

Registration begins August 8, 2024 | Para ayuda en español: 414.475.8180

FALL Recreation Guide



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

mkerec.net



A department of **MPS**

Fall fun ahead with Milwaukee Recreation!

Halloween Glen

A NON-SCARY ALTERNATIVE TO HAUNTED HOUSES

Join us for our 31st annual Halloween Glen! Actors will present interactive and educational skits at eight decorated stations at Hawthorn Glen, Milwaukee Recreation's 23-acre nature center. You'll help furry friends with fuzzy logic, share space with out-of-this world superstars and visit some characters who are just unreal! More details, available in the Outdoor Education section of this recreation guide.

October 4 & 5 • This year's theme is Myths & Mysteries!



Scan to take an interest survey



School starts
TUESDAY
SEPTEMBER 3
Apply today!



Looking for a meaningful career? Attend one of our

CAREER FAIRS

We offer competitive pay, great benefits, and career advancement opportunities. Apply and interview onsite at MPS Central Services, 5225 W. Vliet St., Milwaukee. For more information, email

mpscordinators@milwaukee.k12.wi.us or call (414) 475-8224. **#SucceedAtMPS**

WEDNESDAY
JULY 24
11AM – 1PM

WEDNESDAY
AUGUST 14
5 – 7PM

WEDNESDAY
AUGUST 21
5 – 7PM

Apply. mpsmke.com/careers

NOW HIRING

*Full and Part-Time
Positions*

- Teachers
- Paraprofessionals
- School Nurses/Health Assistants
- Safety Aides*

*On-site testing available

- School Food Services
- School Secretaries*
- Facilities and Maintenance*

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**MILWAUKEE
PUBLIC SCHOOLS**

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

Lynn A. Greb, Senior Director
Milwaukee Recreation

Milwaukee Board of School Directors

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7th District

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8th District

Missy Zombor
At Large

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Para ayuda en español: 475-8180

Important Dates — See page 2 for details.

August 6

Driver Education registration begins 10AM

August 8

Priority registration for city of Milwaukee residents begins at 10AM

August 15

Non-city of Milwaukee residents' registration begins at 10AM

A NOTE REGARDING FALL 2024 REGISTRATION:

Registration will be available online and in-person for the fall 2024 season. See page 2 for more details.

OUR MISSION:

To enrich and strengthen the community through memorable recreational and educational experiences for people of all ages and abilities.

OUR VISION:

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

Ways to Register

Priority registration is given to city of Milwaukee residents beginning **August 8, 2024 at 10AM**. Non-city of Milwaukee residents may register beginning **August 15, 2024 at 10AM** through the dates listed below. **Registration for Driver Education begins on Tuesday, August 6 at 10AM.**

1. ONLINE REGISTRATION

Deadline: one week before your class begins.

Visit **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. 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

3. MAIL-IN REGISTRATION

Registration must be received by Monday, September 9, 2024.

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. Mail to: Milwaukee Recreation, P.O. Box 2181, Milwaukee, WI 53201-2181.
3. 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

FOR YOUR SAFETY. Milwaukee Recreation facilities may require individuals to be scanned upon entry. All bags, coats and personal items entering the facility are also subject to search.

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**. 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.

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

2. Which of the following most accurately describes you?

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

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

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

Please sign this form at left, enclose total payment, and mail to Milwaukee Recreation PO Box 2181 Milwaukee, WI, 53201 before the advertised registration deadlines.

TOTAL FEES \$

REDUCED ACTIVITY FEE \$

SCHOOL NAME: \$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.mkrecreation.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.

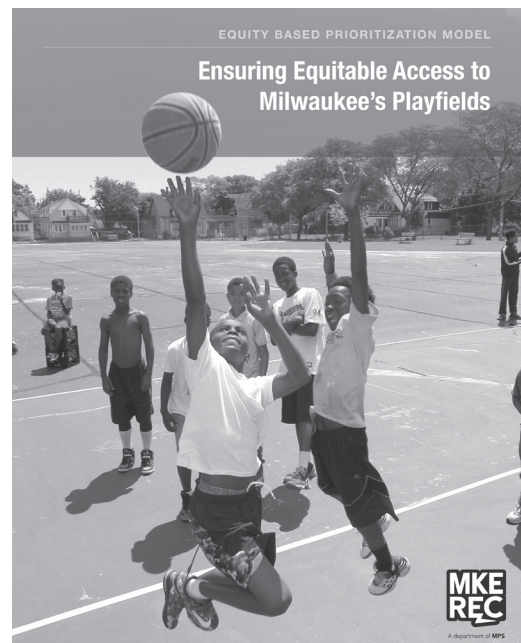
POLICY GOALS: The Inclusion Services Policy outlines Milwaukee Recreation's approach to ensuring inclusive environments and equitable opportunities for all community members in local parks and recreation.

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 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.

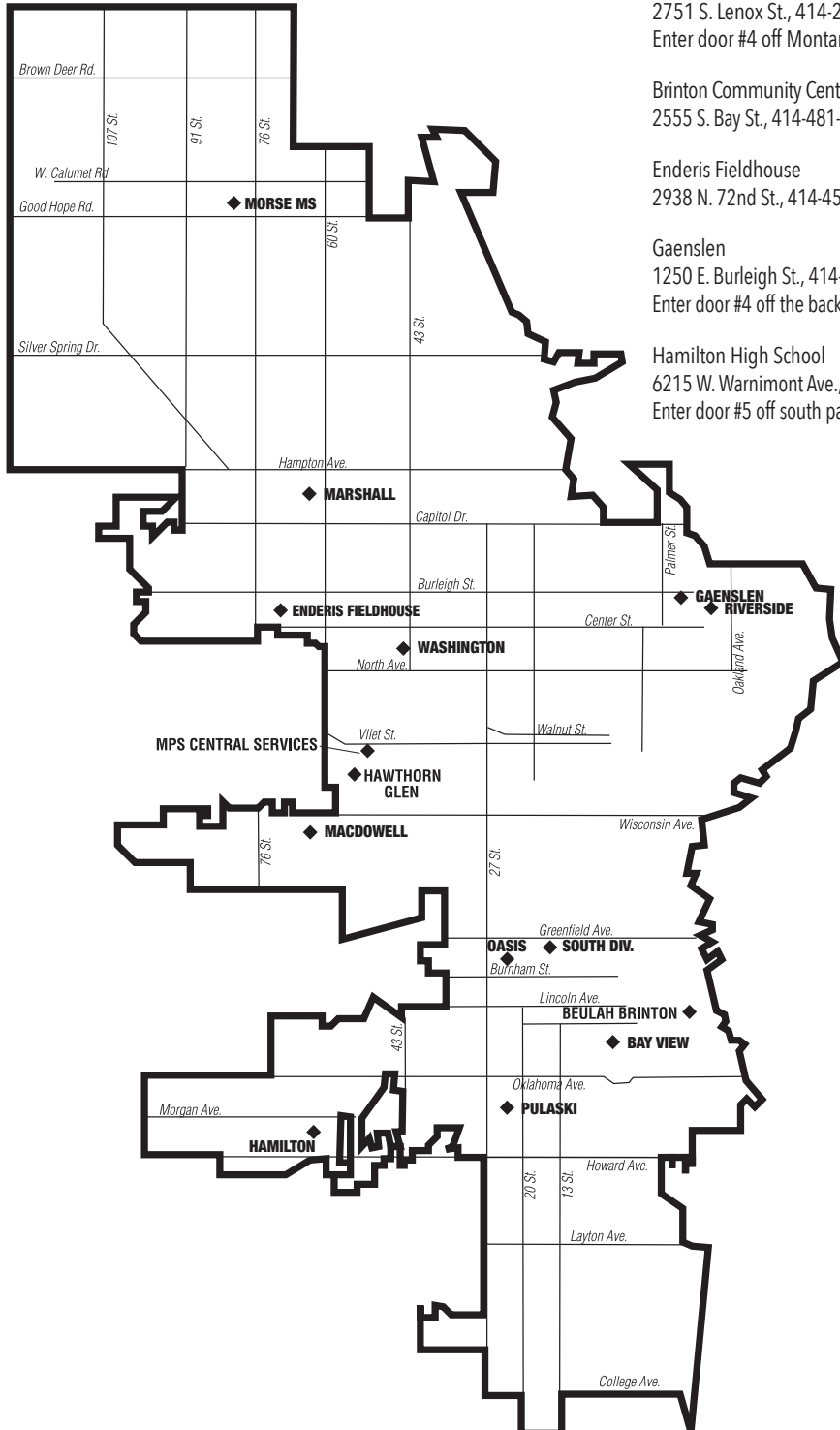
Need accommodations? Submit an ADA Accommodation Request electronically by visiting mkerec.net/inclusion and a member of the recreation team will contact you for further details.



EVERYONE PLAYS!



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



Bay View High School
2751 S. Lenox St., 414-294-2449
Enter door #4 off Montana St.

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

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

Gaenslen
1250 E. Burleigh St., 414-267-5734
Enter door #4 off the back parking lot

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

MacDowell Montessori
6415 W. Mt. Vernon Ave., 414-393-6100
Enter door #7 - N. 65th St.

Madison High School
8135 W. Florist Ave., 414-393-6154
Enter door #7 off south parking lot

Milwaukee Marshall High School
4141 N. 64th St., 414-393-2391
Enter door #10 from rear parking lot

Morse Middle School
6700 N. 80th St., 414-393-3500
Enter door off north parking lot

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

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

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

Washington High School
2525 N. Sherman Blvd., 414-875-6025
Enter main gym door on Sherman Blvd,
on the south end of the school.





MILWAUKEE
PUBLIC SCHOOLS

FALL 2024 ENROLLMENT

Discover the great academic options only available at MPS.

Do you have a child turning 3, 4, or 5 by September 1, 2024?
MPS offers strong early childhood programs including half-day and full-day options. Enrollment is open now for all ages.

For more information, call (414) 475-8159.

- K3, K4, and K5
- Montessori *and* International Baccalaureate
- Arts and Music
- Special Education
- Bilingual and Beginner English
- Language Immersion



First Day of School:

**TUESDAY
SEPT. 3
2024**

mpsmke.com/enrolltoday

©2024 Milwaukee Public Schools

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!

Scholarship applications for *Everyone Plays!* **are now open**. Each eligible child can be awarded one scholarship per year. **A limited number of scholarships are available. Early applications are encouraged.** Questions? Please call 414.475.8180. Visit mkerec.net/scholarship to learn more about this program. Thank you!

ARTS & CRAFTS

Korean Mask (Tal) Making

Create unique Halloween costumes by making Korean traditional masks (Tal) used in the musical performance Talchum. Learn about Korean culture and Talchum while painting and decorating premade paper masks. Join us and unleash your creativity! A \$20 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 1-Oct 29, 5:30PM- 6:30PM
\$12 Residents/\$18 Non-Residents

Handmade Christmas Ornaments and Cards

Have your little one bring their imagination and holiday spirit as they learn how to use the art of paper folding and crafting techniques to create one of a kind ornaments, cards, and crafts. A \$15 supply fee is due to the instructor on the first day of class.

Activity Code: 2RCE0915
(Section codes listed below)

Hamilton (Ages 5-9)..... HA01
Tue, Oct 29-Nov 26, 5:30PM- 6:30PM
\$13 Residents/\$20 Non-Residents

Lego® Open Build

Join us for Saturday open build! This is a great opportunity for family and friends to come together to enjoy some quality Lego time! Bring your Legos and HAVE FUN! Local Lego legend Nealita Nelson will be on hand to assist if necessary or simply enjoy the time with you.

Activity Code: 2RCE0962
(Section codes listed below)

Hamilton (Ages 3-99)..... HA01
Sat, Sep 14-Nov 9, 10:00AM-12:00PM
\$36 Residents/\$54 Non-Residents

Lego® Adventures

Join us for a Lego adventure! Local Lego legend Nealita Nelson will be your guide to everything Lego: the history, the basic and of course building through themed creations. Most importantly, this may be the most fun class you've ever taken! There is an additional \$35 materials fee due to instructor the first night of class.

Activity Code: 2RCE0963
(Section codes listed below)

Hamilton (Ages 7-12)..... HA01
Thu, Sep 19-Nov 7, 5:30PM- 7:00PM
\$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. Workshop provided by Blossom Candle Co. Class fee includes supply costs and is non-refundable.

Activity Code: 2RCE0964
(Section codes listed below)

Hamilton (Ages 7-15)..... HA01
Sat, Sep 21, 10:00AM-11:30AM
\$25 Residents/\$38 Non-Residents

Riverside (Ages 7-15)..... RS01
Sat, Oct 12, 10:00AM-11:30AM
\$25 Residents/\$38 Non-Residents

WEAVING AND FIBER ARTS

Kids Knitting

This class is for beginners and beyond. Beginners will learn the knit and purl stitches and casting on and binding off. Returners will build on skills to make socks, bucket hats, or other comparable projects. Bring size US 10 (6mm) 16" circular knitting needle, bulky weight yarn, and stitch markers to class.

Activity Code: 2RCE6901
(Section codes listed below)

Gaenslen (Ages 7-17)..... GS01
(Instructor: Erin Arnevik)
Mon, Sep 23-Nov 11, 5:00PM- 6:00PM
\$36 Residents/\$36 Non-Residents

Paracord Bracelet Making with Deborah

NEW Make beautiful and functional paracord bracelets using basic macrame knots. Paracord bracelets started as a way for service members and first responders to carry extra cord in a lightweight, compact manner. Everyone will be able to create a few bracelets. This is a beginner class.

Activity Code: 2RCE0965
(Section codes listed below)

South Division..... SD01
Sat, Sep 21, 10:00AM- 12:00PM
\$6 Residents/\$9 Non-Residents

South Division..... SD02
Sat, Oct 19, 10:00AM- 12:00PM
\$6 Residents/\$9 Non-Residents

South Division..... SD03
Sat, Nov 16, 10:00AM- 12:00PM
\$6 Residents/\$9 Non-Residents

South Division..... SD04
Sat, Dec 14, 10:00AM- 12:00PM
\$6 Residents/\$9 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, Dec 7, 1:00PM- 2:00PM
\$24 Residents/\$36 Non-Residents

Apple Crisp

Join Little Bakers in creating a delectable apple crisp masterpiece! Learn baking vocabulary, techniques, and kitchen safety while indulging in the delightful process. Class fee, covering food cost, is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE2509
(Section codes listed below)

Hamilton (Ages 4-12)..... HA01
Sat, Oct 19, 1:00PM- 2:00PM
\$24 Residents/\$36 Non-Residents

Cake Pops

Let your Little Baker craft delightful cake pops! Discover the ease and deliciousness of creating these treats. Learn baking vocabulary, techniques, and kitchen safety with Geneva Byrd from Little Bakers Association. Class fee, covering food cost, is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE2515
(Section codes listed below)

Milwaukee Marshall (Ages 4-12)... MR01
Sat, Sep 28, 1:00PM- 2:00PM
\$24 Residents/\$36 Non-Residents

Classic Chocolate Chip Cookies

Embark on a delicious journey with Little Bakers! Create the most amazing chocolate chip cookies while learning baking vocabulary, techniques, and kitchen safety. Class fee, covering food cost, is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE2517
(Section codes listed below)

Hamilton (Ages 4-12)..... HA01
Sat, Nov 9, 1:00PM- 2:00PM
\$24 Residents/\$36 Non-Residents

BATON

Baton

Twirl your way to fun! Learn basic baton skills, figure 8s, spins, pinwheels, tosses, and coordinate twirling with marching, jumps, leaps, and dance steps. Get ready to perform. Purchase a required baton from the instructor. Class taught by Marcy Blaufuss!

Activity Code: 2RCE7901
(Section codes listed below)

Beulah Brinton (Ages 5-17)..... BN01

Sat, Sep 28-Nov 16, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton (Ages 5-17)..... BN04

Sat, Dec 7-Jan 18, 10:30AM-11:30AM
\$13 Residents/\$20 Non-Residents

COOKING

Cooking with Kids - Holiday Desserts

Kids can learn how to make a variety of Holiday Desserts and treats. Parent/Guardian must register, pay and attend with child. Fee is per person. Fee includes food cost, is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE1607
(Section codes listed below)

Riverside (Ages 4 & up)..... RS01

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

CRICKET

Cricket: An Introduction

Learn cricket with hands on skills and real game experience! Cricket adjusts to all ages and skill level. It is a fun sport with batting, bowling and fielding. Great to build team spirit and learn sportsmanship. Sessions will have a mix of physical fitness, skills development and learning the game. We will enjoy skirmish games and special short activities to keep all participants engaged. All skill levels are welcome. All equipment is provided. Class fee is non-refundable and not eligible for reduced fees. Class taught by Kashyap Malkan.

Activity Code: 2RCE9201
(Section codes listed below)

MacDowell (Ages 8-17)..... JU01

(Combined with adult class)
Sat, Nov 2-Nov 23, 1:00PM-3:00PM
\$50 Residents/\$75 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)

Burbank Playfield (Ages 12-18) JU01

Tue/Thu, Aug 6-Oct 24, 4:30PM-6:00PM
\$25 Residents/\$25 Non-Residents

Riverside (Ages 12-18)..... RS01

Tue/Thu, Aug 6-Oct 24, 4:30PM-6:00PM
\$25 Residents/\$25 Non-Residents



Bike Maintenance with Billie

Learn essential bike maintenance for beginners in this class by Billie Myhra. Save time and money while ensuring safe rides. Topics include fixing a flat tire, slipped chain, minor brake repair, and seasonal cleaning. Bring your bike. Youth and adult classes combined. Non-refundable class fee.

Activity Code: 2RCE2807
(Section codes listed below)

Hamilton (Ages 11-17)..... HA03

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

Riverside (Ages 11-17)..... RS01

Sat, Sep 28, 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 7-Oct 26, 12:00PM-1:00PM
\$21 Residents/\$32 Non-Residents

Riverside (Ages 6-17)..... RS02

Sat, Nov 16-Dec 21, 12:00PM-1:00PM
\$13 Residents/\$20 Non-Residents



FITNESS

Yoga for Kids

Kids, unwind and have fun after school! Join this class combining yoga poses, breathing techniques, and games to build physical and emotional skills. No experience necessary. Focus on confidence, appreciation, and connection. Class is for kids only.

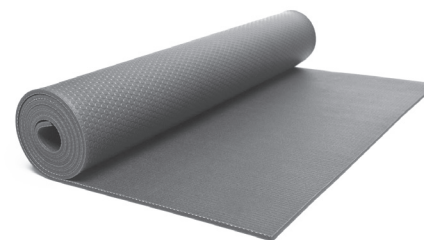
Activity Code: 2RCE3512
(Section codes listed below)

Beulah Brinton (Ages 7-11)..... BN02

Mon, Sep 23-Nov 11, 4:45PM-5:45PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton (Ages 7-11)..... BN04

Mon, Dec 2-Jan 13, 4:45PM-5:45PM
\$13 Residents/\$20 Non-Residents



LANGUAGE SKILLS

Korean Culture Class

Are you interested in Korean movies, K-Pop, and dramas? Do you want to learn more about Korean history and culture? This course will cover everything from basic Korean alphabets, music, Hangeul, Hanbok clothing, art, food, and architecture.

Activity Code: 2RCE4405
(Section codes listed below)

Hamilton (Ages 8-15)..... HA01
Sat, Sep 21-Nov 9, 10:00AM-11:30AM
\$27 Residents/\$41 Non-Residents



MAD SCIENCE

Mad Science Digging for Dinosaurs

Delve into the world of dinosaurs! Examine real fossil casts, explore herbivorous and carnivorous dinosaur teeth differences, and participate in a mini dinosaur excavation. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7604
(Section codes listed below)

Riverside (Ages 5-12)..... RS04
Sat, Oct 12, 11:15AM-12:15PM
\$20 Residents/\$30 Non-Residents

Mad Science Electricity Workshop

Join us to learn 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. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7605
(Section codes listed below)

Riverside (Ages 5-12)..... RS02
Sat, Oct 19, 11:15AM-12:15PM
\$20 Residents/\$30 Non-Residents

Mad Science Slime Time

Dive into a gooey hour of sliming fun! Create slime with the Mad Science recipe, enter the Slime Olympics, and take home your Mad Science Slime creation. 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 7, 11:15AM-12:15PM
\$20 Residents/\$30 Non-Residents

Riverside (Ages 5-12)..... RS03
Sat, Sep 28, 11:15AM-12:15PM
\$20 Residents/\$30 Non-Residents

Mad Science Radical Robots

What are automotons? 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. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7622
(Section codes listed below)

Riverside (Ages 5-12)..... RS02
Sat, Sep 21, 11:15AM-12:15PM
\$20 Residents/\$30 Non-Residents

Mad Science Mineral Mania

Learn about the layers of the Earth, recreate a volcano, and devise ways to identify and classify rocks and minerals. They experience the thrill of panning for gem; the gems they find, they can take home for further study and investigation. Class is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7639
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, Oct 5, 11:15AM-12:15PM
\$20 Residents/\$30 Non-Residents



Mad Science Life in the Sea

What is life like under the ocean's surface? What kind of animals and plants are found in the sea? Examine and investigate starfish, sea urchins and shells. Learn about buoyancy and adaptation. Take home an Anaglyph Sea Puzzle to continue the fun! Class is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7640
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, Nov 2, 11:15AM-12:15PM
\$20 Residents/\$30 Non-Residents

Mad Science Energy Burst!

Explore the energy of motion (potential versus kinetic energy), and how energy can be conserved. Launch the Mad Science Spring Thing to help learn all about energy - and shock your friends. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7641
(Section codes listed below)

Riverside (Ages 5-12)..... HA01
Sat, Nov 23, 11:15AM-12:15PM
\$20 Residents/\$30 Non-Residents

Mad Science Fun-damental Forces

What do gravity, inertia, and centripetal force have in common? They are all part of the fun in this introduction to physics. Feel the pull of precession with the bike wheel gyroscope and strike the perfect balance with the Gravity Game. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7642
(Section codes listed below)

Hamilton (Ages 5-12)..... RS01
Sat, Nov 9, 11:15AM-12:15PM
\$20 Residents/\$30 Non-Residents

Mad Science Optical Illusions

Work against your eyes. Trick your brain with lines and coils. Discover how mirrors and their reflections can play tricks on what you see. Make a periscope to see above and beyond. Class fee is non-refundable and is not eligible for reduced fees.

Activity Code: 2RCE7643
(Section codes listed below)

Riverside (Ages 5-12)..... HA01
Sat, Nov 16, 11:15AM-12:15PM
\$20 Residents/\$30 Non-Residents

MUSIC

Songwriting 101

No matter what age, aspiring to be a great musician goes beyond merely practicing. Learn the basics of music theory including ear training and songwriting. Let us help you become a better performer and increase your options as a musician. Do not bring an instrument to class. Class is combined with adult class.

Activity Code: 2RCE4601
(Section codes listed below)

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

Wed, Sep 18-Nov 6, 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). Adult and Youth Classes are combined. Class is taught by Mr. D.

Activity Code: 2RCE4602
(Section codes listed below)

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

Fri, Sep 27-Nov 15, 7:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

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

Fri, Dec 6-Jan 17, 7:15PM- 8:15PM
\$13 Residents/\$20 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). Adult and Youth Classes are combined.

Activity Code: 2RCE4603
(Section codes listed below)

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

Fri, Sep 27-Nov 15, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

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

Fri, Dec 6-Jan 17, 6:00PM- 7:00PM
\$13 Residents/\$20 Non-Residents



Guitar

Explore guitar fundamentals in this class covering basic chords, note reading, strumming techniques, and maintenance. Beginners focus on music and chord theory, while intermediate courses build repertoire and techniques for those with prior experience. Taught by Mr. D. Combined youth and adult classes. Bring your own guitar.

Activity Code: 2RCE4604
(Section codes listed below)

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

Sat, Sep 28-Nov 16, 2:00PM- 3:30PM
\$27 Residents/\$41 Non-Residents

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

Sat, Dec 7-Jan 18, 2:00PM- 3:30PM
\$18 Residents/\$27 Non-Residents

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

Thu, Sep 19-Nov 7, 6:00PM- 7:30PM
\$27 Residents/\$41 Non-Residents

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

(Beg. - Semi-Private)
Mon, Sep 9-Oct 28, 6:30PM- 8:00PM
\$54 Residents/\$81 Non-Residents

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

(Adv. - Semi-Private)
Mon, Sep 9-Oct 28, 8:15PM- 9:15PM
\$41 Residents/\$62 Non-Residents

Piano

Beginner - Intro to keyboard, note reading, rhythm, and techniques. Intermediate - Elevate skills with keys, scales, chords, and melodies. Prior experience is required. Taught by Mr. D. No need to bring your own keyboard; youth and adult classes are combined.

Activity Code: 2RCE4606
(Section codes listed below)

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

(Beg.)
Sat, Sep 28-Nov 16, 10:30AM-12:00PM
\$27 Residents/\$41 Non-Residents

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

(Int.)
Sat, Sep 28-Nov 16, 12:15PM- 1:45PM
\$27 Residents/\$41 Non-Residents

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

(Beg.)
Sat, Dec 7-Jan 18, 10:30AM-12:00PM
\$18 Residents/\$27 Non-Residents

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

(Int.)
Sat, Dec 7-Jan 18, 12:15PM- 1:45PM
\$18 Residents/\$27 Non-Residents

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

(Beg./Int.)
Wed, Sep 18-Nov 6, 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 28-Nov 16, 4:00PM- 6:00PM
\$35 Residents/\$53 Non-Residents

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

Sat, Dec 7-Jan 18, 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. Adult and Youth Classes are combined.

Activity Code: 2RCE4609
(Section codes listed below)

Hamilton (Ages 12-17.99)..... HA01

Thu, Sep 19-Nov 7, 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. Adult and Youth Classes are combined.

Activity Code: 2RCE4611
(Section codes listed below)

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

Tue, Sep 17-Nov 5, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

MUSIC IN MPS

Milwaukee Recreation and the MPS Music Department are partnering together to offer the following youth music programs. Please see sizing information for guitar at registration if rental instrument is needed. If no size is indicated, we will not have an instrument at the first lesson. Register for classes using the following guidelines: Beginner – No experience, Intermediate – 1-2 years of experience, and Advanced: 3+ years of experience. All teachers reserve the right to place students at the appropriate level. Please do not register for based on time classes are offered as students without appropriate levels of experience will be moved from intermediate and advanced levels.

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. An appropriately sized nylon-stringed acoustic guitar is required. Books are required and will be available at the first session for \$10. Cash only.

Activity Code: 2RCE3201
(Section codes listed below)

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

Sat, Sep 14-Dec 14, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

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

Sat, Sep 14-Dec 14, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 7-17)..... HA03
(Int./Adv.)

Sat, Sep 14-Dec 14, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents

Beginning Drum Set

Learn how to sit behind a drumkit and play to all your favorite tracks ranging from hip hop, rock, jazz, and even funk. Mr. C, a drummer for the Green Bay Packers and Milwaukee Bucks, will teach you how to read drumkit notation and learn very popular drum grooves known worldwide to kickstart your drumkit journey.

Activity Code: 2RCE3233
(Section codes listed below)

MacDowell (Ages 7-17)..... JU01
(Thu, Sep 19-Dec 12, 6:15PM- 6:45PM)

\$24 Residents/\$36 Non-Residents

Band

Are you learning to play a wind, brass, or percussion instrument and looking for a chance to play with other musicians? MPS Music Saturday Band will offer the opportunity to play in a large ensemble. Students must have an instrument from their school and at least one year of previous experience on playing it.

Activity Code: 2RCE3202
(Section codes listed below)

Hamilton (Ages 7-17.99)..... HA01

Sat, Sep 14-Dec 14, 12:15PM- 1:00PM
\$24 Residents/\$36 Non-Residents

Drumline

This course provides an introduction to the world of drumline. Learn to play snare drum, tenors/quads, bass drum and cymbals with a drum line pro. No experience required, but students must be in grades 6-12 and be capable of carrying up to 25 lbs while moving around for drum line drill. Please indicate on your registration form if you need a drum pad and sticks.

Activity Code: 2RCE3206
(Section codes listed below)

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

Sat, Sep 14-Dec 14, 11:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

MacDowell (Ages 7-17)..... JU01
(Beg.)

Thu, Sep 19-Dec 12, 7:00PM- 7:30PM
\$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. Lessons will take place in the keyboard lab in the school. Please register for the Piano/Keyboard classes using the following guidelines: Beginner - No experience Intermediate/ Advance - Completed Beginner course. Books are required and will be available at the first session for \$10. Cash only

Activity Code: 2RCE3207
(Section codes listed below)

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

Sat, Sep 14-Dec 14, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

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

Sat, Sep 14-Dec 14, 9:45AM-10:30AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 7-17)..... HA05
(Beg.)

Sat, Sep 14-Dec 14, 11:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 7-17)..... MR01
(Beg.)

Sat, Sep 14-Dec 14, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 7-17).....MR02
(Beg.)

Sat, Sep 14-Dec 14, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 10-17)...MR09
(Int./Adv.)

Sat, Sep 14-Dec 14, 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 indicate on your registration form if you need a percussion kit. Please register for classes following the guidelines below: Beginning - no experience required; Intermediate/Advance - 1-2 years experience in drumming/percussion playing. Books are required and will be available at the first session for \$10. (Cash Only)

Activity Code: 2RCE3230
(Section codes listed below)

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

Sat, Sep 14-Dec 14, 10:45AM-11:15AM
\$24 Residents/\$36 Non-Residents

MacDowell (Ages 7-17)..... JU01
(Beg.)

Thu, Sep 19-Dec 12, 5:30PM- 6:00PM
\$24 Residents/\$36 Non-Residents

Beginning Ukulele

Love Vance Joy or Twenty-One Pilots? Learn their main instrument: the ukulele. This class covers chords, melodies, note reading, and strumming patterns, giving you the basics to play your favorite songs. Ideal for future guitar players, no experience needed. Indicate if you need an instrument during registration. Bring your own ukulele. Books are required and will be available at the first session for \$10. (Cash Only)

Activity Code: 2RCE3231
(Section codes listed below)

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

Sat, Sep 14-Dec 14, 11:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

NATURE IN YOUR NEIGHBORHOOD

Exploring Hibernation

Why do some animals sleep through the winter? Which animals hibernate and how do they prepare for the winter? Explore hibernation through activities and crafts. Adult 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 6, 6:00PM- 7:00PM
\$4 Residents/\$6 Non-Residents

Pumpkins

Pumpkins are much more than the harbingers of Halloween. Discover what pumpkins are really all about! We'll explore a pumpkin together and create an autumn craft. Adult must register, pay and attend with child. 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 29, 6:00PM- 7:15PM
\$4 Residents/\$6 Non-Residents

Riverside (Ages 3 & up)..... RS01
Wed, Oct 23, 6:00PM- 7:15PM
\$4 Residents/\$6 Non-Residents



Leaves

Discover the science of the changing colors of leaves and make an autumn leaf garland to take home. Adult must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P124783
(Section codes listed below)

Beulah Brinton (Ages 5 & up) BN01
Thu, Sep 12, 6:00PM- 7:00PM
\$4 Residents/\$6 Non-Residents

OUTDOOR EDUCATION

What's Up With Wasps

Did you know wasps can be found everywhere in on in the world except for Antarctica? Did you know that they really don't want to sting us? Join Omakayas in learning more about these and other cool facts about wasps along with an activity and a craft!

Activity Code: 2RCE5001
(Section codes listed below)

Hamilton (Ages 5-17)..... HA01
Sat, Sep 21, 10:00AM-11:00AM
\$4 Residents/\$6 Non-Residents

PLAY GROUPS

Tot Time With Aimee

Story time, circle time, dance and movement, games, art, and more! Let's see what Ms. Aimee has in store!

Activity Code: 2RCE5509
(Section codes listed below)

Beulah Brinton (Ages 1-4)..... BN01
Mon, Sep 23-Nov 11, 9:00AM- 9:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN02
Tue, Sep 24-Nov 12, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN03
Wed, Sep 25-Nov 13, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN04
Thu, Sep 26-Nov 14, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN05
Fri, Sep 27-Nov 15, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN06
(not eligible for reduced fees)
Mon, Dec 2-Dec 16, 9:00AM- 9:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1-4)..... BN07
(not eligible for reduced fees)
Tue, Dec 3-Dec 17, 11:00AM-11:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1-4)..... BN08
(not eligible for reduced fees)
Wed, Dec 4-Dec 18, 10:00AM-10:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1-4)..... BN09
(not eligible for reduced fees)
Thu, Dec 5-Dec 19, 11:00AM-11:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1-4)..... BN10
(not eligible for reduced fees)
Fri, Dec 6-Dec 20, 10:00AM-10:45AM
\$8 Residents/\$12 Non-Residents

Thomas and Friends

Choo Choo all aboard! Ms. Aimee will start with a story that will lead to cooperative train play, which includes building tracks, decorating props, and more!

Activity Code: 2RCE5510
(Section codes listed below)

Beulah Brinton (Ages 1-4)..... BN01
Mon, Sep 23-Nov 11, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN02
Fri, Sep 27-Nov 15, 9:00AM- 9:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN03
(not eligible for reduced fees)
Mon, Dec 2-Dec 16, 11:00AM-11:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1-4)..... BN04
(not eligible for reduced fees)
Fri, Dec 6-Dec 20, 9:00AM- 9:45AM
\$8 Residents/\$12 Non-Residents

Fidgity Foodies

We will explore and taste test different ingredients while preparing simple treats. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

Activity Code: 2RCE5511
(Section codes listed below)

Beulah Brinton (Ages 1-4)..... BN01
Mon, Sep 23-Nov 11, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN02
Fri, Sep 27-Nov 15, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN03
(not eligible for reduced fees)
Mon, Dec 2-Dec 16, 10:00AM-10:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1-4)..... BN04
(not eligible for reduced fees)
Fri, Dec 6-Dec 20, 11:00AM-11:45AM
\$8 Residents/\$12 Non-Residents

Sporty Sprouts

Children will explore a new sport each week. Sports include soccer, basketball, kickball, bowling, and more!

Activity Code: 2RCE5512
(Section codes listed below)

Beulah Brinton (Ages 1-4)..... BN01
Tue, Sep 24-Nov 12, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN02
Wed, Sep 25-Nov 13, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN03
Thu, Sep 26-Nov 14, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN04

(not eligible for reduced fees)
Tue, Dec 3-Dec 17, 10:00AM-10:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1-4)..... BN05

(not eligible for reduced fees)
Wed, Dec 4-Dec 18, 10:00AM-10:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1-4)..... BN06

(not eligible for reduced fees)
Thu, Dec 5-Dec 19, 10:00AM-10:45AM
\$8 Residents/\$12 Non-Residents

Sensory Social

Structured for children with sensory challenges and neurodivergence, this class offers a predictable social experience. Visual schedules, a fun routine, and a supportive instructor create an engaging environment. Parents can stay and support their child initially, working with the instructor on a phased-out plan. Weekly themes, stories, activities, and sensory input provided. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE5513
(Section codes listed below)

Beulah Brinton (Ages 4-6)..... BN01

(not eligible for reduced fees)
Wed, Sep 25-Nov 13, 12:30PM- 1:00PM
\$10 Residents/\$15 Non-Residents

Regulation Station

Join the energy buster train! First stop: Regulation Station! Engage in fun and healthy activities to release stored-up energy after a long day. Sports, obstacle courses, and physical challenges aid sensory regulation. Wear sneakers, and comfortable clothing, and bring water for an active transition.

Activity Code: 2RCE5518
(Section codes listed below)

Beulah Brinton (Ages 1-4)..... BN01

Tue, Sep 24-Nov 12, 4:00PM- 4:45PM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN02

Thu, Sep 26-Nov 14, 4:00PM- 4:45PM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN03

(not eligible for reduced fees or refunds)
Tue, Dec 3-Dec 17, 4:00PM- 4:45PM
\$6 Residents/\$9 Non-Residents

Beulah Brinton (Ages 1-4)..... BN04

(not eligible for reduced fees or refunds)
Thu, Dec 5-Dec 19, 4:00PM- 4:45PM
\$6 Residents/\$9 Non-Residents

Heavy Work Like Hulk

Kids will get a huge dose of heavy input like carrying weights, pushing and pulling heavy things, etc. There will be challenges to complete each week while getting the input they need. A parent/guardian must stay.

Activity Code: 2RCE5519
(Section codes listed below)

Beulah Brinton (Ages 4-7)..... BN01

Tue, Sep 24-Nov 12, 5:00PM- 5:45PM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 7-11)..... BN02

Thu, Sep 26-Nov 14, 5:00PM- 5:45PM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 4-7)..... BN03

(not eligible for reduced fees or refund)
Tue, Dec 3-Dec 17, 5:00PM- 5:45PM
\$6 Residents/\$9 Non-Residents

Beulah Brinton (Ages 7-11)..... BN04

(not eligible for reduced fees or refund)
Thu, Dec 5-Dec 19, 5:00PM- 5:45PM
\$6 Residents/\$9 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. 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 21, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

Hamilton (Ages 11-17)..... HA02

Sat, Dec 14, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents



MacDowell (Ages 11-17)..... JU01

Sat, Nov 16, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

Riverside (Ages 11-17)..... RS01

Sat, Oct 5, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

SCIENCE

Space Exploration

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

Activity Code: 2RCE5808
(Section codes listed below)

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

Sat, Nov 16, 12:30PM- 2:00PM
\$8 Residents/\$12 Non-Residents

Discover Archaeology

Is your child intrigued by archaeology? Explore science, stone tools, and hands-on activities. Tasks include drawing, artifact sorting, and identifying tools. Taught by a stone tools archaeologist, with a flintknapping demo. Class fee covers safety glasses and materials

Activity Code: 2RCE5809
(Section codes listed below)

Hamilton (Ages 7-14)..... HA01

Sat, Oct 12, 11:00AM-12:00PM
\$14 Residents/\$21 Non-Residents

Riverside (Ages 7-14)..... RS01

Sat, Oct 19, 11:00AM-12:00PM
\$14 Residents/\$21 Non-Residents



Ocean Exploration

Dive into fun with Ocean Exploration! Kids will learn about marine creatures and habitats through projects and activities. 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: 2RCE5810
(Section codes listed below)

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

Sat, Dec 7, 12:30PM- 2:00PM
\$8 Residents/\$12 Non-Residents

BASKETBALL

Mighty Mite Basketball

Not your typical intro to basketball! Your child will enjoy learning skills like dribbling, passing, lateral foot movement, and shooting on a 4-foot hoop. A fun introduction to the great game of basketball in a lively environment.

Activity Code: 2RCE1101
(Section codes listed below)

Bryant (Ages 3-4).....BY01
Wed, Sep 18-Nov 6, 5:30PM- 6:00PM
\$10 Residents/\$15 Non-Residents

MacDowell (Ages 3-4).....JU01
(Not eligible for reduced fees)
Sat, Oct 5-Nov 30, 9:00AM- 9:30AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 3-4).....MR01
(Not eligible for reduced fees)
Sat, Sep 14-Oct 19, 9:35AM-10:05AM
\$8 Residents/\$12 Non-Residents

Milwaukee Marshall (Ages 3-4).....MR02
(Not eligible for reduced fees)
Sat, Nov 2-Dec 14, 9:35AM-10:05AM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 3-4).....RS01
Sat, Sep 7-Nov 2, 12:15PM-12:45PM
\$12 Residents/\$18 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 18-Nov 6, 6:45PM- 7:30PM
\$15 Residents/\$23 Non-Residents

Hamilton (Ages 7-9).....HA01
Sat, Sep 14-Nov 2, 9:30AM-10:30AM
\$19 Residents/\$29 Non-Residents

Hamilton (Ages 7-9).....HA02
Sat, Nov 9-Dec 14, 9:30AM-10:30AM
\$13 Residents/\$20 Non-Residents

MacDowell (Ages 7-9).....JU01
Sat, Oct 5-Nov 30, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 7-9).....MR01
Sat, Sep 14-Oct 19, 10:15AM-11:00AM
\$12 Residents/\$18 Non-Residents

Milwaukee Marshall (Ages 7-9).....MR02
Sat, Nov 2-Dec 14, 10:15AM-11:00AM
\$12 Residents/\$18 Non-Residents

Riverside (Ages 7-11).....RS01
Sat, Sep 7-Nov 2, 2:00PM- 2:55PM
\$19 Residents/\$29 Non-Residents

Bitty Basketball

Experience big fun in Bitty Basketball! Learn basketball rules and fundamentals like shooting, dribbling, and passing. Hands-on practice with mini basketballs and lower hoops (6 & 8 feet).

Activity Code: 2RCE1103
(Section codes listed below)

Beulah Brinton (Ages 5-6).....BN01
Tue, Sep 24-Nov 12, 4:00PM- 4:45PM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 5-6).....BN02
Fri, Sep 27-Nov 15, 4:00PM- 4:45PM
\$15 Residents/\$23 Non-Residents

Bryant (Ages 5-6).....BY01
Wed, Sep 18-Nov 6, 6:00PM- 6:45PM
\$15 Residents/\$23 Non-Residents

MacDowell (Ages 5-6).....JU01
Sat, Oct 5-Nov 30, 9:30AM-10:15AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 5-6).....MR01
Sat, Sep 14-Oct 19, 11:15AM-12:00PM
\$12 Residents/\$18 Non-Residents

Milwaukee Marshall (Ages 5-6).....MR02
Sat, Nov 2-Dec 14, 11:15AM-12:00PM
\$15 Residents/\$23 Non-Residents

Riverside (Ages 5-6).....RS01
Sat, Sep 7-Nov 2, 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 14-Oct 19, 12:15PM- 1:15PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 8-12).....MR02
Sat, Nov 2-Dec 14, 12:15PM- 1:15PM
\$15 Residents/\$23 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, Nov 9-Dec 14, 10:45AM-11:45AM
\$13 Residents/\$20 Non-Residents

Hamilton (Ages 10-12).....HA02
Sat, Nov 9-Dec 14, 10:45AM-11:45AM
\$13 Residents/\$20 Non-Residents

Milwaukee Marshall (Ages 10-12)...MR01
Sat, Sep 14-Oct 19, 1:20PM- 2:20PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 10-12)...MR02
Sat, Nov 2-Dec 14, 1:20PM- 2:20PM
\$15 Residents/\$23 Non-Residents

Riverside (Ages 10-12).....RS01
Sat, Sep 7-Nov 2, 3:00PM- 3:55PM
\$19 Residents/\$29 Non-Residents

Elementary Coed Basketball League

Emphasis will be placed on league play. The organizational meeting is scheduled for the first day of the activity at 9:00 a.m. (1-3 Grade) and 10:00 a.m. (4-5 Grade). Two (2) VOLUNTEER PARENT COACHES needed. Contact the Youth Sports Office at 414.475.8410 or Youth-sports@mkerec.net with questions.

Activity Code: 2RYS1101
(Section codes listed below)

Madison (Ages 6-9).....MA01
(GRADES 1ST- 3RD ONLY)
Sat, Nov 9-Feb 22, 9:00AM-12:00PM
\$33 Residents/\$50 Non-Residents

Madison (Ages 9-11).....MA02
(GRADES 4TH- 5TH ONLY)
Sat, Nov 9-Feb 22, 10:00AM- 1:00PM
\$33 Residents/\$50 Non-Residents

Elementary Girls Basketball League

Emphasis will be placed on development, sportsmanship, and league play. The organizational meeting is scheduled for the first day of the activity at 9:00 a.m.. Two (2) VOLUNTEER PARENT COACHES needed. Contact the Youth Sports Office at 414.475.8410 or Youth-sports@mkerec.net with questions.

Activity Code: 2RYS1104
(Section codes listed below)

Washington (Ages 6-9)WA01
(GRADES 1ST- 3RD ONLY)
Sat, Sep 7-Nov 16, 9:00AM-12:00PM
\$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 4-6)..... BN01

(not eligible for reduced fees)

Sat, Sep 28-Oct 26, 8:30AM- 9:15AM

\$10 Residents/\$15 Non-Residents



Elementary Coed Flag Football League

Emphasis will be placed on league play. The organizational meeting is scheduled for the first day of the activity at 9:00 a.m. (1-3 Grade) and 11:00 a.m. (4-5 Grade). Two (2) VOLUNTEER PARENT COACHES needed. Contact the Youth Sports Office at 414.475.8410 or Youthsports@mkrec.net with questions.

Activity Code: 2RYS3701
(Section codes listed below)

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

(GRADES 1ST - 3RD ONLY)

Sat, Sep 7-Oct 26, 9:00AM-11:00AM

\$27 Residents/\$41 Non-Residents

Brinton Playfield (Ages 9-11)..... BN02

(GRADES 4TH - 5TH ONLY)

Sat, Sep 7-Oct 26, 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 14-Nov 2, 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 7-Nov 2, 10:00AM-10:55AM

\$23 Residents/\$35 Non-Residents

Riverside (Ages 6-7)..... RS02

Sat, Sep 7-Nov 2, 11:00AM-11:55AM

\$23 Residents/\$35 Non-Residents

Riverside (Ages 8-10)..... RS03

Sat, Sep 7-Nov 2, 12:00PM-12:55PM

\$23 Residents/\$35 Non-Residents

Riverside (Ages 11-13)..... RS04

Sat, Sep 7-Nov 2, 1:00PM- 1:55PM

\$23 Residents/\$35 Non-Residents

Riverside (Ages 4-6)..... RS05

Thu, Sep 12-Nov 7, 6:00PM- 6:55PM

\$23 Residents/\$35 Non-Residents

Riverside (Ages 7-9)..... RS06

Thu, Sep 12-Nov 7, 7:00PM- 7:55PM

\$23 Residents/\$35 Non-Residents

Riverside (Ages 4-5)..... RS07

Sat, Nov 16-Dec 21, 9:50AM-10:45AM

\$17 Residents/\$26 Non-Residents

Riverside (Ages 6-8)..... RS08

Sat, Nov 16-Dec 21, 10:50AM-11:45AM

\$17 Residents/\$26 Non-Residents

Riverside (Ages 9-11)..... RS09

Sat, Nov 16-Dec 21, 11:50AM-12:45PM

\$17 Residents/\$26 Non-Residents

Riverside (Ages 4-6)..... RS12

Thu, Nov 21-Dec 19, 6:15PM- 7:10PM

\$15 Residents/\$23 Non-Residents

Riverside (Ages 7-9)..... RS13

Thu, Nov 21-Dec 19, 7:15PM- 8:10PM

\$20 Residents/\$30 Non-Residents



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 2-3)..... RS01

Sat, Sep 7-Nov 2, 9:00AM- 9:45AM

\$21 Residents/\$32 Non-Residents

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

Sat, Nov 16-Dec 21, 9:00AM- 9:45AM

\$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 18-Nov 6, 6:00PM- 7:00PM

\$19 Residents/\$29 Non-Residents

Judo

Explore Judo, the 'gentle way,' emphasizing technique and tradition. Personalized instruction under USJA and USMA affiliation. Wear clothes without buttons or metal. Adult and Youth Classes are combined.

Activity Code: 2RCE4503
(Section codes listed below)

MacDowell (Ages 7-17)..... JU02

(BEGINNER)

Mon, Sep 16-Nov 4, 6:30PM- 7:30PM

\$19 Residents/\$29 Non-Residents

MacDowell (Ages 7-17)..... JU03

(ADVANCED)

Mon, Sep 16-Nov 4, 7:30PM- 8:30PM

\$19 Residents/\$29 Non-Residents

MacDowell (Ages 7-17)..... JU01

(Advanced)

Mon, Nov 18-Dec 9, 6:00PM- 7:00PM

\$11 Residents/\$17 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 23-Nov 15, 4:00PM- 4:45PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 6-17)..... BN02
(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Sep 23-Nov 15, 4:45PM- 5:30PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 6-17)..... BN03
(Adv. - Red/Black & Black Belts)
Mon/Wed/Fri, Sep 23-Nov 15, 5:30PM- 6:15PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 3-5)..... BN04
(Not eligible for reduced fees)
Sat, Sep 28-Nov 16, 8:00AM- 8:30AM
\$10 Residents/\$15 Non-Residents

Beulah Brinton (Ages 6-14)..... BN05
Sat, Sep 28-Nov 16, 8:30AM- 9:30AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton (Ages 6-17)..... BN08
(Beg. - White - Yellow Belts)
Mon/Wed/Fri, Dec 2-Jan 17, 4:00PM- 4:45PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton (Ages 6-17)..... BN09
(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Dec 2-Jan 17, 4:45PM- 5:30PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton (Ages 6-17)..... BN10
(Adv. - Red/Black & Blacks Belts)
Mon/Wed/Fri, Dec 2-Jan 17, 5:30PM- 6:15PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton (Ages 3-5)..... BN06
(Not eligible for reduced fees)
Sat, Dec 7-Jan 18, 8:00AM- 8:30AM
\$6 Residents/\$9 Non-Residents

Beulah Brinton (Ages 6-14)..... BN07
Sat, Dec 7-Jan 18, 8:30AM- 9:30AM
\$13 Residents/\$20 Non-Residents

Hamilton (Ages 6-14)..... HA01
(Class is combined w/ adult class)
Mon/Wed, Sep 16-Nov 6, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

Hamilton (Ages 3-5)..... HA02
(Beg. - White - Star Belts - Tiny Tigers)
Tue/Thu, Sep 17-Nov 7, 6:30PM- 7:00PM
\$37 Residents/\$56 Non-Residents

Hamilton (Ages 6-14)..... HA06
(Class is combined with adult class)
Tue/Thu, Sep 17-Nov 7, 7:10PM- 8:00PM
\$19 Residents/\$29 Non-Residents

MacDowell (Ages 6-14)..... JU01
Tue/Thu, Sep 17-Nov 7, 6:00PM- 7:00PM
\$31 Residents/\$47 Non-Residents

MacDowell (Ages 6-14)..... JU07
Tue/Thu, Sep 17-Nov 7, 7:15PM- 8:15PM
\$32 Residents/\$48 Non-Residents

MacDowell (Ages 6-14)..... JU06
Tue/Thu, Nov 12-Dec 12, 6:00PM- 7:00PM
\$23 Residents/\$35 Non-Residents

MacDowell (Ages 6-14)..... JU08
Tue/Thu, Nov 12-Dec 12, 7:15PM- 8:15PM
\$23 Residents/\$35 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR07
(Beg. - White, Orange, & Yellow Belt)
Sat, Sep 14-Oct 19, 9:00AM-10:00AM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR08
(Beg. - White, Orange, & Yellow Belt)
Sat, Sep 14-Oct 19, 10:15AM-11:15AM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR09
(Int./Adv., Camo-Red, Black Belts No class
10/26/24 and 11/30/24)
Sat, Sep 14-Dec 14, 11:30AM-12:30PM
\$28 Residents/\$42 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR01
(Beg. - White, Orange, & Yellow Belt)
Mon/Wed, Sep 16-Dec 11, 6:00PM- 7:00PM
\$51 Residents/\$77 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR03
(Beg. - White, Orange, & Yellow Belt)
Mon, Sep 16-Dec 9, 6:00PM- 7:00PM
\$26 Residents/\$39 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR02
(Int./Adv., Camo-Red, Black Belts)
Mon/Wed, Sep 16-Dec 11, 7:15PM- 8:15PM
\$53 Residents/\$80 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR05
(Beg.-White, Orange, & Yellow Belt)
Wed, Sep 18-Dec 11, 6:00PM- 7:00PM
\$26 Residents/\$39 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR10
(Beg.-White, Orange, & Yellow Belt)
Sat, Nov 2-Dec 14, 9:00AM-10:00AM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR11
(Beg. - White, Orange, & Yellow Belt)
Sat, Nov 2-Dec 14, 10:15AM-11:15AM
\$15 Residents/\$23 Non-Residents

Riverside (Ages 3-5)..... RS07
(Beg.)
Sat, Sep 7-Oct 26, 9:00AM- 9:30AM
\$12 Residents/\$18 Non-Residents

Riverside (Ages 3-5)..... RS08
(Int./Adv., Ara Belt & Higher)
Sat, Sep 7-Oct 26, 9:30AM-10:00AM
\$18 Residents/\$27 Non-Residents

Riverside (Ages 6-14)..... RS04
(Beg., White-Yellow Belt)
Sat, Sep 7-Oct 26, 10:15AM-11:00AM
\$16 Residents/\$24 Non-Residents

Riverside (Ages 6-14)..... RS05
(Camo-Black Belts)
Sat, Sep 7-Oct 26, 11:00AM-11:45AM
\$16 Residents/\$24 Non-Residents

Riverside (Ages 6-14)..... RS01
(Beg., white-yellow belt)
Mon/Wed, Sep 9-Oct 30, 6:15PM- 7:15PM
\$30 Residents/\$45 Non-Residents

Riverside (Ages 6-14)..... RS02
(Int./Adv. Camo-Black Belts)
Mon/Wed, Sep 9-Oct 30, 7:15PM- 8:15PM
\$39 Residents/\$59 Non-Residents

Riverside (Ages 3-5)..... RS21
(Beg. Not eligible for reduced fees)
Sat, Nov 16-Dec 21, 9:00AM- 9:30AM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 3-5)..... RS16
(Int./Adv., Ara Belt & Higher)
Sat, Nov 16-Dec 21, 9:30AM-10:00AM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 6-14)..... RS17
(Beg., White-Yellow Belt)
Sat, Nov 16-Dec 21, 10:15AM-11:00AM
\$12 Residents/\$18 Non-Residents

Riverside (Ages 6-14)..... RS18
(Int./Adv., Camo/Black Belt)
Sat, Nov 16-Dec 21, 11:00AM-11:45AM
\$12 Residents/\$18 Non-Residents

Riverside (Ages 6-14)..... RS10
(Beg., white-yellow belt)
Mon/Wed, Nov 18-Dec 18, 6:15PM- 7:15PM
\$34 Residents/\$51 Non-Residents

Riverside (Ages 6-14)..... RS13
(Int./Adv., Camo/Black Belts)
Mon/Wed, Nov 18-Dec 18, 7:15PM- 8:15PM
\$26 Residents/\$39 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)

Hamilton (Ages 5-6)..... HA01

Sat, Sep 14-Nov 9, 9:15AM-10:15AM
\$21 Residents/\$32 Non-Residents

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

Sat, Sep 14-Oct 19, 9:35AM-10:20AM
\$12 Residents/\$18 Non-Residents

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

Sat, Sep 14-Oct 19, 11:35AM-12:20PM
\$12 Residents/\$18 Non-Residents

Milwaukee Marshall (Ages 5-6).....MR03

Sat, Nov 2-Dec 14, 9:35AM-10:20AM
\$12 Residents/\$18 Non-Residents

Milwaukee Marshall (Ages 5-6).....MR04

Sat, Nov 2-Dec 14, 11:35AM-12:20PM
\$12 Residents/\$18 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

(Not eligible for reduced fees)
Thu, Sep 26-Nov 14, 4:15PM- 4:45PM
\$10 Residents/\$15 Non-Residents

Hamilton (Ages 3-4)..... HA02

Sat, Sep 14-Nov 9, 8:30AM- 9:15AM
\$16 Residents/\$24 Non-Residents

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

(Not eligible for reduced fees)
Sat, Sep 14-Oct 19, 9:00AM- 9:30AM
\$8 Residents/\$12 Non-Residents

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

(Not eligible for reduced fees)
Sat, Nov 2-Dec 14, 9:00AM- 9:30AM
\$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 14-Oct 19, 10:30AM-11:30AM
\$15 Residents/\$23 Non-Residents

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

Sat, Sep 14-Oct 19, 12:30PM- 1:30PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR03

Sat, Nov 2-Dec 14, 10:30AM-11:30AM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 7-9).....MR04

Sat, Nov 2-Dec 14, 12:30PM- 1:30PM
\$15 Residents/\$23 Non-Residents



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 24-Nov 12, 4:30PM- 5:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton (Ages 8-12)..... BN02

Tue, Dec 3-Jan 14, 4:30PM- 5:30PM
\$13 Residents/\$20 Non-Residents

TENNIS

Tennis

Learn backhand/forehand grips, strokes, and fitness conditioning. Covers singles/doubles rules, prioritizing sportsmanship. Intermediate/advanced levels require a solid tennis foundation.

Activity Code: 2RCE6501
(Section codes listed below)

Milwaukee Marshall (Ages 4-8).....MR01

(Beg.)
Sat, Sep 14-Oct 19, 11:00AM-12:00PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 6-12).....MR02

(Beg.)
Sat, Sep 14-Oct 19, 12:05PM- 1:05PM
\$15 Residents/\$23 Non-Residents

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

(Int./Adv.)
Sat, Sep 14-Oct 19, 1:15PM- 2:15PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 4-8)..... MR04

(Beg.)
Sat, Nov 2-Dec 14, 11:00AM-12:00PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 6-12).... MR05

(Beg.)
Sat, Nov 2-Dec 14, 12:05PM- 1:05PM
\$15 Residents/\$23 Non-Residents

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

(Int./Adv.)
Sat, Nov 2-Dec 14, 1:15PM- 2:15PM
\$15 Residents/\$23 Non-Residents



DID YOU KNOW?

Ninety-two percent of U.S. parents agree it is important for youth to **participate in group activities.**

via nrpa.org/parkpulse

Tennis Lessons (Semi-Private)

Participants will learn and/or improve upon the fundamental skills of ground strokes, footwork, volleying, serving, backhand/forehand grips, and the lob. All sessions will consist of 1 to 3 participants. Contact the Youth Sports Office at 414.475.8410 or Youthsports@mkerec.net with questions.

Activity Code: 2RYS6507
(Section codes listed below)

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

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

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

Mon/Wed, Sep 4-Oct 7, 5:30PM- 6:20PM
\$43 Residents/\$65 Non-Residents

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

Mon/Wed, Sep 4-Oct 7, 6:30PM- 7:20PM
\$43 Residents/\$65 Non-Residents

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

Sat, Sep 7-Oct 12, 1:30PM- 2:20PM
\$23 Residents/\$35 Non-Residents

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

Sat, Sep 7-Oct 12, 2:30PM- 3:20PM
\$23 Residents/\$35 Non-Residents



Family Tennis Lessons (Private)

All skill levels welcome! Registration formats will be limited to four (4) total family members of the same household per session. One (1) Adults is required to register, attend, and participate in each session. Contact the Youth Sports Office at 414.475.8410 or Youthsports@mkerec.net for rates.

Activity Code: 2RYS6512
(Section codes listed below)

Sijan Playfield JS01

Sat, Sep 7-Oct 12, 9:30AM-10:20AM
Adult - \$25 Residents/\$38 Non-Residents
Child - \$20 Residents/\$30 Non-Residents

Sijan Playfield JS02

Sat, Sep 7-Oct 12, 9:30AM-10:20AM
Adult - \$25 Residents/\$38 Non-Residents
Child - \$20 Residents/\$30 Non-Residents

Sijan Playfield JS03

Sat, Sep 7-Oct 12, 10:30AM-11:20AM
Adult - \$25 Residents/\$38 Non-Residents
Child - \$20 Residents/\$30 Non-Residents

Sijan Playfield JS04

Sat, Sep 7-Oct 12, 10:30AM-11:20AM
Adult - \$25 Residents/\$38 Non-Residents
Child - \$20 Residents/\$30 Non-Residents

Sijan Playfield JS05

Sat, Sep 7-Oct 12, 11:30AM-12:20PM
Adult - \$25 Residents/\$38 Non-Residents
Child - \$20 Residents/\$30 Non-Residents

Sijan Playfield JS06

Sat, Sep 7-Oct 12, 11:30AM-12:20PM
Adult - \$25 Residents/\$38 Non-Residents
Child - \$20 Residents/\$30 Non-Residents



TRACK

Track and Field Workshop

NEW

In this 1-day workshop, State Finalist in the 400 meter dash, Joran Ball, will introduce several track and field events. Joran will teach technique and form, along with training advice. Class will be held outside. Class is not eligible for reduced fees or refund.

Activity Code: 2RCE6750
(Section codes listed below)

Beulah Brinton (Ages 11-14)..... BN01

Sat, Sep 21, 9:00AM-10:30AM
\$5 Residents/\$8 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 25-Nov 13, 4:00PM- 5:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton (Ages 11-16)..... BN02

Wed, Sep 25-Nov 13, 5:00PM- 6:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton (Ages 7-10)..... BN03

Wed, Dec 4-Jan 15, 4:00PM- 5:00PM
\$13 Residents/\$20 Non-Residents

Beulah Brinton (Ages 11-16)..... BN04

Wed, Dec 4-Jan 15, 5:00PM- 6:00PM
\$13 Residents/\$20 Non-Residents

MILWAUKEE RECREATION TWILIGHT CENTERS

FREE DROP-IN PROGRAM

Twilight Centers are safe places for teens to hang out with their friends and are open to students ages 10-18. Information about fall Twilight opening dates and hours will be available at mkerec.net/Twilight.

MIDDLE SCHOOL SITES (ages 10 - 14)

- Andrew Douglas (3620 N. 18th St.)
- Bay View (2751 S. Lenox St.)

HIGH SCHOOL SITES (ages 12 - 18)

- Obama (5075 N. Sherman Blvd.)
- Washington (2525 N. Sherman Blvd.)
- Madison (8135 W. Florist Ave.)
- North Division (1011 W. Center St.)
- Pulaski (2500 W. Oklahoma Ave.)
- South Division (1515 W. Lapham Blvd.)



MOTHER & SON SUPERHERO NIGHT

SATURDAY, NOVEMBER 9, 2024

HAMILTON, 6215 WEST WARNIMONT AVE. | 5:30 - 7:30PM | AGES 1-8

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.

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
ACTIVITY CODE: 2RCE3322**



Driver Education | General Information

SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION BEGINS ON TUESDAY, AUGUST 6 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

- **Students must be currently enrolled in MPS.**
- Course fee is \$35.00.

COMMUNITY-BASED DRIVER EDUCATION

- Open to any student meeting age requirements.
- City of Milwaukee residents: course fee is \$150.00
- Non-residents: course fee is \$275.00

HOW TO REGISTER:

MPS DRIVE

- Visit mkerec.net.
- **Milwaukee Recreation has created student accounts.**
- **DO NOT CREATE A NEW ACCOUNT.**
- **User Name:** MPS Student ID (Only enter numbers)
- **Password:** Student Last Name (the first letter is capitalized, ex: Smith)

COMMUNITY-BASED DRIVER EDUCATION

- Visit mkerec.net.
- Login to your family account to register for program.

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.**
- Do not attend class until Milwaukee Recreation has contacted you for payment.

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"> • Meets 3 days/week: Mon., Wed., Thurs. • 30 hours in-person. • 2 hours per class, for 15 classes. 	<ul style="list-style-type: none"> • 10 hours in person (2 hours per class, for 5 classes). • Classes will meet: Mon., Wed., Thurs. • 20 hours online. 	<ul style="list-style-type: none"> • 30 hours online. • Work at your own pace. • Maximum of 2 hours per day.

MPS Drive | Activity Code: 2UDE3005

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.

IN-PERSON CLASS OPTIONS

- If you miss three (3) classes, for any reason, you will be dropped from the program without a refund.



DATES: SEPT. 16 - OCT. 17

LOCATION	TIMES	SECTION CODE
Hamilton	5:30 - 7:30 pm	HA01
King	4:15 - 6:15 pm	RK01
Pulaski	4:30 - 6:30 pm	PK01
Riverside	4:15 - 6:15 pm	RS01
Vincent	5:30 - 7:30 pm	VN01

DATES: NOV. 4 - DEC. 12

LOCATION	TIMES	SECTION CODE
Hamilton	5:30 - 7:30 pm	HA02
MHSA	4:15 - 6:15 pm	MH02
Marshall	5:30 - 7:30 pm	MR02
Riverside	4:15 - 6:15 pm	RS02
South	5:30 - 7:30 pm	SD02

HYBRID CLASS OPTIONS

- Must attend all five (5) classes to move to online.

DATES: OCT. 23 - OCT. 31

LOCATION	TIMES	SECTION CODE
MSL	4:15 - 6:15 pm	ML50
Marshall	5:30 - 7:30 PM	MR50
Reagan	4:15 - 6:15 pm	TL50
South	5:30 - 7:30 pm	SD50

ONLINE CLASS OPTIONS

LOCATION	START DATE	SECTION CODE
Online	September 30, 2024	DE10
Online	November 18, 2024	DE11

Community-Based Driver Ed | Activity Code: 2DRD3005

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

IN-PERSON CLASS OPTIONS

- If you miss three (3) classes, for any reason, you will be dropped from the program without a refund.

DATES: SEPT. 11 - OCT. 17

LOCATION	CLASS TIME	SECTION CODE
Marshall	5:30PM - 7:30PM	MR04

DATES: OCT. 23 - DEC. 12

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

ONLINE OPTION

LOCATION	START DATE	SECTION CODE
Online	September 23, 2024	DE20

**SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION
BEGINS ON TUESDAY, AUGUST 6 AT 10AM!**

Join us for the 31st annual

Halloween Glen



Join us for our 31st Annual Halloween Glen on October 4th and 5th! 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 MYTHS & MYSTERIES!

For the 31st annual Halloween Glen, this year's theme is Myths and Mysteries; seek unknown truths and known untruths. Follow a trail of clues to discover the reasons we reason, and how we know what we know. You'll help furry friends with fuzzy logic, share space with out-of-this world superstars who know the history of our mysteries, and visit some characters who are just unreal. Following the hike, families are welcome to participate in a variety of fall-themed activities. Ages 3-12 with adult caregivers. Children ages 2 and under may attend for free. Adult 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.

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 per person.

PICK-UP LOCATION

ALL PARTICIPANTS MUST check-in at the MPS Administration Building located at 5225 W. Vliet St.(rear parking lot). After check in, participants are required to load the shuttle bus that will transport you to the Halloween Glen Event. There will be no parking at Hawthorn Glen.

Halloween Glen will be held rain or shine.

COST

\$6 per person for residents and non-residents (5:00-7:30PM sessions), \$3 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.

Online registration will close at 12:00PM on Friday and 10:00AM on Saturday.

Activity Code: 2P124001
(Section Codes listed below)

BUS DEPARTURE TIMES FROM MPS CENTRAL SERVICES

SCHEDULE

Friday, October 4th

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

Saturday, October 5th

4:30PM - HG06 (Tyke Hike)
5:00PM - HG07
5:30PM - HG08
6:00PM - HG09
6:45PM - HG10
7:15PM - HG11

To sign up, see page 2 • Centers are closed Sept. 2 and Nov. 28 - 29.

OUTDOOR EDUCATION

Autumnal Equinox Sunset Hike

Celebrate the autumn equinox at Hawthorn Glen! We'll enjoy the historic vista of the upper trail and natural springs at dusk, when wildlife is abundant. Fee is per person. Adult 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 21, 6:30PM- 8:00PM
\$5 Residents/\$8 Non-Residents

Wild Tea Hike

People have harvested local plants to make teas for centuries. Join us for a hike to collect plant materials to make and taste tea. Adult 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: 2P125005
(Section codes listed below)

Hawthorn Glen (Ages 8 & up) HG01

Sat, Sep 14, 10:00AM-11:30AM
\$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. Adult 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

(Cardinal and Sunflower, James Preller)
Fri, Sep 13, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG02

(Red Leaf, Yellow Leaf- Lois Ehlert)
Fri, Oct 11, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG03

(Lewis Cardinal's First Winter, Amy Crane Johnson)
Fri, Nov 8, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Gnomes

Everyone needs a garden gnome! Bring an empty 2 liter soda bottle and a sock. We will supply natural materials, you supply the imagination to create a woodland gnome. Adult must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125013
(Section codes listed below)

Hawthorn Glen (Ages 5 & up) HG01

Sat, Sep 28, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Little Naturalists Nature Club

Drop off your child for an introduction to the world of messy, nature-based, exploratory play in Hawthorn Glen's outdoor classroom. We'll explore imaginative play, sparking natural curiosity, and getting hands (a little) dirty. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125028
(Section codes listed below)

Hawthorn Glen (Ages 4-7) HG02

Tue, Oct 1, 4:30PM- 5:30PM
\$4 Residents/\$6 Non-Residents

Hawthorn Glen (Ages 4-7) HG03

Tue, Oct 8, 4:30PM- 5:30PM
\$4 Residents/\$6 Non-Residents

Hawthorn Glen (Ages 4-7) HG04

Tue, Oct 15, 4:30PM- 5:30PM
\$4 Residents/\$6 Non-Residents

Hawthorn Glen (Ages 4-7) HG05

Tue, Oct 22, 4:30PM- 5:30PM
\$4 Residents/\$6 Non-Residents

Seasons of Sensory

A perfect combination for 4-7 year olds who love nature and benefit from structured, regulating activities. You and your child will have a predictable social experience including stories, short hikes- all in an outdoor setting. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125045
(Section codes listed below)

Hawthorn Glen (Ages 4-7.99) HG01

Fri, Sep 27-Nov 22, 12:30PM- 1:00PM
\$10 Residents/\$15 Non-Residents

**Visit page 12
for Nature in Your
Neighborhood!**

Howl-o-ween Pumpkin Carving

Carve animal themed pumpkins for Halloween. We'll harvest the seeds to roast a tasty treat, then light our pumpkins and act like [our] animals! Fee is per person. Adult 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 26, 6:30PM- 8:00PM
\$5 Residents/\$8 Non-Residents

Autumn Leaves

Watch nature's winter transformation! Hike through the colorful forest, collecting leaves, then paint a brightly hued t-shirt of your own. (Bring your own t-shirt). Adult 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 12, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Where Did They Go?

November can seem bleak. Bugs quiet, birds leave. Leaves fall and flowers fade. Where and why did all these things go? Explore these questions during a fall hike. Adult 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 2, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

**Visit page 57 for Outdoor Education
offerings for ages 50+!**

Teddy Bear Hunt

We'll read "We're Going on a Bear Hunt" by Michael Rosen, then receive licenses to hunt for teddy bears. Register your found bear, then enjoy a peanut butter bear treat. Adult 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 7, 10:00AM-12:00PM
\$6 Residents/\$9 Non-Residents

Campfire Tales

Share campfire tales of Wisconsin's infamous legends: Wendigo, Sasquatch, Hodag, Goatman, water monsters, and others. Roast marshmallows and tell your favorite local legend. Adult must register, pay, and attend with a child; the fee is per person, non-refundable, and not eligible for reduced rates.

Activity Code: 2P125099
(Section codes listed below)

Hawthorn Glen (Ages 8 & up) HG01

Sat, Oct 19, 6:30PM-8:00PM
\$5 Residents/\$8 Non-Residents

SPACE SCIENCE

Autumn Planetarium

Learn about fall constellations and their stories. Say farewell to bird constellations as they migrate while observing stars in the comfort of a planetarium. Adult required to register, pay, and attend. Fees are per person, non-refundable, and not eligible for reduced fees.

Activity Code: 2P126016
(Section codes listed below)

Hamilton (Ages 6 & up) HG02

Tue, Sep 17, 6:30PM-7:45PM
\$4 Residents/\$6 Non-Residents

October Fright Sky

Join us for an evening of October constellation lore and dare to explore with us the spooky mysteries of space that send chills down the spines of astronomers. Fee is per person. Adult 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

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

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)!

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

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

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



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

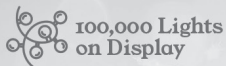
Attendance is **FREE!**
Come visit our Little Nature Museum & see animals native to Wisconsin, including salamanders, bees, several species of turtles & snakes, and many birds, even a hawk.

Hawthorn Glen Winter Wonder Woods

December 6, 7, 13 & 14 • 5:00–8:00 p.m. • 1130 North 60th Street

See Milwaukee Recreation's Hawthorn Glen in a new light as you walk through the woods and view displays that are twinkling with nearly 100,000 lights! \$5/person (Children 2 and under free)

COME EXPERIENCE WINTER WONDER WOODS



100,000 Lights
on Display



Selfie
Station



Hiking
Santa



Fun Facts
Along The Trail



Warm Drinks &
Sweet Treats

Register online at mkerec.net
(Activity code: 3P125082)

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

If the event is canceled due to inclement weather, participants can transfer to an open session on a different day or receive a full refund.



A department of MPS

JOIN US FOR THE ANNUAL Run Back to School

August 24th

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. Visit mkerec.net/rbts for location details.

Carrera Anual de Vuelta a Clases 24 de Agosto
¡Un increíble evento, diversas oportunidades para la familia y la formación de equipos en la comunidad escolar! Participa de una **Corrida divertida de 5 mil kilómetros** o de una **Caminata de 1.5 millas**, además de grandes actividades. Visite mkerec.net/rbts para obtener detalles sobre la ubicación.

LEARN MORE AT
mkerec.net/rbts
APRENDE MÁS



MILWAUKEE
PUBLIC SCHOOLS



GENERAL SWIM INFORMATION

What to Bring — Swimsuit, towel, and swim cap. Swim caps must be worn by all individuals entering the pool. Each swim lesson participant will receive a swim cap with their swim class registration. Additional caps may be purchased with activity code 5RAQSWIMCAP.

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 Gaenslen, 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.

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.

PARENT/ADULT AQUATICS PARTICIPATION

When is Parent/Adult involvement REQUIRED?

- Parent child classes require an adult or responsible person for each child (16 year or older) to be in the water supporting the child. Required: Infant, Tiny-Tot, Lil' Squirts, Advanced Tot. Recommended: Little Level One.
- During OPEN SWIM, Children, age 7 and under are required to have an adult with them one-on-one, in the water, within arm's reach AT ALL TIMES.

Parent/Adult IN WATER:

- Benefits of being in the pool with your young swimmer:
 - » Increased encouragement and repetition of skill practice.
 - » Increased comfort and support, this is a great time to help your child grow their listening skills and practice their swimming skills.
 - » Time to bond and have focused time together.

Parent/Adult in POOL ROOM/ OBSERVATION AREA (Not in Water):

- Benefits of being in pool room / observation area:
 - » Watching from a distance allows some students to develop a trusting relationship with the instructor.
 - » Allowing students more independence while still having you in the room for support/confidence.

Parent NOT in Pool Area or in water:

- Some students might be distracted by their adult being in the pool area and, like school, dropping your child off and leaving the pool area might be what creates the best learning environment for your swimmer.

We want you and your young swimmer to feel comfortable and to get the most out of each class. You know your child best and are encouraged to make the decision of how to support them during their swim experience. If you have questions or concerns, do not hesitate to speak with the instructor to develop a plan or call the Aquatics Office at 414.647.6053.

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

Level	Requirements	Course Description
Infant	Ages 6 mos. to 18 mos. 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.
Lil' Squirt	Ages 18 mos. to 36 mos. 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.
Tiny-Tot	Ages 3-4 yrs. 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.
Advanced Tiny-Tot	Ages 4-5 yrs. 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 and floating. This course serves as an appropriate transition to Level One. Parents will elaborate on safety skills, including swimming with their tot in tow.
Little Lv. 1 OR Little Lv. 2	Ages 4-6 yrs. Previous enrollment in Advanced Tots OR ability to submerge entire body and kick across pool with a kick board.	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.
Level One Water Exploration	Ages 6-14 yrs. None (Please see the height requirements noted under each swim location).	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.
Level Two Fundamental Aquatic Skills	Ages 6-14 yrs. Passed Level 1 or can demonstrate completion of all requirements in Level 1.	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.
Level Three Stroke Development	Ages 6-14 yrs. 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 able to comfortably swim in deep water.
Level Four Stroke Improvement	Ages 6-15 yrs. 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 to improve skills and endurance in the familiar strokes (front/back crawl), and are introduced to the elementary backstroke, breaststroke, sidestroke, and butterfly.
Level Five Advanced Strokes	Ages 6-15 yrs. 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.
Level Six Stroke Refinement	Ages 6-16 yrs. 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.

GENERAL SWIM CLASSES

Milwaukee Recreation would like to thank the American Red Cross Centennial Water Safety Campaign for supporting funding for all families to discover swimming at a reduced cost for the past three years.

American Red Cross



Bay View Girls

Height Requirement: 48" | Pool Temp: 79° - 82°

Monday, Sep 16 - Nov 4

Class#	Level	Start Time	End Time	Price
#2RAQ7404-BV01	Adv. Tiny	Tot4:30PM	5:15PM	\$37
#2RAQ0501-BV01	Level 1	5:30PM	6:20PM	\$37
#2RAQ0502-BV01	Level 2	6:30PM	7:20PM	\$37
#2RAQ0506-BV01	Level 6	7:30PM	8:20PM	\$37
#2RAQ0505-BV01	Level 5	7:30PM	8:20PM	\$37

Tuesday, Sep 17 - Nov 5

Class#	Level	Start Time	End Time	Price
#2RAQ7401-BV01	Infant	4:30PM	5:00PM	\$33
#2RAQ0501-BV02	Level 1	5:10PM	6:00PM	\$37
#2RAQ0502-BV02	Level 2	6:10PM	7:00PM	\$37

Wednesday, Sep 18 - Nov 6

Class#	Level	Start Time	End Time	Price
#2RAQ7402-BV01	Lil' Squirts	4:30PM	5:00PM	\$33
#2RAQ0502-BV03	Level 2	5:10PM	6:00PM	\$37
#2RAQ0503-BV01	Level 3	6:10PM	7:00PM	\$37

Thursday, Sep 19 - Nov 7

Class#	Level	Start Time	End Time	Price
#2RAQ7403-BV01	Tiny Tot	4:30PM	5:00PM	\$33
#2RAQ0504-BV01	Level 4	5:10PM	6:00PM	\$37
#2RAQ0501-BV03	Level 1	6:10PM	7:10PM	\$37

Saturday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ7402-BV02	Lil' Squirts	8:00AM	8:30AM	\$33
#2RAQ7404-BV02	Adv. Tiny Tot	8:45AM	9:25AM	\$37
#2RAQ0501-BV04	Level 1	9:30AM	10:20AM	\$37
#2RAQ0502-BV04	Level 2	10:30AM	11:20AM	\$37
#2RAQ0503-BV02	Level 3	12:10PM	1:00PM	\$37
#2RAQ0504-BV02	Level 4	1:10PM	2:00PM	\$37
#2RAQ0501-BV05	Level 1	3:25PM	4:15PM	\$37

Monday/Wednesday, Nov 18 - Dec 16

Class#	Level	Start Time	End Time	Price
#2RAQ0501-BV06	Level 1	5:00PM	5:50PM	\$37
#2RAQ0502-BV05	Level 2	6:00PM	6:50PM	\$37
#2RAQ0503-BV03	Level 3	7:00PM	7:50PM	\$37

Gaenslen

Height Requirement: 36" | Pool Temp: 86° - 89°

Monday, Sep 16 - Nov 4

Class#	Level	Start Time	End Time	Price
#2RAQ7401-GS01	Infant	5:35PM	6:05PM	\$33
#2RAQ7404-GS01	Adv. Tiny Tot	6:10PM	6:55PM	\$37
#2RAQ7403-GS01	Tiny Tot	7:00PM	7:30PM	\$33
#2RAQ0503-GS01	Level 3	7:40PM	8:30PM	\$37

Tuesday, Sep 17 - Nov 5

Class#	Level	Start Time	End Time	Price
#2RAQ7403-GS02	Tiny Tot	5:35PM	6:05PM	\$33
#2RAQ7402-GS01	Lil' Squirts	6:10PM	6:40PM	\$33
#2RAQ0501-GS01	Level 1	6:45PM	7:35PM	\$37
#2RAQ0504-GS01	Level 4	7:45PM	8:35PM	\$37

Wednesday, Sep 18 - Nov 6

Class#	Level	Start Time	End Time	Price
#2RAQ7402-GS02	Lil' Squirts	5:35PM	6:05PM	\$33
#2RAQ7403-GS03	Tiny Tot	6:10PM	6:40PM	\$33
#2RAQ0505-GS01	Level 5	7:40PM	8:30PM	\$37

Thursday, Sep 19 - Nov 7

Class#	Level	Start Time	End Time	Price
#2RAQ0501-GS02	Level 1	5:40PM	6:30PM	\$37

Friday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ0502-GS02	Level 2	5:40PM	6:30PM	\$37

Saturday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ7401-GS02	Infant	8:00AM	8:30AM	\$33
#2RAQ0511-GS01	Little Level 1	8:35AM	9:20AM	\$37
#2RAQ7403-GS04	Tiny Tot	9:30AM	10:00AM	\$33
#2RAQ7404-GS02	Adv. Tiny Tot	10:15AM	11:00AM	\$37
#2RAQ0501-GS03	Level 1	12:00PM	12:50PM	\$37
#2RAQ0502-GS01	Level 2	1:00PM	1:50PM	\$37
#2RAQ0503-GS02	Level 3	2:00PM	2:50PM	\$37
#2RAQ0501-GS04	Level 1	3:00PM	3:50PM	\$37

Monday/Wednesday, Nov 18 - Dec 16

Class#	Level	Start Time	End Time	Price
#2RAQ0501-GS05	Level 1	5:00PM	5:50PM	\$37
#2RAQ0502-GS03	Level 2	6:00PM	6:50PM	\$37
#2RAQ0503-GS03	Level 3	7:00PM	7:50PM	\$37

To sign up, see page 2 • Centers are closed Sept. 2 and Nov. 28 - 29.

GENERAL SWIM CLASSES

Marshall

Height Requirement: 48" | Pool Temp: 83° - 86°

Monday, Sep 16 - Nov 4

Class#	Level	Start Time	End Time	Price
#2RAQ7403-MR01	Tiny Tot	6:05PM	6:35PM	\$33
#2RAQ0501-MR01	Level 1	6:40PM	7:30PM	\$37

Tuesday, Sep 17 - Nov 5

Class#	Level	Start Time	End Time	Price
#2RAQ7401-MR01	Infant	6:05PM	6:35PM	\$33
#2RAQ0502-MR01	Level 2	6:40PM	7:30PM	\$37
#2RAQ0505-MR01	Level 5	7:40PM	8:30PM	\$37

Wednesday, Sep 18 - Nov 6

Class#	Level	Start Time	End Time	Price
#2RAQ7402-MR01	Lil' Squirts	5:00PM	5:30PM	\$33
#2RAQ0511-MR01	Lt. Level 1	5:40PM	6:25PM	\$37
#2RAQ0503-MR01	Level 3	6:30PM	7:20PM	\$37

Thursday, Sep 19 - Nov 7

Class#	Level	Start Time	End Time	Price
#2RAQ7404-MR02	Adv. Tiny Tot	5:00PM	5:45PM	\$37
#2RAQ0501-MR02	Level 1	5:50PM	6:40PM	\$37
#2RAQ0502-MR02	Level 2	6:45PM	7:35PM	\$37

Saturday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ7404-MR01	Adv. Tiny Tot	8:00AM	8:45AM	\$37
#2RAQ7402-MR02	Lil' Squirts	8:50AM	9:20AM	\$33
#2RAQ0502-MR03	Level 2	9:30AM	10:20AM	\$37
#2RAQ0501-MR03	Level 1	10:30AM	11:20AM	\$37
#2RAQ0503-MR02	Level 3	12:10PM	1:00PM	\$37
#2RAQ0504-MR01	Level 4	1:10PM	2:00PM	\$37
#2RAQ0501-MR04	Level 1	2:10PM	3:00PM	\$37
#2RAQ0502-MR04	Level 2	3:10PM	4:00PM	\$37

Riverside

Height Requirement: 48" | Pool Temp: 78° - 82°

Saturday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ0502-RS01	Level 2	12:20PM	1:10PM	\$37
#2RAQ0501-RS01	Level 1	1:20PM	2:10PM	\$37
#2RAQ0503-RS01	Level 3	2:20PM	3:10PM	\$37

South Division

Height Requirement: 48" | Pool Temp: 79° - 82°

Saturday, Sep 28 - Nov 16

Class#	Level	Start Time	End Time	Price
#2RAQ0505-SD01	Level 5	9:00AM	9:50AM	\$37
#2RAQ0506-SD01	Level 6	9:00AM	9:50AM	\$37
#2RAQ0501-SD01	Level 1	10:00AM	10:50AM	\$37
#2RAQ0502-SD01	Level 2	11:00AM	11:50AM	\$37
#2RAQ7403-SD01	Tiny Tot	12:45PM	1:15PM	\$33
#2RAQ0501-SD02	Level 1	2:30PM	3:20PM	\$37
#2RAQ0503-SD01	Level 3	3:30PM	4:20PM	\$37

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.

Activity Code: 2RAQ0401
(Section codes listed below)

Riverside (Ages 17 & up)..... RS01

Sat, Sep 21-Nov 9, 10:30AM-11:30AM
\$38 Residents/\$54 Non-Residents

South Division (Ages 17 & up)..... SD01

Sat, Sep 28-Nov 16, 1:20PM- 2:20PM
\$38 Residents/\$54 Non-Residents

Beginner Adult Lesson

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. Swim caps are required.

Activity Code: 2RAQ0403
(Section codes listed below)

Bay View (Ages 17 & up).....BV01

Tue, Sep 17-Nov 5, 7:15PM- 8:15PM
\$36 Residents/\$48 Non-Residents

Bay View (Ages 17 & up).....BV02

Wed, Sep 18-Nov 6, 7:15PM- 8:15PM
\$36 Residents/\$48 Non-Residents

Bay View (Ages 17 & up).....BV03

Sat, Sep 21-Nov 9, 2:15PM- 3:15PM
\$36 Residents/\$48 Non-Residents

Gaenslen (Ages 17 & up).....GS01

Thu, Sep 19-Nov 7, 7:30PM- 8:30PM
\$36 Residents/\$48 Non-Residents

Milwaukee Marshall (Ages 17 & up)... MR01

Mon, Sep 16-Nov 4, 7:40PM- 8:40PM
\$36 Residents/\$48 Non-Residents

Intermediate Adult Lesson

Intermediate swimmers will work on refining swimming strokes. Swimming caps are required.

Activity Code: 2RAQ0404
(Section codes listed below)

Bay View (Ages 17 & up).....BV01

Thu, Sep 19-Nov 7, 7:15PM- 8:15PM
\$36 Residents/\$48 Non-Residents

Milwaukee Marshall (Ages 17 & up)... MR01

Wed, Sep 18-Nov 6, 7:30PM- 8:30PM
\$36 Residents/\$48 Non-Residents

AQUA FITNESS

Aqua Boot Camp

Scorch calories long after your swimsuit dries! A powerful class to challenge the fitness enthusiast; bring hand-held weights (3-8 pounds) and a water bottle. 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 RS02

Sat, Sep 21-Nov 9, 9:10AM-10:20AM
\$38 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 28-Nov 16, 8:45AM- 9:45AM
\$38 Residents/\$54 Non-Residents

Cardio Splash

Convert fat into lean muscle as you work against powerful water resistance. Experts agree that fat loss is expedited through interval training; work sets of higher intensity with periods of active rest. Endurance and intensity build each week for maximum results. Bring water bottle to class.

Activity Code: 2RAQ0304
(Section codes listed below)

Gaenslen GS01

Tue, Sep 17-Nov 5, 4:30PM- 5:30PM
\$38 Residents/\$54 Non-Residents

Gaenslen GS02

Thu, Sep 19-Nov 7, 4:30PM- 5:30PM
\$38 Residents/\$54 Non-Residents

Milwaukee Marshall MR01

Mon, Sep 16-Nov 4, 5:00PM- 6:00PM
\$38 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)

Gaenslen GS01

Mon, Sep 16-Nov 4, 4:30PM- 5:30PM
\$38 Residents/\$54 Non-Residents

Gaenslen GS02

Wed, Sep 18-Nov 6, 4:30PM- 5:30PM
\$38 Residents/\$54 Non-Residents

Gaenslen GS03

Fri, Sep 20-Nov 15, 4:30PM- 5:30PM
\$38 Residents/\$54 Non-Residents

Milwaukee Marshall MR01

Thu, Sep 19-Nov 7, 7:40PM- 8:40PM
\$38 Residents/\$54 Non-Residents

YoQUA Fusion

Specially designed water exercise to ease the mind and restore the body. Gentle movement to increase flexibility and renew your spirit will be interspersed with moderate cardiovascular exercise to maintain temperature. Floatation belts (provided) may be used for some portions of this class.

Activity Code: 2RAQ0307
(Section codes listed below)

Milwaukee Marshall MR01

Tue, Sep 17-Nov 5, 5:00PM- 6:00PM
\$38 Residents/\$54 Non-Residents

Resolution Jump Start

This wet workout will keep a steady pace to maintain heart rates in the ideal zone for fat burn. The resistance of the water will tone your body and the 90 minute sessions will challenge your endurance. Only 4 weeks of work to feel your best for the New Year!

Activity Code: 2RAQ0308
(Section codes listed below)

Gaenslen GS01

Tue/Thu, Nov 19-Dec 17, 5:00PM- 6:30PM
\$38 Residents/\$54 Non-Residents

Milwaukee Marshall MR01

Mon/Wed, Nov 18-Dec 16, 5:30PM- 7:00PM
\$38 Residents/\$54 Non-Residents

H2f1ow

Feel balanced in mind and body with H2f1ow, a warm water class that works on movement, flotation, meditation and stretching to find a deeper connection to self, soothe pain and relieve stress. Let go of fear, balance your nervous system and experience the healing power of water.

Activity Code: 2RAQ0311
(Section codes listed below)

GaenslenGS01
Wed, Sep 18-Nov 6, 6:40PM- 7:40PM
\$38 Residents/\$54 Non-Residents

Floga

NEW

Floating + Yoga = Floga. A yoga class on the water with our glide fit boards. Expect to be in the water to get onto your floating yoga board, stabilized by lane lines. This class is intended as a unique way to experience a yoga class while challenging your balance and having fun.

Activity Code: 2RAQ0312
(Section codes listed below)

WashingtonWA01
Sat, Sep 21-Nov 9, 10:30AM-11:30AM
FREE

AQUATICS TRAINING

Lifeguard Training

Ages 15 & up. Red Cross Lifeguard Training includes: water rescue, first aid and CPR. This is a Blended Learning course, about 6 hours of online content accompany this course. Must attend class in full, Prerequisites for this class are required. Call for more details, 414.647.6076. Instructor: Denzel Shareef

Activity Code: 2RAQ0601
(Section codes listed below)

Riverside (Ages 15-79)..... RS01
(Mandatory Pre-test on Sept. 28 from 8:00AM - 9AM. Call the aquatics office to reschedule, if needed, 414.647.6076.)
Sat, Oct 12-Nov 2, 8:45AM- 4:45PM
\$100 Residents/\$300 Non-Residents



WSI - Water Safety Instructor

Age 16 & Up. Red Cross Water Safety Instructor (WSI) course trains candidates to teach a variety of swim classes Prerequisites: 25 yards of proficient: Front Crawl, Back Crawl, Breaststroke, Sidestroke, Elementary Backstroke and Butterfly. For additional information and train-to-hire opportunities call 414.647.6053.

Activity Code: 2RAQ0604
(Section codes listed below)

South Division (Ages 16-80)SD02
MUST attend pre-course session on Saturday, Nov. 2, 8:00AM at South Division. Call the aquatics office for an alternative date. Course times and locations: Thursdays, 5:30PM - 8:30PM at OASIS (2414 W Mitchell St) Nov. 14th & 21st, Dec. 5th & 12th. Saturdays, 8:15AM - 4:45PM at South Division Nov. 16th & 23rd, Dec 7th & 14th.
\$160 Residents/\$240 Non-Residents

LG PREP

Interested in taking or already enrolled in a lifeguard course but need some time and support in the water to ensure you can pass the Lifeguard Pre-test? Sign up for this section to prepare to pass the pre-test with an instructor. Course is FREE, but registration is required. Please bring goggles to the class. If you have any questions call the Aquatics office, 414.647.6076 or email us at Swim@mkrec.net.

Activity Code: 2RAQ0611
(Section codes listed below)

Gaenslen (Ages 14 & up)GS01
Fri, Sep 20-Nov 8, 6:40PM- 7:30PM
FREE

ARC TRAINING

CPR with AED

American Red Cross CPR/AED equips you to respond to emergencies, perform chest compressions, and use an AED. Vital for personal and professional contexts. Healthcare workers should ensure its suitability for their role. Refunds require one-week notice. Certificate valid for 2 years.

Activity Code: 2RAE0202
(Section codes listed below)

OASIS 5502
Tue, Sep 24, 5:15PM- 8:45PM
\$54 Residents/\$81 Non-Residents

OASIS 5501
Fri, Sep 27, 5:15PM- 8:45PM
\$54 Residents/\$81 Non-Residents



WARM WATER WALK INFORMATION

FRIDAYS, 9/20 - 11/8 AT GAENSLEN - 6:30PM - 7:30PM

Warm water walk is a FREE program!

Enjoy a therapy pool setting with minimum water temperatures of 86F. Each reservation via this registration is for a single person for a single session. No formal instruction provided.

ACTIVITY CODE: 2RAQ1034.

YOUTH COMP SWIM

Competitive Swim - Extra Practice

EXTRA PRACTICE is an opportunity for swim team members of Intermediate and Advanced competitive swim programs to swim an additional practice per week. Swimmer must first be enrolled in either Intermediate or Advanced Competitive Swim of any Milwaukee Recreation Competitive Swim Team to be eligible for this option. Not eligible for reduced fees. Family discount does not apply.

Activity Code: 2RCS0804
(Section codes listed below)

Washington (Ages 4-19)WA01
Sat, Sep 21-Dec 14, 8:30AM-10:00AM
\$24 Residents/\$36 Non-Residents

Piranhas Swim Team

Milwaukee Piranhas Age-Group Swim Club offers 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. Seasonal swim meets will be held with local age-group clubs.

Activity Code: 2RCS0808
(Section codes listed below)

Washington (Ages 4-19)WA02
(Intermediate group)
Mon-Thu, Sep 9-Dec 17, 5:30PM- 6:30PM
\$54 Residents/\$81 Non-Residents

Washington (Ages 4-19)WA01
(Advanced)
Mon-Thu, Sep 9-Dec 17, 6:30PM- 8:00PM
\$72 Residents/\$108 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. 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.

Activity Code: 2RCS0809
(Section codes listed below)

South Division (Ages 4-19)SD01
Mon/Wed, Sep 9-Dec 16, 6:15PM- 7:00PM
\$39 Residents/\$58 Non-Residents

South Division (Ages 4-19)SD11
(Pre-Comp group)
Tue/Thur, Sep 9-Dec 16, 6:15PM- 7:00PM
\$39 Residents/\$58 Non-Residents

South Division (Ages 4-19)SD02
(Intermediate group)
Tue/Thur, Sep 9-Dec 16, 6:15PM- 7:00PM
\$39 Residents/\$58 Non-Residents

South Division (Ages 4-19)SD03
(Advanced group)
Tue/Thur, Sep 9-Dec 16, 6:15PM- 7:00PM
\$39 Residents/\$58 Non-Residents

Krakens Swim Team

The Krakens 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. 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.

Activity Code: 2RCS0810
(Section codes listed below)

Riverside (Ages 4-19)..... RS02
(Intermediate group)
Mon/Wed-Fri, Sep 9-Dec 16, 6:15PM- 7:15PM
\$36 Residents/\$54 Non-Residents

Riverside (Ages 4-19)..... RS03
(Pre-Comp group)
Mon/Thu, Sep 9-Dec 16, 6:15PM- 7:00PM
\$24 Residents/\$36 Non-Residents

Riverside (Ages 4-19)..... RS01
(Advanced group)
Mon/Wed-Fri, Sep 9-Dec 18, 6:45PM- 8:15PM
\$48 Residents/\$72 Non-Residents

Riverside (Ages 4-19)..... RS22
(Intermediate group)
Mon/Wed-Fri, Sep 9-Dec 18, 7:15PM- 8:15PM
\$36 Residents/\$54 Non-Residents

Riverside (Ages 4-19)..... RS13
(Pre-Comp group)
Wed/Fri, Sep 11-Dec 18, 6:15PM- 7:00PM
\$24 Residents/\$36 Non-Residents



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)

Riverside (Ages 14 & up)..... RS11

Mon, Sep 9-Dec 16, 5:45AM- 7:15AM
\$38 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS01

(Tuesday Evening Option)
Tue, Sep 10-Dec 17, 7:40PM- 8:40PM
\$38 Residents/\$57 Non-Residents

Riverside (Ages 14 & up)..... RS12

Wed, Sep 11-Dec 11, 5:45AM- 7:15AM
\$38 Residents/\$57 Non-Residents

Riverside (Ages 14 & up)..... RS13

Fri, Sep 13-Dec 13, 5:45AM- 7:15AM
\$38 Residents/\$42 Non-Residents

South Division (Ages 14 & up).....SD11

Tue, Sep 10-Dec 17, 5:45AM- 7:15AM
\$38 Residents/\$57 Non-Residents

South Division (Ages 14 & up).....SD12

Thu, Sep 12-Dec 12, 5:45AM- 7:15AM
\$38 Residents/\$57 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)

Washington (Ages 14 & up).....WA01

Sat, Sep 21-Dec 14, 7:25AM- 8:25AM
\$38 Residents/\$57 Non-Residents

Triathlon Cross Training

Triathlon specific swim, biking and running techniques and tips are just the beginning. In/outdoor options dependent on weather. Minimum recommended fitness level to be comfortable in class include: 50 yards of nonstop swim ability, 10 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)..... RS01

Tue, Sep 10-Nov 12, 5:45PM- 7:15PM
\$42 Residents/\$56 Non-Residents

OPEN + LAP SWIM INFORMATION

Open / lap swim is available at the following locations:

- **Gaenslen School (no lap option)**
 - » Fridays, 9/20- 11/8, 7:30PM - 8:30PM
- **Riverside High School**
 - » Saturdays, 9/21 - 11/9, 8:00AM - 9:00AM
- **South Division High School (no open swim, lap swim only)**
 - » Saturdays, 9/28 - 11/16, 7:30AM - 8:30AM
- **Washington High School**
 - » Saturdays, 9/21 - 11/9, 12:30PM - 2:00PM

Additional open and lap swim opportunities will be listed online at mkerec.net/openswim.

Children under the age of 7 must be accompanied in the water by an adult who will remain within arm's reach of the child. Swim caps are required. Two lap swim lanes will be available on a first come, first served basis. Open / lap swim is a **FREE** program and pre-registration is required.

ACTIVITY CODE: 2RAQ1032.



AQUATICS IS NOW HIRING!

Interested in joining the Milwaukee Recreation aquatics team? See below for all employment opportunities. Visit 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
- » Call 414.647.6076 for train-to-hire opportunities

Apply online at mkerec.net/aquatics or email 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 a certified Water Safety Instructor (WSI)

- » Register online at mkerec.net
- » WSI Training is FREE for current Milwaukee Recreation employees

Apply online at mkerec.net/aquatics or email 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 or email swim@mkerec.net for more information.

COACHES

Starting Pay: \$16/hr for assistant coaches, \$19/hr for head coaches
Age: 15+

Coaching experience preferred but not required.

Seasonal, year-round employment and flexible scheduling.

Youth teams available:

- The Piranhas
- The Krakens
- The Tidal Waves

Adult programs available:

- Masters Swim and Tri Training

Apprenticeships available! Apply online at mkerec.net/aquatics or email swim@mkerec.net for more information.

COMMUNITY WELLNESS

Mil"WALK"ee

Join our walking club for a cardio workout while exploring Milwaukee! Each week, walk up to 4 miles in a group setting. Walk locations can be found at www.mkerec.net/wellness. Attendance at every walk is not required. Wednesday walks may include historical highlights or brief pauses along the route.

Activity Code: 2PL59003
(Section codes listed below)

Various WN01
Tue, Sep 10-Nov 12, 10:00AM-11:15AM
FREE

Various WN02
Wed, Sep 11-Nov 13, 5:30PM- 6:30PM
FREE

Various WN03
Thu, Sep 12-Nov 14, 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 27-Jan 24, 10:45AM-11:30AM
FREE

Tiefenthaler Park TF01
(2480 W Cherry St.)
Tue, Nov 5-Dec 17, 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.

Activity Code: 2PL59006
(Section codes listed below)

Cupertino Park WN05
(200 E Iron Street)
Sat, Sep 7-Oct 12, 11:00AM-12:00PM
FREE

Hawthorn Glen WN01
Tue, Sep 3-Oct 29, 5:15PM- 6:00PM
FREE

Tiefenthaler Park TF01
(2480 W Cherry St)
Tue, Sep 3-Oct 29, 10:00AM-11:00AM
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.

Activity Code: 2PL59011
(Section codes listed below)

Beulah Brinton WN01
Thu, Nov 14, 6:00PM- 7:00PM
FREE

Community Bike Rides - Beginner

Discover the joy of group bike rides on Milwaukee's best trails! Rides include a short introduction on bike safety & etiquette followed by a 60-90 minute group ride led by our ride leaders. Participants must provide their own bike & helmet. Ages 16 and up welcome.

Activity Code: 2PL59016
(Section codes listed below)

Various WN01
(South Shore Park & Kulwicks Park)
Wed, Sep 11-Oct 30, 9:30AM-11:30AM
FREE

South Shore Park WN02
(2900 S Shore Dr)
Thu, Sep 5, 6:00PM- 7:30PM
FREE

Sussex Village Park WN03
(W244N6260 Weaver Dr)
Sat, Sep 7, 10:00AM-11:30AM
FREE

Grant Park WN04
(100 Hawthorne Ave)
Sat, Sep 14, 10:00AM-11:30AM
FREE



Hoyt Park WN05
(1800 N Swan Blvd)
Thu, Sep 19, 6:00PM- 7:30PM
FREE

Froemming Park WN06
(8801 S 51st St)
Sat, Sep 21, 10:00AM-11:30AM
FREE

Doyme Park WN07
(5300 W Wells)
Sat, Sep 28, 10:00AM-11:30AM
FREE

Humboldt Park WN08
(3000 S Howell)
Thu, Oct 3, 6:00PM- 7:30PM
FREE

Greenfield Park WN09
(12035 W Greenfield Ave)
Sat, Oct 5, 10:00AM-11:30AM
FREE

**Urban Ecology Center -
Riverside Park WN10**
(1500 E Park Place)
Sat, Oct 12, 10:00AM-11:30AM
FREE

Whitnall Park WN11
(8831 N Root River Pkwy)
Thu, Oct 17, 6:00PM- 7:30PM
FREE

Mitchell's Restaurant WN12
(10433 W Appleton Ave)
Sat, Oct 19, 10:00AM-11:30AM
FREE

The Rock Sports Complex WN13
(7005 S Baseball Dr)
Sat, Oct 26, 10:00AM-11:30AM
FREE

**Estabrook Park -
Milwaukee Co. Parks WN14**
(4600 Estabrook Pkwy)
Thu, Oct 31, 6:00PM- 7:30PM
FREE

Community Bike Ride - Good Morning Hank

Enjoy a ride through a variety of environments including urban, river, prairie and wooded surroundings. Rides will focus on bike trails with some street riding and will start/end at the same location. Rides are suitable for all levels. Participants must provide their own bike & helmet.

Activity Code: 2PL59018
(Section codes listed below)

Juneau Playfield WN01
(6500 W Mt. Vernon Ave.)
Tue, Sep 10-Oct 29, 8:00AM-10:00AM
FREE



Nordic Walking for Beginners

Nordic Walking uses poles to enhance your walking experience. A technique similar to cross-country skiing & power walking, Nordic Walking is a total body workout. Class is geared towards beginners, poles are provided. Led by Alisa, Certified Nordic Walking Instructor.

Activity Code: 2PL59021
(Section codes listed below)

South Shore Park WN02
(2900 S Shore Drive)
Sun, Sep 8-Nov 10, 8:30AM- 9:30AM
FREE

Urban Ecology Ctr.
Riverside Park WN01
(1500 E Park Place)
Sat, Sep 7-Nov 9, 8:30AM- 9:30AM
FREE

Fitness in the Park Zumba

Join us for a Zumba class in the park! Zumba is a fun and easy way to workout with routines that feature easy-to-follow dance steps synched to Latin music helping you tone and sculpt your body. Class is geared towards all fitness levels, ages, and suitable for beginners.

Activity Code: 2PL59027
(Section codes listed below)

Burnham Playfield WN01
Tue, Sep 10-Oct 29, 6:00PM- 6:55PM
FREE

Functional Strength Training

Functional fitness is strength training that prepares the body for daily activities. This class helps you real life bending, twisting, lifting, pushing, pulling & squatting. Suitable for all fitness levels, must be able to get down on the ground & up, unassisted. Bring your own exercise mat & water.

Activity Code: 2PL59031
(Section codes listed below)

Beulah Brinton BN01
Tue, Sep 24-Jan 21, 8:30AM- 9:30AM
FREE

Beulah Brinton BN02
Thu, Sep 26-Jan 23, 8:30AM- 9:30AM
FREE

Community Bike Rides - Bike Touring

Learn the basics of bike touring as you build your endurance with long distance rides. Participants should be comfortable in the saddle for 2 hours with the expectation of increasing ride time as the season progresses. Participants must provide a bike & helmet. Ages 16 and up.

Activity Code: 2PL59032
(Section codes listed below)

Riverside WN01
Sun, Sep 8, 12:00PM- 3:00PM
FREE

Riverside WN02
Sun, Sep 22, 12:00PM- 3:00PM
FREE

Riverside WN03
Sun, Oct 6, 12:00PM- 3:00PM
FREE

Riverside WN04
Sun, Oct 20, 12:00PM- 3:00PM
FREE

Sunrise Meditation on the Lake

Join us for some relaxing guided meditation and mindful breathing exercises while enjoying the early morning sunrise over Lake Michigan. Please bring your own yoga mat and water.

Activity Code: 2PL59033
(Section codes listed below)

Cupertino Park WN01
(200 E Iron Street)
Thu, Sep 5-Oct 10, 7:30AM- 8:00AM
FREE

Cupertino Park WN02
(200 E Iron Street)
Fri, Sep 6-Oct 11, 8:30AM- 9:00AM
FREE

Sunrise Yoga on the Lake

Join us for an outdoor yoga class that will take you through a series of poses and breath work while enjoying the early morning sunrise over Lake Michigan. Please bring your own yoga mat and water.

Activity Code: 2PL59034
(Section codes listed below)

Cupertino Park WN01
(200 E Iron Street)
Thu, Sep 5-Oct 10, 8:00AM- 8:45AM
FREE

Cupertino Park WN02
(200 E Iron Street)
Fri, Sep 6-Oct 11, 9:00AM- 9:45AM
FREE

Mil"WALK"ee - Indoor Edition

Join the Lindsay Heights neighborhood for an indoor walk in the basement at North Division! Work up a sweat walking while meeting new people. Each week walk up to one hour in the hallways in a group setting. Attendance at every walk is not required. Please wear appropriate shoes for an indoor walk.

Activity Code: 2PL59035
(Section codes listed below)

North Division ND01
Mon/Wed, Sep 16-Nov 18, 6:00PM- 7:00PM
FREE

Community Bike Ride - Coffee Shop 50 Ride

Join us as we tour part of the Oak Leaf Trail. This 50 mile ride is a slow to moderate ride with four coffee shop/rest stops along the route. Riders can complete the entire route or any portion of the trip they choose. Exact route and stopping locations will be emailed out prior to the ride.

Activity Code: 2PL59036
(Section codes listed below)

Valentine WN01
(5918 W Vliet Street)
Sat, Nov 2, 10:00AM- 3:00PM
FREE



Community Bike Rides - Polar Pedalers

Discover the joy of group bike rides this winter! Ride includes a 60-90 minute group ride. Rides are suitable for beginners with multiple stops for breaks, and pace will be adjusted so everyone can talk comfortably while riding. Please dress appropriately for winter weather.

Activity Code: 2PL59037
(Section codes listed below)

Hart Park WN01
(7300 W Chestnut Street)
Wed, Nov 6-Dec 18, 10:00AM-11:30AM
FREE

Health is Wealth: Cancer Survivorship Program

This program teaches cancer survivors & caregivers healthy lifestyle with nutrition, cooking demos, and exercise. Class meets twice a week and consists of nutrition & healthy lifestyle education, healthy cooking demos, and physical activity. Led by Leonard Wilson, Divine Intervention Fitness.

Activity Code: 2PL59040
(Section codes listed below)

OASIS 5501
Mon/Wed, Aug 5-Sep 25, 6:00PM- 8:00PM
FREE

Meditative Walking in Nature

NEW

Immerse yourself in the beauty of nature with meditative walking led by an experienced guide. This walk will lead you through various mindfulness techniques encouraging you to fully engage your senses and cultivate a deep sense of awareness in the present moment.

Activity Code: 2PL59041
(Section codes listed below)

Hawthorn Glen WN01
Mon, Sep 9-Oct 14, 5:45PM- 6:45PM
FREE

Sound Bath

NEW

Led by a skilled sound healer, you will be guided through a journey of sounds with melodic instruments. This class offers a transformative experience leaving you feeling refreshed, rejuvenated & radiant. Bring something to lie on as this unique experience combines the healing power of sound with the tranquil ambience of nature.

Activity Code: 2PL59042
(Section codes listed below)

Hawthorn Glen WN01
Mon, Sep 9-Oct 14, 6:00PM- 6:45PM
FREE

Restorative Yoga

NEW

Restorative yoga focuses on relaxation and gentle body opening through passive stretches. You may find yourself barely moving and engaging in only a few poses. This style of yoga offers a unique experience, emphasizing slowing down and relaxing. This class is perfect for any skill level.

Activity Code: 2PL59045
(Section codes listed below)

Hamilton (Ages 50 & up) HA01
Wed, Sep 25-Nov 13, 4:30PM- 5:30PM
FREE

MacDowell JU01
Wed, Sep 25-Nov 13, 4:30PM- 5:30PM
FREE

Forest Breathing

NEW

Self regulate with the power of the breath while enjoying the benefits of being submersed in the forest. We'll practice controlling the breath to ground our minds and body to harmonize with nature. The class will calm and balance the body led by an experienced breathwork practitioner Shanice Hemphill.

Activity Code: 2PL59046
(Section codes listed below)

Hawthorn Glen WN01
Thu, Sep 12-Oct 3, 12:00PM- 1:00PM
FREE

Let's Make Kombucha

NEW

Join us and learn the art of crafting your own delicious, probiotic-rich beverage! This hands-on workshop covers everything from selecting ingredients to mastering the fermentation process. Perfect for beginners and enthusiasts alike. Walk away with your own brew and the skills to continue at home!

Activity Code: 2PL59049
(Section codes listed below)

Hamilton HA01
Mon, Sep 9, 5:30PM- 6:30PM
\$24 Residents/\$36 Non-Residents

Hamilton HA02
Mon, Sep 23, 5:30PM- 6:30PM
\$24 Residents/\$36 Non-Residents

Hamilton HA03
Mon, Oct 7, 5:30PM- 6:30PM
\$24 Residents/\$36 Non-Residents

Hamilton HA04
Mon, Oct 28, 5:30PM- 6:30PM
\$24 Residents/\$36 Non-Residents

Hamilton HA05
Mon, Nov 4, 5:30PM- 6:30PM
\$24 Residents/\$36 Non-Residents

Hamilton HA06
Mon, Nov 18, 5:30PM- 6:30PM
\$24 Residents/\$36 Non-Residents

Guided Meditation for Kids

This class offers a safe and nurturing environment, where children can explore mindfulness and relaxation, through age-appropriate meditation practices. A sense of inner calm will be cultivated, enhancing overall wellbeing, that will benefit your child both now and in the future. Suitable for ages 10-18

Activity Code: 2PL59050
(Section codes listed below)

Hawthorn Glen (Ages 5-17) WN01
Wed, Sep 4-Oct 9, 4:30PM- 5:30PM
FREE

E.P.U's Public Safety Empowering Parents

NEW

This class teaches public safety, emotional intelligence and situational awareness to equip parents with the knowledge and skills to educate their children on public safety, stranger awareness, and personal safety habits. Participants will leave empowered to create a family safety plan.

Activity Code: 2PL59051
(Section codes listed below)

MacDowell WN01
Sat, Sep 21-Nov 9, 12:45PM- 1:45PM
FREE

E.P.U's Public Safety for Kids

NEW

The Public Safety for Kids course is designed to teach young children about important safety topics to help them stay safe in various situations. The course will cover essential skills and knowledge to promote personal safety, home safety, and community safety.

Activity Code: 2PL59052
(Section codes listed below)

MacDowell (Ages 5-17) WN01
Sat, Sep 21-Nov 9, 12:00PM-12:30PM
FREE

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. The first weekly class includes health/nutrition education and a fitness class. The second weekly class is a group fitness class. Total Wellness is for all levels.

Activity Code: 2PL59015
(Section codes listed below)

Hamilton HA01
Sat, Sep 21-Nov 9, 12:00PM-12:30PM AND
Wed, Sep 21-Nov 9, 6PM-7PM
\$8 Residents/\$8 Non-Residents

Marshall MR01
Sat, Sep 21-Nov 9, 12:00PM-12:30PM AND
Wed, Sep 21-Nov 9, 6PM-7PM
\$8 Residents/\$8 Non-Residents

Be sure to check out our
NEW wellness aquatics
class... **FLOGA!**

See page 31 for more
information.

WEAVING AND FIBER ARTS



ABK Weaving Center
Gaenslen School
1250 E. Burleigh St.
414-267-5771
www.abkweavingcenter.org

Not Your Grandma's Knitting

Basic knitting skills (ability to cast-on, knit, purl, bind off) are needed to take this class. Participants will learn to make a project utilizing techniques such as magic loop, felting, colorwork, or cable work. Knitters will be contacted via email prior to the start of the class and given the choice of 2 projects. A supply list for each project will be provided in the email.

Activity Code: 2RAE6903
(Section codes listed below)

GaenslenGS01
 (Instructor: Meredith Berghauer)
 Thu, Sep 26-Nov 14, 5:00PM- 7:00PM
 \$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. Weavers at this level will supply their own scissors, measuring tapes, and other sewing notions. Participants must have completed at least one beginning weaving class at ABK and know how to warp a loom.

Activity Code: 2RAE6905
(Section codes listed below)

GaenslenGS01
 (Instructor: Naomi Holthaus)
 Mon, Sep 23-Nov 11, 9:30AM-12:30PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS07
 (Instructor: Carly Neil)
 Mon, Sep 23-Nov 11, 6:00PM- 8:30PM
 \$54 Residents/\$ Non-Residents

GaenslenGS02
 (Jacquie Crema)
 Tue, Sep 24-Nov 12, 6:00PM- 8:30PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS04
 (Instructor: Judy Larsen)
 Wed, Sep 25-Nov 6, 12:00PM- 3:00PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS06
 (Instructor: Lynn Sbonik)
 Wed, Sep 25-Nov 13, 6:00PM- 8:30PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS03
 (Instructor: Lynn Sbonik)
 Thu, Sep 26-Nov 14, 6:00PM- 8:30PM
 \$54 Residents/\$54 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 is open to those with no tapestry experience, those who know the basics but want to learn more, and advanced weavers wanting to gather with like-minded weavers to share tapestry experience. 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.

Activity Code: 2RAE6919
(Section codes listed below)

GaenslenGS01
 Tue, Sep 24-Nov 12, 9:30AM-12:00PM
 \$54 Residents/\$54 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 is due to the instructor at the first class.

Activity Code: 2RAE6959
(Section codes listed below)

GaenslenGS01
 (Instructor: Kallia Walkowiak)
 Mon, Sep 23-Nov 11, 6:00PM- 8:30PM
 \$44 Residents/\$44 Non-Residents

GaenslenGS05
 (Instructor: Jacquie Crema)
 Tue, Sep 24-Nov 12, 3:00PM- 5:30PM
 \$44 Residents/\$44 Non-Residents

GaenslenGS04
 (Instructor: Carly Neil)
 Tue, Sep 24-Nov 12, 6:00PM- 8:30PM
 \$44 Residents/\$44 Non-Residents

GaenslenGS02
 (Instructor: Judy Larsen)
 Wed, Sep 25-Nov 6, 9:30AM-12:30PM
 \$44 Residents/\$44 Non-Residents

GaenslenGS03
 (Instructor: Kallia Walkowiak)
 Thu, Sep 26-Nov 14, 6:00PM- 8:30PM
 \$44 Residents/\$44 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)

GaenslenGS01
 (Intermediate - Instructor: Sue Knorr)
 Wed, Oct 23-Oct 30, 6:00PM- 8:00PM
 \$14 Residents/\$14 Non-Residents

Beginner Knitting

Learn the basics of knitting. Participants will learn how to cast yarn on and off their needles, various knit and purl combinations, and the necessary skills to continue on with the art of knitting. Please bring size US 9 circular 16€ needle and worsted weight yarn to class.

Activity Code: 2RAE6972
(Section codes listed below)

GaenslenGS01
 (Instructor: Erin Arnevik)
 Mon, Oct 7-Oct 21, 6:00PM- 8:00PM
 \$24 Residents/\$24 Non-Residents

ARTS & CRAFTS

Drawing & Painting

Whether you are a beginner or a pro, join us for adventures in all types of 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.

50+ Activity Code: 2R550902
(Section codes listed below)

Enderis Playfield..... EF01
Tue, Sep 10-Oct 15, 5:00PM- 7:00PM
\$27 Residents/\$41 Non-Residents

Enderis Playfield..... EF02
Tue, Oct 22-Nov 26, 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.

50+ Activity Code: 2R550903
(Section codes listed below)

Enderis Playfield..... EF01
Tue, Sep 10-Oct 15, 9:00AM-12:00PM
\$19 Residents/\$29 Non-Residents

Enderis Playfield..... EF02
Tue, Oct 22-Nov 26, 9:00AM-12:00PM
\$19 Residents/\$29 Non-Residents

Acrylic Painting

Join our painting course for a fun journey through techniques like shape recognition, light sources, and mastering values. Suitable for all levels, with personalized progress. Guided by award-winning artist Laura Easey-Jones. You will be given a supply list at the point of registration. Please bring your supplies and a photo on the first day of class.

50+ Activity Code: 2R550913
(Section codes listed below)

OASIS 5501
Mon, Sep 9-Oct 21, 9:30AM-11:30AM
\$32 Residents/\$48 Non-Residents

OASIS 5503
Mon, Oct 28-Dec 9, 9:30AM-11:30AM
\$32 Residents/\$48 Non-Residents



Explore Mixed Media

Create stunning collages using paper, torn magazine pages, texture paste, stamps, paint, and more. Each project is uniquely yours. Suitable for all skill levels, with opportunities to explore advanced techniques like paint pouring, Shibori dyeing, and alcohol inks in future sessions. Basic supplies provided.

50+ Activity Code: 2R550914
(Section codes listed below)

OASIS 5501
Mon, Sep 9-Oct 21, 12:30PM- 2:30PM
\$32 Residents/\$48 Non-Residents

OASIS 5502
Mon, Oct 28-Dec 9, 12:30PM- 2:30PM
\$32 Residents/\$48 Non-Residents

Open Cricut

Have a project that you've wanted to work on? Bring your Cricut® and your idea to this class! We will work together to complete a Cricut® project of your choice.

Activity Code: 2RAE0900
(Section codes listed below)

Hamilton HA01
Sat, Sep 21-Nov 2, 11:30AM- 1:30PM
\$36 Residents/\$54 Non-Residents

Basic Jewelry Making

Create beautiful jewelry starting with earrings, then progressing to a bracelet and necklace. This beginner-friendly class covers crimping, using soft wires, clasps, rings, multi-strand designs, wrapped loops, and tool usage. A \$10 cash supply fee is due to instructor at the first class.

Activity Code: 2RAE0902
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Sep 14-Nov 2, 10:00AM-11:30AM
\$36 Residents/\$54 Non-Residents

Creative Crochet Techniques

Learn and practice basic and textured stitches in this class. Explore popcorns, shells, and post stitches. Convert swatches into various accessories. Bring a skein of light-colored yarn and a suitable hook (refer to yarn label for size)

Activity Code: 2RAE0903
(Section codes listed below)

Beulah Brinton BN01
Mon, Sep 23-Nov 11, 10:30AM-11:30AM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN02
Mon, Dec 2-Jan 13, 10:30AM-11:30AM
\$17 Residents/\$26 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 16-Nov 18, 6:00PM- 8:00PM
\$57 Residents/\$86 Non-Residents

Sewing the Standard Pillow

We will be sewing one or two pillowcases in classes. List of supplies to bring to class will be printed on customer receipt.

Activity Code: 2RAE0906
(Section codes listed below)

Hamilton (Ages 18-99.99)..... HA01
Wed, Oct 16-Oct 23, 6:30PM- 8:30PM
\$13 Residents/\$20 Non-Residents

Landscape Painting

Explore landscape painting in a relaxing classroom setting. Utilize acrylics and work from photos, focusing on developing your unique interpretation. The class begins with a brief demonstration to kickstart your creativity. Transform your perspective and learn the art of painting.

Activity Code: 2RAE0907
(Section codes listed below)

Riverside RS01
Tue, Sep 10-Oct 29, 6:00PM- 8:00PM
\$52 Residents/\$78 Non-Residents

Riverside RS02
(Level 2)
Tue, Nov 19-Dec 17, 6:00PM- 8:00PM
\$30 Residents/\$45 Non-Residents

Painting Portraits from Photos

Discover the art of seeing others through acrylic or oil painting. Uncover your unique approach in this class, starting with drawing and progressing to painting. Explore bone structure, muscles, and anatomy. Each session begins with a brief demonstration to guide your artistic journey.

Activity Code: 2RAE0910
(Section codes listed below)

Riverside RS01
Mon, Sep 9-Oct 28, 6:00PM- 8:00PM
\$52 Residents/\$78 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 BN01
(Beg.)
Wed, Sep 11-Sep 25, 6:30PM- 8:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN02
(Int.)
Thu, Sep 12-Sep 26, 6:15PM- 8:15PM
\$23 Residents/\$35 Non-Residents

Beulah Brinton BN03
(Beg.)
Wed, Oct 9-Oct 23, 6:30PM- 8:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN04
(Int.)
Thu, Oct 10-Oct 24, 6:15PM- 8:15PM
\$23 Residents/\$35 Non-Residents

Glass Blowing

Melt away stress with Glass Blowing! Learn blocking, marvering, shaping, and color application. Create your masterpiece in one workshop at Square One Art Glass, 5322 W. Vliet Street. Bring water/snacks. Fee, inclusive of supplies, is non-refundable. Visit www.squareoneartglass.com.

Activity Code: 2RAE0928
(Section codes listed below)

Square One Art Class SG01
(Orb)
Sat, Nov 2, 9:00AM-11:00AM
\$70 Residents/\$105 Non-Residents

Square One Art Class SG02
(Bowl)
Sat, Nov 23, 9:00AM-11:00AM
\$80 Residents/\$120 Non-Residents

Square One Art Class SG03
(Orb)
Sat, Dec 7, 9:00AM-11:00AM
\$70 Residents/\$105 Non-Residents

Square One Art Class SG04
(Bowl)
Sat, Dec 21, 9:00AM-11:00AM
\$80 Residents/\$120 Non-Residents

Square One Art Class SG05
(Bowl)
Sat, Jan 11, 9:00AM-11:00AM
\$80 Residents/\$120 Non-Residents

Square One Art Class SG07
(Orb)
Sat, Jan 25, 9:00AM-11:00AM
\$70 Residents/\$105 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 (Ages 18-99) HA01
Tue, Oct 15, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Paper Flowers/Ornaments

With various papers, you can make creative flowers and mobiles for home decoration or the holidays! This craft can help improve fine motor skills and concentration as well as help prevent aging and memory loss through activity. A \$24 supply fee is due to the instructor on the first day of class.

Activity Code: 2RAE0943
(Section codes listed below)

Hamilton (Ages 14-99.99) HA01
Tue, Oct 1-Nov 19, 6:30PM- 8:30PM
\$46 Residents/\$69 Non-Residents



Candle Making

Craft your tranquility! Choose a scent, and design, and make your soy-wax candle in this workshop. Expert guidance, all supplies included. Offered by Blossom Candle Co. Fee, covering supplies is non-refundable. Create, relax, and take home your custom candle.

Activity Code: 2RAE0945
(Section codes listed below)

Hamilton HA01
Thu, Oct 17, 6:30PM- 8:00PM
\$30 Residents/\$45 Non-Residents

Hamilton HA02
Thu, Nov 7, 6:30PM- 8:00PM
\$30 Residents/\$45 Non-Residents

Riverside RS01
Mon, Sep 16, 6:30PM- 8:00PM
\$30 Residents/\$45 Non-Residents

Riverside RS02
Mon, Dec 16, 6:30PM- 8:00PM
\$30 Residents/\$45 Non-Residents

Cricut for Beginners

Designed for Cricut owners, this course helps you master your die-cutting machine. Explore various projects, discover free file resources, and get inspired to unleash your creativity. Bring your own machine and materials.

Activity Code: 2RAE0954
(Section codes listed below)

Hamilton HA01
Sat, Sep 21-Nov 2, 9:00AM-11:00AM
\$36 Residents/\$54 Non-Residents

Decoupage on Glass I

Discover the art of decoupage and transform a small glass bowl with inside and outside paper designs. You'll create a beautiful, functional piece perfect for gifting or holding small items. All supplies included. Taught by Donna Eigen.

Activity Code: 2RAE0965
(Section codes listed below)

Hamilton HA01
Wed, Oct 9, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Learning Lego®

It's not just for kids anymore. Learn the story behind the Lego phenomena along with building basics and beyond. Under local Lego legend Nealita Nelson, you will be on your way to more completely unlocking your Lego skills through enhanced builds and creativity. There is an additional \$35 materials fee due the first night to the instructor.

Activity Code: 2RAE0966
(Section codes listed below)

Hamilton (Ages 13 & up) HA01
Tue, Sep 17-Nov 5, 5:30PM- 7:30PM
\$46 Residents/\$69 Non-Residents

Abstract Painting

Come and have fun creating abstract paintings for yourself, friends, family, your home or office. Skilled visual artist Melva will provide detailed instruction. No experience required! A \$15 cash fee is due to the instructor on the first night of class.

Activity Code: 2RAE0969
(Section codes listed below)

Hamilton HA01
Wed, Oct 2-Oct 30, 6:00PM- 8:00PM
\$17 Residents/\$26 Non-Residents



Expressive, Flowing Watercolor Portrayals

Master dynamic watercolor techniques in this workshop. Create vivid compositions, sculpt with brushes, and explore transparent media. Instructor demos and guides. Bring your supplies. Contact Brinton for the list: 414.481.2494.

Activity Code: 2RAE0979
(Section codes listed below)

Beulah Brinton BN01
Thu, Sep 12-Sep 26, 3:15PM- 5:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN02
Thu, Oct 10-Oct 24, 3:15PM- 5:15PM
\$19 Residents/\$29 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 19-Nov 7, 6:00PM- 8:00PM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall MR03
Sat, Sep 14-Nov 2, 8:45AM-10:45AM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall MR02
Sat, Sep 14-Nov 2, 11:00AM- 1:00PM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall MR01
Wed, Sep 18-Nov 6, 6:00PM- 8:00PM
\$46 Residents/\$69 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 (Ages 18-99)..... HA01
Wed, Sep 18-Nov 6, 6:30PM- 8:30PM
\$46 Residents/\$69 Non-Residents

Explore Hamilton Painting Club

Class is unstructured to students to bring their ideas and desires on what they would like to learn to paint. Guidance provided as desired by student. This class is designed to be repeated, but prior completion of Elementary Painting and at least one Intermediate Painting course is required. A \$5 cash fee due to instructor first night. Class fee is non-refundable.

Activity Code: 2RAE1218
(Section codes listed below)

Hamilton HA01
Tue, Sep 17-Dec 10, 6:00PM- 8:00PM
\$72 Residents/\$108 Non-Residents

Color Pouring: Marble Pour

This class will focus on marble pour technique. Paint is poured using a puddle pour technique and the marble effect is created by adding a marble on top of the canvas and letting it roll. Class is taught by Kincaid Creations. Class fee includes supply cost and is non-refundable.

Activity Code: 2RAE2032
(Section codes listed below)

Hamilton HA01
Wed, Dec 11, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall MR01
Wed, Sep 18, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Color Pouring: Dutch Color Pour

This class will focus on dutch pour technique. This acrylic pouring technique that uses air to manipulate the paints on a canvas. You can use a hair dryer, straw, your lungs, or anything that causes the flow of air to make a dutch pour. Class is taught by Kincaid Creations. Class fee includes supply cost and is non-refundable.

Activity Code: 2RAE2033
(Section codes listed below)

Hamilton HA01
Sat, Nov 23, 1:00PM- 3:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall MR01
Wed, Oct 30, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Color Pouring: Paper Towel Swipe

Paper towel swipe is an easy technique for beginners. Majority of the canvas is covered with paint and then using a damp paper towel you will gently slide paint over the other colors creating a swipe/reptile pattern. Class is taught by Kincaid Creations. Class fee includes supply cost and is non-refundable.

Activity Code: 2RAE2034
(Section codes listed below)

Hamilton HA01
Wed, Dec 4, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall MR01
Wed, Oct 9, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Color Pouring: Dirty Cup Pour

Dirty cup pour is a technique where all paint colors are added to a cup or container at the same time and then poured together to create an acrylic pouring effect with the paint. Also known as a flip cup. A cell activator can be added to this technique to create cells. Class is taught by Kincaid Creations. Class fee includes supply cost and is non-refundable.

Activity Code: 2RAE2035
(Section codes listed below)

Hamilton HA01
Sat, Oct 19, 1:00PM- 3:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall MR01
Sat, Dec 14, 1:00PM- 3:00PM
\$45 Residents/\$68 Non-Residents

Color Pouring: Beach Themed

Color pouring is a fluid art technique using acrylic paints and pouring mediums to create a one-of-a-kind masterpiece. This class will use a variety of blue acrylic paints and pouring medium to create a beach scene. Class is taught by Kincaid Creations. Class fee includes supply cost and is non-refundable.

Activity Code: 2RAE2036
(Section codes listed below)

Hamilton HA01
Sat, Sep 28, 1:00PM- 3:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall MR01
Sat, Nov 9, 1:00PM- 3:00PM
\$45 Residents/\$68 Non-Residents



CATE'S COOKERY

Apple of My Eye

Humans have enjoyed apples since 6500 BC. In Ancient Greece, throwing an apple signified love. Today, Wisconsin produces 54 million pounds of apples worth \$24 million annually. In this class, we'll explore delicious recipes like Creamy Apple Parsnip Soup, Curried Apple Salad, Apple Chutney, and Mrs. Milly's Apple Walnut Cake. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1933
(Section codes listed below)

Hamilton HA01
Sat, Sep 14, 12:00PM- 3:00PM
\$29 Residents/\$44 Non-Residents

Sushi 101

Join Cate to learn how to make traditional sushi rolls with nori on the outside and California rolls with rice on the outside. Customize your rolls with veggies, cooked crab, and Cate's Hotsi Totsi Smoked Salmon filling. Enjoy gluten-free, fresh, healthy ingredients and learn about sushi history and etiquette. Class fee includes a sushi mat, chopsticks, and food cost and is non-refundable. No raw fish used.

Activity Code: 2RAE1945
(Section codes listed below)

Beulah Brinton BN01
Thu, Oct 3, 7:00PM- 9:00PM
\$15 Residents/\$20 Non-Residents

Vegan Thai for Two or More

Indulge in a culinary journey with aromatic seasonings, flavorful Thai Tea, vegan options, Thai Cucumber Salad, Creamy Coconut Soup, Pad Thai with alternative proteins, and the delightful Kao Niaw Mamuang - Thai Sticky Rice with Mango for dessert. Class fee includes food cost and is non-refundable.

Activity Code: 2RAE1948
(Section codes listed below)

Hamilton HA01
Sat, Oct 12, 12:00PM- 3:00PM
\$29 Residents/\$44 Non-Residents



Vegetarian Treasures from the Taj Mahal

Enjoy Dal Makhana, a staple from Punjab, Haryana, Delhi, Uttar Pradesh, and Bihar, meaning "buttery dal", with Fragrant Brown Basmati rice. Accompany it with Gujarati Green Beans and indulge in the sweetness of Nankhatai Indian eggless cookies, a new addition to Cate's menus. Class fee includes food cost and is non-refundable.

Activity Code: 2RAE1949
(Section codes listed below)

Hamilton HA01
Sat, Nov 9, 12:00PM- 3:00PM
\$29 Residents/\$44 Non-Residents

COOKING

Pickling

In this hands-on class, Master Food Preserver Annie Wegner LeFort will teach you how to make your own pickled vegetables. Safe home canning tips and recipes will be provided. Bring a small box or bag to take home your jar of pickles. Fee includes food cost and is non-refundable.

Activity Code: 2R551602
(Section codes listed below)

OASIS 5501
Mon, Sep 30, 8:30AM-11:00AM
\$14 Residents/\$21 Non-Residents



Taste of the World - Malta

Malta, a tiny island in the Central Mediterranean, features a cuisine blending North African, Sicilian, and Turkish influences. Fruits, vegetables, and pasta are staples. In this class, we will prepare traditional Maltese dishes such as lima bean and chickpea salad, eggplant appetizer, Widow's soup, Poor Man's soup, fried spaghetti, cabbage with bacon, baked pork chops with potatoes, chestnut and cocoa soup, and chestnut pie. Fee includes food cost and is non-refundable.

Activity Code: 2RAE16100
(Section codes listed below)

Riverside RS01
Sat, Nov 16, 10:30AM- 1:30PM
\$29 Residents/\$44 Non-Residents

Taste of the World - Romania

Romania, a Southeastern European country known for Transylvania, lies between Hungary, Moldova, Serbia, and Ukraine. In this class, we will prepare traditional Romanian dishes: Zacusca de vinete (eggplant spread), Ardei Umpluti (stuffed peppers), Carofi cu carne de porc (pork and potato stew), Ciorba de fasole cuciolan (bean soup with hocks), Ciorba ardeleneasca de porc (Transylvanian vegetable soup), Lahnie de fasole cu afumatura (bean paste with smoked meat), and Chec (cake). Fee includes food cost and is non-refundable.

Activity Code: 2RAE16101
(Section codes listed below)

Riverside RS01
Sat, Oct 26, 10:30AM- 1:30PM
\$29 Residents/\$44 Non-Residents

Veganize It!

If you're looking to go exclusively plant-based or just add some meatless meals to your repertoire, Veganize It will help you get started with recipes, tips and tricks. You won't miss out on your favorite meals by going vegan. You'll sample "tuna-less" tuna salad, meatless meatballs, a dynamite oat milk smoothie and more! Fee includes food cost and is non-refundable.

Activity Code: 2RAE1678
(Section codes listed below)

Hamilton HA01
(Part 1)
Tue, Oct 8, 6:30PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Hamilton HA02
(Part 2)
Tue, Nov 5, 6:30PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Fall Harvest Soups

Prepare for brisk fall days with hearty, nutritious soups featuring fresh seasonal vegetables and a variety of spices. These easy-to-make soups will keep you healthy and warm. We'll be making Apple, Leek & Potato Soup, Baked Potato & Bacon Soup, Classic Chicken Noodle Soup, Creamy Mushroom Soup, Roasted Garlic & Squash Soup, and Roasted Sweet Potato Soup. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1683
(Section codes listed below)

Riverside RS01
Sat, Oct 12, 10:30AM- 1:30PM
\$29 Residents/\$44 Non-Residents

Curry, Curry, and more CURRY!

Curry is a dish using complex combinations of herbs, spices and chilies. We will be making an international variety of curries: Curried Shrimp Salad, Curried potatoes (Somalia), Mango Chicken (India), Apple & Chicken Curry, and some assorted Chutneys. Fee includes food cost and is non-refundable.

Activity Code: 2RAE2215
(Section codes listed below)

Riverside RS01
Sat, Sep 28, 10:30AM- 1:30PM
\$29 Residents/\$44 Non-Residents

Korean Cooking : Sam-Gye-Tang (Ginseng Chicken Soup)

Ginseng chicken soup is a Korean traditional summer soup made with a young chicken stuffed with garlic, rice, jujube, and ginseng, known for promoting health and energy. Fee includes food cost and is non-refundable.

Activity Code: 2RAE2411
(Section codes listed below)

Hamilton HA01
Wed, Oct 23, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking: Go-Chu-Jang Bulgogi (Red Chili Paste Braised Pork BBQ)

Red chili paste bulgogi is a popular Korean dish made with grilled pork marinated in spicy go-chu-jang, soy sauce, honey, sesame oil, green onion, garlic, sesame seeds, and pepper. Fee includes food cost and is non-refundable.

Activity Code: 2RAE2413
(Section codes listed below)

Hamilton HA01
Wed, Oct 2, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking: LA Gal-Bi (Marinated Grilled Beef Ribs)

Galbi, traditional Korean short ribs, braised with soy sauce and special ingredients. Fee includes food cost is non-refundable.

Activity Code: 2RAE2415
(Section codes listed below)

Hamilton HA01
Wed, Nov 20, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents



Korean Cooking: Bul-Dak-Bokk-Eum (Spicy Stir-fried Chicken)

Both chicken breasts and drums are marinated in a spicy sauce in this stir-fried dish. Class fee includes food costs and is non-refundable.

Activity Code: 2RAE2418
(Section codes listed below)

Hamilton HA01
Wed, Oct 30, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking Bulgogi Korean Beef Barbecue

(Korean Barbecue) is a dish of thinly sliced beef that is pre-marinated with various seasonings and grilled over high heat. Bulgogi has been popular since the 1950s, when beef was thinly sliced to make it tender and reduce cooking time.

Activity Code: 2RAE2434
(Section codes listed below)

Hamilton HA02
Wed, Nov 13, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

COOKING BAKING FOREIGN FOODS

Korean Cooking: Fried Kimchi and Tofu with noodle (Tofu Kimchi Noodle)

Using ripe cabbage Kimchi, learners can make fried Kimchi and side parts with steamed tofu and noodles. Depending on your favorite, add beef, pork, tuna, or other meats for frying Kimchi. To make soft noodles, boil water and drain it. Many Koreans take it for dinner or side with an alcoholic beverage.

Activity Code: 2RAE2433
(Section codes listed below)

Hamilton HA01
Wed, Oct 23, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

CRICKET

Cricket: An Introduction

Learn cricket with hands on skills and real game experience! Cricket adjusts to all ages and skill level. It is a fun sport with batting, bowling and fielding. Great to build team spirit and learn sportsmanship. Sessions will have a mix of physical fitness, skills development and learning the game. We will enjoy skirmish games and special short activities to keep all participants engaged. All skill levels are welcome. All equipment is provided. Class fee is non-refundable and not eligible for reduced fees. Class taught by Kashyap Malkan.

Activity Code: 2RAE9201
(Section codes listed below)

MacDowell JU01
(Combined with youth class)
Sat, Nov 2-Nov 23, 2:00PM- 4:00PM
\$50 Residents/\$75 Non-Residents



CYCLING AND BIKE MAINTENANCE

Bike Maintenance with Billie

Learn essential bike maintenance for beginners in this class by Billie Myhra. Save time and money while ensuring safe rides. Topics include fixing a flat tire, slipped chain, minor brake repair, and seasonal cleaning. Bring your bike. Youth and adult classes combined. Non-refundable class fee.

Activity Code: 2RAE2807
(Section codes listed below)

Hamilton HA03
Sat, Oct 12, 10:00AM-11:30AM
\$8 Residents/\$12 Non-Residents

Riverside RS01
Sat, Sep 28, 10:00AM-11:30AM
\$8 Residents/\$12 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 16-Nov 11, 6:00PM- 7:30PM
\$25 Residents/\$38 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 7-Oct 26, 12:00PM- 1:00PM
\$27 Residents/\$41 Non-Residents

Riverside RS02
Sat, Nov 16-Dec 21, 12:00PM- 1:00PM
\$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)

Milwaukee Marshall MR01
(Beg./Int.)
Tue, Sep 17-Nov 5, 7:00PM- 8:00PM
\$25 Residents/\$38 Non-Residents

Urban Line Dance

Are you tired of trying to learn the latest line dances or trying to learn them at social gatherings? Join us and you'll no longer have to worry about catching up; you'll already know all the latest dances. All skill levels welcome. Wear comfortable shoes and clothing.

Activity Code: 2RAE2912
(Section codes listed below)

Milwaukee Marshall MR01
Thu, Sep 19-Oct 24, 7:00PM- 8:00PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR02
Thu, Nov 7-Dec 19, 7:00PM- 8:00PM
\$19 Residents/\$29 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 9-Nov 4, 7:00PM- 8:00PM
\$25 Residents/\$38 Non-Residents

Riverside RS02
(Salsa & Bachata)
Mon, Nov 18-Dec 16, 7:00PM- 8:00PM
\$17 Residents/\$26 Non-Residents



DRAWING PAINTING ARTS

Paper & Glass Mosaics

Mosaic art, dating back thousands of years, is found in many cultures. Moroccan mosaics, made with Zellij tiles in intricate geometric patterns, have influenced global art and architecture. In this workshop, you'll learn the Moroccan mosaic process and create your own tiles using glass, paper, and glue. Suitable for all skill levels. Fee includes supply cost and is non-refundable.

Activity Code: 2RAE0926
(Section codes listed below)

Hamilton HA01
Tue, Oct 1, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Decorative Folding Screens

Decorative folding screens originated in China more than 1,000 years ago. Traditionally used as room dividers, the screens spread to Japan, where artisans developed the technique of paper hinges to join the folding panels. In this workshop you will learn how to use paper hinges and apply

Activity Code: 2RAE0932
(Section codes listed below)

Hamilton HA01
Wed, Nov 13, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents



Frida Kahlo Inspired Self-Portraits

Mexican artist Frida Kahlo captivated the world with her vivid, symbolic art and expressive self-portraits. In this workshop, you'll learn about this amazing artist and review the basics of drawing a face. Then, create your own Frida-inspired self-portrait using paper, yarn, ribbon, and other materials. Suitable for all skill levels. Fee includes supply costs and is non-refundable.

Activity Code: 2RAE2037
(Section codes listed below)

Hamilton HA01
Wed, Sep 18, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

FIBER ARTS

Crochet Club

Join us for socializing, conversation and some hardcore crocheting. Bring your projects to work on and share ideas and techniques in a friendly community atmosphere. Remember to show off your progress and finished projects with pride!

Activity Code: 2RAE1220
(Section codes listed below)

Hamilton HA01
Mon, Sep 16-Nov 4, 6:30PM-8:30PM
\$19 Residents/\$29 Non-Residents

Beginners Crocheting

Are you interested in a relaxing and satisfying pastime? Join us in learning the basics of crocheting. Seriously, we're not just spreading yarns! You'll be delighted with what you'll learn and what you can create! Please bring your own crochet hooks and a skein of yarn.

Activity Code: 2RAE1221
(Section codes listed below)

Hamilton HA01
Tue, Sep 17-Nov 5, 6:30PM-8:30PM
\$46 Residents/\$69 Non-Residents

FINANCE

Home Buying Workshop

Join financial experts and loan officers from Cream City Mortgage for an informative Home Buying Seminar! Perfect for first-time buyers or those looking to upgrade, this event covers everything from finding the right property to securing a mortgage. Gain valuable insights into the home-buying process and get expert answers to your questions about today's housing market.

Activity Code: 2RAE3406
(Section codes listed below)

Hamilton HA01
Sat, Oct 12, 10:00AM-12:00PM
\$9 Residents/\$14 Non-Residents

MacDowell JU01
Sat, Oct 26, 10:00AM-12:00PM
\$9 Residents/\$14 Non-Residents

MacDowell JU02
Sat, Nov 9, 10:00AM-12:00PM
\$9 Residents/\$14 Non-Residents

FITNESS

Zumba Gold®

Zumba® Gold adapts Zumba for active older adults and beginners. Enjoy camaraderie, excitement, and fitness in a friendly, fun dance class tailored to your pace and needs.

50+ **Activity Code: 2R553503**
(Section codes listed below)

OASIS 5501
Mon, Aug 26-Oct 21, 10:15AM-11:15AM
\$19 Residents/\$29 Non-Residents

OASIS 5503
Thu, Aug 29-Oct 17, 10:15AM-11:15AM
\$19 Residents/\$29 Non-Residents

OASIS 5504
Thu, Oct 24-Dec 12, 10:15AM-11:15AM
\$17 Residents/\$26 Non-Residents

OASIS 5502
Mon, Oct 28-Dec 9, 10:15AM-11:15AM
\$17 Residents/\$26 Non-Residents

Gentle Yoga

NEW Gentle Yoga is accessible to all levels and body types and is especially suited for beginners. Basic stretches, postures and breathwork help to develop strength, flexibility, balance, focus, and body awareness.

50+ **Activity Code: 2R553504**
(Section codes listed below)

OASIS 5501
Tue, Sep 24-Oct 29, 11:30AM-12:30PM
\$15 Residents/\$23 Non-Residents

Chair Yoga

Discover improved health and well-being in our chair yoga plus strength class, suitable for all abilities. Enjoy seated or standing poses, promoting muscle strength, flexibility, posture, balance, and breathing. Exclusively for OASIS Members.

50+ **Activity Code: 2R553508**
(Section codes listed below)

OASIS 5501
Mon/Wed/Fri, Sep 4-Dec 13, 9:00AM-10:00AM
FREE (OASIS Membership Required - \$15/Res and \$25/Non-Res)

Fit Over 50

Experience 'You CAN Do This' Fitness Class, focusing on dynamic muscle toning with stretching, cardio, strength training, and abs. Improve muscle tone, functional strength, and cardiovascular health with various equipment like light weights and Resist-a-Balls.

50+ **Activity Code: 2R553511**
(Section codes listed below)

OASIS 5501
Wed, Sep 4-Oct 16, 12:30PM-1:30PM
\$17 Residents/\$26 Non-Residents

OASIS EF01
Thu, Sep 5-Oct 17, 11:30AM-12:30PM
\$17 Residents/\$26 Non-Residents

OASIS 5502
Wed, Oct 23-Dec 11, 12:30PM-1:30PM
\$19 Residents/\$29 Non-Residents

OASIS EF02
Thu, Oct 24-Dec 12, 11:30AM-1:30PM
\$17 Residents/\$26 Non-Residents

Building Strength

Get functional strength training and full body conditioning. This class provides 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.

Activity Code: 2R553517
(Section codes listed below)

OASIS 5501
50+ Tue, Sep 3-Oct 15, 9:00AM-9:50AM
\$15 Residents/\$23 Non-Residents

OASIS 5502
(Intermediate/Advanced)
Tue, Sep 3-Oct 15, 10:00AM-10:50AM
\$15 Residents/\$23 Non-Residents

OASIS 5503
50+ Tue, Oct 22-Dec 10, 9:00AM-9:50AM
\$17 Residents/\$26 Non-Residents

OASIS 5504
(Intermediate/Advanced)
Tue, Oct 22-Dec 10, 10:00AM-10:50AM
\$17 Residents/\$26 Non-Residents



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Core Strength

Time to tighten your core, the most important part of your body for stabilization. In this class you will increase the strength and endurance of your core muscles and improve your balance.

Activity Code: 2R553518
(Section codes listed below)

OASIS 5501

50+

Tue, Sep 3-Oct 15, 11:00AM-11:30AM
\$10 Residents/\$15 Non-Residents

OASIS 5502

(Intermediate/Advanced)

Tue, Sep 3-Oct 15, 11:40AM-12:10PM
\$10 Residents/\$15 Non-Residents

OASIS 5507

50+

Wed, Sep 4-Oct 16, 12:45PM- 1:15PM
\$10 Residents/\$15 Non-Residents

OASIS 5505

50+

Fri, Sep 6-Oct 18, 11:45AM-12:15PM
\$10 Residents/\$15 Non-Residents

OASIS 5503

50+

Tue, Oct 22-Dec 10, 11:00AM-11:30AM
\$11 Residents/\$17 Non-Residents

OASIS 5504

(Intermediate/Advanced)

Tue, Oct 22-Dec 10, 11:40AM-12:10PM
\$11 Residents/\$17 Non-Residents

OASIS 5508

50+

Wed, Oct 23-Dec 11, 12:45PM- 1:15PM
\$11 Residents/\$17 Non-Residents

OASIS 5506

50+

Fri, Oct 25-Dec 13, 11:45AM-12:15PM
\$10 Residents/\$15 Non-Residents

T'ai Chi & Qigong

Experience the Chinese arts of T'ai Chi & Qigong for relaxation and energy balance. Wear comfortable clothing and flat-soled shoes or stocking feet. Suitable for all fitness levels, including seniors and those with health limitations, with adjustable movements.

50+

Activity Code: 2R553519
(Section codes listed below)

OASIS 5501

Tue, Aug 27-Oct 15, 9:45AM-10:45AM
\$19 Residents/\$29 Non-Residents

OASIS 5502

Tue, Oct 22-Dec 10, 9:45AM-10:45AM
\$19 Residents/\$29 Non-Residents

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. Advanced class.

50+

Activity Code: 2R553520
(Section codes listed below)

OASIS 5501

(Advanced)

Fri, Sep 6-Oct 18, 9:00AM- 9:50AM
\$15 Residents/\$23 Non-Residents

OASIS 5502

(Advanced)

Fri, Oct 25-Dec 13, 9:00AM- 9:50AM
\$15 Residents/\$23 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. Advanced class.

50+

Activity Code: 2R553521
(Section codes listed below)

OASIS 5501

(Advanced)

Fri, Sep 6-Oct 18, 10:00AM-10:50AM
\$15 Residents/\$23 Non-Residents

OASIS 5502

(Advanced)

Fri, Oct 25-Dec 13, 10:00AM-10:50AM
\$15 Residents/\$23 Non-Residents

TRX

This revolutionary workout method uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core, and joint stability. This class will take you through a multitude of TRX exercises for your entire body.

50+

Activity Code: 2R553522
(Section codes listed below)

OASIS 5503

Tue, Sep 3-Oct 15, 12:20PM-12:50PM
\$10 Residents/\$15 Non-Residents

OASIS 5505

Wed, Sep 4-Oct 16, 12:00PM-12:30PM
\$10 Residents/\$15 Non-Residents

OASIS 5501

Fri, Sep 6-Oct 18, 11:00AM-11:30AM
\$10 Residents/\$15 Non-Residents

OASIS 5504

Tue, Oct 22-Dec 10, 12:20PM-12:50PM
\$11 Residents/\$17 Non-Residents

OASIS 5506

Wed, Oct 23-Dec 11, 12:00PM-12:30PM
\$11 Residents/\$17 Non-Residents

OASIS 5502

Fri, Oct 25-Dec 13, 11:00AM-11:30AM
\$10 Residents/\$15 Non-Residents

Drums Alive® Golden Beats

Experience the joy of rhythmic drumming designed for older adults! Energize your mind and body, enhance cardiovascular health, strength, flexibility, and mental awareness. Enjoy socialization and overall well-being in a fun, inclusive atmosphere. No experience necessary.

50+

Activity Code: 2R553524
(Section codes listed below)

OASIS 5502

Mon, Aug 26-Oct 21, 2:15PM- 2:45PM
\$27 Residents/\$41 Non-Residents

OASIS 5501

Mon, Oct 28-Dec 9, 2:15PM- 2:45PM
\$25 Residents/\$38 Non-Residents

Chair Zumba® Gold

Chair Zumba® Gold offers a safe, fun environment for older adults. Stay active with Zumba beats and easy-to-follow moves, all done in a chair for extra support, ideal for those with mobility or balance challenges.

50+

Activity Code: 2R553525
(Section codes listed below)

OASIS 5501

Wed, Aug 28-Oct 16, 2:15PM- 2:45PM
\$23 Residents/\$35 Non-Residents

OASIS 5502

Wed, Oct 23-Dec 11, 2:15PM- 2:45PM
\$23 Residents/\$35 Non-Residents



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 24-Nov 12, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Tue, Dec 3-Jan 14, 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 23-Nov 11, 6:10PM- 7:10PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Wed, Sep 25-Nov 13, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Mon, Dec 2-Jan 13, 6:10PM- 7:10PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN04
Wed, Dec 4-Jan 15, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

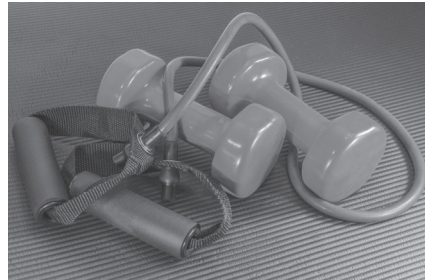


Belly Dance Aerobics

Tighten and tone with Belly Dance Aerobics! Isometric movements target the waist, hips, and abs for flexibility and conditioning. Bring a hip scarf or buy one from the instructor for \$10.

Activity Code: 2RAE3504
(Section codes listed below)

Hamilton HA03
Mon, Sep 16-Nov 4, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents



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 24-Nov 12, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Thu, Sep 26-Nov 14, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Sat, Sep 28-Nov 16, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
Tue, Dec 3-Jan 14, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN05
Thu, Dec 5-Jan 16, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN06
Sat, Dec 7-Jan 18, 9:15AM-10:15AM
\$19 Residents/\$29 Non-Residents

EDM Yoga

This invigorating and upbeat yoga class will be done to EDM (electronic dance music). Glow sticks will be provided to help set the mood. Bring your own exercise mat or purchase one for \$10.

Activity Code: 2RAE3508
(Section codes listed below)

Beulah Brinton BN01
Mon, Nov 25, 6:00PM- 7:00PM
\$6 Residents/\$9 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 26-Nov 14, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Sat, Sep 28-Nov 16, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Thu, Dec 5-Jan 16, 7:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN04
Sat, Dec 7-Jan 18, 8:00AM- 9:00AM
\$19 Residents/\$29 Non-Residents

Cardio-Kickboxing

Join a popular and engaging workout that combines weight loss, toning, and fun with self-defense elements. Wear comfortable clothing and tennis shoes. Bring your exercise mat or purchase on-site for \$10. Boost your health and enjoy the 'kicks'.

Activity Code: 2RAE3511
(Section codes listed below)

Beulah Brinton BN01
Mon, Sep 23-Nov 11, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Wed, Sep 25-Nov 13, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Mon, Dec 2-Jan 13, 7:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN04
Wed, Dec 4-Jan 15, 7:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Yoga Sculpt

This class is a unique combination of power yoga and strength training, designed to create a full-body workout. You will leave feeling stronger, fresher, and uplifted.

Activity Code: 2RAE3513
(Section codes listed below)

Beulah Brinton BN01

Mon, Sep 23-Nov 11, 3:30PM- 4:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02

Mon, Dec 2-Jan 13, 3:30PM- 4:30PM
\$19 Residents/\$29 Non-Residents

HIIT (High Intensity Interval Training)

Are you down to turn it up? In this class you will alternate your intensities between bursts of activity and fixed periods of less-intense activity. If the going gets tough, classmate camaraderie will get you through. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 2RAE3514
(Section codes listed below)

Milwaukee Marshall MR01

Tue, Sep 17-Oct 22, 6:30PM- 7:30PM
\$21 Residents/\$31.50 Non-Residents

Milwaukee Marshall MR02

Tue, Nov 12-Dec 17, 6:30PM- 7:30PM
\$21 Residents/\$31.50 Non-Residents

Hoop Dance Workout

Discover 'hoopdance,' an exciting dance form with body and mind benefits. Hooping is for everyone! Borrow or buy hoops at sites, costing \$20-\$35 each. Fun, fitness, and relaxation for all bodies.

Activity Code: 2RAE3518
(Section codes listed below)

Riverside RS01

Sat, Sep 21-Nov 9, 11:00AM-12:00PM
\$29 Residents/\$44 Non-Residents

Riverside RS04

Sat, Nov 16-Dec 21, 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 25-Nov 13, 7:35PM- 8:35PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN05

Wed, Dec 4-Jan 15, 7:35PM- 8:35PM
\$19 Residents/\$29 Non-Residents

Cooper CP01

Thu, Sep 26-Nov 14, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Cooper CP02

Thu, Dec 5-Jan 16, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Hamilton HA01

Thu, Sep 19-Nov 7, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Hamilton HA02

Thu, Nov 14-Dec 12, 6:00PM- 7:00PM
\$13 Residents/\$20 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 23-Nov 11, 5:00PM- 6:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02

Mon, Dec 2-Jan 13, 5:00PM- 6:00PM
\$19 Residents/\$29 Non-Residents

T'ai Chi & Qigong

Experience the Chinese arts of T'ai Chi & Qigong for relaxation and energy balance. Wear comfortable clothing and flat-soled shoes or stocking feet. Suitable for all fitness levels, including seniors and those with health limitations, with adjustable movements.

Activity Code: 2RAE3526
(Section codes listed below)

Hamilton HA01

Wed, Sep 18-Nov 6, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

Hamilton HA02

Wed, Nov 13-Dec 11, 6:30PM- 7:30PM
\$13 Residents/\$20 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 24-Nov 12, 12:15PM- 1:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02

(Int.)
Tue, Sep 24-Nov 12, 1:25PM- 2:25PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04

(Beg.)
Tue, Dec 3-Jan 14, 12:15PM- 1:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN05

(Int.)
Tue, Dec 3-Jan 14, 1:25PM- 2:25PM
\$19 Residents/\$29 Non-Residents



Xtreme Hip Hop

Xtreme Hip Hop Step is a fun, energetic step aerobics and cardio fitness workout for all fitness levels, done while grooving to Hip Hop and RnB tunes that so many enjoy. Heart healthy, high calorie burn (400+) per 45-minute class.

Activity Code: 2RAE3528
(Section codes listed below)

Milwaukee MarshallMR01
Wed, Sep 18-Oct 23, 6:00PM- 6:45PM
\$23 Residents/\$35 Non-Residents

Milwaukee MarshallMR02
Wed, Nov 6-Dec 18, 6:00PM- 6:45PM
\$23 Residents/\$35 Non-Residents

Women & Weights

Women & Weights is for all the ladies out there looking to get lean, toned and fit. You will use light to moderate weights with lots of repetition in order to give you a total body workout. You will leave feeling challenged, but ready for more! Bring your exercise mat or purchase at site for \$10.

Activity Code: 2RAE3535
(Section codes listed below)

Milwaukee MarshallMR01
Mon, Sep 16-Oct 21, 6:00PM- 6:45PM
\$19 Residents/\$29 Non-Residents

Milwaukee MarshallMR02
Mon, Nov 4-Dec 9, 6:00PM- 6:45PM
\$19 Residents/\$29 Non-Residents



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)

Beulah BrintonBN01
Mon, Sep 23-Nov 11, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah BrintonBN02
Mon, Sep 23-Nov 11, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah BrintonBN03
Mon, Sep 23-Nov 11, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah BrintonBN04
Mon, Sep 23-Nov 11, 7:30PM- 8:30PM
\$29 Residents/\$44 Non-Residents

Beulah BrintonBN05
Tue, Sep 24-Nov 12, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah BrintonBN06
Tue, Sep 24-Nov 12, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

Beulah BrintonBN08
Wed, Sep 25-Nov 13, 5:30PM- 6:30PM
\$29 Residents/\$44 Non-Residents

Beulah BrintonBN11
Wed, Sep 25-Nov 13, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

Beulah BrintonBN12
Thu, Sep 26-Nov 14, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah BrintonBN13
Thu, Sep 26-Nov 14, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah BrintonBN16
Sat, Sep 28-Nov 16, 7:45AM- 8:45AM
\$29 Residents/\$44 Non-Residents

Beulah BrintonBN30
Sun, Sep 29-Nov 17, 9:30AM-10:30AM
\$29 Residents/\$44 Non-Residents

Beulah BrintonBN18
Mon, Dec 2-Jan 13, 8:00AM- 9:00AM
\$19 Residents/\$29 Non-Residents

Beulah BrintonBN19
Mon, Dec 2-Jan 13, 9:15AM-10:15AM
\$19 Residents/\$29 Non-Residents

Beulah BrintonBN20
Mon, Dec 2-Jan 13, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Beulah BrintonBN21
Mon, Dec 2-Jan 13, 7:30PM- 8:30PM
\$19 Residents/\$29 Non-Residents

Beulah BrintonBN22
Tue, Dec 3-Jan 14, 9:15AM-10:15AM
\$19 Residents/\$29 Non-Residents

Beulah BrintonBN24
Tue, Dec 3-Jan 14, 6:30PM- 7:30PM
\$19 Residents/\$29 Non-Residents

Beulah BrintonBN25
Wed, Dec 4-Jan 15, 5:30PM- 6:30PM
\$19 Residents/\$29 Non-Residents

Beulah BrintonBN26
Wed, Dec 4-Jan 15, 6:30PM- 7:30PM
\$19 Residents/\$29 Non-Residents

Beulah BrintonBN27
Thu, Dec 5-Jan 16, 9:15AM-10:15AM
\$19 Residents/\$29 Non-Residents

Beulah BrintonBN28
Thu, Dec 5-Jan 16, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Beulah BrintonBN29
Sat, Dec 7-Jan 18, 7:45AM- 8:45AM
\$19 Residents/\$29 Non-Residents

Beulah BrintonBN31
Sun, Dec 8-Jan 19, 7:45AM- 8:45AM
\$19 Residents/\$29 Non-Residents

CooperCP01
Tue, Sep 24-Nov 12, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

CooperCP02
Tue, Dec 3-Jan 14, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

GaenslenGS03
Wed, Sep 18-Nov 6, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

HamiltonHA01
Mon, Sep 16-Nov 4, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

HamiltonHA02
Mon, Nov 11-Dec 9, 6:00PM- 7:00PM
\$17 Residents/\$26 Non-Residents

MacDowellJU05
Sat, Nov 9-Dec 7, 10:15AM-11:15AM
\$16 Residents/\$24 Non-Residents

Milwaukee MarshallMR01
Tue, Nov 12-Dec 17, 6:00PM- 7:00PM
\$23 Residents/\$35 Non-Residents

RiversideRS01
Tue, Sep 10-Nov 5, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

RiversideRS05
Thu, Sep 12-Oct 31, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

RiversideRS11
Tue, Nov 19-Dec 17, 7:15PM- 8:15PM
\$16 Residents/\$24 Non-Residents

RiversideRS07
Wed, Nov 20-Dec 18, 7:15PM- 8:15PM
\$16 Residents/\$24 Non-Residents

RiversideRS10
Thu, Nov 21-Dec 19, 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 23-Nov 11, 12:00PM- 1:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Tue, Sep 24-Nov 12, 10:30AM-11:30AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Tue, Sep 24-Nov 12, 7:45PM- 8:45PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN19
Wed, Sep 25-Nov 13, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
Wed, Sep 25-Nov 13, 12:30PM- 1:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN05
Thu, Sep 26-Nov 14, 1:30PM- 2:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN06
Thu, Sep 26-Nov 14, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN07
Fri, Sep 27-Nov 15, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN08
Sat, Sep 28-Nov 16, 10:00AM-11:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN09
Sun, Sep 29-Jan 19, 12:00PM- 1:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN10
Mon, Dec 2-Jan 13, 12:30PM- 1:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN11
Tue, Dec 3-Jan 14, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN12
Tue, Dec 3-Jan 14, 7:45PM- 8:45PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN20
Wed, Dec 4-Jan 15, 8:00AM- 9:00AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN13
Wed, Dec 4-Jan 15, 12:30PM- 1:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN14
Thu, Dec 5-Jan 16, 1:30PM- 2:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN15
Thu, Dec 5-Jan 16, 7:00PM- 8:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN16
Fri, Dec 6-Jan 17, 8:00AM- 9:00AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN17
Sat, Dec 7-Jan 18, 10:00AM-11:00AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN18
Sun, Dec 8-Jan 19, 12:00PM- 1:00PM
\$19 Residents/\$29 Non-Residents

Cooper CP01
Tue, Sep 24-Nov 12, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Cooper CP02
Tue, Dec 3-Jan 14, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

MacDowell JU01
Sat, Sep 14-Nov 2, 9:00AM-10:00AM
\$29 Residents/\$44 Non-Residents

Riverside RS02
Thu, Sep 12-Oct 31, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Riverside RS06
Thu, Nov 21-Dec 19, 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 25-Nov 13, 4:30PM- 5:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Thu, Sep 26-Nov 14, 5:00PM- 6:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Wed, Dec 4-Jan 15, 4:30PM- 5:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN04
Thu, Dec 5-Jan 16, 5:00PM- 6:00PM
\$19 Residents/\$29 Non-Residents

Gaenslen GS01
Wed, Sep 18-Nov 6, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Riverside RS02
Tue, Sep 10-Nov 5, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Riverside RS5
Tue, Nov 19-Dec 17, 6:00PM- 7:00PM
\$16 Residents/\$24 Non-Residents

Riverside RS04
Wed, Nov 20-Dec 18, 6:15PM- 7:15PM
\$16 Residents/\$24 Non-Residents

Join us for the 3rd Annual Sparkle & Shine

Saturday, December 7th
OASIS Community Center 2414 W. Mitchell Street



Register Now at mkerec.net (Activity Code: 2R550117)

Section: 5501 - 1:00PM - 3:00PM Section: 5502 - 4:00pm-6:00pm

\$3/person (Children 3 and under are free). Includes 5 tree raffle tickets, warm drinks and snacks! Must pre-register for the event.

**Decorated trees must be picked up by Friday, December 13th at 3:00pm.*

MKEREK
A department of MPS



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)

Beulah Brinton BN01
Sun, Sep 29-Nov 17, 9:00AM-10:00AM
\$29 Residents/\$44 Non-Residents

Cooper CP01
Thu, Sep 26-Nov 14, 7:00PM-8:00PM
\$29 Residents/\$44 Non-Residents

Cooper CP02
Thu, Dec 5-Jan 16, 7:00PM-8:00PM
\$19 Residents/\$29 Non-Residents

TCB Yoga (Taking Care of Backs)

This is a beginner and continuing level class taught by Annie Wegner LeFort, RYT, for those interested in gaining strength and flexibility in their backs. We welcome you whether you are healing from an injury or hoping to prevent strain and pain from lifestyle-related movement or lack thereof.

Activity Code: 2RAE3545
(Section codes listed below)

Beulah Brinton BN01
Mon, Sep 23-Nov 11, 1:10PM-2:10PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Mon, Dec 2-Jan 13, 1:10PM-2:10PM
\$19 Residents/\$29 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
Mon, Sep 23-Nov 11, 2:15PM-3:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Thu, Sep 26-Nov 14, 10:30AM-11:30AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN05
Fri, Sep 27-Nov 15, 12:00PM-1:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Mon, Dec 2-Jan 13, 2:15PM-3:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN04
Thu, Dec 5-Jan 16, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN06
Fri, Dec 6-Jan 17, 12:00PM-1:00PM
\$19 Residents/\$29 Non-Residents

Yoga for Runners

Open to all, not just runners! This class focuses on: 1) stretching key running muscles, 2) exploring diverse body planes for varied movements, and 3) building core strength crucial for runners. Taught by Annie Wegner LeFort.

Activity Code: 2RAE3575
(Section codes listed below)

Beulah Brinton BN01
Thu, Sep 26-Nov 14, 4:00PM-5:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Thu, Dec 5-Jan 16, 4:00PM-5:00PM
\$19 Residents/\$29 Non-Residents

Yoga for Active Women Adventures

This is a continuing level class taught by Annie Wegner LeFort, RYT, for women of all ages who want to stay active and progress with a physical hobby or practice. Along with asana practice, we will practice pranayama (mindful breathing exercises).

Activity Code: 2RAE3583
(Section codes listed below)

Beulah Brinton BN01
Tue, Sep 24-Nov 12, 3:45PM-4:45PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Tue, Dec 3-Jan 14, 3:45PM-4:45PM
\$19 Residents/\$29 Non-Residents

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. Perfect for students of all levels, including beginners, as options or modifications are given for poses. Bring your exercise mat or purchase at site for \$10.00.

Activity Code: 2RAE3614
(Section codes listed below)

Beulah Brinton BN01
(Slow Flow)
Tue, Sep 24-Nov 12, 2:30PM-3:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
(Slow Flow)
Wed, Sep 25-Nov 13, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
(Slow Flow)
Fri, Sep 27-Nov 15, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
(Slow Flow)
Tue, Dec 3-Jan 14, 2:30PM-3:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN05
(Slow Flow)
Wed, Dec 4-Jan 15, 9:15AM-10:15AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN06
(Slow Flow)
Fri, Dec 6-Jan 17, 9:15AM-10:15AM
\$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 24-Nov 12, 5:00PM-5:30PM

\$13 Residents/\$20 Non-Residents

Beulah Brinton BN02

Tue, Dec 3-Jan 14, 5:00PM-5:30PM

\$10 Residents/\$15 Non-Residents



HEALTH AND WELLNESS

What is an End-of-Life Doula?

NEW

Two Greater Milwaukee area End-of-Life (EOL) Doulas will discuss the various roles of the EOL Doula, from bedside vigil to advance care planning to home funerals. Open Q&A aims to normalize conversations about death and dying and dispel myths.

50+

Activity Code: 2R554103
(Section codes listed below)

OASIS 5501

Tue, Oct 1, 11:00AM-12:00PM

\$4 Residents/\$6 Non-Residents

Flower Power

Flowers have been used for healing for centuries. Flower essences are diluted floral extracts that benefit emotional and mind-body health. Unlike essential oils, flower essences are taken only from the flower and used in small amounts. They promote mental and spiritual wellness. Class fee is non-refundable.

Activity Code: 2RAE4100
(Section codes listed below)

Hamilton HA01

Tue, Sep 17, 6:00PM-8:00PM

\$9 Residents/\$14 Non-Residents

5 Secrets to Permanent Weight Loss

Unlock the '5 secrets' for effective, permanent weight loss with insights into metabolism and hormones. Discover why fat isn't the enemy and the importance of real butter and eggs. Presented by Dr. John P. Corsi, D.C. of Chiropractic Company. Non-refundable class fee.

Activity Code: 2RAE4101
(Section codes listed below)

Milwaukee Marshall MR01

Tue, Sep 17, 6:35PM-8:00PM

\$8 Residents/\$12 Non-Residents

Arthritis: Alternative Approaches

Over 50 million Americans suffer from joint disease. This presentation educates the audience about arthritis, who is susceptible, what causes it, how to relieve it, and steps to help prevent joint disease. Presented by Dr. John P. Corsi, D.C. Chiropractic Company. Class fee is non-refundable.

Activity Code: 2RAE4103
(Section codes listed below)

Milwaukee Marshall MR01

Wed, Nov 12, 6:35PM-8:00PM

\$8 Residents/\$12 Non-Residents

Minute Meditation and Reiki

Learn simple techniques to lower your heart rate and manage stress quickly. You'll also be introduced to Reiki, an ancient healing art where spiritual energy from the practitioner's hands helps alleviate physical and emotional ailments. Discover how to make these energy techniques work for you!

Activity Code: 2RAE4107
(Section codes listed below)

Hamilton HA01

Mon, Oct 14-Nov 4, 7:15PM-8:15PM

\$13 Residents/\$20 Non-Residents

Chakra Energy and Balance

Explore Chakra Healing, blending ancient philosophy with a modern twist. Balance body and mind through Eastern wellness principles, focusing on seven energy centers. Enhance overall well-being. Non-refundable class fee.

Activity Code: 2RAE4117
(Section codes listed below)

Hamilton HA01

Mon, Sep 16-Oct 7, 7:15PM-8:15PM

\$13 Residents/\$20 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. Class fee is non-refundable.

Activity Code: 2RAE4120
(Section codes listed below)

Hamilton HA01

Tue, Sep 24, 6:00PM-8:00PM

\$9 Residents/\$14 Non-Residents

Natural Solutions to Vertigo and Dizziness

No one likes to be dizzy, yet 20% of Americans report dizziness or vertigo every month. In this workshop, we will cover various forms of dizziness and vertigo including the most common form of vertigo, various forms of treatment as well as natural treatment strategies. Workshop is presented by Dr. Garrett A. Panno, D.C. Chiropractic Company.

Activity Code: 2RAE4134
(Section codes listed below)

Milwaukee Marshall MR01

Tue, Oct 29, 6:30PM-8:00PM

\$8 Residents/\$12 Non-Residents

Dream Boards

Create a dream or vision board to visually represent your life goals. Bring photos, text, mementos, etc. to illustrate your board and remind you of who you are and where you want to be. Boards provided. Class fee is non-refundable.

Activity Code: 2RAE4138
(Section codes listed below)

Hamilton HA01

Tue, Oct 8, 6:00PM-8:00PM

\$9 Residents/\$14 Non-Residents

Face Reflexology

Unlock natural well-being and balance through ancient facial manipulations. Discover how ancestral practices on the face can promote overall health and restore vital balances. Explore reflex zones connecting to the entire body. Bring a desk-standing mirror, remove makeup, and open your mind to Gail Vella's insightful facial techniques. Class fee is non-refundable.

Activity Code: 2RAE4152
(Section codes listed below)

Hamilton HA01
Tue/Wed, Oct 22, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Hand Reflexology for a Happier You!

How would you like to learn some easy techniques to help relieve stress, anxiety and pain to bring yourself back into being in Balance? Hand Reflexology might be a good fit for you. Techniques learned in class will help 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 \$4 for supplies used in class. Class fee is non-refundable

Activity Code: 2RAE4155
(Section codes listed below)

Hamilton HA01
Tue, Oct 8, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Foot Reflexology Part 1

Do you have tired achy feet? Learn techniques to bring comfort to your feet that may benefit your entire body. Foot Reflexology is good for your soles! Bring a towel, water to drink and \$8 for class supplies due to instructor. Class Taught by Gail Vella of Compassionate Reflexology

Activity Code: 2RAE4150
(Section codes listed below)

Hamilton HA01
Tue, Sep 17, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Foot Reflexology Part 2

During this class we will continue to address your personal issues to help relieve pain and stress through your feet. This class is the second part of Foot Reflexology. Please bring a dry washcloth, drinking water and lotion. Class taught by Gail Vella of Compassionate Reflexology.

Activity Code: 2RAE4151
(Section codes listed below)

Hamilton HA02
Tue, Sep 24, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Increase your Level of Awareness

Your Amazing Brain ! Aging happens, You are never younger than you are at this moment! Join us and increase your level of awareness about your brain and learn some energy exercise practices that will empower you! Gail V. Reflexologist, Yoga Teacher and Reiki Master is your guide. Class fee is non-refundable

Activity Code: 2RAE4157
(Section codes listed below)

Hamilton HA01
Tue, Nov 12, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Relieve the Stress with breathing and movement Techniques

We all have something Stressors in our life can cause unhealthy living. Learn a few easy breathing, movement and other techniques to help relieve the stress and help support your health and shift negative thinking patterns. Gail V. CRR, RYT, RM will inspire and encourage you to understand that Energy is Everything and Energy follows Thought. Class fee is non-refundable

Activity Code: 2RAE4158
(Section codes listed below)

Hamilton HA02
Sat, Sep 9, 10:00AM-11:30AM
\$8 Residents/\$12 Non-Residents

Taming the Sweet Tooth

Learn the impact of added sugar on heart health with a registered dietitian from The Karen Yontz Women's Cardiac Awareness Center. Explore eye-opening displays, decode food labels, and retrain taste buds to manage sugar intake. Enjoy a healthy sweet treat. Non-refundable class fee.

Activity Code: 2RAE4164
(Section codes listed below)

Hamilton HA01
Tue, Oct 22, 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)

Hamilton HA01
Tue, Sep 24, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents



Vegan Living 101

Whether you're interested in cooking, health, ethics, or the environment, join us for a discussion on finding delicious plant-based products in your local grocery store or restaurant. Learn how to positively impact the planet and reduce harm while transitioning to a vegan lifestyle. Discover new recipes, get your questions answered, and overcome common roadblocks. Samples may be provided. Class fee is non-refundable.

Activity Code: 2RAE4171
(Section codes listed below)

Hamilton HA01
Tue, Sep 17, 6:30PM- 7:30PM
\$6 Residents/\$9 Non-Residents

Hamilton HA02
Tue, Nov 12, 6:30PM- 7:30PM
\$6 Residents/\$9 Non-Residents

How Ultra -Processed Foods Affect Your Heart & Health

Ultra-processed foods are very prevalent these days. Join registered dietitian Heather Klug from the Karen Yontz Cardiac Awareness Center and Aurora Health Care, to learn more about what counts as ultra-processed foods, how they are affecting our health, and how to reduce consumption.

Activity Code: 2RAE4185
(Section codes listed below)

Hamilton HA01
Tue, Oct 8, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Handling Holiday Eating Healthfully

Let's face it, the holidays can be a challenging time of year to eat healthy! Join registered dietitian, Heather Klug, from the Karen Yontz Cardiac Awareness Center and Aurora Health Care for a holiday survival guide and practical tips for eating sensibly during the holiday season

Activity Code: 2RAE4186
(Section codes listed below)

Hamilton HA01
Tue, Nov 12, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

LANGUAGE SKILLS

Spanish

Learn appropriate Spanish words for: greetings, health, household, daily activities, weather, and much more. The textbook used for the class is 'Spanish made Simple' and can be purchased for \$14 on the first day of the class. Includes registration for "Language Exchange" before class (11:00am-11:30am).

50+ **Activity Code: 2R554401**
(Section codes listed below)

OASIS 5501
(Beginner)
Wed, Sep 4-Oct 23, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents

OASIS 5502
(Intermediate)
Wed, Sep 4-Oct 23, 12:30PM- 1:30PM
\$19 Residents/\$29 Non-Residents

OASIS 5503
(Beginner)
Wed, Oct 30-Dec 11, 11:30AM-12:30PM
\$17 Residents/\$26 Non-Residents

OASIS 5504
(Intermediate)
Wed, Oct 30-Dec 11, 12:30PM- 1:30PM
\$17 Residents/\$26 Non-Residents

English as a Second Language

Enhance English skills in listening, speaking, reading, and writing in our beginner ESL course. Activities emphasize vocabulary, pronunciation, and grammar for daily use. Spanish aids in clarifying differences. Registration includes 'Language Exchange' after class (11:00am-11:30am).

50+ **Activity Code: 2R554402**
(Section codes listed below)

OASIS 5501
Wed, Sep 4-Oct 23, 9:00AM-11:00AM
\$36 Residents/\$54 Non-Residents

OASIS 5503
Wed, Oct 30-Dec 11, 9:00AM-11:00AM
\$32 Residents/\$48 Non-Residents



Language Exchange/ Intercambio de idiomas

NEW

Bridge Spanish and English learners to enhance conversational skills and cultural connections. Speak with partners fluent in your target language. For fluent speakers learning the other language. For the convenience of our language learners, this class is scheduled between our Spanish and ESL classes.

50+ **Activity Code: 2R554403**
(Section codes listed below)

OASIS 5501
Wed, Sep 4-Oct 23, 11:00AM-11:30AM
\$11 Residents/\$17 Non-Residents

OASIS 5502
Wed, Oct 30-Dec 11, 11:00AM-11:30AM
\$10 Residents/\$15 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 23-Nov 11, 6:30PM- 7:30PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN02
Mon, Dec 2-Jan 13, 6:30PM- 7:30PM
\$17 Residents/\$26 Non-Residents

Spanish Conversation

Master essential Spanish communication for professions and travel. Learn pronunciation, grammar, reading, writing, and conversation. Textbook available for \$14 (cash or check) on the first day. Level 2 and 3 Spanish Conversation require basic Spanish knowledge..

Activity Code: 2RAE4406
(Section codes listed below)

Riverside RS01
(Level 1)
Mon, Sep 9-Oct 28, 6:00PM- 7:30PM
\$41 Residents/\$62 Non-Residents

Riverside RS02
(Level 2)
Mon, Sep 9-Oct 28, 7:30PM- 9:00PM
\$41 Residents/\$62 Non-Residents

Riverside RS03
(Level 3)
Tue, Sep 10-Oct 29, 6:00PM- 7:30PM
\$41 Residents/\$62 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 (Ages 18-99.99)..... JU01
Wed, Sep 18-Nov 6, 6:00PM- 7:30PM
\$36 Residents/\$54 Non-Residents

Intermediate Italian

This class assesses beginners' language proficiency, then enhances conversational skills, grammar, and verb knowledge. Emphasis is on practical Italian for travel and everyday situations. Prior beginners' course materials required; new handouts and curriculum provided

Activity Code: 2RAE4489
(Section codes listed below)

MacDowell (Ages 18-99.99)..... JU01
Mon, Sep 16-Nov 11, 6:00PM- 7:30PM
\$36 Residents/\$54 Non-Residents

LOW INTENSITY FITNESS

Yoga - Yin

In this class we will slow down, holding poses from 2 - 7 minutes. This will allow our bodies to get a deeper stretch into the fascia or connective tissue. This may help the practitioner to alleviate pain and tension, reduce stress and anxiety, and improve overall well-being. Come prepared with a blanket or bath towel(s), or a pillow. Blocks and straps will be available.

Activity Code: 2RAE3610
(Section codes listed below)

Beulah Brinton BN01
Tue, Sep 24-Nov 12, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Sat, Sep 28-Nov 16, 8:55AM- 9:55AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
Sat, Dec 7-Jan 18, 8:55AM- 9:55AM
\$19 Residents/\$29 Non-Residents

The Yoga Yamas and Niyamas

NEW

Join us for a "book club" exploring yoga's ethical practices, The Yamas and Niyamas, through Deborah Adele's namesake book. Led by Annie Wegner LeFort, RYT200, this monthly discussion will delve into the 8-Limbed Path of Yoga. Each session includes a copy of the book, gentle yoga, and takes place on the following dates: 9/30, 10/28, 11/25, 12/16, and 1/13. Bring a cushion or yoga mat. Class fee includes book cost and is non-refundable.

Activity Code: 2RAE3650
(Section codes listed below)

Beulah Brinton BN01
Mon, Sep 30-Jan 13, 5:30PM- 7:00PM
\$31 Residents/\$41 Non-Residents

MARTIAL ARTS

Judo

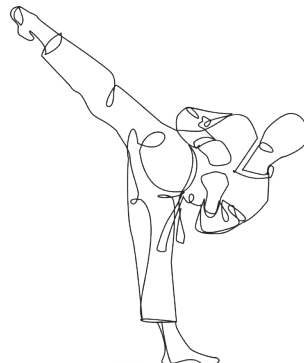
Explore Judo, the 'gentle way,' emphasizing technique and tradition. Personalized instruction under USJA and USMA affiliation. Wear clothes without buttons or metal. Adult and Youth Classes are combined.

Activity Code: 2RAE4501
(Section codes listed below)

MacDowell JU01
(BEGINNER)
Mon, Sep 16-Nov 4, 6:30PM- 7:30PM
\$25 Residents/\$38 Non-Residents

MacDowell JU02
(ADVANCED)
Mon, Sep 16-Nov 4, 7:30PM- 8:30PM
\$29 Residents/\$44 Non-Residents

MacDowell JU03
(Advanced)
Mon, Nov 18-Dec 9, 6:00PM- 7:00PM
\$15 Residents/\$23 Non-Residents



Tae Kwon Do

Discover Tae Kwon Do, a Korean martial art emphasizing self-discipline, mental preparation, concentration, and self-control. Learn kicking, punching techniques, proper body positioning, and self-defense. Improve flexibility, conditioning, and self-defense skills.

Activity Code: 2RAE4503
(Section codes listed below)

Hamilton (Ages 15 & up) HA01
(Class is combined with youth class)
Mon/Wed, Sep 16-Nov 6, 6:00PM- 7:00PM
\$46 Residents/\$69 Non-Residents

Hamilton (Ages 15 & up) HA02
(Class is combined with youth class)
Wed/Thu, Oct 16-Oct 23, 7:10PM- 8:00PM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall (Ages 15 & up).. MR01
(White, Orange, & Yellow Belt) No class on Wednesday, 11/27/24
Mon/Wed, Sep 16-Dec 4, 6:00PM- 7:00PM
\$66 Residents/\$99 Non-Residents

Riverside (Ages 15 & up)..... RS04
(All Ranks Adults)
Sat, Sep 7-Oct 26, 11:45AM-12:30PM
\$22 Residents/\$33 Non-Residents

Riverside (Ages 15 & up)..... RS05
(Beg/Int. White- Yellow Belt, combined with youth class)
Mon/Wed, Sep 9-Oct 30, 6:15PM- 7:15PM
\$41 Residents/\$62 Non-Residents

Riverside (Ages 15 & up)..... RS09
(Int./Adv. Camo/Black Belt, combined with youth class)
Mon/Wed, Sep 9-Oct 30, 7:15PM- 8:15PM
\$41 Residents/\$62 Non-Residents

Riverside (Ages 15 & up)..... RS10
(Black belts only, all ranks all ages)
Sat, Nov 16-Dec 21, 11:45AM-12:30PM
\$17 Residents/\$26 Non-Residents

Riverside (Ages 15 & up)..... RS07
(Beg. white-yellow belts, combined with youth class)
Mon/Wed, Nov 18-Dec 18, 6:15PM- 7:15PM
\$41 Residents/\$62 Non-Residents

Riverside (Ages 15 & up)..... RS08
(Int/Adv. Camo-Black Belt, combined with youth class.)
Mon/Wed, Nov 18-Dec 18, 7:15PM- 8:15PM
\$33 Residents/\$50 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 18-Nov 6, 7:00PM- 8:00PM
\$25 Residents/\$38 Non-Residents

MUSIC

Songwriting 101

No matter what age, aspiring to be a great musician goes beyond merely practicing. Learn the basics of music theory including ear training and songwriting. Let us help you become a better performer and increase your options as a musician. Do not bring an instrument to class. Class is combined with youth class.

Activity Code: 2RAE4601
(Section codes listed below)

Hamilton HA01
Wed, Sep 18-Nov 6, 7:45PM- 8:45PM
\$25 Residents/\$38 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). Adult and Youth Classes are combined. Class is taught by Mr. D.

Activity Code: 2RAE4602
(Section codes listed below)

Beulah Brinton BN01
Fri, Sep 27-Nov 15, 7:15PM- 8:15PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN02
Fri, Dec 6-Jan 17, 7:15PM- 8:15PM
\$17 Residents/\$26 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). Adult and Youth Classes are combined.

Activity Code: 2RAE4603
(Section codes listed below)

Beulah Brinton BN01
Fri, Sep 27-Nov 15, 6:00PM- 7:00PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN02
Fri, Dec 6-Jan 17, 6:00PM- 7:00PM
\$17 Residents/\$26 Non-Residents

Guitar

Explore guitar fundamentals in this class covering basic chords, note reading, strumming techniques, and maintenance. Beginners focus on music and chord theory, while intermediate courses build repertoire and techniques for those with prior experience. Taught by Mr. D. Combined youth and adult classes. Bring your own guitar.

Activity Code: 2RAE4604
(Section codes listed below)

Beulah Brinton BN01
(Beg.)
Sat, Sep 28-Nov 16, 2:00PM- 3:30PM
\$36 Residents/\$54 Non-Residents

Beulah Brinton BN02
(Beg.)
Sat, Dec 7-Jan 18, 2:00PM- 3:30PM
\$24 Residents/\$36 Non-Residents

Hamilton HA01
Thu, Sep 19-Nov 7, 6:00PM- 7:30PM
\$36 Residents/\$54 Non-Residents

Riverside RS01
(Beg. - Semi-Private)
Mon, Sep 9-Oct 28, 6:30PM- 8:00PM
\$41 Residents/\$62 Non-Residents

Riverside RS02
(Adv. - Semi-Private)
Mon, Sep 9-Oct 28, 8:15PM- 9:15PM
\$27 Residents/\$41 Non-Residents

Piano

Beginner - Intro to keyboard, note reading, rhythm, and techniques. Intermediate - Elevate skills with keys, scales, chords, and melodies. Prior experience is required. Taught by Mr. D. No need to bring your own keyboard; youth and adult classes are combined.

Activity Code: 2RAE4607
(Section codes listed below)

Beulah Brinton BN01
(Beg.)
Sat, Sep 28-Nov 16, 10:30AM-12:00PM
\$36 Residents/\$54 Non-Residents

Beulah Brinton BN02
(Int.)
Sat, Sep 28-Nov 16, 12:15PM- 1:45PM
\$36 Residents/\$54 Non-Residents

Beulah Brinton BN03
(Beg.)
Sat, Dec 7-Jan 18, 10:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

Beulah Brinton BN04
(Int.)
Sat, Dec 7-Jan 18, 12:15PM- 1:45PM
\$24 Residents/\$36 Non-Residents

Hamilton HA01
Wed, Sep 18-Nov 6, 6:00PM- 7:30PM
\$36 Residents/\$54 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. Adult and Youth Classes are combined.

Activity Code: 2RAE4608
(Section codes listed below)

Beulah Brinton BN01
Sat, Sep 28-Nov 16, 4:00PM- 6:00PM
\$46 Residents/\$69 Non-Residents

Beulah Brinton BN02
Sat, Dec 7-Jan 18, 4:00PM- 6:00PM
\$30 Residents/\$45 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. Adult and Youth Classes are combined.

Activity Code: 2RAE4609
(Section codes listed below)

Hamilton HA01
Thu, Sep 19-Nov 7, 7:45PM- 8:45PM
\$25 Residents/\$38 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 17-Nov 5, 6:00PM- 7:00PM
\$25 Residents/\$38 Non-Residents

Hamilton HA03
Tue, Nov 12-Dec 3, 6:00PM- 7:00PM
\$13 Residents/\$20 Non-Residents

Yoko Ono - Artist, Icon, Messenger, Muse

NEW Explore Yoko Ono in this interactive class as we take a deep dive into her life and artistry. Yoko has been a creator on the cutting edge. A leader in the participatory art movement of the 1960s, Yoko capture the heart and imagination of John Lennon, and together they inspired a generation.

Activity Code: 2RAE4650
(Section codes listed below)

Beulah Brinton BN01
Sat, Nov 9-Nov 16, 12:30PM- 1:30PM
\$9 Residents/\$14 Non-Residents

ORGANIZATION

Senior Downsizing

Proactively downsize with ease! Learn steps and decisions for a stress-free process in this class by professional organizer Tamara Starr of Sweet Simplicity Professional Organizing. Don't wait until the last moment. Start early to simplify and preserve cherished items.

Activity Code: 2RAE2601
(Section codes listed below)

Hamilton HA01
Thu, Sep 26, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

Declutter Before 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.

Activity Code: 2RAE2602
(Section codes listed below)

Hamilton HA01
Thu, Oct 10, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

Declutter/Organize Your Home

The first step getting organized is to declutter. In this class, we will discuss different ways to declutter your home that work best for you. After you have decluttered, it's time to get organized. Various organizational styles will be discussed. Class taught by Tamara Starr, Sweet Simplicity Organizing.

Activity Code: 2RAE2607
(Section codes listed below)

Hamilton HA01
Thu, Oct 24, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

ORGANIZED GAMES

Bid Whist

Weekly Bid Whist Extravaganza! Join this African-American card game for fun, challenges, and socializing. Open to experienced players. Register with a partner or be paired with singles. Entertainment-focused play; no gambling allowed during class. Come and enjoy the game!

Activity Code: 2RAE4906
(Section codes listed below)

Milwaukee Marshall MR01
(No class 11/5/2024.)
Tue, Sep 17-Nov 12, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

OUTDOOR EDUCATION

Fall Mandala

Embrace autumn's beauty with a nature mandala workshop. Hike for inspiration, then create a mandala in a meditative art session. Materials provided. Fee non-refundable. Free for OASIS members (\$15/Res, \$25/Non-Res annual fee).

50+ **Activity Code: 2R555005**
(Section codes listed below)

OASIS 5501
Thu, Sep 19, 12:15PM- 1:45PM
\$5 Residents/\$8 Non-Residents

Winter Snowman Pallet

Make your own easy and super cute upcycled pallet snowman. We will supply the pallet, wood, and paints. All you need to bring is your creativity. Class fee is non-refundable and not eligible for reduced fees. This class is free to OASIS members (annual membership fee is \$15/Res and \$25/Non-Res).

50+ **Activity Code: 2R555006**
(Section codes listed below)

OASIS (Ages 50 & up) 5501
Tue, Nov 26, 12:15PM- 1:45PM
\$5 Residents/\$8 Non-Residents



Urban Gardening

Gardens can provide healthy food, exercise and a sanctuary for people and our urban wildlife. Join us as we plant vegetables and flowers in the courtyard of the OASIS. Class fee is non-refundable and not eligible for reduced fees. This class is free to OASIS Members (annual membership fee is \$15/Res and \$25/Non-Res).

50+ **Activity Code: 2R555013**
(Section codes listed below)

OASIS 5501
Wed, Aug 14-Oct 30, 10:30AM-12:30PM
\$10 Residents/\$15 Non-Residents

Pumpkin Carving

October brings all things pumpkin! Learn pumpkin facts, carving techniques, and seed roasting with Hawthorn Glen naturalists. Fee non-refundable. Free for OASIS members (\$15/Res, \$25/Non-Res annual fee).

50+ **Activity Code: 2R555017**
(Section codes listed below)

OASIS 5501
Thu, Oct 24, 12:30PM- 2:00PM
\$5 Residents/\$8 Non-Residents

PERSONAL SKILLS

You Have Pictures in Your Camera - Now What?

Organize and save your multitude of pictures! Learn techniques for managing photos from cameras and smartphones, transferring to external devices and 'the Cloud' in this two-hour seminar with instructor C.T. Kruger. Non-refundable class fee.

Activity Code: 2RAE5402
(Section codes listed below)

Hamilton HA01
Mon, Nov 25, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Riverside RS04
Wed, Oct 2, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

DID YOU KNOW?

Ninety-three percent of U.S. adults are likely to seek out a new skill or hobby, particularly cooking, fitness and health, and arts and crafts.

via nrpa.org/parkpulse

No Power Tools Necessary (Basic Home Repairs)

Learn DIY electrical repairs. Identify tasks you can handle and when to call a professional. Hands-on class covers switch replacement, outlet updates, and light fixture installation. Cost includes tools to take home. Taught by certified instructor Brian Hunt with 15+ years of experience. Non-refundable class fee.

Activity Code: 2RAE5412
(Section codes listed below)

Hamilton HA01
(Easy electrical repairs, remove old switches, outlets, light fixtures)
Sat, Oct 26, 9:00AM-11:00AM
\$50 Residents/\$75 Non-Residents

Riverside RS03
(Easy electrical repairs, remove old switches, outlets, light fixtures)
Sat, Oct 26, 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
Mon, Nov 11, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Riverside RS04
Wed, Sep 18, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

The Camera in Your Smartphone

Unleash the power of your phone! Discover apps, tips, and tricks for capturing and managing photos and videos on iPhone and Android devices. Explore camera features, storage options, printing, and more in this informative class with instructor C.T. Kruger. Non-refundable class fee.

Activity Code: 2RAE5423
(Section codes listed below)

Hamilton HA02
Mon, Nov 18, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Riverside RS04
Wed, Sep 25, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Being Mindful of Your Emotions: Emotional Intelligence Workshop

Take control of your emotions! Join a two-hour workshop to enhance mindfulness. Explore a four-step process: Self Awareness, Self-Management, Social Awareness, and Relationship Management. Learn to respond, not react, to the world. Non-refundable class fee.

Activity Code: 2RAE5432
(Section codes listed below)

Hamilton HA02
Wed, Oct 2, 6:00PM- 8:00PM
\$9 Residents/\$14 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, but develop the courage to have them. 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, Sep 25, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Foster Care in our Community

Address the growing foster care crisis in our community with this free virtual course. Gain insights into the foster care system, ways to help, and the impact of trauma on children and families. Taught by Teresa Cocker, Chief Program Officer at Norris. Link provided in advance.

Activity Code: 2RAE5441
(Section codes listed below)

Online VR01
Wed, Sep 11, 6:00PM- 7:00PM
FREE

Online VR02
Wed, Sep 25, 12:00PM- 1:00PM
FREE

Online VR03
Wed, Oct 16, 6:00PM- 7:00PM
FREE

Online VR04
Wed, Oct 30, 12:00PM- 1:00PM
FREE

Online VR05
Wed, Nov 13, 6:00PM- 7:00PM
FREE

Online VR06
Tue, Nov 26, 6:00PM- 7:00PM
FREE

Online VR07
Wed, Dec 11, 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
Mon, Nov 4, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Riverside RS03
Wed, Sep 11, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Air Conditioning Refrigeration and Heating Technology

Students are introduced to the career opportunities and responsibilities in the air conditioning, heating and refrigeration industry. This course offers an orientation to the different duties, educational requirements and specialty areas within the HVAC industry. Taught by an MATC instructor in a lab outfitted in partnership with Johnson Controls.

Activity Code: 2RAE5470
(Section codes listed below)

Obama CT01
Thu, Sep 5-Dec 19, 6:00PM- 8:00PM
\$6 Residents/\$9 Non-Residents

Painting Around the House

Introductory class on paint history, applications, equipment overview, safety protocols, job site setup/closure. Covers brush, roller, and sprayer techniques with examples, videos, and student participation, followed by a knowledge review.

Activity Code: 2RAE5472
(Section codes listed below)

MacDowell (Ages 14 & up)..... JU01
(Part 1)
Wed, Sep 25, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

MacDowell (Ages 14 & up)..... JU02
(Part 2)
Wed, Oct 16, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

SPANISH LANGUAGE SKILLS

Juegos: Games in Spanish

Practice your Spanish with various games and activities, regardless of your level. From flash cards to spontaneous conversations, we offer games like Memory/Matching, Partner Crosswords, InfoGap, and Tic-Tac-Know. Join small groups or partner up to enjoy the fun while brushing up on your Spanish skills. Participants should have working skills of both written and spoken Spanish.

Activity Code: 2RAE4815
(Section codes listed below)

Hamilton	HA01
Mon, Oct 14, 6:00PM- 8:00PM	
\$9 Residents/\$14 Non-Residents	
Hamilton	HA02
Mon, Nov 18, 6:00PM- 8:00PM	
\$9 Residents/\$14 Non-Residents	

SPORTS AND RECREATION

Pickleball

Discover why pickleball is America's fastest-growing sport! Join our friendly group for open play, suitable for all levels. Basic instruction available. BYO paddle or borrow one. No formal instruction, but true beginners are encouraged to take an introductory course prior. Sorry, no drop-ins.

Activity Code: 2R550101
(Section codes listed below)

Enderis Playfield	EF01
Thu, Aug 22-Oct 17, 6:30PM- 9:00PM	
\$18 Residents/\$27 Non-Residents	
Juneau Playfield	JU01
Wed, Aug 21-Oct 16, 9:00AM-12:00PM	
\$18 Residents/\$27 Non-Residents	
Juneau Playfield	JU02
Sat, Aug 24-Oct 19, 9:00AM-12:00PM	
\$18 Residents/\$27 Non-Residents	
Morse	MS01
Thu, Oct 24-Dec 5, 6:30PM- 9:00PM	
\$18 Residents/\$27 Non-Residents	
Pulaski	PK02
Wed, Oct 23-Dec 4, 6:30PM- 9:00PM	
\$18 Residents/\$27 Non-Residents	
Pulaski	PK01
Sat, Oct 26-Dec 7, 9:00AM-12:00PM	
\$18 Residents/\$27 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 9-Nov 11, 6:00PM- 8:15PM	
\$41 Residents/\$62 Non-Residents	
Beulah Brinton (Ages 30 & up)	BN02
Mon, Nov 18-Jan 13, 6:00PM- 8:15PM	
\$38 Residents/\$57 Non-Residents	

Tennis Lessons

Prepare for the next match. Lessons will teach you the proper forehand, backhand, ground strokes and serving technique. Wear sports clothing.

Activity Code: 2RAE6204
(Section codes listed below)

Milwaukee Marshall	MR01
Sat, Sep 14-Oct 19, 8:45AM- 9:45PM	
\$19 Residents/\$29 Non-Residents	
Milwaukee Marshall	MR02
(Int.)	
Sat, Sep 14-Oct 19, 9:50AM-10:50AM	
\$19 Residents/\$29 Non-Residents	
Milwaukee Marshall	MR03
Sat, Nov 2-Dec 14, 8:45AM- 9:45AM	
\$19 Residents/\$29 Non-Residents	
Milwaukee Marshall	MR04
(Int.)	
Sat, Nov 2-Dec 14, 9:50AM-10:50AM	
\$19 Residents/\$29 Non-Residents	

Volleyball - Co-Ed League

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. Schedules available the first week of play. Staff 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. Fee is per person.

Activity Code: 2RAE6209
(Section codes listed below)

Beulah Brinton	BN01
Tue, Sep 17-Dec 10, 6:15PM- 9:15PM	
\$38 Residents/\$57 Non-Residents	
Beulah Brinton	BN02
Fri, Sep 20-Dec 13, 6:15PM- 8:15PM	
\$36 Residents/\$54 Non-Residents	

Golf Lessons

Don't know the difference between a wood and an iron, a green and fairway? Learn the very basics of golf including how the game is played, terminology, proper grip, stance and swing. Participants can use their own clubs or clubs can be provided if requested in advance of the first class.

Activity Code: 2RAE6212
(Section codes listed below)

Milwaukee Marshall	MR01
Sat, Sep 14-Nov 2, 3:00PM- 4:00PM	
\$25 Residents/\$38 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
(SKIP DATE: August 31st)	
Sat, Aug 17-Sep 28, 10:00AM-11:00AM	
\$21 Residents/\$32 Non-Residents	
Hansen Golf Course	HN02
(SKIP DATE: September 1st)	
Sun, Aug 18-Sep 29, 2:00PM- 3:00PM	
\$21 Residents/\$32 Non-Residents	



ACTIVE OLDER ADULTS

50+ Fall Hike at Lapham Peak

NEW Enjoy the beautiful foliage and fall colors as you hike along the 2 mile trail at Lapham Peak (W329 N846 County Trunk Hwy C, Delafield). Pack a bag lunch to enjoy after the hike. Lapham Peak is 30 minute from Milwaukee. The fee INCLUDES round-trip school bus transportation.

50+ Activity Code: 2R550103
(Section codes listed below)

OASIS 5501
Fri, Oct 18, 10:00AM- 1:00PM
\$10 Residents/\$10 Non-Residents

Hispanic Heritage Month Celebration

Join us for a Hispanic Heritage Month Celebration at the OASIS! We will enjoy traditional foods and beverages, be entertained by a mariachi band, and more!

50+ Activity Code: 2R550118
(Section codes listed below)

OASIS 5502
Fri, Oct 11, 11:00AM- 2:00PM
\$4 Residents/\$6 Non-Residents

BASKETBALL

Late Night Basketball League

Milwaukee Recreation will be operating a free basketball league to young adults ages 17-29 from the Milwaukee Community. League management will focus their efforts not only on basketball, but connecting the participants to appropriate health care services, work force services, and educational services. The purpose of the program is to provide a safe place for young adults to participate in a sport league as well as connect them the many services that Milwaukee has to offer to help them with their personal and professional lives. Athletes cannot be currently enrolled in high school to participate. For program updates visit mkerec.net/latenight.

Activity Code: 2RAS1109
(Section codes listed below)

Bradley Tech (Ages 17-29) MT02
Mon/Wed, Sep 9-Nov 20, 7:30PM-11:59PM
FREE

Obama (Ages 17-29) CT02
Tue/Thu, Sep 10-Nov 19, 7:30PM-11:59PM
FREE

Late Night Women's Open Gym

Milwaukee Recreation will be operating a free basketball league to young adults ages 17-29 from the Milwaukee Community. League management will focus their efforts not only on basketball, but connecting the participants to appropriate health care services, work force services, and educational services. The purpose of the program is to provide a safe place for young adults to participate in a sport league as well as connect them the many services that Milwaukee has to offer to help them with their personal and professional lives. Athletes cannot be currently enrolled in high school to participate. For program updates visit mkerec.net/latenight.

Activity Code: 2RAS1110
(Section codes listed below)

Bradley Tech (Ages 17-29) MT02
Sat, Sep 14-Nov 16, 7:30PM-11:59PM
FREE



KICK OR DIE

2024 HALLOWEEN COED KICKBALL TOURNAMENT

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

GAMEDAY

SATURDAY, OCTOBER 26TH
9:00 AM - 5:00 PM

LOCATION TBD
STAY UP TO DATE AT
MKEREC.NET

\$80

MKEREC
A department of MPS

FALL 2024 ADULT TEAM SPORTS

TEAM REGISTRATION NOW OPEN! Visit mkerec.net/adultsports or contact the Adult Sports office at 414.647.6046 or adultsports@mkerec.net for more information and to register your team. League schedules, scores, and standings are available on teamsideline.com/sites/MilwaukeeRecreation.

FALL BASKETBALL LEAGUES

Play 1 night/week in our men's (Wed @ Bay View High School) basketball league. League registration closes on August 19. *Registration may close earlier if the league fills up before the deadline. League play starts September 4 and runs for 6 weeks. Team registration only. Team registration fee is \$350 (resident) and \$400 (non-resident). Individual Player Points will be kept and a league MVP will be awarded a trophy. Champions of the league will receive t-shirts.

FALL GOLF LEAGUES

Play 1 night/week in our coed (Sat or Sun) golf leagues. League registration closes on August 28. We only have 8 spots for each league. *Registration may close earlier if the league fills up before the deadline. League play starts the weekend of September 7 and runs for 6 weeks. Sign up as an individual or as a team of 2, 3 or 4. Individual registration fee is \$100.

FALL ABOVE PAR GOLF LESSONS

Lessons are 1 afternoon/week (Saturdays or Sundays) at Hansen Golf Course. Lessons start the weekend of August 17 and run for 6 weeks. Registration is \$21 (resident) and \$31.50 (non-resident).

FALL FLAG FOOTBALL LEAGUES

Play 1 night/week in our men's non-contact (Tue @ Juneau) or men's contact (Wed @ Brinton) or women's contact (Fri @ Juneau) flag football leagues. The registration deadline is Monday, August 19. *Registration may close earlier if the league fills up before the deadline. League play starts the week of August 26 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 @ Dyer & Juneau) kickball league. League registration closes on August 19. League play starts September 5 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 2 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) in our men's (Tue @ Pumping Station, Wed @ Sijan #3, or Thur @ Sijan #3 and coed (Tue @ Sijan #2, Thur @ Sijan #2) softball leagues. League registration closes on August 19. League play starts the week of September 2 and runs for 6 weeks. Team registration only. Team registration fee is \$285 (resident) and \$310 (non-resident).

FALL VOLLEYBALL LEAGUES

Play 1 night/week in our women's (Tue @ Wedgewood) and coed (Wed @ Wedgewood) volleyball leagues. League registration closes on August 19. League play starts the week of September 2 and runs for 10 weeks. Team registration only. Team fees are \$312 (resident) and \$362 (non-resident).

WANTED: OFFICIALS FOR ADULT LEAGUES

If you have experience officiating adult basketball, flag football, kickball, soccer, softball, or volleyball we need you! Do you want to officiate but don't have much experience or would like a refresher? We offer crash course trainings for many of our sports, with volleyball and soccer in particular this Spring! If you are interested, please contact the Adult Sports Office at 414.647.6046 or adultsports@mkerec.net

WANTED: PART TIME BUILDING STAFF & MONITORS FOR ADULT LEAGUES

If you have interest in working in the evenings during the week for our indoor or outdoor sports as a field attendant, building monitor/director, or event staff, please contact Brent Landon @ 414-647-3858 or Brandon Sweet @ 414-647-6070. Hours are typically between 5:30 PM – 10:00 PM Monday-Thursday.

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



THERAPEUTIC RECREATION

Splash, Splash, Open Swim

Join Open Swim with your family member/friend/aid. Swimmers must be at least 3 years of age. All participants are REQUIRED to have assistance in the water from a household member or guardian (age 16 or older). Upon request, an instructor (if available) can assess participants in the water to see if the required, in-water, assistance can be waived. Participants provide their own towel, suit, & swim cap. Children 5 years of age & under may accompany their parent/guardian/aid in the locker room. Swimmers ages 6 & above should use the locker rooms that correspond with their gender identity. Swimmers who need assistance in the locker room must provide their own attendant. All participants who will be in the water MUST enroll.

Activity Code: 2RTR0501
(Section codes listed below)

Gaenslen (Ages 3 & up).....GS01
Thu, Sep 19-Nov 7, 6:35PM-7:25PM
FREE

Alley Cats

Bowl with family & friends! All bowlers must register. Weekly fee \$7.75 (cash) due at alley which includes 3 games of bowling & shoes. Agencies must provide support staff. Meet at AMF West Lanes. 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. 25)
Sat, Sep 21-Dec 7, 8:30AM-10:30AM
\$8 Residents/\$12 Non-Residents

Awesome Appetizers and Desserts Too!

Each week we will make either a dessert or an appetizer for all to enjoy. Great ideas for entertaining at home! An \$8 (cash only) supply fee is due at the first class. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

Activity Code: 2RTR6602
(Section codes listed below)

Hamilton (Ages 10 & up).....HA01
(No program Nov. 27)
Wed, Sep 25-Dec 4, 7:30PM-8:30PM
\$23 Residents/\$35 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. 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. 29)
Fri, Sep 27-Dec 6, 4:30PM-5:30PM
\$23 Residents/\$35 Non-Residents

Culture Cafe

Join us at Culture Cafe as we cook and enjoy delicious dishes from all over the world while learning fun facts about the countries they originate from. An \$8 (cash only) supply fee is due at the first class. 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. 28)
Thu, Sep 26-Dec 5, 7:00PM-8:30PM
\$33 Residents/\$50 Non-Residents

Diner's Club

We'll create a delicious dinner each Friday evening. Feel free to bring a favorite recipe to share and your appetite. An \$8.00 (cash only) supply fee is due at the first gathering. 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. 29)
Fri, Sep 27-Dec 6, 5:30PM-7:30PM
\$44 Residents/\$66 Non-Residents

Friday Night Combo with Boot Camp!

Our Friday Night Combo with Boot Camp includes TR Boot Camp, Diner's Club, and Moviers & Shakers. An \$8 (cash only) supply fee is due at the first class. An additional \$2 (cash only) fee is due each week upon entry. 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. 29)
Fri, Sep 27-Dec 6, 4:30PM-9:00PM
\$69 Residents/\$107 Non-Residents

Friday Night Combo with Computers!

Our Friday Night Combo with Computers includes Computer Club, Diner's Club, and Moviers & Shakers. An \$8 (cash only) supply fee is due at the first class. An additional \$2 (cash only) fee is due each week upon entry. 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. 29)
Fri, Sep 27-Dec 6, 4:30PM-9:00PM
\$69 Residents/\$107 Non-Residents



Friday Night Combo with Games!

Our Friday Night Combo with Games includes Game & Card Night, Diner's Club, and Moviers & Shakers. An \$8 (cash only) supply fee is due at the first class. An additional \$2 (cash only) fee is due each week upon entry. 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. 29)
Fri, Sep 27-Dec 6, 4:30PM-9:00PM
\$69 Residents/\$107 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! 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. 29)
Fri, Sep 27-Dec 6, 4:30PM-5:30PM
\$23 Residents/\$35 Non-Residents

Let's Get Moving

Like the title says "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. 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. 28)
Thu, Sep 26-Dec 5, 6:00PM- 7:00PM
\$23 Residents/\$35 Non-Residents

Moviers and Shakers

This program alternates between a large screen movie and a dance party. A \$2 (cash only) fee is due each week upon entry. 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. 29)
Fri, Sep 27-Dec 6, 7:30PM- 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. 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. 27)
Wed, Sep 25-Dec 4, 6:00PM- 7:30PM
\$33 Residents/\$50 Non-Residents

Sunday Movie Madness

Various Sundays, we will enjoy a movie at South Shore Cinema. You will be notified by email of specific movies & times. The one-time \$8 registration fee does not include the cost of the movie. 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: 9/29, 11/3, 12/1)
Sun, Sep 29-Dec 1, Varies
\$8 Residents/\$12 Non-Residents

Super Saturday

On Saturday afternoons, we will create fantastic art projects, make delicious snacks, play exciting gym activities, and have awesome special events and field trips! 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. 30)
Sat, Sep 21-Dec 7, 12:30PM- 4:00PM
\$72 Residents/\$108 Non-Residents

Milwaukee Marshall (Ages 6 & up)MR01

(No program Nov. 30)
Sat, Sep 21-Dec 7, 12:30PM- 4:00PM
\$72 Residents/\$108 Non-Residents

T.R. Boot Camp

Join us as we work out and have fun with friends. 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. 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. 29)
Fri, Sep 27-Dec 6, 4:30PM- 5:30PM
\$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. 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. 28)
Thu, Sep 26-Dec 5, 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. 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 27)
Wed, Sep 25-Dec 4, 6:00PM- 8:30PM
\$54 Residents/\$81 Non-Residents

Sunday Super 6 Fall

We have planned six different exciting outings around Milwaukee. Join as many as you like. The one-time registration fee of \$8.00 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: 10/6, 10/13, 10/20, 10/27, 11/10, 11/17)
Sun, Oct 6-Nov 17, Varies
\$8 Residents/\$12 Non-Residents

Game Night SWITCHED Up

We will have Nintendo Switch available with games like Mario Cart, Jeopardy, and Just Dance. There will be Wii's for those that love the classics like Wii Sports. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6635
(Section codes listed below)

OASIS (Ages 7-15.99) 5501

Tue, Sep 24-Dec 3, 6:00PM- 8:00PM
\$47 Residents/\$71 Non-Residents



ACTIVE OLDER ADULTS - 50+ SPORTS

Meet new friends, join recreational activities, learn a new game, brush up on your skills and socialize. Our organized sports leagues, open play (non-league), and drop-in sporting activities aim to provide Milwaukee and beyond athletes, age 50 and above, with an opportunity to continue pursuing the sport they love year-round. For registration information, please contact Brandon Sweet in the Adult Sports/50+ Sports office at 414.647.6070 or email: Brandon@mkerec.net. **Volleyball * Softball * Pickleball ***

50+ VOLLEYBALL LEAGUES (COMPETITIVE & SOCIAL)

Leagues play two times each week (Tue/Thur) for 14-weeks. Start date is 9/24/24. All skill levels welcome. All games are played at Beulah Brinton Community Center (2555 S. Bay St.).

- Tue/Thur, Sep. 17 – Dec. 12, 2024
- Social League: 9:15am-10:15am / Competitive League: 9:15am-11:15pm
- Fee: \$15 Resident / \$30 Non-Resident
- Activity Code: 2R556801, Section: BN03 (Competitive) & BN04 (Social)

50+ FALL SOFTBALL LEAGUE

Wednesday morning 50+ softball league will begin play on 9/4/24 and continue over a 5-week regular season, followed by a single elimination playoff and consolation tournament. All games played at Burnham/Rogers Playfield (1755 S. 32nd St.).

- Wed, Sep. 4 – Oct. 9, 2024 / Game Times: 9:30am & 10:40am
- Fee: \$15 Resident / \$30 Non-Resident
- Activity Code: 2R558101, Section: B203



PICKLEBALL OPEN PLAY (AGES 18+)

Join our group for open play pickleball. All skill levels welcome. BYO paddle or borrow one. No drop-ins. Contact Megan Frey @ 414.647.6057 with any questions. Registration opens 8/8/24. Online registration highly recommended.

Early Fall Schedule

- Thu, Aug 22-Oct 17, 6:30PM- 9:00PM at Enderis Playfield (2938 N 72nd St). Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 2R550101 Section: EF01
- Wed, Aug 21-Oct 16, 9:00AM- 12:00PM at Juneau Playfield (6500 W Mt Vernon Ave). Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 2R550101 Section: JU01
- Sat, Aug 24-Oct 19, 9:00AM- 12:00PM at Juneau Playfield (6500 W Mt Vernon Ave). Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 2R550101 Section: JU02

Late Fall Schedule

- Wed, Oct 23-Dec 4, 6:30pm- 9:00pm at Pulaski High School (2500 W. Oklahoma Ave. Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 2R550101, Section PK02
- Thu, Oct 24-Dec 5, 6:30pm- 9:00pm at Morse Middle School (6700 N. 80th St. Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 2R550101, Section MS01
- Sat, Oct 26-Dec 7, 9:00am-12:00pm at Pulaski High School (2500 W. Oklahoma Ave.) Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 2R550101, Section PK01

YEARLY SPORTS SCHEDULE:

- **FALL SEASON (Sep-Dec):** Softball league, volleyball leagues, drop-in volleyball, pickleball open play.
- **WINTER SEASON (Jan-Mar):** Cornhole league, volleyball leagues, drop-in volleyball, pickleball open play.
- **SPRING/SUMMER SEASON (Apr-Aug):** Softball leagues, drop-in volleyball, pickleball open play.



To sign up, see page 2 • Centers are closed Sept. 2 and Nov. 28 - 29.

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 opportunities for adults, fifty years and older, in arts and crafts, fitness, health and wellness, language skills, outdoor education, sports and recreation, and special events. Whether you're looking to get a good workout or learn a new language, this close-knit community provides a fun, social, and supportive environment for you to do it in.

BECOME AN OASIS MEMBER

Become an OASIS Community Center Member for \$15 for City of Milwaukee Residents and \$25 for Non-Residents. Membership fee is good for one year from purchase date.

INCLUDED WITH MEMBERSHIP



CHAIR YOGA

Offered Monday, Wednesday, and Friday 9:00AM - 10:00AM
MEMBERS ONLY CLASS



OUTDOOR EDUCATION CLASSES

Offerings vary by season



COMPUTER LAB

Open Monday through Friday 8:00AM - 3:00PM



FITNESS CENTER

Open Monday through Friday 8:00AM - 3:00PM
Fitness Center equipment includes compressed air resistance machines, treadmills, ellipticals, exercise bicycles, rowing machines, and free weights.

CONTACT

MEGAN FREY | megan@mkerec.net | **414.647.6057**
SUPERVISOR – ACTIVE OLDER ADULTS

REGISTER FOR A MEMBERSHIP IN-PERSON
AT THE OASIS OR ONLINE
AT MKEREC.NET/OASIS

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 eight (8) years or older and have completed the required Special Olympics forms. Come join the fun!

Summer Season (June – September)

Softball
Tee Ball
Bocce Ball
Flag Football

Winter Season (December – April)

Basketball
Competitive Swimming

Fall Season (September – December)

Bowling
Volleyball
Strength Training

Spring Season (March – June)

Track & Field
Soccer
Cornhole
Strength Training

For additional information please contact Team Milwaukee Special Olympics at Specialolympics@mkerec.net or call 414.647.6041.





SCAN ME



Sign up to play adaptive sports! WASA provides adaptive sports & fitness opportunities for those with physical disabilities and/or visual impairments, ages 6 and up.

- Recreational or Competitive
- All ability levels welcome
- Adaptive equipment, including sports chairs provided
- Scan the QR code and select "register" or sign up online at: www.wasa.org



Questions: email info@wasa.org or call 414-310-7051.

WASA is a 501(c)3 tax exempt, non-profit organization.

¡Hay muchas maneras de registrarse para los programas de Milwaukee Recreation!

Las formas de registro incluyen:

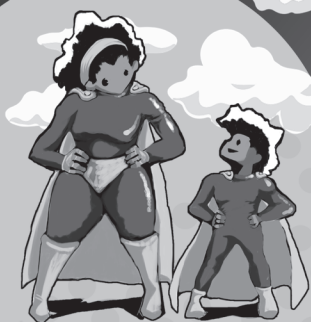
- En línea a través de mkerec.net
- Por teléfono llamando al 414.475.8180
- En persona 5225 W. Vliet St. o OASIS Community Center, 2414 W. Mitchell St. Horarios: Lunes -Viernes 8:15am – 4:30pm
- Fax al 414-475-8183
- Por correo: Envíe la forma a Milwaukee Recreation, P.O. Box 2181, Milwaukee, WI 53201-2181

Para obtener más información en español sobre la guía, los plazos de inscripción, la confirmación, los reembolsos, el seguro, las tarifas, los métodos de pago, la accesibilidad del programa, la ley de estadounidenses con discapacidades o las regulaciones de A.H.E.R.A, llame al 414.475.8180.



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 for more information or scan the QR code.



MOTHER & SON SUPERHERO NIGHT

SATURDAY, NOVEMBER 9, 2024

HAMILTON, 6215 WEST WARNIMONT AVE. | 5:30 - 7:30PM | AGES 1-8

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.

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](https://mkerec.net)
ACTIVITY CODE: 2RCE3322



Milwaukee Recreation would like to thank **Grace Weber's Music Lab**,
Powered by Radio Milwaukee and Harmonic Harvest for their support
 of the 2024 Partnership for the Arts and Humanities Showcase!



Join us for the 3rd Annual Sparkle & Shine

Saturday, December 7th
OASIS Community Center 2414 W. Mitchell Street



Enter Tree
 Raffle



Hike Along
 the Indoor
 Holiday Trail



Selfie
 Station



Warm Drinks
 and Snacks



Holiday Craft

Register Now at mkerec.net (Activity Code: 2R550117)

Section: 5501 - 1:00PM - 3:00PM Section: 5502 - 4:00pm-6:00pm

\$3/person (Children 3 and under are free). Includes 5 tree raffle tickets, warm drinks and snacks! Must pre-register for the event.

**Decorated trees must be picked up by Friday, December 13th at 3:00pm.*



Hawthorn Glen Winter Wonder Woods

December 6, 7, 13 & 14 • 5:00–8:00 p.m. • 1130 North 60th Street

See Milwaukee Recreation's Hawthorn Glen in a new light as you walk through the woods and view displays that are twinkling with nearly 100,000 lights! \$4/person (Children 2 and under free)

COME EXPERIENCE WINTER WONDER WOODS



100,000 Lights
on Display



Selfie
Station



Hiking
Santa



Fun Facts
Along The Trail



Warm Drinks &
Sweet Treats

Register online at mkerec.net
(Activity code: 3P125082)

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

If the event is canceled due to inclement weather, participants can transfer to an open session on a different day or receive a full refund.



JOIN US FOR THE ANNUAL Run Back to School August 24th

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. Visit mkerec.net/rbts for location details.

Carrera Anual de Vuelta a Clases 24 de Agosto
¡Un increíble evento, diversas oportunidades para la familia y la formación de equipos en la comunidad escolar! Participa de una **Corrida divertida de 5 mil kilómetros** o de una **Caminata de 1.5 millas**, además de grandes actividades. Visite mkerec.net/rbts para obtener detalles sobre la ubicación.



PRESENTED BY



MILWAUKEE
PUBLIC SCHOOLS



LEARN MORE AT
mkerec.net/rbts
APRENDE MÁS





MKE REC
A department of MPS

FIND YOUR
PASSION • WELLNESS • CONNECTION

ENCUENTRA TU
PROPÓSITO • BIENESTAR • CONEXIÓN

mkerec.net • 414-475-8203

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!

Scholarship applications for *Everyone Plays!* **are now open**. Each eligible child can be awarded one scholarship per year. **A limited number of scholarships are available. Early applications are encouraged.** Questions? Please call 414.475.8180. Visit mkerec.net/scholarship to learn more about this program. Thank you!

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.

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



JOIN US FOR THE ANNUAL Run Back to School

Saturday, August 24th | Starting Line: MPS Central Services Building (5225 W. Vliet St.)
Start Time: 9 a.m. (Registration will close at 8:50 a.m.)
No participants will be allowed to start the course after 9:10 a.m.)

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. Visit mkerec.net/rbts for location details.

Carrera Anual de Vuelta a Clases 24 de Agosto

¡Un increíble evento, diversas oportunidades para la familia y la formación de equipos en la comunidad escolar! Participa de una **Corrida divertida de 5 mil kilómetros** o de una **Caminata de 1.5 millas**, además de grandes actividades. Visite mkerec.net/rbts para obtener detalles sobre la ubicación.



LEARN MORE AT
mkerec.net/rbts
APRENDE MÁS



MILWAUKEE
PUBLIC SCHOOLS



A department of MPS

Milwaukee Public Schools
Recreation Department
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Milwaukee, WI 53201-2181
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A department of MPS

FALL

Recreation Guide

2024

Register online at 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 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

லாந்தேனாலா கட்டிக்கோ- (414) 475-8182

للمساعدة باللغة العربية: (414) 8182-475

Wixii caawin Af- Somali ah: (414) 475-8182

Xav tau kev pab hais ua lus Hmoob hu: (414) 475-8182