Tue, Sep 20-Nov 8, 6:00PM- 7:00PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN02**  
Thu, Sep 22-Nov 10, 6:00PM- 7:00PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN03**  
Sat, Sep 24-Nov 12, 9:15AM-10:15AM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN04**  
Tue, Nov 29-Jan 10, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN05**  
Thu, Dec 1-Jan 12, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN06**  
Sat, Dec 3-Jan 14, 9:15AM-10:15AM  
\$19 Residents/\$29 Non-Residents



### Cardio Combo

Jumpstart your weekend activities with this invigorating workout. This class combines boxing aerobics, step aerobics and low-impact aerobics. Wear comfortable clothing and tennis shoes. Class taught by Angie Wothe.

**Activity Code: 2RAE3509**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Thu, Sep 22-Nov 10, 7:15PM- 8:15PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN02**  
Sat, Sep 24-Nov 12, 8:00AM- 9:00AM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN03**  
Thu, Dec 1-Jan 12, 7:15PM- 8:15PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN04**  
Sat, Dec 3-Jan 14, 8:00AM- 9:00AM  
\$19 Residents/\$29 Non-Residents

### Cardio Plus

Like any fitness class, go at your own pace, but the instructor will make sure you leave with a good work out. Experience the health benefits of cardio exercises along with the muscle toning/building that comes with weight lifting. Wear comfortable clothing and tennis shoes.

**Activity Code: 2RAE3510**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Wed, Sep 21-Oct 26, 6:00PM- 7:00PM  
\$22 Residents/\$33 Non-Residents

**Milwaukee Marshall ..... MR02**  
Wed, Nov 9-Dec 14, 6:00PM- 7:00PM  
\$22 Residents/\$33 Non-Residents

### Cardio-Kickboxing

Get ready for a very popular workout. This musically-engaging activity will provide the opportunity to lose weight, tone your body, and have fun while incorporating components of self-defense. Do it for your health or just do it for 'kicks'. Wear comfortable clothing and tennis shoes. Bring your own exercise mat or purchase at site for \$10.

**Activity Code: 2RAE3511**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Mon, Sep 19-Nov 7, 7:15PM- 8:15PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN02**  
Wed, Sep 21-Nov 9, 7:15PM- 8:15PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN03**  
Mon, Nov 28-Jan 9, 7:15PM- 8:15PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN04**  
Wed, Nov 30-Jan 11, 7:15PM- 8:15PM  
\$19 Residents/\$29 Non-Residents

### Gospel Aerobics

An uplifting experience for your body, mind and soul. Through muscle toning, abdominal control, and cardio stimulation you will receive a total body workout. A variety of gospel selections will be played. Bring your own exercise mat or purchase at site for \$10.

**Activity Code: 2RAE3516**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Sat, Sep 17-Oct 22, 8:30AM- 9:30AM  
\$22 Residents/\$33 Non-Residents

**Milwaukee Marshall ..... MR02**  
Sat, Nov 5-Dec 17, 8:30AM- 9:30AM  
\$22 Residents/\$33 Non-Residents

### Hoop Dance Workout

Hoopin' is not just for kids! Today hula hooping has evolved into an exciting dance form called 'hoopdance', which has amazing benefits for the body and mind. Plus, it's fun! Hooping is for EVERY BODY. Hoops will be available to borrow or for purchase at sites. Cost range is \$20-\$35 per hoop.

**Activity Code: 2RAE3518**  
(Section codes listed below)

**Riverside ..... RS01**  
(Beg.)  
Sat, Sep 10-Oct 29, 11:00AM-12:00PM  
\$28 Residents/\$42 Non-Residents

**Riverside ..... RS04**  
(Beg.)  
Sat, Dec 3-Jan 7, 11:00AM-12:00PM  
\$16 Residents/\$24 Non-Residents

### Pilates

A non-impact class where you will improve your core strength and flexibility. This class focuses on lengthening, defining, and strengthening your muscles. Wear comfortable clothing. Individuals with medical conditions should be cleared by their physician prior to participation.

**Activity Code: 2RAE3521**  
(Section codes listed below)

**Beulah Brinton ..... BN02**  
Wed, Sep 21-Nov 9, 7:35PM- 8:35PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN05**  
Wed, Nov 30-Jan 11, 7:35PM- 8:35PM  
\$19 Residents/\$29 Non-Residents

**Hamilton ..... HA01**  
Thu, Sep 22-Nov 10, 6:00PM- 7:00PM  
\$28 Residents/\$42 Non-Residents

**Hamilton ..... HA02**  
Thu, Nov 17-Dec 15, 6:00PM- 7:00PM  
\$14 Residents/\$21 Non-Residents

## Step Aerobics & Sculpt

Step aerobics offers the cardiovascular benefits of aerobic dance in combination with toning for thighs, abdominals, buttocks, arms and legs. Step on it.

**Activity Code: 2RAE3524**  
(Section codes listed below)

### Beulah Brinton ..... BN01

Mon, Sep 19-Nov 7, 5:00PM- 6:00PM  
\$28 Residents/\$42 Non-Residents

### Beulah Brinton ..... BN02

Mon, Nov 28-Jan 9, 5:00PM- 6:00PM  
\$19 Residents/\$29 Non-Residents

## T'ai Chi & Qigong

T'ai Chi & Qigong are human movement systems created by the Chinese. Learn how to use movement to relax and balance your energy system. Wear comfortable clothing and flat soled shoes or stocking feet. Seniors and those with health limitations are encouraged to participate, as the movements can be adjusted to fit any fitness level. If you have any questions, please contact us at 414.647.6065.

**Activity Code: 2RAE3526**  
(Section codes listed below)

### Hamilton ..... HA01

Wed, Sep 21-Nov 9, 6:30PM- 7:30PM  
\$28 Residents/\$42 Non-Residents

### Hamilton ..... HA02

Wed, Nov 16-Dec 14, 6:30PM- 7:30PM  
\$14 Residents/\$21 Non-Residents

## T'ai Chi Ch'uan

This Chinese form of relaxation will teach you stress-relieving techniques designed to release tension, improve flexibility and relax your body and mind.

**Activity Code: 2RAE3527**  
(Section codes listed below)

### Beulah Brinton ..... BN01

(Beg.)  
Tue, Sep 20-Nov 8, 12:15PM- 1:15PM  
\$28 Residents/\$42 Non-Residents

### Beulah Brinton ..... BN02

(Int.)  
Tue, Sep 20-Nov 8, 1:25PM- 2:25PM  
\$28 Residents/\$42 Non-Residents

### Beulah Brinton ..... BN03

(Beg.)  
Wed, Sep 21-Nov 9, 11:15AM-12:15PM  
\$28 Residents/\$42 Non-Residents

### Beulah Brinton ..... BN04

(Beg.)  
Tue, Nov 29-Jan 10, 12:15PM- 1:15PM  
\$19 Residents/\$29 Non-Residents

### Beulah Brinton ..... BN05

(Int.)  
Tue, Nov 29-Jan 10, 1:25PM- 2:25PM  
\$19 Residents/\$29 Non-Residents

### Beulah Brinton ..... BN06

(Beg.)  
Wed, Nov 30-Jan 11, 11:15AM-12:15PM  
\$19 Residents/\$29 Non-Residents



## Women & Weights

Women & Weights is for all the ladies out there looking to get lean, toned and fit - quick! In this class, you will use light to moderate weights with lots of repetition in order to give you a total body workout. You will work through moves and techniques that will help you achieve strength you never knew you had. You will leave class feeling challenged, but ready to come back for more! Bring your own exercise mat or purchase at site for \$10.

**Activity Code: 2RAE3535**  
(Section codes listed below)

### Bryant ..... BY01

Tue, Sep 27-Nov 15, 6:00PM- 6:45PM  
\$22 Residents/\$33 Non-Residents

### Milwaukee Marshall ..... MR01

Mon, Sep 19-Oct 24, 6:00PM- 6:45PM  
\$19 Residents/\$29 Non-Residents

### Milwaukee Marshall ..... MR03

Thu, Sep 22-Oct 27, 6:00PM- 6:45PM  
\$19 Residents/\$29 Non-Residents

### Milwaukee Marshall ..... MR04

Thu, Nov 3-Dec 15, 6:00PM- 6:45PM  
\$19 Residents/\$29 Non-Residents

### Milwaukee Marshall ..... MR02

Mon, Nov 7-Dec 12, 6:00PM- 6:45PM  
\$19 Residents/\$29 Non-Residents

# EVERYONE PLAYS!

If you receive state or federal assistance like FoodShare or BadgerCare, your children may be eligible to receive a scholarship to pay for most classes in the Milwaukee Recreation Guide. This includes arts & crafts, cooking, dance, fitness, language skills, music, outdoor education, sports, swimming and more!

Limited scholarships available. Apply today! Please call 414.475.8180 or visit [mkerec.net/scholarship](http://mkerec.net/scholarship) to learn more and complete our short application.



## Yoga

Release some stress in your life with the calming ritual of yoga. Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, and meditation. Wear comfortable clothing. Individuals with medical conditions should be cleared by a physician prior to participation.

**Activity Code: 2RAE3536**  
(Section codes listed below)

<b>Beulah Brinton</b> .....	<b>BN01</b>
Mon, Sep 19-Nov 7, 8:00AM- 9:00AM	
\$28 Residents/\$42 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN02</b>
Mon, Sep 19-Nov 7, 9:15AM-10:15AM	
\$28 Residents/\$42 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN03</b>
Mon, Sep 19-Nov 7, 6:00PM- 7:00PM	
\$28 Residents/\$42 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN05</b>
Tue, Sep 20-Nov 8, 9:15AM-10:15AM	
\$28 Residents/\$42 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN06</b>
Tue, Sep 20-Nov 8, 10:45AM-11:45AM	
\$28 Residents/\$42 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN07</b>
Tue, Sep 20-Nov 8, 6:30PM- 7:30PM	
\$28 Residents/\$42 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN08</b>
Wed, Sep 21-Nov 9, 6:30AM- 7:45AM	
\$35 Residents/\$53 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN11</b>
Wed, Sep 21-Nov 9, 6:30PM- 7:30PM	
\$28 Residents/\$42 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN12</b>
Thu, Sep 22-Nov 10, 9:15AM-10:15AM	
\$28 Residents/\$42 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN13</b>
Thu, Sep 22-Nov 10, 5:45PM- 6:45PM	
\$28 Residents/\$42 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN16</b>
Sat, Sep 24-Nov 12, 7:45AM- 8:45AM	
\$28 Residents/\$42 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN17</b>
Sat, Sep 24-Nov 12, 8:55AM- 9:55AM	
\$28 Residents/\$42 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN18</b>
Mon, Nov 28-Jan 9, 8:00AM- 9:00AM	
\$19 Residents/\$29 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN19</b>
Mon, Nov 28-Jan 9, 9:15AM-10:15AM	
\$19 Residents/\$29 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN22</b>
Tue, Nov 29-Jan 10, 9:15AM-10:15AM	
\$19 Residents/\$29 Non-Residents	

<b>Beulah Brinton</b> .....	<b>BN23</b>
Tue, Nov 29-Jan 10, 10:45AM-11:45AM	
\$19 Residents/\$29 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN24</b>
Tue, Nov 29-Jan 10, 6:30PM- 7:30PM	
\$19 Residents/\$29 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN25</b>
Wed, Nov 30-Jan 11, 6:30AM- 7:45AM	
\$22 Residents/\$33 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN28</b>
Wed, Nov 30-Jan 11, 6:30PM- 7:30PM	
\$19 Residents/\$29 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN29</b>
Thu, Dec 1-Jan 12, 9:15AM-10:15AM	
\$19 Residents/\$29 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN30</b>
Thu, Dec 1-Jan 12, 5:45PM- 6:45PM	
\$19 Residents/\$29 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN33</b>
Sat, Dec 3-Jan 14, 7:45AM- 8:45AM	
\$19 Residents/\$29 Non-Residents	
<b>Beulah Brinton</b> .....	<b>BN34</b>
Sat, Dec 3-Jan 14, 8:55AM- 9:55AM	
\$19 Residents/\$29 Non-Residents	
<b>Cooper</b> .....	<b>CP01</b>
Tue, Sep 20-Nov 8, 6:00PM- 7:00PM	
\$28 Residents/\$42 Non-Residents	
<b>Cooper</b> .....	<b>CP02</b>
Tue, Nov 29-Jan 10, 6:00PM- 7:00PM	
\$19 Residents/\$29 Non-Residents	
<b>Gaenslen</b> .....	<b>GS03</b>
Wed, Sep 14-Nov 2, 7:15PM- 8:15PM	
\$28 Residents/\$42 Non-Residents	
<b>Hamilton</b> .....	<b>HA01</b>
Mon, Sep 19-Nov 7, 6:00PM- 7:00PM	
\$28 Residents/\$42 Non-Residents	

<b>Hamilton</b> .....	<b>HA02</b>
Mon, Nov 14-Dec 12, 6:00PM- 7:00PM	
\$16 Residents/\$24 Non-Residents	
<b>MacDowell</b> .....	<b>JU02</b>
Sat, Sep 17-Nov 5, 10:15AM-11:15AM	
\$28 Residents/\$42 Non-Residents	
<b>MacDowell</b> .....	<b>JU05</b>
Sat, Nov 12-Dec 10, 10:15AM-11:15AM	
\$16 Residents/\$24 Non-Residents	
<b>Milwaukee Marshall</b> .....	<b>MR01</b>
Tue, Sep 20-Oct 25, 6:00PM- 7:00PM	
\$22 Residents/\$33 Non-Residents	
<b>Milwaukee Marshall</b> .....	<b>MR03</b>
Tue, Sep 20-Oct 25, 7:05PM- 8:05PM	
\$22 Residents/\$33 Non-Residents	
<b>Milwaukee Marshall</b> .....	<b>MR02</b>
Tue, Nov 8-Dec 13, 6:00PM- 7:00PM	
\$22 Residents/\$33 Non-Residents	
<b>Milwaukee Marshall</b> .....	<b>MR04</b>
Tue, Nov 8-Dec 13, 7:05PM- 8:05PM	
\$22 Residents/\$33 Non-Residents	
<b>Riverside</b> .....	<b>RS03</b>
Mon, Sep 12-Oct 31, 7:00PM- 8:00PM	
\$28 Residents/\$42 Non-Residents	
<b>Riverside</b> .....	<b>RS05</b>
Thu, Sep 15-Nov 3, 7:00PM- 8:00PM	
\$28 Residents/\$42 Non-Residents	
<b>Riverside</b> .....	<b>RS08</b>
Mon, Nov 28-Jan 9, 7:00PM- 8:00PM	
\$16 Residents/\$24 Non-Residents	
<b>Riverside</b> .....	<b>RS07</b>
Wed, Nov 30-Jan 11, 7:15PM- 8:15PM	
\$16 Residents/\$24 Non-Residents	
<b>Riverside</b> .....	<b>RS10</b>
Thu, Dec 1-Jan 12, 7:00PM- 8:00PM	
\$19 Residents/\$29 Non-Residents	





## Yoga - Gentle

Gentle Yoga is accessible to all levels and body types, and is especially suited for beginners. Basic stretches, postures and breath work help to develop strength, flexibility, balance, and body awareness. Bring your exercise mat or purchase at site for \$10.

**Activity Code: 2RAE3537**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Mon, Sep 19-Nov 7, 12:00PM- 1:00PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN02**  
Mon, Sep 19-Nov 7, 1:10PM- 2:10PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN03**  
Wed, Sep 21-Nov 9, 12:00PM- 1:00PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN04**  
Thu, Sep 22-Nov 10, 1:30PM- 2:30PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN05**  
Thu, Sep 22-Nov 10, 7:00PM- 8:00PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN06**  
Fri, Sep 23-Nov 11, 8:00AM- 9:00AM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN07**  
Sat, Sep 24-Nov 12, 10:00AM-11:00AM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN08**  
Sun, Sep 25-Nov 13, 12:00PM- 1:00PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN10**  
Mon, Nov 28-Jan 9, 10:00AM-11:00AM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN09**  
Mon, Nov 28-Jan 9, 12:00PM- 1:00PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN11**  
Wed, Nov 30-Jan 11, 12:00PM- 1:00PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN12**  
Thu, Dec 1-Jan 12, 1:30PM- 2:30PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN13**  
Thu, Dec 1-Jan 12, 7:00PM- 8:00PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN14**  
Fri, Dec 2-Jan 13, 8:00AM- 9:00AM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN15**  
Sat, Dec 3-Jan 14, 10:00AM-11:00AM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN16**  
Sun, Dec 4-Jan 15, 12:00PM- 1:00PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN17**  
Tue, Sep 20-Nov 18, 7:45PM- 8:45PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN18**  
Tue, Nov 29 - Jan 10, 7:45PM- 8:45PM  
\$19 Residents/\$29 Non-Residents

**Cooper ..... CP01**  
Tue, Sep 20-Nov 8, 7:15PM- 8:15PM  
\$28 Residents/\$42 Non-Residents

**Cooper ..... CP02**  
Tue, Nov 29-Jan 10, 7:15PM- 8:15PM  
\$28 Residents/\$42 Non-Residents

**MacDowell ..... JU01**  
Sat, Sep 17-Nov 5, 9:00AM-10:00AM  
\$28 Residents/\$42 Non-Residents

**MacDowell ..... JU04**  
Sat, Nov 12-Dec 10, 9:00AM-10:00AM  
\$16 Residents/\$24 Non-Residents

**Riverside ..... RS02**  
Thu, Sep 15-Nov 3, 6:00PM- 7:00PM  
\$28 Residents/\$42 Non-Residents

**Riverside ..... RS06**  
Thu, Dec 1-Jan 12, 6:00PM- 7:00PM  
\$16 Residents/\$24 Non-Residents

## Yoga - Power

East meets West in this vigorous, fitness-based yoga class with a focus on flow, breath, strength, balance, and flexibility. Prior yoga experience is recommended. Bring your own exercise mat or purchase at site for \$10.

**Activity Code: 2RAE3538**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Wed, Sep 21-Nov 9, 4:30PM- 5:30PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN02**  
Thu, Sep 22-Nov 10, 4:45PM- 5:45PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN03**  
Wed, Nov 30-Jan 11, 4:30PM- 5:30PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN04**  
Thu, Dec 1-Jan 12, 4:45PM- 5:45PM  
\$19 Residents/\$29 Non-Residents

**Gaenslen ..... GS01**  
Wed, Sep 14-Nov 2, 6:00PM- 7:00PM  
\$28 Residents/\$42 Non-Residents

**Riverside ..... RS01**  
Mon, Sep 12-Oct 31, 6:00PM- 7:00PM  
\$28 Residents/\$42 Non-Residents

**Riverside ..... RS03**  
Mon, Nov 28-Jan 9, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

**Riverside ..... RS04**  
Wed, Nov 30-Jan 11, 6:15PM- 7:15PM  
\$16 Residents/\$24 Non-Residents

## Zumba®

Zumba® is a fun and easy workout with routines that feature easy-to-follow dance steps synced to Latin music helping you to tone and sculpt your body.

**Activity Code: 2RAE3542**  
(Section codes listed below)

**Cooper ..... CP01**  
Thu, Sep 22-Nov 10, 7:00PM- 8:00PM  
\$28 Residents/\$42 Non-Residents

**Cooper ..... CP02**  
Thu, Dec 1-Jan 12, 7:00PM- 8:00PM  
\$19 Residents/\$29 Non-Residents

**Gaenslen ..... GS01**  
Wed, Sep 14-Nov 9, 7:00PM- 7:55PM  
\$28 Residents/\$42 Non-Residents

## Yoga - Chair

This chair yoga class is for people of all ages. Poses are done while sitting in or standing by a chair. Benefits include increased muscle strength, greater range of motion, improved posture, balance, and breathing.

**Activity Code: 2RAE3560**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Thu, Sep 22-Nov 10, 10:30AM-11:30AM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN02**  
Thu, Dec 1-Jan 12, 10:30AM-11:30AM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN03**  
Fri, Sep 23-Nov 11, 12:00PM-1:00PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN04**  
Fri, Dec 2-Jan 13, 12:00PM-1:00PM  
\$19 Residents/\$29 Non-Residents

## Couch Potato to 5k

Have you ever wanted to run a 5K? Don't know where to start? Do you need a little push and positive motivation? Then this is the class for you! The Couch Potato to 5k program is designed to ease you off the couch and get you up and running a 5K (3.1 miles) in only 6 weeks! Class taught by a certified running coach. Bring your running shoes, towel, water bottle and an exercise mat. Get excited because you're going to run your first 5k. Adult and Youth classes combined.

**Activity Code: 2RAE3569**  
(Section codes listed below)

**MacDowell ..... JU02**  
Mon, Sep 26-Nov 14, 5:45PM- 6:45PM  
\$27 Residents/\$41 Non-Residents

**MacDowell ..... HA02**  
Wed, Sep 28-Nov 16, 5:45PM- 6:45PM  
\$27 Residents/\$41 Non-Residents

**MacDowell ..... RS02**  
Thu, Sep 29-Nov 17, 5:45PM- 6:45PM  
\$27 Residents/\$41 Non-Residents



### Yoga for Runners

This class is not strictly for runners. Yoga teacher and runner Annie Wegner LeFort will offer a threefold focus: 1) stretching the muscles we use most in running 2) encourage participants to explore different planes of the body to diversify their movements 3) build and strengthen the core muscles that runners need to maintain a strong, healthy form.

**Activity Code: 2RAE3575**  
(Section codes listed below)

#### Beulah Brinton ..... BN01

Thu, Sep 22-Nov 10, 4:00PM- 5:00PM  
\$28 Residents/\$42 Non-Residents

#### Beulah Brinton ..... BN02

Thu, Dec 1-Jan 12, 4:00PM- 5:00PM  
\$19 Residents/\$29 Non-Residents

### Yoga for Women's Health

This is a beginner level class that will focus on strengthening work specific to the female body. Class taught by certified yoga instructor, Annie Wegner LeFort.

**Activity Code: 2RAE3589**  
(Section codes listed below)

#### Beulah Brinton ..... BN01

Tue, Sep 20-Nov 8, 3:45PM- 4:45PM  
\$28 Residents/\$42 Non-Residents

#### Beulah Brinton ..... BN02

Tue, Nov 29-Jan 10, 3:45PM- 4:45PM  
\$19 Residents/\$29 Non-Residents

### Meditation

You will practice guided and mantra meditation, pranayama (mindful breathing exercises), and improving posture. Please bring a yoga mat and a cushion or small pillow.

**Activity Code: 2RAE4113**  
(Section codes listed below)

#### Beulah Brinton ..... BN01

Tue, Sep 20-Nov 8, 5:00PM- 5:30PM  
\$14 Residents/\$21 Non-Residents

#### Beulah Brinton ..... BN02

Tue, Nov 29-Jan 10, 5:00PM- 5:30PM  
\$10 Residents/\$15 Non-Residents

## HEALTH AND WELLNESS

### Let's Talk Brain Health!

The Let's Talk Brain Health presentation provides information on dementia with a focus on brain health. Cristina Huitron (Dementia Care Specialist, from Milwaukee County DHHS Division on Aging) will discuss introductory information on dementia, risk factors for developing memory loss, normal vs not normal aging, warning signs of Alzheimer's, ways to reduce your risk of developing memory issues and the importance of early detection as well as programs and resources available through the Division on Aging. The first step to reducing your risk of developing memory issues is becoming educated on the topic and making lifestyle changes to incorporate healthier habits. What is good for the heart is good for the brain! Class is free but you must register! Participants have the option to attend in person or virtually via the Microsoft Teams platform. If you choose to attend virtually, a meeting link will be emailed prior to the session start date. Please call 414.647.6057 with any questions.

**50+**

**Activity Code: 2R550110**  
(Section codes listed below)

#### OASIS ..... 5501

Tue, Sep 6, 10:00AM-11:00AM  
FREE

#### OASIS ..... 5502

Wed, Dec 7, 6:00PM- 6:00PM  
FREE



### Caring for the Caregiver

During this presentation caregivers caring for a loved one with dementia will learn strategies they can use to help reduce caregiver stress and practice self care. We will also cover caregiver tips and techniques that caregivers can use to address daily care needs. We will also review useful community resources that can help caregivers to reduce their workload and provide additional support. Class is free but you must register! Participants have the option to attend in person or virtually via the Microsoft Teams platform. If you choose to attend virtually, a meeting link will be emailed prior to the session start date. Please call 414.647.6057 with any questions.

**50+**

**Activity Code: 2R550111**  
(Section codes listed below)

#### OASIS ..... 5501

Tue, Nov 1, 10:00AM-11:00AM  
FREE

### Dementia 201

This Dementia 201 presentation will cover the progression of dementia, common behaviors of dementia, basis of the DICE approach, interaction techniques when communicating with someone who has dementia, and strategies when working through a difficult situation. Class is free but you must register! Participants have the option to attend in person or virtually via the Microsoft Teams platform. If you choose to attend virtually, a meeting link will be emailed prior to the session start date. Please call 414.647.6057 with any questions.

**50+**

**Activity Code: 2R550112**  
(Section codes listed below)

#### OASIS ..... 5501

Tue, Oct 4, 10:00AM-11:00AM  
FREE



## Flower Power

Flowers have been used for healing for centuries. Flower essences are diluted liquid floral extracts used to benefit emotional well-being and mind-body health. Not to be confused with essential oils, which often utilize a whole plant, flower essence is taken in small amounts from the flower only. Flower essences are a subtle energy extract and working with them will help promote mental and spiritual wellness.

**Activity Code: 2RAE4100**  
(Section codes listed below)

**Hamilton** ..... HA01  
Tue, Sep 20, 6:00PM- 8:00PM  
\$8 Residents/\$12 Non-Residents

## Mudras and Meditation

Meditation is often synonymous with the image of someone sitting in the lotus position with their thumb and index finger touching. There is a reason for this "mudra". Mudras are sacred or symbolic gestures primarily using the hands, but can incorporate other parts of the body as well. Hand, eye and facial gestures (poses) can expand breath, consciousness and energy systems. Please join us in this meditative journey.

**Activity Code: 2RAE4104**  
(Section codes listed below)

**Hamilton** ..... HA01  
Thu, Sep 22-Nov 3, 7:15PM- 8:15PM  
\$22 Residents/\$33 Non-Residents

## Minute Meditation and Reiki

Learn some simple techniques that will teach you to lower your heart rate in minutes and deal with everyday stress. In addition, you will be introduced to Reiki, the ancient 'healing art' that is based on the belief that spiritual energy emits out of the practitioner's hands to curve various physical and emotional ailments. Learn how to make these energy techniques work for you!

**Activity Code: 2RAE4107**  
(Section codes listed below)

**Hamilton** ..... HA01  
Mon, Oct 17-Nov 7, 7:15PM- 8:15PM  
\$14 Residents/\$21 Non-Residents

## Chakra Energy and Balance

Join us for Chakra Healing - an ancient philosophy and now a hot trend! This class will help you balance your body and mind using this ancient Eastern wellness belief based on seven energy centers that govern your organs and work together as one system yet independently. Take time to improve your well-being. Class fee is non-refundable.

**Activity Code: 2RAE4117**  
(Section codes listed below)

**Hamilton** ..... HA01  
Mon, Sep 19-Oct 10, 7:15PM- 8:15PM  
\$14 Residents/\$21 Non-Residents

## Parsley, Sage, Rosemary & Thyme

Well, we're not exactly Scarborough Fair, but come take a little thyme out to join us for some sage advice on growing your own herb garden. Whether planted in the ground or in pots, herbs are little treasures we can open up again and again. Get tips on the top herbs to grow, which go well together, and what to do with all that basil. Learn about medicinal and healing properties as well as a little good 'ol folklore. Class fee is non-refundable.

**Activity Code: 2RAE4120**  
(Section codes listed below)

**Hamilton** ..... HA01  
Tue, Sep 27, 6:00PM- 8:00PM  
\$8 Residents/\$12 Non-Residents

## Dream Boards

If you have already defined your dreams, it is time to illustrate them visually. Creating a dream board, or vision board, is a valuable visualization tool that serves as your image of your life's goals whether it is one specific goal or overall life picture. Bring photos, pictures, various forms of text, personal mementos, etc. to illustrate your board and remind you of who you are and where you want to be. Boards will be provided. Class fee is non-refundable.

**Activity Code: 2RAE4138**  
(Section codes listed below)

**Hamilton** ..... HA01  
Tue, Oct 11, 6:00PM- 8:00PM  
\$8 Residents/\$12 Non-Residents

## Exploring the Benefits of Ear Reflexology

**NEW** Your ears contain a wealth of nerve endings. When these nerve endings are touched by your fingers and thumbs, you can release stress, tension and pain. Learn about the map of the ears and how your whole body can positively benefit from your efforts. Please bring a clean light colored towel, water to drink, alcohol wipes, short, clean fingernails and a mirror if you like. Class taught by Gail Vella, of Compassionate Reflexology. Class fee is non-refundable.

**Activity Code: 2RAE4153**  
(Section codes listed below)

**Hamilton** ..... HA01  
Wed, Oct 12, 6:00PM- 7:30PM  
\$7 Residents/\$11 Non-Residents

## Hand Reflexology for a Happier You!

**NEW** How would you like to learn easy techniques to help relieve anxiety, stress, and pain to bring yourself back to being in balance? Hand Reflexology might be a good fit for you. You will learn how to work on your hands to bring about a wonderful calmness that will benefit your whole being. Class taught by Gail Vella from Compassionate Reflexology. Please bring a towel, water to drink, and \$8 for supplies used in the class. Class fee is non-refundable.

**Activity Code: 2RAE4155**  
(Section codes listed below)

**Hamilton** ..... HA01  
Tue, Oct 25, 6:00PM- 7:30PM  
\$7 Residents/\$11 Non-Residents

## Foot Reflexology is Good for Your Soles!

**NEW** Do you have tired, achy feet? Maybe discomfort has reached other areas of your body? Learn techniques to bring comfort to your feet that will benefit your entire body. Life is meant to be lived with joy. Are you ready for change? Please bring a towel, water to drink and \$8 for supplies used in class. Class taught by Gail Vella of Compassionate Reflexology. Class fee is non-refundable.

**Activity Code: 2RAE4156**  
(Section codes listed below)

**Hamilton** ..... HA01  
Wed, Nov 2-Nov 9, 6:00PM- 7:30PM  
\$11 Residents/\$17 Non-Residents

### Taming the Sweet Tooth

While sugar tastes good, too much of it can be harmful to our heart and body. A registered dietitian from The Karen Yontz Women's Cardiac Awareness Center and Advocate Aurora Health will bring eye-opening displays to show how much added sugar Americans consume and explain why it's so important to keep sweet stuff in check. You'll become a pro at reading food labels for sugar and also learn the top three ways to retrain your taste buds so you don't go overboard on sugar. A healthy sweet treat will be provided.

**Activity Code: 2RAE4164**  
(Section codes listed below)

**Riverside ..... RS01**  
Thu, Oct 6, 6:00PM- 7:00PM  
\$6 Residents/\$9 Non-Residents

### DASH Away High Blood Pressure

Want to lower your blood pressure, but not sure how? Come and learn more about the DASH Eating Plan and how it can dash away high blood pressure! Whether you're looking to prevent high blood pressure or to reduce it, this class is for you. You will learn helpful tips for using the DASH Eating Plan. A short cooking demo with samples will be provided. A registered nurse will be available to provide blood pressure measurements before and after class. Class taught by a registered dietitian from The Karen Yontz Women's Cardiac Awareness Center and Advocate Aurora Health. Class fee includes the cost of food.

**Activity Code: 2RAE4165**  
(Section codes listed below)

**Riverside ..... RS01**  
Mon, Oct 17, 6:00PM- 7:00PM  
\$6 Residents/\$9 Non-Residents

### The 411 on Women and Heart Disease

Heart attacks tend to be shown in movies and on TV as dramatic chest pain when in fact, most heart attacks are a slow progression of symptoms. For women, symptoms are less likely to be as obvious as chest pain. In this class, a registered nurse from Advocate Aurora Health will share women-specific risk factors for heart disease as well as the unique symptoms women face for an impending heart attack. Come learn how you can reduce women's #1 health threat - heart disease!

**Activity Code: 2RAE4166**  
(Section codes listed below)

**Riverside ..... RS01**  
Wed, Oct 19, 6:00PM- 7:00PM  
\$6 Residents/\$9 Non-Residents

### Add Color to Your Meals to Lower Blood Pressure

Fruits and vegetables are powerful foods in helping to lower blood pressure. Learn the crucial minerals in these foods that help manage blood pressure. We'll discuss tips for including more fruits and vegetables into your meals and snacks. A short cooking demo with samples will be provided. A registered nurse will be available to provide blood pressure measurements before and after class. Class is taught by a registered dietitian from The Karen Yontz Women's Cardiac Awareness Center and Advocate Aurora Health. Class fee includes food cost.

**Activity Code: 2RAE4167**  
(Section codes listed below)

**Riverside ..... RS01**  
Mon, Oct 24, 6:00PM- 7:00PM  
\$6 Residents/\$9 Non-Residents

### Learn Hands-On CPR and How to Use an AED

Only 54% of people know how to do CPR...are you one of them? In this class, a registered nurse from Advocate Aurora Health and a certified trainer from the Milwaukee Fire Department will teach you how to do hands-only CPR and how to use an AED (automated external defibrillator). Participants will leave with the confidence to handle emergency heart scenarios where CPR can be used. This class will only teach basic CPR and AED skills. Participants will not receive CPR/AED certification from this course.

**Activity Code: 2RAE4168**  
(Section codes listed below)

**Riverside ..... RS01**  
Wed, Nov 9, 6:00PM- 7:00PM  
\$6 Residents/\$9 Non-Residents

### Avoiding Sneaky Salt Bombs

Salt and sodium affect blood pressure but they aren't always obvious in our diet. Discover the top sources of salt and sodium in food. You'll learn how to make sense of the sodium on food labels, tips to decrease salt and sodium in your diet and how to use herbs and spices to boost flavor. A registered nurse will be available to provide blood pressure measurements before and after class. Class taught by a registered dietitian from The Karen Yontz Women's Cardiac Awareness Center and Advocate Aurora Health.

**Activity Code: 2RAE4169**  
(Section codes listed below)

**Riverside ..... RS01**  
Mon, Nov 14, 6:00PM- 7:00PM  
\$6 Residents/\$9 Non-Residents

### Quick and Healthy Snacks for Busy Families

It can be hard to feed a family healthy meals and snacks when you lead a busy life. In this class, a registered dietitian from The Karen Yontz Women's Cardiac Awareness Center and Advocate Aurora Health will give you ideas for crowd-pleasing healthy meals and talk about snacks - both premade and homemade - that will make even the pickiest eaters in your household happy.

**Activity Code: 2RAE4170**  
(Section codes listed below)

**Riverside ..... RS01**  
Wed, Nov 16, 6:00PM- 7:00PM  
\$6 Residents/\$9 Non-Residents

### PLEASE NOTE...

Masks will be **mandatory** for participants and staff in all Milwaukee Recreation facilities. This policy is subject to change based on current conditions.

Procedures to reduce the spread of COVID-19 will remain in place and participants are encouraged to continue taking steps to stay safe and healthy.



## LANGUAGE SKILLS

### Spanish

Learn appropriate Spanish words for: greeting, health, household, daily activities, weather and much more. The book that is used for the class is 'Spanish made Simple'. You can purchase the textbook for \$14 (cash or check only) on the first day of the class. If you have any questions, please contact us at 414.647.6065.

**50+** **Activity Code: 2R554401**  
(Section codes listed below)

**OASIS ..... 5502**  
Fri, Sep 9-Dec 16, 11:30AM-12:30PM  
\$31 Residents/\$47 Non-Residents

**OASIS ..... 5501**  
Fri, Sep 9-Dec 16, 12:30PM- 1:30PM  
\$31 Residents/\$47 Non-Residents



### Korean Culture Class

Do you want to understand Korean movies and drama? If you have any questions relating to Korean culture or history, take this class. From basic Korean alphabets, Hangeul, to cultural information, the instructor can help to understand K-pop and tradition.

**Activity Code: 2RAE4401**  
(Section codes listed below)

**Hamilton ..... HA01**  
Sat, Oct 1-Nov 19, 10:00AM-11:30AM  
\$35 Residents/\$53 Non-Residents

### Sign Language

This language class focuses on finger spelling, vocabulary, non-verbal expressive skills and sentence structure.

**Activity Code: 2RAE4405**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Mon, Sep 19-Nov 7, 6:15PM- 7:15PM  
\$24 Residents/\$36 Non-Residents

**Beulah Brinton ..... BN02**  
Mon, Nov 28-Jan 9, 6:15PM- 7:15PM  
\$16 Residents/\$24 Non-Residents

### Spanish Conversation

The ability to communicate in Spanish is necessary for many professions and is key to a greater enjoyment of travel south of the border. Receive instruction on pronunciation and essential grammar, through reading, writing and conversational practice. You can purchase the textbook for \$14 (cash or check only) on the first day of the class. Level 2 and 3 Spanish conversation requires working knowledge of general Spanish phrases and vocabulary.

**Activity Code: 2RAE4406**  
(Section codes listed below)

**Riverside ..... RS01**  
(Level 1)  
Mon, Sep 12-Oct 31, 6:00PM- 7:30PM  
\$40 Residents/\$60 Non-Residents

**Riverside ..... RS02**  
(Level 2)  
Mon, Sep 12-Oct 31, 7:30PM- 9:00PM  
\$40 Residents/\$60 Non-Residents

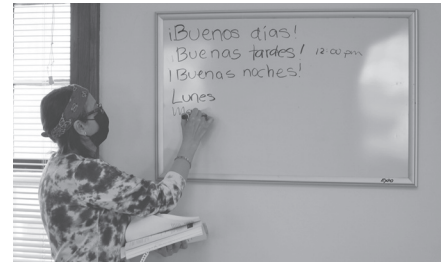
**Riverside ..... RS03**  
(Level 3)  
Tue, Sep 13-Nov 1, 6:00PM- 7:30PM  
\$40 Residents/\$60 Non-Residents

### Juegos y Conversacion (Fechas, Citas y Familia)

Prerequisite: Working knowledge of basic spoken and written Spanish. En esta clase vamos a conversar en español, usando vocabulario y gramatica relacionados con el tema indicado. Vamos a emplear juegos y actividades para practicar el vocabulario y despues, crear "Dialogos Dirigidos" (Directed Dialogs) con una pareja o en un grupo pequeno. Los participantes deben saber hablar espanol basico. Esta clase es para PRACTICAR; no para APRENDER! Las dos secciones son diferentes e independientes. Se puede registrarse en una o dos secciones.

**Activity Code: 2RAE4416**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed, Sep 28, 6:00PM- 8:00PM  
\$8 Residents/\$12 Non-Residents



### Spanish 101

Spanish 101 is a beginning course designed for students with no prior exposure to formal instruction in the language. The focus of the class is on listening and speaking practice and your participation in all activities is crucial to your success and mandatory.

**Activity Code: 2RAE4426**  
(Section codes listed below)

**MacDowell ..... JU01**  
Wed, Sep 21-Nov 9, 6:00PM- 7:30PM  
\$35 Residents/\$53 Non-Residents

### Spanish 102

Spanish 102 is designed to introduce you to the Spanish language and the many facets of the Hispanic culture, and to develop all of your language skills: speaking, listening, reading, and writing. In this course, you will develop your ability to communicate satisfactorily in Spanish in everyday practical situations and you will acquire some of the skills necessary for effective reading and writing in Spanish. The course requires regular classroom participation.

**Activity Code: 2RAE4427**  
(Section codes listed below)

**MacDowell ..... JU01**  
Wed, Sep 21-Nov 9, 7:45PM- 9:15PM  
\$35 Residents/\$53 Non-Residents

### Juegos y Conversacion (Comprando Ropa)

Prerequisite: Working knowledge of basic spoken and written Spanish. En esta clase vamos a conversar en español, usando vocabulario y gramatica relacionados con el tema indicado. Vamos a emplear juegos y actividades para practicar el vocabulario y despues, crear "Dialogos Dirigidos" (Directed Dialogs) con una pareja o en un grupo pequeno. Los participantes deben saber hablar espanol basico. Esta clase es para PRACTICAR; no para APRENDER! Las dos secciones son diferentes e independientes. Se puede registrarse en una o dos secciones.

**Activity Code: 2RAE4429**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed, Oct 26, 6:00PM- 8:00PM  
\$8 Residents/\$12 Non-Residents

## Korean Culture II

Can you read Korean letters? Would you like to improve your Korean language? If you have any questions relating to Korean culture or history, take this class. The instructor can teach you Korean language and help you take a deeper dive into K-pop and other parts of Korean culture.

**Activity Code: 2RAE4432**  
(Section codes listed below)

**Hamilton ..... HA01**

Sat, Oct 1-Nov 19, 11:45AM- 1:30PM  
\$40 Residents/\$60 Non-Residents



## Intermediate Italian

This class will offer a review of the beginners curriculum to test level of knowledge of the language. Once that is established, we will learn how to improve conversation, knowledge of verbs and grammar, and practice how to handle different situations that are common when travelling to Italy or just to improve Italian Language skills. If you attended the Beginners Course, please bring the material from that class. New hand-outs and new curriculum will be included.

**Activity Code: 2RAE4489**  
(Section codes listed below)

**MacDowell ..... JU01**

Mon, Sep 19-Nov 14, 6:00PM- 7:30PM  
\$35 Residents/\$53 Non-Residents

## LOW INTENSITY FITNESS

### Vinyasa Flow Yoga

This Vinyasa class links breath and movement to flow through postures, flowing from pose-to-pose. The flowing postures bring heat and aids in the lengthening of muscles and the reduction of muscular tension. The class starts slow and builds as the session progresses. Perfect for students of all levels, including beginners, as options or modifications are given for poses. Bring your own exercise mat or purchase at site for \$10.

**Activity Code: 2RAE3614**  
(Section codes listed below)

**Beulah Brinton ..... BN01**

(Slow Flow)  
Tue, Sep 20-Nov 8, 2:30PM- 3:30PM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN02**

(Slow Flow)  
Wed, Sep 21-Nov 9, 9:15AM-10:15AM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN03**

(Slow Flow)  
Fri, Sep 23-Nov 11, 9:15AM-10:15AM  
\$28 Residents/\$42 Non-Residents

**Beulah Brinton ..... BN04**

(Slow Flow)  
Tue, Nov 29-Jan 10, 2:30PM- 3:30PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN05**

(Slow Flow)  
Wed, Nov 30-Jan 11, 9:15AM-10:15AM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN06**

(Slow Flow)  
Fri, Dec 2-Jan 13, 9:15AM-10:15AM  
\$19 Residents/\$29 Non-Residents



## MARTIAL ARTS

### Judo

Judo or 'gentle way/technique' focuses on manipulating an opponent's force against him/her rather than confronting it with one's own force. Join us to learn about judo under personalized instruction that focuses on technique and tradition. Students Interested in continuing through the advanced level must demonstrate a high level of comfort with properly executed Judo falls and have instructor approval. USJA and USMA associated. Please wear clothes without buttons or metal. Class is combined with youth class.

**Activity Code: 2RAE4501**  
(Section codes listed below)

**MacDowell ..... JU01**

(Beginner)  
Mon, Sep 19-Nov 7, 6:00PM- 7:00PM  
\$24 Residents/\$36 Non-Residents

**MacDowell ..... JU02**

(Advanced)  
Mon, Sep 19-Nov 7, 7:00PM- 8:00PM  
\$27 Residents/\$41 Non-Residents

**MacDowell ..... JU03**

(Advanced)  
Mon, Nov 21-Dec 12, 6:00PM- 7:00PM  
\$15 Residents/\$23 Non-Residents



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## Tae Kwon Do

Tae Kwon Do is a Korean art of hand and foot fighting. A useful way for you to learn the art of self-discipline, mental preparation, concentration and self-control. Various kicking and punching techniques, correct body positioning and self-defense will be covered. A great opportunity to increase your flexibility, general conditioning and self-defense techniques.

**Activity Code: 2RAE4503**  
(Section codes listed below)

**Hamilton (Ages 15 & up) ..... HA02**  
(Class is combined with youth class)  
Mon/Wed, Sep 19-Nov 9, 5:30PM- 6:30PM  
\$45 Residents/\$68 Non-Residents

**Hamilton (Ages 15 & up) ..... HA01**  
(Class is combined with youth class)  
Mon/Wed, Sep 19-Nov 9, 6:45PM- 7:45PM  
\$45 Residents/\$68 Non-Residents

**Milwaukee Marshall (Ages 15 & up)... MR01**  
(White, Orange, & Yellow Belt)  
Mon, Sep 19-Dec 12, 6:00PM- 7:00PM  
\$35 Residents/\$53 Non-Residents

**Milwaukee Marshall (Ages 15 & up)... MR02**  
(White, Orange, & Yellow Belt)  
Wed, Sep 21-Dec 14, 6:00PM- 7:00PM  
\$35 Residents/\$53 Non-Residents

**Riverside (Ages 15 & up)..... RS04**  
(All Ranks Adults)  
Sat, Sep 10-Oct 29, 11:45AM-12:30PM  
\$22 Residents/\$33 Non-Residents

**Riverside (Ages 15 & up)..... RS05**  
(Int./Adv., Camo/Black Belt, combined with youth class)  
Mon/Wed, Sep 12-Nov 2, 6:45PM- 7:30PM  
\$40 Residents/\$60 Non-Residents

**Riverside (Ages 15 & up)..... RS09**  
(Int./Adv., Camo/Black Belt, combined with youth class)  
Mon/Wed, Sep 12-Nov 2, 7:30PM- 8:15PM  
\$40 Residents/\$60 Non-Residents

**Riverside (Ages 15 & up)..... RS07**  
(Beg. white-yellow belts, combined with youth class)  
Mon/Wed, Nov 28-Jan 11, 6:45PM- 7:30PM  
\$40 Residents/\$60 Non-Residents

**Riverside (Ages 15 & up)..... RS08**  
(Black belts only, all ranks, all ages)  
Mon/Wed, Nov 28-Jan 11, 7:30PM- 8:15PM  
\$32 Residents/\$48 Non-Residents

**Riverside (Ages 15 & up)..... RS10**  
(Black belts only, all ranks all ages)  
Sat, Dec 3-Jan 7, 11:45AM-12:30PM  
\$16 Residents/\$24 Non-Residents

## Women's Self-Defense

Be confident about protecting yourself when the need arises. Learn real life strategies and situational awareness to avoid confrontations. Learn basic escape techniques to get out of a situation, if one occurs. Class time includes awareness discussions and practicing techniques.

**Activity Code: 2RAE4504**  
(Section codes listed below)

**MacDowell (Ages 14 & up)..... JU02**  
Wed, Sep 21-Nov 9, 7:00PM- 8:00PM  
\$24 Residents/\$36 Non-Residents

## MUSIC

### Songwriting 101

Are you an aspiring songwriter? Got a melody stuck in your head, or maybe a clever lyric? No matter what age, anyone can write a song. Mr. D will lead you through the basics of music theory, rhyming schemes, melodies and harmony, and so much more. It's helpful, but not necessary that you know how to play an instrument, and you won't need to bring one to class. Class is combined with youth class.

**Activity Code: 2RAE4601**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed, Sep 21-Nov 9, 7:45PM- 8:45PM  
\$24 Residents/\$36 Non-Residents



### Bass Guitar

In a hurry to jam with the band? Every band needs a bass player. Learn the basics in theory, riffs, and chord progressions. Bring your own bass guitar (but not your amp). Class is combined with youth class. Class is taught by Mr. D.

**Activity Code: 2RAE4602**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Fri, Sep 23-Nov 11, 7:15PM- 8:15PM  
\$24 Residents/\$36 Non-Residents

**Beulah Brinton ..... BN02**  
Fri, Dec 2-Jan 13, 7:15PM- 8:15PM  
\$16 Residents/\$24 Non-Residents



### Drums

Ready to rock? Mr. D will help aspiring drummers learn rhythms, rides, rolls, and styles. Bring a pair of drumsticks and a practice drum pad (available at most music stores). Class is combined with youth class.

**Activity Code: 2RAE4603**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Fri, Sep 23-Nov 11, 6:00PM- 7:00PM  
\$24 Residents/\$36 Non-Residents

**Beulah Brinton ..... BN02**  
Fri, Dec 2-Jan 13, 6:00PM- 7:00PM  
\$16 Residents/\$24 Non-Residents

### Guitar

This class focuses on basic chords, note reading, different strumming techniques, and guitar maintenance.\*Beg Semi-Private courses focus on the music theory side of playing guitar, and chord theory is a key element of this class.\*Adv Semi-Private courses build your song repertoire and techniques and are for students with previous guitar experience. All classes are taught by Mr. D. and youth and adult courses are combined.

**Activity Code: 2RAE4604**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
(Beg.)  
Sat, Sep 24-Nov 12, 2:00PM- 3:30PM  
\$35 Residents/\$53 Non-Residents

**Beulah Brinton ..... BN02**  
(Beg.)  
Sat, Dec 3-Jan 14, 2:00PM- 3:30PM  
\$23 Residents/\$35 Non-Residents

**Hamilton ..... HA01**  
Thu, Sep 22-Nov 10, 6:00PM- 7:30PM  
\$35 Residents/\$53 Non-Residents

**Riverside ..... RS01**  
(Beg. - Semi-Private)  
Mon, Sep 12-Oct 31, 6:30PM- 8:00PM  
\$40 Residents/\$60 Non-Residents

**Riverside ..... RS02**  
(Adv. - Semi-Private)  
Mon, Sep 12-Oct 31, 8:15PM- 9:15PM  
\$27 Residents/\$41 Non-Residents



## Piano

Beg. level courses will give beginning piano enthusiasts an introduction to the keyboard, including note reading, rhythm, two handed playing, and techniques. Int. level courses will help take you to the next level. Keys, scales, chords, and melodies, learning with Mr. D makes theory fun. Course for those with previous keyboard and note-reading experience. There is no need to bring your keyboard from home. Classes are taught by Mr. D. and all youth and adult courses are combined.

**Activity Code: 2RAE4607**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
(Beg.)

Sat, Sep 24-Nov 12, 10:30AM-12:00PM  
\$35 Residents/\$53 Non-Residents

**Beulah Brinton ..... BN02**  
(Int.)

Sat, Sep 24-Nov 12, 12:15PM- 1:45PM  
\$35 Residents/\$53 Non-Residents

**Beulah Brinton ..... BN03**  
(Beg.)

Sat, Dec 3-Jan 14, 10:30AM-12:00PM  
\$23 Residents/\$35 Non-Residents

**Beulah Brinton ..... BN04**  
(Int.)

Sat, Dec 3-Jan 14, 12:15PM- 1:45PM  
\$23 Residents/\$35 Non-Residents

**Hamilton ..... HA01**

Wed, Sep 21-Nov 9, 6:00PM- 7:30PM  
\$35 Residents/\$53 Non-Residents

## Rock Band

Join the band, learn some songs, and have fun! All types of musicians welcome; bring your musical instrument. Previous band experience and/or training required. Mr. D leads the way. Class is combined with youth class.

**Activity Code: 2RAE4608**  
(Section codes listed below)

**Beulah Brinton ..... BN01**

Sat, Sep 24-Nov 12, 4:00PM- 6:00PM  
\$45 Residents/\$68 Non-Residents

**Beulah Brinton ..... BN02**

Sat, Dec 3-Jan 14, 4:00PM- 6:00PM  
\$29 Residents/\$44 Non-Residents

## Sing Out!

Do you want to learn to sing or improve your confidence and control? Work on basic vocal techniques with Mr. D. Learn proper breathing, voice inflection, range, and ear training. Class is combined with youth class.

**Activity Code: 2RAE4609**  
(Section codes listed below)

**Hamilton ..... HA01**

Thu, Sep 22-Nov 10, 7:45PM- 8:45PM  
\$24 Residents/\$36 Non-Residents

## Introduction to Harmonica

Learn the basic techniques of playing the harmonica. Before long you will be jamming with your classmates and showing off to your family and friends. Carry your music in your pocket! Please bring a 'Key of C' harmonica. Class is combined with youth class.

**Activity Code: 2RAE4611**  
(Section codes listed below)

**Hamilton ..... HA01**

Tue, Sep 20-Nov 8, 6:00PM- 7:00PM  
\$24 Residents/\$36 Non-Residents

**Hamilton ..... HA03**

Tue, Nov 15-Dec 6, 6:00PM- 7:00PM  
\$14 Residents/\$21 Non-Residents

## ORGANIZATION

### Senior Downsizing and Relocation

Discussing the importance to start going through your belongings now and not leaving it to your loved ones to figure out on their own. This way, if/when they are no longer able to stay in their home and must move to senior living, they could have taken time to select the items most important to them instead of being pressured to hurry when that time comes. This can be very stressful for all involved. Also, they can take inventory of what they have and start passing on items they want to go to certain people or organizations or make notes of it for later. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing. Class fee is non-refundable.

**Activity Code: 2RAE2601**  
(Section codes listed below)

**Hamilton ..... HA01**

Mon, Oct 10, 6:30PM- 8:30PM  
\$12 Residents/\$18 Non-Residents

### Moving and Selling Your Home

Discussing what to do when these big events are approaching - de-clutter, organize, downsize, pre-packing and so much more. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing. Class fee is non-refundable.

**Activity Code: 2RAE2602**  
(Section codes listed below)

**Hamilton ..... HA01**

Mon, Oct 26, 6:30PM- 8:30PM  
\$12 Residents/\$18 Non-Residents

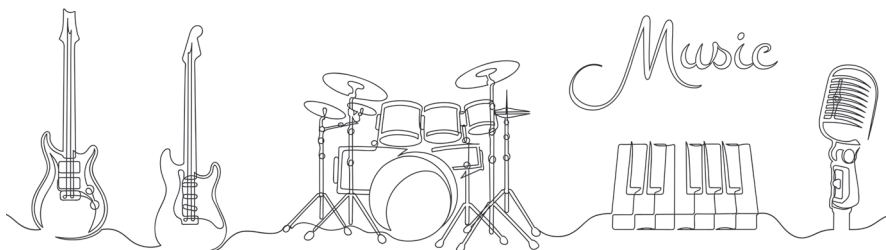
### Declutter Your Home

Your home should be your castle, especially these days. The first step to getting organized is to declutter. In this class, discussion will include different ways to declutter your home and find the ones that work best for you so that you can get started and see the process through. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing. Class fee is non-refundable.

**Activity Code: 2RAE2605**  
(Section codes listed below)

**Hamilton ..... HA01**

Mon, Nov 14, 6:30PM- 8:30PM  
\$12 Residents/\$18 Non-Residents





## ORGANIZED GAMES

### Bid Whist

Come join the weekly Bid Whist extravaganza! This popular African-American card game will challenge your intellect and give you the opportunity to have fun and meet new people. Open to those with experience playing the game. Recommended you register with a partner, but we'll find you one if register alone. Class play is for entertainment purposes only. Gambling for money is not permitted during class. Program supervised by Mark Lawrence.

**Activity Code: 2RAE4906**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Tue, Oct 11-Nov 29, 6:00PM- 8:00PM  
\$8 Residents/\$12 Non-Residents



## OUTDOOR EDUCATION

### Ornaments

We will use objects found in nature to create seasonal and festive ornaments. These hand-made ornaments are perfect for decorating your house or giving as gifts! Class fee is non-refundable and not eligible for reduced fees.

**50+** **Activity Code: 2R555002**  
(Section codes listed below)

**OASIS ..... 5501**  
Sat, Dec 3, 10:00AM-11:30AM  
\$5 Residents/\$8 Non-Residents

### Birdhouse Gourds

Get into the fall spirit and turn a gourd into a birdhouse with this easy, family-friendly activity. Learn how to make one of the oldest types of bird houses as we walk you through the process from seed to finish, so you can make your own again and again.

**50+** **Activity Code: 2R555015**  
(Section codes listed below)

**OASIS ..... 5501**  
Wed, Sep 14, 12:15PM- 1:45PM  
\$5 Residents/\$8 Non-Residents

## Reptiles and Hibernation

Reptiles love to bask in the warm sun... so where do they go once winter hits Wisconsin?! Join our Naturalists and their scaly friends as you learn all about the reptiles you can find throughout Wisconsin and how they prepare themselves for the colder months

**50+** **Activity Code: 2R555016**  
(Section codes listed below)

**OASIS ..... 5501**  
Mon, Oct 24, 12:15PM- 1:45PM  
\$5 Residents/\$8 Non-Residents

## Harvest Wreath Class

Celebrate the fall season by creating a one of a kind wreath displaying the beautiful colors of the season. Natural materials and grapevine harvested from Hawthorn Glen will be used to create your own unique design. Display the wreath at your own home to welcome guests or give this special hand-crafted gift to friends or family. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

**50+** **Activity Code: 2R555012**  
(Section codes listed below)

**OASIS ..... 5501**  
Wed, Nov 9, 12:15PM- 1:45PM  
\$5 Residents/\$8 Non-Residents

## PERSONAL SKILLS

### You Have Pictures in Your Camera - Now What?

We have hundreds - if not thousands - of pictures in our camera, smartphones and computers. Now what...? This two-hour seminar teaches techniques to save and organize pictures from cameras and smartphones to external devices and to "the Cloud." Instructor is C.T. Kruger. Class fee is non-refundable.

**Activity Code: 2RAE5402**  
(Section codes listed below)

**Hamilton ..... HA01**  
Tue, Nov 1, 6:30PM- 8:30PM  
\$18 Residents/\$27 Non-Residents

**Riverside ..... RS03**  
Sat, Nov 5, 10:00AM-12:00PM  
\$18 Residents/\$27 Non-Residents

## Herbs, Crystals and Stones

Humans have used plants for thousands of years in many different ways. Learn about the top 10 herbs and their benefits to your daily life. Find out what rocks are associated with love, success, happiness, and health. This workshop will help you explore ancient folklore and show you how to put these practices to work for you. A \$5 (cash only) supply fee is due to the instructor at class. Class fee is non-refundable.

**Activity Code: 2RAE5405**  
(Section codes listed below)

**Hamilton ..... HA01**  
Tue, Nov 1, 6:00PM- 8:00PM  
\$8 Residents/\$12 Non-Residents

## Do you or a loved one need help understanding Medicare or Medicaid?

Whether you are new to Medicare/Medicaid or just would appreciate a resource understanding the benefits and any cost assistance program options you may qualify for, Milwaukee Recreation is here to help. Our OASIS team (2414 W. Mitchell St.) is available at the times listed below and will help you answer any questions you may have (bilingual assistance is also available).

- Tuesdays, September 27 - December 3 from 1:00pm - 4:00pm
- Saturdays, October 1, November 5, and December 3 from 9:00am-12:00pm

### No Power Tools Necessary (Basic Home Repairs)

Would you like to attend a quick tool School? Learn how to identify electrical repairs that you can do yourself and when it's time to call an electrician. In this hands on class, you will learn how to replace a broken switch, update an old outlet and install a new light fixture. Cost includes four basic tools needed for these repairs that you will take home. Class taught by Brian Hunt, who is certified through the state of Wisconsin Department of Safety and Professional Services Dwelling Contractor and has over 15 years of experience in remodeling and new home construction. Class fee is non-refundable.

**Activity Code: 2RAE5412**  
(Section codes listed below)

**Hamilton ..... HA01**  
Sat, Oct 29, 9:00AM-11:00AM  
\$50 Residents/\$75 Non-Residents

**Riverside ..... RS03**  
Sat, Oct 29, 12:00PM-2:00PM  
\$50 Residents/\$75 Non-Residents



### iPad/iPhone-Tips, Tricks, and Techniques

This class is specific to Apple iPhone, iPad and iPad Mini devices. Learn tips, tricks, and techniques to navigate, organize, backup and add apps to your iPhone, iPad, or iPad mini device. Instructor is C.T. Kruger. Class fee is non-refundable.

**Activity Code: 2RAE5422**  
(Section codes listed below)

**Hamilton ..... HA02**  
Tue, Oct 18, 6:30PM-8:30PM  
\$18 Residents/\$27 Non-Residents

**Riverside ..... RS03**  
Sat, Oct 22, 10:00AM-12:00PM  
\$18 Residents/\$27 Non-Residents

### The Camera in Your Smartphone

It's a camera, it's a photo album, it's a television - it's your phone. Learn about the apps, tips, tricks and limitations for pictures and video from iPhone and Android smartphone and tablets. This class will cover your device's camera, home and Cloud storage options, printing and more. Instructor is C.T. Kruger. Class fee is non-refundable.

**Activity Code: 2RAE5423**  
(Section codes listed below)

**Hamilton ..... HA02**  
Tue, Oct 25, 6:30PM-8:30PM  
\$18 Residents/\$27 Non-Residents

**Riverside ..... RS03**  
Sat, Oct 29, 10:00AM-12:00PM  
\$18 Residents/\$27 Non-Residents

### Felted Glycerin Soap Making

The first class you will make two glycerin soap bars. In the second class you will learn how to cover them in wool roving. This soap will exfoliate your skin. A \$7 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

**Activity Code: 2RAE5424**  
(Section codes listed below)

**Hamilton ..... HA01**  
Thu, Nov 10-Nov 17, 6:30PM-8:30PM  
\$14 Residents/\$21 Non-Residents

### Being Mindful of Your Emotions: Emotional Intelligence Workshop

Who is in control you or your emotions? Emotions are powerful. In order to be mindful, it helps to know what we are feeling when we are feeling it. In this two-hour workshop, you will be guided through a four step process: Self Awareness, Self-Management, Social Awareness and Relationship Management that will put you on the path of responding instead of reacting to the world around you. Class fee is non-refundable.

**Activity Code: 2RAE5432**  
(Section codes listed below)

**Hamilton ..... HA02**  
Wed, Nov 2, 6:00PM-8:00PM  
\$8 Residents/\$12 Non-Residents

**Hamilton ..... HA01**  
Wed, Nov 16, 6:00PM-8:00PM  
\$8 Residents/\$12 Non-Residents

### Vital Communications

Everything starts with a conversation. When conflict arises, do you go into fight, flight or freeze mode? We avoid important conversations for a variety of reasons. Develop the courage to have these tough conversations. Join us for a two-hour workshop on improving your critical conversational skills. Class fee is non-refundable.

**Activity Code: 2RAE5440**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed, Nov 9, 6:00PM-8:00PM  
\$8 Residents/\$12 Non-Residents

### Foster Care in our Community

The foster care crisis in our community is growing. This free virtual course is being offered so that participants can walk away understanding more about the foster care system, ways that they can consider helping, and the role of trauma in children in families' lives. Results from the Adverse Childhood Experiences (ACEs) study will be discussed. Participants will be sent a link in advance of the class. Course is taught by Teresa Cocker, Chief Program Officer at Norris. Norris is a non-profit social service agency in southeastern Wisconsin.

**Activity Code: 2RAE5441**  
(Section codes listed below)

**Online ..... VR01**  
Wed, Oct 19, 6:00PM-7:00PM  
FREE

**Online ..... VR02**  
Thu, Nov 17, 6:00PM-7:00PM  
FREE

### Cutting the Cord Controlling Cable and Internet Cords

Fees for cable television, home internet, smartphones and streaming services quickly add up to hundreds of dollars. This seminar reviews your options to cut costs and still watch television programs and have internet access on all devices. Instructor C.T. Kruger. Class fee is non-refundable.

**Activity Code: 2RAE5443**  
(Section codes listed below)

**Hamilton ..... HA01**  
Tue, Oct 11, 6:30PM-8:30PM  
\$18 Residents/\$27 Non-Residents

**Riverside ..... RS02**  
Sat, Oct 15, 10:00AM-12:00PM  
\$18 Residents/\$27 Non-Residents

## SPORTS AND RECREATION

### Pickleball

Pickleball is an enjoyable and fun game that is played on a badminton court with a lower net. The sport uses a perforated plastic ball and a wood or composite paddle. It is easy for beginners to learn and play but it can also offer a quick, fast-paced, and competitive game for experienced pickleballers. Come join us for open play with our avid pickleball players! If you have any questions, please contact us at 414.647.6065.

**Activity Code: 2R550101**  
(Section codes listed below)

**Juneau Playfield ..... JU01**  
Wed, Aug 17-Oct 12, 9:00AM-12:00PM  
\$19 Residents/\$29 Non-Residents

**Juneau Playfield ..... JU03**  
(Open Play - No drop-in fee available at this site)  
Thu, Aug 18-Oct 13, 6:00PM- 8:30PM  
\$19 Residents/\$29 Non-Residents

**Juneau Playfield ..... JU02**  
Sat, Sep 10-Oct 15, 9:00AM-12:00PM  
\$14 Residents/\$21 Non-Residents

**Pulaski ..... PK01**  
Sat, Oct 22-Dec 10, 9:00AM-12:00PM  
\$21 Residents/\$32 Non-Residents

### 30+ Basketball

Enjoy a good workout and great competition in this open basketball play for people 30 years and over. Teams will be formed each night. Do not bring children under 12 years old; supervision will not be provided. Fee is based on 1.5 hours of play per night.

**Activity Code: 2RAE6201**  
(Section codes listed below)

**Beulah Brinton (Ages 30 & up) ..... BN01**  
Mon, Sep 12-Nov 14, 6:00PM- 8:15PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton (Ages 30 & up) ..... BN02**  
Mon, Nov 28-Jan 30, 6:00PM- 8:15PM  
\$29 Residents/\$44 Non-Residents



### Tennis Lessons

Prepare for the next match. These lessons will teach you the proper forehand, backhand and ground strokes needed to move the ball when it arrives on your side of the court. Learn the proper serving techniques to make ace serves. Bring your own racquet; wear sports clothing.

**Activity Code: 2RAE6204**  
(Section codes listed below)

**Milwaukee Marshall ..... MR03**  
Sat, Sep 17-Oct 22, 9:00AM-10:00AM  
\$19 Residents/\$29 Non-Residents

**Milwaukee Marshall ..... MR04**  
Sat, Nov 5-Dec 17, 9:00AM-10:00AM  
\$19 Residents/\$29 Non-Residents

### Volleyball - Co-Ed League

BUMP, SET, SPIKE! Register now for this structured coed volleyball league. The registration must be complete with team name and information for all players including address, zip code and telephone number. Game times will fluctuate from week to week. Each team will be provided schedules the first week of play. A staff member will keep score. Teams must have 3 or more females. Online registration is not available for teams or individuals. Teams and individuals must register at Beulah Brinton Community Center. Fee is per person.

**Activity Code: 2RAE6209**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Tue, Sep 13-Dec 6, 6:15PM- 9:15PM  
\$37 Residents/\$56 Non-Residents

**Beulah Brinton ..... BN02**  
Fri, Sep 16-Dec 9, 6:15PM- 8:15PM  
\$35 Residents/\$53 Non-Residents

## GOLF

### Adult Golf Lessons

These lessons will teach you the following golf techniques: proper grip, stance, swing, and putting position. Golf course etiquette and rules will also be covered. Clubs will not be provided - bring your own 5, 7 or 9 iron & putter. Built in rain date is the weekend of October 22.

**Activity Code: 2RAS3801**  
(Section codes listed below)

**Hansen Golf Course ..... HN01**  
Sat, Sep 10-Oct 15, 10:00AM-11:00AM  
\$21 Residents/\$32 Non-Residents

**Hansen Golf Course ..... HN02**  
Sun, Sep 11-Oct 16, 2:00PM- 3:00PM  
\$21 Residents/\$32 Non-Residents

### Golf Lessons

Don't know the difference between a wood and an iron, a green and fairway? Is an eagle just a large birdie? Learn the very basics of golf including how the game is played, terminology, proper grip, stance and swing. Participants must bring their own clubs.

**Activity Code: 2RAE6212**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Sat, Sep 17-Nov 5, 3:00PM- 4:00PM  
\$24 Residents/\$36 Non-Residents

## DID YOU KNOW?

Parks are a tangible reflection of the **quality of life** in a community. They provide identity for citizens and are a major factor in the perception of quality of life in a given community.

Parks and recreation services are often **cited as one of the most important factors** in surveys of how livable communities are.

via [nrpa.org](http://nrpa.org)

## FALL 2022 ADULT TEAM SPORTS

**TEAM REGISTRATION NOW OPEN!** Visit [mkerec.net/adultsports](http://mkerec.net/adultsports) or contact the Adult Sports office at 414.647.6046 or [adultsports@mkerec.net](mailto:adultsports@mkerec.net) for more information and to register your team. League schedules, scores, and standings are available on [teamsideline.com/sites/MilwaukeeRecreation](http://teamsideline.com/sites/MilwaukeeRecreation).

### FALL BASKETBALL LEAGUES

Play 1 night/week in one of our men's (Wed @ Bay View High School OR Wed @ Hi-Mount Community School) basketball leagues. League registration closes on August 22. League play starts September 7 and runs for 6 weeks. Team registration only. Team registration fee is \$330 (resident) and \$380 (non-resident).

### FALL GOLF LEAGUES

Play 1 night/week in our coed (Sat or Sun) golf leagues. League registration closes on August 29. League play starts the week of September 10 and runs for 6 weeks. Sign up as an individual or as a team of 2, 3 or 4. Individual registration fee is \$90.

### FALL FLAG FOOTBALL LEAGUES

Play 1 night/week in our men's (Thur @ Brinton), coed (Tue @ Brinton), and women's (Fri @ Wick) flag football leagues. League registration closes on August 22. League play starts the week of September 5 and runs for 8 weeks. Team registration only. Team registration fee is \$500 (resident) and \$550 (non-resident).

### FALL KICKBALL LEAGUES

Play 1 night/week in our coed (Thur @ Wick) kickball league. League registration closes on August 19. League play starts September 8 and runs for 8 weeks. Team registration only. Team registration fee is \$307 (resident) and \$357 (non-resident).

### FALL SOCCER LEAGUES

Play 1 night/week in our coed (Tue or Wed @ Emigh) soccer leagues. League registration closes on August 19. League play starts the week of September 5 and runs for 8 weeks. Team registration only. Team registration fee is \$307 (resident) and \$357 (non-resident).

### FALL SOFTBALL LEAGUES

Play 1 night/week (6 games) or 2 nights/week (10 games) in our men's (Mon @ Pumping Station, Tue @ Wick, Wed @ Brinton, Thur @ Sijan, Mon/Wed @ Wick) and coed (Tue @ Wick #5, Thur @ Sijan) softball leagues. League registration closes on August 15. League play starts the week of September 5 and runs for either 6 weeks or 5 weeks. Team registration only. Team registration fee for 2 nights/week is \$365 (resident) and \$415 (non-resident). Team registration fee for 1 night/week is \$285 (resident) and \$310 (non-resident). Early Bird savings of \$25 before August 10.

### FALL VOLLEYBALL LEAGUES

Play 1 night/week in our coed (Wed @ Wedgewood) and women's (Tue @ Wedgewood) volleyball leagues. League registration closes on August 19. League play starts the week of September 5 and runs for 10 weeks. Team registration only. Team fees are \$312 (resident) and \$362 (non-resident).

### INDIVIDUAL PLAYERS/FREE AGENTS

Are you interested in playing in Milwaukee Recreation's Adult Sports leagues but don't have a team to play on? You can register as a free agent and be placed onto a team! If we have enough interested free agents, we can even create a team of free agents. There is no cost to sign up as a free agent; you will only be charged once your spot on a team is confirmed. Each sport has its own free agent registration. Registration is only open in the sports offered in the current or upcoming seasons. Visit the Adult Sports Free Agents page at [mkerec.net/adultsports](http://mkerec.net/adultsports)

### WANTED: OFFICIALS FOR ADULT LEAGUES

If you have experience officiating adult basketball, flag football, kickball, soccer, softball, or volleyball we need you! If you are interested, please contact the Adult Sports Office at 414.647.6046 or [adultsports@mkerec.net](mailto:adultsports@mkerec.net)



**2022 HALLOWEEN COED KICKBALL TOURNAMENT**

# KICK OR TREAT

**TEAM REGISTRATION**

- ALL PARTICIPANTS MUST BE 18 OR OLDER.
- MINIMUM OF 10 PLAYERS PER TEAM.
- TEAM MUST HAVE AT LEAST FOUR FEMALE PLAYERS.
- COSTUMES ARE ENCOURAGED!

TO REGISTER CONTACT:  
[ADULTSPORTS@MKEREC.NET](mailto:ADULTSPORTS@MKEREC.NET)

**\$80 PER TEAM**

**GAMEDAY**

**SATURDAY, OCTOBER 29TH**  
9:00 AM - 5:00 PM

**WICK PLAYFIELD**  
4929 W VLIET ST.  
MILWAUKEE, WI 53208

**MKE REC**  
A department of MPS



## **50+ Softball & Volleyball Leagues**

### **Register now for our 50+ fall softball league!**

This Wednesday morning senior league will begin play on September 7 and continue over a 5-week regular season, followed by a 1-week playoff game. All games will be played at Sijan Field (2100 W. KK Parkway) which is located in the southeast corner of Milwaukee in the Bay View Neighborhood. All player skill levels are welcome (Ratings A-B-C-D). The goal is to extend the playing season and have a little more fun while the warm(ish) weather lasts!

- Wed, Sep 7-Oct 12, 9:30am-12:00pm
- \$15 Residents/\$38 Non-Residents
- Activity code: 2R558101
- Section: B203



### **Register now for our 50+ indoor fall volleyball league!**

These morning senior leagues play two times each week (Tuesday & Thursday) for 14 weeks; the start date is Tuesday, September 6th. Players of all skill levels are encouraged to join as we offer both a competitive league and a more recreational level league. All games are played Beulah Brinton Community Center (2555 S. Bay Street) which is located in the southeast corner of Milwaukee in the Bay View neighborhood.

- Activity code: 2R556801
- **Section: BN01 (competitive)**
  - Tue/Thur, Sep 20 - Dec 15, 9:15am - 12:00pm
  - \$15 residents/\$38 non-residents
- **Section BN02 (recreational)**
  - Tue/Thur, Sep 20 - Dec 15, 9:15am - 12:00pm
  - \$15 residents/\$38 non-residents



## THERAPEUTIC RECREATION

### Splash, Splash, Swim

The wave of the future begins with specialized swim instruction for individuals with disabilities. We provide 1 instructor per 4 students. Swimmers must be at least 3 years old. Due to physical distancing, assistance from a household member (age 16 or older) will be required in the water if the participant is not totally independent in water. Physical distancing from non-household members will take place in the pool. Fee for participant only. Swimmers must be at least 4 feet tall to go in the pool without a parent/adult. Family members and non-disabled participants are not eligible for lessons. Swimmers who need assistance in the locker room must provide their own attendant. Children ages 6 and above must use the appropriate male/female locker room. It is recommended to arrive to the class in swim gear. Participants must provide their own towel, suit, and swim cap (caps available for \$2). This is a Therapeutic Recreation Program for individuals with disabilities. Call 414.647.6065 for more information.

**Activity Code: 2RTR0501**  
(Section codes listed below)

#### Hamilton (Ages 3 & up) ..... HA01

Tue, Sep 20-Nov 8, 6:00PM- 6:50PM  
\$36 Residents/\$54 Non-Residents

#### Hamilton (Ages 3 & up) ..... HA02

Tue, Sep 20-Nov 8, 6:55PM- 7:45PM  
\$36 Residents/\$54 Non-Residents

#### North Division (Ages 3 & up)..... ND01

Thu, Sep 22-Nov 10, 5:40PM- 6:40PM  
\$36 Residents/\$54 Non-Residents

#### North Division (Ages 3 & up)..... ND02

Thu, Sep 22-Nov 10, 6:50PM- 7:50PM  
\$36 Residents/\$54 Non-Residents



### Alley Cats

Bring your friends and family; create your own bowling team. Cost includes three games of bowling, shoes, and special events. Agencies must provide support staff. You must be a registered club member to bowl. An additional \$7.75 is due at the alley each week for bowling fees. Call 414.647.6065 for more information. Meet at AMF West Lanes. Transportation is not provided. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

**Activity Code: 2RTR6601**  
(Section codes listed below)

#### AMF West (Ages 6 & up).....AM01

(No program Nov. 26)  
Sat, Sep 24-Dec 10, 9:00AM-11:00AM  
\$8 Residents/\$12 Non-Residents



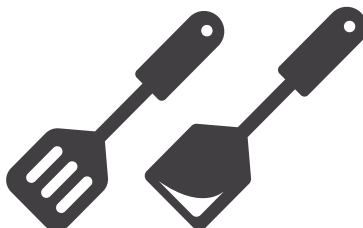
### Awesome Appetizers and Desserts Too!

Like to cook and socialize with friends? Each week we will make either a dessert or an appetizer for all to enjoy. Great ideas for entertaining at home! An \$8.00 (cash only) supply fee is due at the first class. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6602**  
(Section codes listed below)

#### Hamilton (Ages 10 & up) ..... HA01

(No program Nov. 23)  
Wed, Sep 28-Dec 7, 7:30PM- 8:30PM  
\$25 Residents/\$38 Non-Residents



### Computer Club

Computers are a great resource. Join us as we help you explore all you can do with a computer. Word processing, e-mail, Internet, games and more. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6604**  
(Section codes listed below)

#### OASIS (Ages 13 & up) ..... 5501

(No program Nov. 25)  
Fri, Sep 30-Dec 9, 4:00PM- 5:00PM  
\$25 Residents/\$38 Non-Residents

### Culture Cafe

Culture Cafe has been a long time favorite cooking class and one you don't want to miss! Join us as we cook and enjoy delicious dishes from all over the world in addition to learning fun facts about the countries they originate from. An \$8 (cash only) supply fee is due at the first class. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6605**  
(Section codes listed below)

#### Hamilton (Ages 10 & up) ..... HA01

(No program Nov. 24)  
Thu, Sep 29-Dec 8, 7:00PM- 8:30PM  
\$33 Residents/\$50 Non-Residents



### Diner's Club

Good friends and great food is what you'll find on Friday nights. We'll create a delicious dinner each Friday evening. Feel free to bring a favorite recipe to share and your appetite. An \$8 (cash only) supply fee is due at the first gathering. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6606**  
(Section codes listed below)

#### OASIS (Ages 13 & up) ..... 5501

(No program Nov. 25)  
Fri, Sep 30-Dec 9, 5:00PM- 7:00PM  
\$43 Residents/\$65 Non-Residents

## Friday Night Combo with Boot Camp!

Our Friday Night Combo with Boot Camp includes T.R. Boot Camp, Diner's Club, and Movers & Shakers. An \$8 (cash only) supply fee is due at the first gathering. An additional \$2 (cash only) fee is due each week upon entry. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6607**  
(Section codes listed below)

**OASIS (Ages 13 & up) ..... 5501**

(No program Nov. 25)  
Fri, Sep 30-Dec 9, 4:00PM- 9:00PM  
\$79 Residents/\$119 Non-Residents



## Friday Night Combo with Computers!

Our Friday Night Combo with Computers includes Computer Club, Diner's Club, and Movers & Shakers. An \$8 (cash only) supply fee is due at the first gathering. An additional \$2 (cash only) fee is due each week upon entry. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6608**  
(Section codes listed below)

**OASIS (Ages 13 & up) ..... 5501**

(No program Nov. 25)  
Fri, Sep 30-Dec 9, 4:00PM- 9:00PM  
\$79 Residents/\$119 Non-Residents

## Friday Night Combo with Games!

Our Friday Night Combo with Games includes Game and Card Night, Diner's Club, and Movers & Shakers. An \$8 (cash only) supply fee is due at the first gathering. An additional \$2 (cash only) fee is due each week upon entry. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6609**  
(Section codes listed below)

**OASIS (Ages 13 & up) ..... 5501**

(No program Nov. 25)  
Fri, Sep 30-Dec 9, 4:00PM- 9:00PM  
\$79 Residents/\$119 Non-Residents

## Game and Card Night

It's game night! Join your friends for a fun night of games! We will learn and play card games, in addition to trying our luck at some of the classic favorites like UNO and Pictionary! Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6610**  
(Section codes listed below)

**OASIS (Ages 10 & up) ..... 5501**

(No program Nov. 25)  
Fri, Sep 30-Dec 9, 4:00PM- 5:00PM  
\$23 Residents/\$35 Non-Residents

## Let's Get Moving

Each week we will be active and get some exercise while having fun. Wear comfortable clothing and shoes. No experience necessary. Call 414.64.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6611**  
(Section codes listed below)

**Hamilton (Ages 10 & up) ..... HA01**

(No program Nov 24)  
Thu, Sep 29-Dec 8, 7:00PM- 8:30PM  
\$27 Residents/\$41 Non-Residents

## Movers and Shakers

If you enjoy movies, music and friends, then join us. This program alternates between a large screen movie and a hip-hoppin' dance party. A \$2 (cash only) fee is due each week upon entry. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RTR6612**  
(Section codes listed below)

**OASIS (Ages 13 & up) ..... 5501**

(No program Nov. 25)  
Fri, Sep 30-Dec 9, 7:00PM- 9:00PM  
\$8 Residents/\$12 Non-Residents

## Scrapbooking

Do you have photos at home waiting to be assembled in an album? We will show examples and help you create an artistic memory album. Supplies are included. Bring your favorite photos. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for Individuals with disabilities.

**Activity Code: 2RTR6613**  
(Section codes listed below)

**Hamilton (Ages 10 & up) ..... HA01**

(No program Nov. 23)  
Wed, Sep 28-Dec 7, 6:00PM- 7:30PM  
\$33 Residents/\$50 Non-Residents

## Sunday Movie Madness

Love movies? So do we, so let's enjoy them together! On various Sundays, we will enjoy an afternoon matinee at South Shore Cinema, 7261 S.13th St., Oak Creek. You will be notified by mail of specific movies and times after registration. The one-time \$8 registration fee does not include the cost of the movie. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RTR6615**  
(Section codes listed below)

**South Shore Cinema (Ages 13 & up) ... VL01**

(Monthly dates: 10/2, 11/6, 12/4)  
Sun, Oct 2-Dec 4, VARIES  
\$8 Residents/\$12 Non-Residents



## Super Saturday

Are you ready to have a Super Saturday?! Every Saturday afternoon we will have new and exciting things to do! From creating fantastic art projects to making delicious snacks to participating in exciting gym activities there's something for everyone to enjoy! And don't forget the awesome field trips and special events we will have throughout the season! It's an afternoon of fun that you and your friends don't want to miss!! Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6616**  
(Section codes listed below)

### Manitoba (Ages 6 & up) ..... MB01

(No program Nov. 26)  
Sat, Sep 24-Dec 10, 12:30PM- 4:00PM  
\$71 Residents/\$107 Non-Residents

### Milwaukee Marshall (Ages 6 & up)MR01

(No program Nov. 26)  
Sat, Sep 24-Dec 10, 12:30PM- 4:00PM  
\$71 Residents/\$107 Non-Residents

## T.R. Boot Camp

Working out with friends is the best way to stay motivated!! Join our TR boot camp to help get you in a routine. We will try a variety of work-outs to keep it exciting and work various muscle groups. As always, we will adapt activities so all can participate. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6617**  
(Section codes listed below)

### OASIS (Ages 13 & up) ..... 5501

(No program Nov. 25)  
Fri, Sep 30-Dec 9, 4:00PM- 5:00PM  
\$23 Residents/\$35 Non-Residents

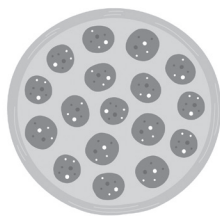
## Thursday Night Combo at Hamilton

Our Thursday Night Combo at Hamilton includes Let's Get Moving and Culture Cafe. An \$8 (cash only) supply fee is due to the instructor at the first class. Call 414.647.6065 for more information. This is a Therapeutic Recreation program for individuals with disabilities.

**Activity Code: 2RTR6618**  
(Section codes listed below)

### Hamilton (Ages 10 & up) ..... HA01

(Let's Get Moving & Culture Cafe. No program Nov. 24)  
Thu, Sep 29-Dec 8, 6:00PM- 8:30PM  
\$54 Residents/\$81 Non-Residents



## Wednesday Night Combo

Our Wednesday Night Combo includes Scrapbooking and Awesome Appetizers & Desserts Too. An \$8 (cash only) supply fee is due at the first gathering. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6620**  
(Section codes listed below)

### Hamilton (Ages 10 & up) ..... HA01

(Scrapbooking and Awesome Appetizers & Desserts Too! No Program Nov 23)  
Wed, Sep 28-Dec 7, 6:00PM- 8:30PM  
\$54 Residents/\$81 Non-Residents

## Sunday Super 6 Fall

Ready to end your weekend with fun in Milwaukee?! We have planned six different exciting outings. Join as many as you like. It's sure to be a great time! The one-time registration fee of \$8 does not include the cost of the outing. Information about specific outings will be sent to you after registration. Program registration fee is nonrefundable.

**Activity Code: 2RTR6628**  
(Section codes listed below)

### OASIS (Ages 13 & up) ..... 5501

(Super 6 Events: 10/9, 10/16, 10/23, 10/30, 11/13, 11/20)  
Sun, Oct 9-Nov 20, VARIES  
\$8 Residents/\$12 Non-Residents

## Pizza Making

Thin crust, thick crust, fruit pizza, veggie pizza, mini pizzas... there are so many fun ways to make pizza! Join us each week as we create and taste a new type of pizza. A \$2 (cash only) fee is due each week upon entry. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6634**  
(Section codes listed below)

### OASIS (Ages 7-15) ..... 5501

Tue, Sep 27-Dec 6, 6:00PM- 7:30PM  
\$33 Residents/\$50 Non-Residents

## Game Night SWITCHED Up

Join us for Tuesday nights full of gaming fun! We will have Nintendo Switch available with favorite games like Mario Kart, Mario Party, and Nintendo Switch Sports Resort. There will still be Wii's available for those that love the classics like bowling. And we will have a karaoke option as well for those that may be more of a singer than a gamer. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6635**  
(Section codes listed below)

### OASIS (Ages 7-15) ..... 5501

Tue, Sep 27-Dec 6, 6:00PM- 8:00PM  
\$43 Residents/\$65 Non-Residents





## TEAM MILWAUKEE SPECIAL OLYMPICS

**Team Milwaukee is a registered agency with Special Olympics Wisconsin**

This year-round sports program offers both adults and youth with intellectual disabilities the opportunity to learn and improve skills through training and competition in various sports. These programs will encourage participants to become more physically fit, socialize with others, and increase self-confidence. To participate in area/state Special Olympics competitions, individuals must be 8 years or older and have completed the required Special Olympics forms. Come join the fun!

### **Summer Season (May – August)**

Softball  
Tee Ball  
Bocce Ball

### **Fall Season (August – November)**

Flag Football  
Bowling  
Volleyball

### **Winter Season (December – March)**

Basketball  
Rhythmic Gymnastics

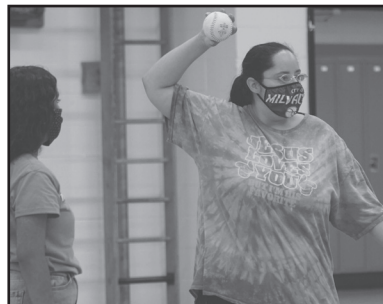
### **Spring Season (March – June)**

Track & Field  
Soccer  
Competitive Swimming

### **Year Round**

Strength Training

*Due to COVID-19, Team Milwaukee Special Olympics activities are constantly changing and evolving. Please contact Christine Cowan at [christine@mkerec.net](mailto:christine@mkerec.net) or call 414-647-3824 for more information and for the latest program offerings.*





# OASIS

## COMMUNITY CENTER

2414 W. Mitchell Street, Milwaukee, WI 53204

### ACTIVE OLDER ADULTS PROGRAM

Make your life more fulfilling by joining the Active Older Adults Program! The program provides active fitness, educational and recreational offerings for senior adults, fifty years and older. In addition to travel, classes, clubs and leagues, various services and volunteer opportunities are available. Activities are held indoors and outdoors, daytime, and some weekends.

## INCLUDED WITH OASIS MEMBERSHIP

Membership cards are available at the OASIS Senior Center for \$15 for city of Milwaukee residents and \$25 for non-residents. Membership fee is good for one year from purchase date.

<b>CHAIR YOGA</b>	<ul style="list-style-type: none"> <li>• Offered Monday, Wednesday, and Friday</li> <li>• Class Hours: 9:00am –10:00am</li> </ul>
<b>OUTDOOR EDUCATION CLASSES</b>	<ul style="list-style-type: none"> <li>• Offered on Thursdays - once a month</li> <li>• Class Hours: 12:15pm –1:45pm</li> </ul>
<b>COMPUTER LAB</b>	<ul style="list-style-type: none"> <li>• Offered Monday - Friday</li> <li>• Computer Lab Hours: 8:00am – 3:00pm</li> </ul>
<b>FITNESS CENTER</b>	<ul style="list-style-type: none"> <li>• Participants can register (in advance) for a 50-minute time slot in order to use the Fitness Center.</li> <li>• The time slots will start on the hour.</li> <li>• The Fitness Center will have a capacity limit of 3 people at a time.</li> <li>• Please call 414.647.6057 to check availability or schedule a time slot.</li> <li>• Fitness Center Hours: 8:00am – 3:00pm</li> </ul>

## Wisconsin Adaptive Sports Association

Not disABLED sports... wheelchair and adaptive sports!

WASA currently provides wheelchair and adaptive sports for those with physical and visual impairments to over 100 athletes from 6 to 60 years old. From the beginner to the Paralympian and everything in between WASA provides an outlet to be fit, active and healthy. Join us whether you just want to recreate locally or travel competitively, WASA has a place for you. Come join the FUN! – It's just a Different Pair of Shoes!

### To sign up contact:

Sam Gracz, CTRS  
Program Director  
Wisconsin Adaptive Sports Association, Inc.  
501(c)(3) tax exempt, nonprofit organization  
Phone: 414.430.6543  
Email: [sam@wasa.org](mailto:sam@wasa.org)      [www.wasa.org](http://www.wasa.org)



## Share Today. Shape Tomorrow.

### Mentor a child. Share your wisdom. Make a difference.

As a volunteer, your experience, abilities and skills can positively shape the lives of children in our community. The Social Development Commission is looking for older adults (55+) to volunteer one-on-one with elementary school children in Milwaukee Public Schools.

#### Improve a child's life by:

- Tutoring in reading, math and other subjects
- Showing interest, encouragement and compassion
- Developing self-esteem

#### Volunteers receive:

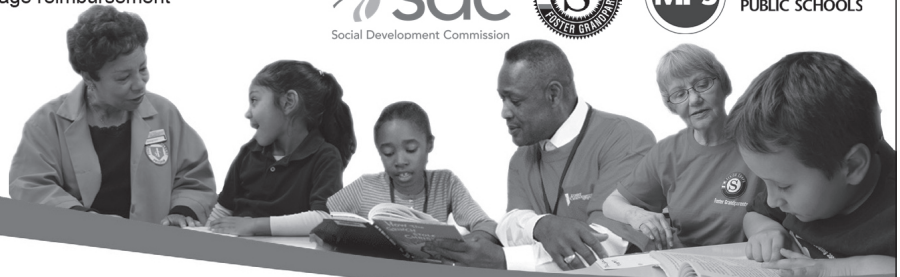
- Paid training
- Hourly stipend
- Mileage reimbursement

The Foster Grandparent Program serves Milwaukee Public Schools. When you volunteer, you leave a lasting legacy. Help a child create pathways to success.

For additional information about SDC's Foster Grandparent Program, please call **414.906.4608** or visit us at **cr-sdc.org**



MILWAUKEE  
PUBLIC SCHOOLS



Social Development Commission • 1730 W. North Avenue • Milwaukee, WI 53205 • 414.906.2700 • [cr-sdc.org](http://cr-sdc.org)

Registration begins on August 4 • Please note, some class sizes will be limited. • [mkerec.net](http://mkerec.net)

## ***Congratulations on your retirement, Don Bennett!***

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Don Bennett, manager of before- & after-school programs for Milwaukee Recreation, will retire from the department later this summer.

Don has held a variety of positions with Milwaukee Recreation, including Project Coordinator for the Summer Stars program, Community Recreation Specialist, Assistant Recreation Supervisor, and Recreation Manager. Don first joined Milwaukee Recreation in May 1993; after leaving in 2003, he returned to the department again in November 2009.

As a manager for the before- & after-school program, Don oversees the Community Learning Centers (CLCs)

and Safe Places programs. These programs exist as partnerships between Milwaukee Recreation and other local youth-serving agencies to increase student achievement by offering engaging academic enrichment activities during non-school hours and summer months. By the nature of the position and the CLCs and Safe Places programs, Don was able to forge connections throughout the district and the community, which was one of the aspects he enjoyed most about the job. "[I enjoyed] the people and the relationships, built both inside and outside Milwaukee Public Schools," Bennett said.

Don is looking forward to resting immediately after retirement, but it will not be long before he is hard at work again. Don and his wife are planting a church in the Mount Pleasant/Racine area. "Our ministry will keep us very busy."

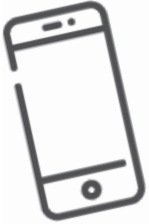
"This is bittersweet. Everything I do now is for the last time here," Bennett said. "I feel sad about leaving the people and relationships, but excited about the next chapter in my life."

***Congratulations, Don, and good luck in a well-earned retirement!***





## Sign up to receive SMS texts from Milwaukee Recreation



In an effort to better serve you, Milwaukee Recreation is making it easier than ever to communicate important updates, activity cancellations, facility closings, and program changes!

As a patron of Milwaukee Recreation programs, you can now receive and reply to real-time text message notifications when these changes happen.



The opt-in process is simple! Just scan the QR code to login and choose your phone numbers. You will receive a confirmation message upon opting in.

You can opt-out at any time. For more information, contact us at 414.475.8180.

## DID YOU KNOW?

According to studies by the Centers for Disease Control and Prevention, creating, improving and promoting places to be physically active can **improve individual and community health** and result in a **25 percent increase of residents who exercise** at least three times per week.

*via nrpa.org*

## Milwaukee County Senior Dining Program

For more information on grab and go locations, please call 414.289.6995.



MILWAUKEE RECREATION PRESENTS:

## Fall Family Drive-in Movie Day

**Save the Date: Saturday, October 15<sup>th</sup>**  
(Rain Date - October 22<sup>nd</sup>)

Join us for a family friendly drive-in movie experience like no other! All ages are welcome. Popcorn and water will be provided, but families are encouraged to bring their own snacks to eat during the films.

Stay up to date at  
**[mkerec.net/movie](http://mkerec.net/movie)**

**MKE REC**  
A department of MPS



## Milwaukee Recreation is **NOW HIRING!**

Interested in joining Milwaukee Recreation? Apply for our part-time positions today! Milwaukee Recreation is now hiring for a variety of paid, part-time positions, **including with our Community Centers team.** Visit [mkerec.net/jobopenings](http://mkerec.net/jobopenings) for more information or scan the QR code.



### Do you or a loved one need help understanding Medicare or Medicaid?

Whether you are new to Medicare/Medicaid or just would appreciate a resource understanding the benefits and any cost assistance program options you may qualify for, Milwaukee Recreation is here to help. Our OASIS team (2414 W. Mitchell St.) is available at the times listed below and will help you answer any questions you may have (bilingual assistance is also available).

- Tuesdays, September 27 - December 3 from 1:00pm - 4:00pm
- Saturdays, October 1, November 5, and December 3 from 9:00am-12:00pm

## Leah Noid Lifts Up Children and Families at Jackson Safe Place

By Brian Foley, Supervisor - Marketing



Leah Noid has been a central figure for the community at Gwen T. Jackson School for the entirety of the 21st century. Between her five children who attended Jackson (including her youngest child, a current Jackson attendee), her years spent as a volunteer parent, and past six years as the Site Coordinator of the before- & after-school program at Jackson, Noid has worked hard to lift up the lives of Milwaukee children and families for the better part of 25 years.

Milwaukee Recreation connects with many local community organizations to serve students with affordable before- & after-school programs throughout the city. At Gwen T. Jackson School, Milwaukee Recreation partners with Neu-Life, a "north side non-profit providing year-round educational and recreational programs for youth" to operate the Jackson Safe Place. Every day, Noid distills the goals from Milwaukee Recreation and Neu-Life into an engaging and interactive program for the students during after-school hours.

Noid has a detailed background in child care, working for 4C for Children, serving as a longstanding member on Milwaukee Public Schools' Head Start Policy Council, and leading workshops for the National Association for the Education of Young Children.

"When I started having my children, I was interested in what takes place inside the classroom. I always wanted to [have] that home-school connection. What is it that keeps children engaged? What is it that keeps them excited about coming to school?"

While child care is a critical piece of the Gwen T. Jackson Safe Place, particularly for working parents and guardians, Noid also works hard to provide enriching curriculum and activities for the students all year long. "This is the important part of after-school programming. [The kids are] somewhere safe, they're learning, and they're with people that you know care about your children," Noid said.

She will lead reading sessions for the older children, focusing on important historical and present-day topics and figures in Milwaukee. Two pieces of focus this spring were Caroline Quarrels Watkins, the first enslaved person to travel through the Underground Railroad in Wisconsin, and Johnsons Park, formerly a stop on the Underground Railroad. Each summer, Noid builds on the discussion with trips to Johnsons Park, located right next to MPS' Brown Street Academy.

"I have watched Ms. Noid develop from a new site coordinator to an experienced and dedicated coordinator whom everyone respects and loves," Helen Hamilton, Milwaukee Recreation Before- & After-School Programs supervisor, said.

Noid strives to create a culture of confidence for each student. Written on the chalkboard are her key vocabulary words, including "Gifts," "Talents," "Unique," and "Extraordinary," among others. Noid makes these words a central piece of each project at Jackson Safe Place. The students write these words out dozens of times, helping to practice penmanship and instill these ideas into their minds. Noid leads discussions about what these words mean to each of the students. The kids complete art projects that display how their own lives fit into these key words and phrases. Every activity is established upon the premise of supporting the children with skills and ideas that will carry them beyond the school walls.

"Ms. Leah is well known and respected in the Jackson and Neu-Life community," Kahdedra Taylor, one of Noid's co-workers at Jackson, said. "She is selfless and makes the children a priority when they are in her presence. She pushes our students to do the best they can while following up with their teachers and parents. She is a prime example of what a site coordinator should be."

To learn more about registering your child for a Before- & After-School program visit [mkerec.net/afterschool](http://mkerec.net/afterschool).

During one activity this spring at Jackson Safe Place, Noid asked her young people, "What are you really good at?" The students proudly rolled through a myriad of answers: reading, math, video games, art, basketball, fashion, science, etc. Eventually, the question was asked, "What is Ms. Leah good at?"

One student quickly chimed in: "Everything!"



## 78 Run Back to School • Mother / Son Superhero Night



### JOIN US FOR THE 15<sup>th</sup> Annual **Run Back to School**

August 27<sup>th</sup> | Wick Playfield (4929 W Vliet Street)

One great event, multiple opportunities for family and school community team building! Participate in a **5k Fun Run** or a **1.5 Mile Walk**, followed by great activities.

*All event proceeds support youth recreation programs.*

IN PARTNERSHIP WITH

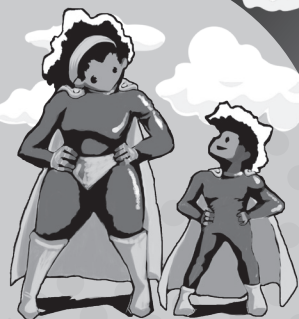


MILWAUKEE  
PUBLIC SCHOOLS



**REGISTER NOW**

[mkerec.net/rbts](http://mkerec.net/rbts)



## MOTHER & SON SUPERHERO NIGHT SATURDAY, NOVEMBER 12

HAMILTON, 6215 WEST WARNIMONT AVE. | 5:30 - 7:30PM | AGES 1-10

MOTHERS - HA01

\$15/RESIDENTS, \$23/NON-RESIDENTS

SONS - HA02

\$5/RESIDENTS, \$8/NON-RESIDENTS

It's a bird! It's a plane! It's Mother Son Superhero Night! Come dressed as your favorite hero and join us for an evening of games, crafts, and snacks. Moms and sons will participate in Superhero Training and have the opportunity to take pictures at our prop stations. In addition, we will have a professional photographer and back drop available for your special night together to be captured. Fly, swing, or smash your way in for this event, it'll be one you won't want to miss.

**REGISTER ONLINE AT [MKEREC.NET](http://MKEREC.NET)**  
**ACTIVITY CODE: 2RCE3322**





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## ***A note from Milwaukee Recreation regarding COVID-19 scheduling and safety:***

**Schedule Changes:** Please note, compliance with COVID-19 regulations may result in schedule changes. We will communicate these as soon as possible. Thank you for your understanding.

**Your Safety is our Priority:** Please know we are taking the necessary precautions to ensure your safety while participating in Milwaukee Recreation programs. **The use of face masks or cloth face coverings is mandatory when inside Milwaukee Recreation facilities.** If you do not have a mask or face covering and would like one, they are available at program sites.

Specific information regarding registration policies can be found on page 2. In addition, some class sizes will be limited to maintain social distancing practices.

More information can be found at [mkerec.net](http://mkerec.net) or by calling 414.475.8811. Thank you for understanding!

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## OUR MISSION, VISION, AND VALUES

### MISSION

To enrich and strengthen the community by promoting healthy lifestyles, personal development, and fun through memorable recreational and educational experiences for people of all ages and abilities.

### VISION

To be the leading provider of quality and affordable recreation services in the Milwaukee community.

### VALUES

The following are the core values that drive the work and interactions with the team and customers:



#### Equity

Ensuring access to recreation services for all.



#### Accountability

Taking individual and collective responsibility.



#### Memorable Experiences

Creating special, distinctive recreation experiences.



#### Professional Staff

Employing staff who possesses the core competencies of the department.



#### Quality Service Delivery

Exceeding customer expectations through responsive and respectful service delivery.



#### Sense of Community

Providing services that encourage personal connections and relationships.



#### Collaborations/ Partnerships

Fostering and maintaining partnerships with individuals and organizations that benefit the community

# Halloween Glen

A NON-SCARY ALTERNATIVE TO HAUNTED HOUSES

Join us for our 29th Annual Halloween Glen! Actors will present interactive and educational skits at eight decorated stations at Hawthorn Glen, Milwaukee Recreation's 23-acre nature center. We'll dig deep to uncover secrets in the soil, legends in the landforms, plots among the plants, and tales along the trails of Hawthorn Glen! More details available in the Outdoor Education section of this recreation guide.



October 7 & 8 • This year's theme: Stories in the Stone



## BEHIND EVERY FUTURE ASTRONAUT, IS A BRILLIANT LEADER.

**Put a brighter future in focus and join our team.**

MPS is seeking proud and passionate candidates to generate excitement about learning, inspire knowledge, and graduate future leaders in our schools. Visit [mpsmke.com](https://mpsmke.com) to discover the great positions available. Full/part-time positions fill quickly with options across Milwaukee. MPS offers competitive pay and benefits — most jobs have summers off!



For text alerts on current job openings, please visit [tinyurl.com/jobsatmps](https://tinyurl.com/jobsatmps). For more information, call (414) 475-8224 or email [565@milwaukee.k12.wi.us](mailto:565@milwaukee.k12.wi.us).



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## RESIDENTIAL CUSTOMER



A department of MPS

FALL

# Recreation Guide

2022

Register online at [mkerec.net](http://mkerec.net). Call 414.475.8180 with any questions.

If you live in the city of Milwaukee and this booklet was NOT delivered directly to your mailbox, please visit [mkerec.net/mail](http://mkerec.net/mail) to complete our two-question mailing survey.

Para obtener ayuda en español: (414) 475-8180

Rohingya zuban ot modot ollá: (414) 475-8182

မြန်မာအတွက် အကူအညီ: (414) 475-8182

லாந்தமிழகம் கட்டிக்கொடு - (414) 475-8182

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