

Registration begins July 31, 2025 | 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 starts with Milwaukee Recreation!



Since joining Milwaukee Public Schools (MPS) as superintendent in March, I have been impressed by the many opportunities MPS and Milwaukee Recreation provide our community. When you see the Fall 2025 Recreation Guide, I think you'll be impressed, too.

Everyone from children to seniors can enrich themselves by learning new skills or by taking part in a favorite activity: art, crafting, yoga, music lessons, swim lessons, sports classes and leagues, outdoor education programs, and much more.

Fall at Milwaukee Recreation also means special events, such as:

- The 18th annual family-friendly Run Back to School 5K run or 1.5-mile walk will be Saturday, August 23. Register at mkerec.net/rbts.
- Halloween Glen, a Halloween-themed hike through Hawthorn Glen will be back for the 32nd year, on October 10 and 11.
- Kick or Treat, the Halloween-themed adult sports kickball tournament will be October 25.
- Mother & Son Superhero Night will be November 8. Moms and sons can enjoy an exciting evening of obstacle courses, crafting, games, healthy snacks, a dance party and much more.

Milwaukee Recreation is for everyone. Each of us can be part of a community that wants to keep learning and stay active. I hope you all will take advantage of the special events and programming in this fall's recreation guide.

Milwaukee Recreation has something for all ages and ability levels. We hope you'll join us this season!

Warmly,

Brenda Cassellius, EdD
Superintendent of Schools





**MILWAUKEE
PUBLIC SCHOOLS**

Start your professional journey at
MPS in the 2025-26 school year!

#SucceedAtMPS

Scan to take
an interest
survey



mpsmke.com/careers

Looking for a meaningful career? Attend one of our

CAREER FAIRS

WEDNESDAY
JULY 16
10AM – 12PM

WEDNESDAY
AUGUST 13
5 – 7PM

We offer competitive pay, great benefits, and career advancement opportunities. Apply and interview on site at MPS Central Services, 5225 W. Vliet St., Milwaukee. For more information, email mpscoordinators@milwaukee.k12.wi.us or call (414) 475-8224.

*On-site testing available. Milwaukee residency is not required.

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**MILWAUKEE
PUBLIC SCHOOLS**

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

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Para ayuda en español: 475-8180

Important Dates — See page 2 for details.

July 29 Registration for Driver Education begins at 10AM

July 31 Priority registration for city of Milwaukee residents begins at 10AM

August 7 Non-city of Milwaukee residents' registration begins at 10AM

A NOTE REGARDING FALL 2025 REGISTRATION:

Registration will be available online and in-person for the fall 2025 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

- **Driver Education registration begins: Tuesday, July 29.**
- **Priority registration (city of Milwaukee residents) begins: Thursday, July 31.**
- **Non-city of Milwaukee resident registration begins: Thursday, August 7.**
- **Registration opens at 10:00AM on July 29, July 31, and August 7.**

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 FRIDAY, AUGUST 29, 2025.

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

FALL 2025

MAIN CONTACT

LAST NAME FIRST NAME MIDDLE INITIAL DATE OF BIRTH Month/Day/Year RECEIPT # (OFFICE USE ONLY)

ADDRESS (NO PO BOX #s, PLEASE) APT. # CITY ZIP CODE

PHONE () E-MAIL CHECK BOX IF ADDRESS IS NEW

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

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

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

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

X

Signature required for all registrations

Date

CASH MONEY ORDER CREDIT CARD # EXP. DATE / /

CHECK (#) CARDHOLDER NAME SECURITY CODE:

CHECKS PAYABLE TO MILWAUKEE RECREATION PHONE NUMBER () SIGNATURE:

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)

total fees \$

reduced activity fee \$

SCHOOL NAME: \$1 DONATION?

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

TOTAL PAYMENT DUE \$

REDUCED ACTIVITY FEE (17 YEARS & UNDER)

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

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.

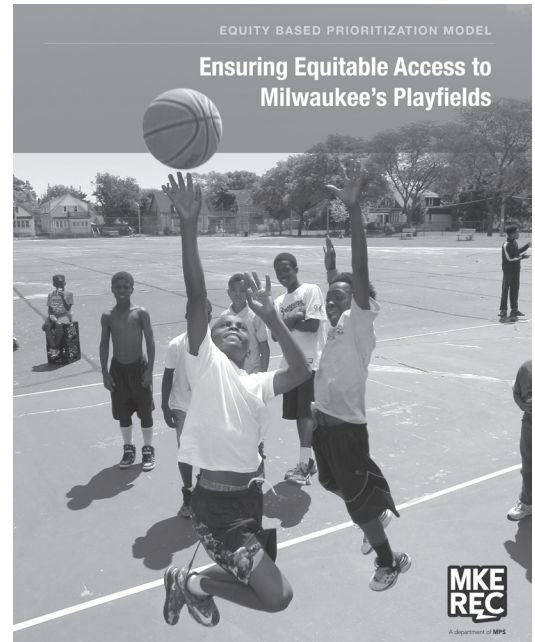
POLICY GOALS: The Inclusion Services Policy outlines Milwaukee Recreation's approach to ensuring inclusive environments and equitable opportunities for all community members in local parks and recreation.

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.

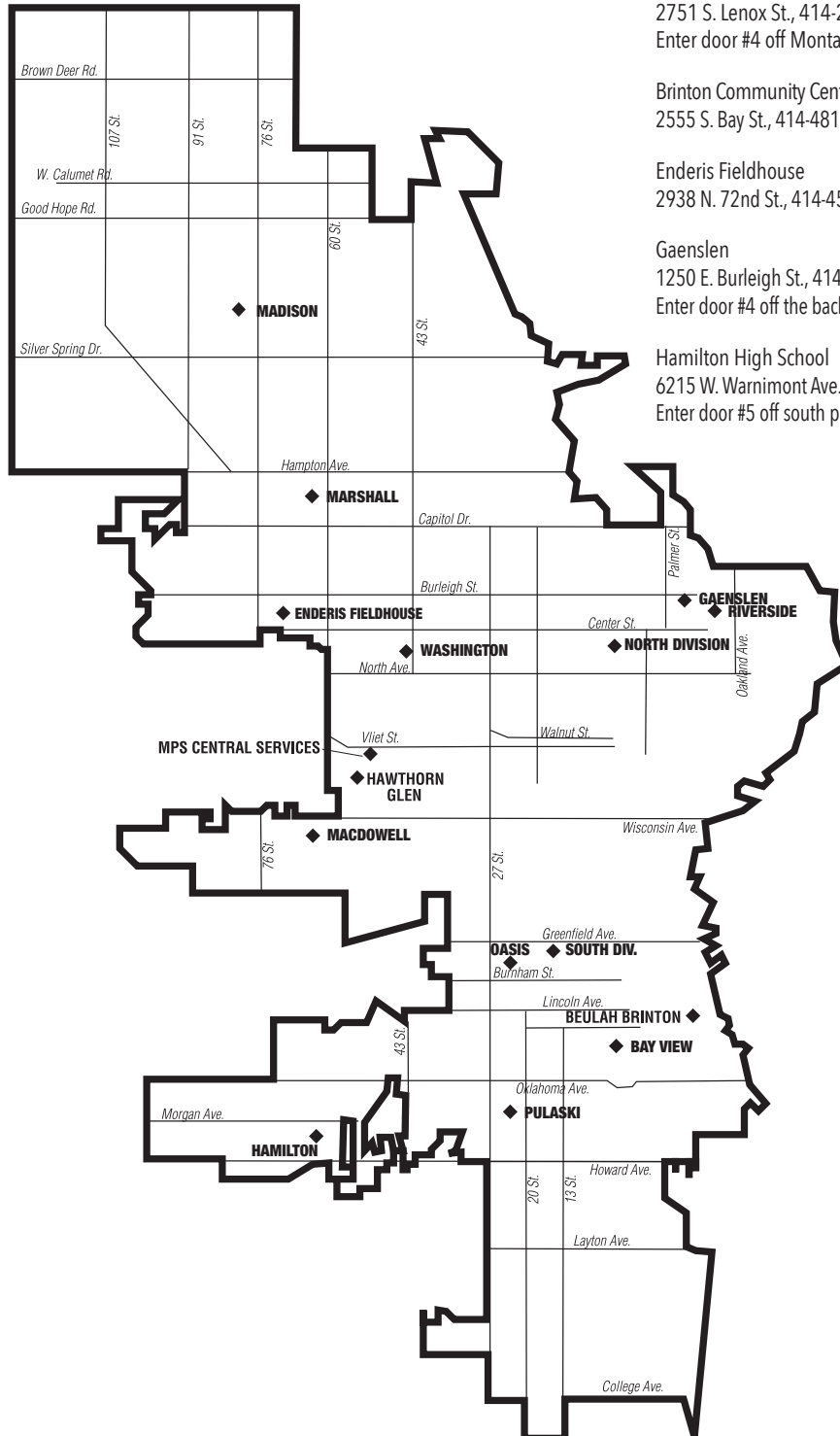


EVERYONE PLAYS!

If you live in the city of Milwaukee and receive any state or federal assistance like WI Shares or SNAP, your children are eligible to receive a scholarship to pay for most classes in the Milwaukee Recreation Guide. This includes arts and crafts, cooking, dance, fitness, language skills, music, outdoor education, sports, swimming, and more!

Every activity is carefully supervised and designed to allow youth to learn and grow in a safe, respectful environment. Everyone is welcome to participate, and accommodations will be made for all individuals. More information at mkerec.net/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

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

North Division High School
1011 W. Center St., 414-267-4900

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.

BACK TO SCHOOL

Mark your calendars! School starts Tuesday, September 2, 2025.
mpsmke.com

Visit our website! It is your one-stop shop for enrollment information, important district and school updates, activities, school supplies lists, and more.

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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!* **open on July 14, 2025.** Each eligible child can be awarded one scholarship per year. **A limited number of scholarships are available. Scholarship applications are available in person or online at mkerec.net/plays. Early applications are encouraged.** Questions? Please call 414.475.8180. Visit mkerec.net/plays to learn more about this program. Thank you!

ARTS & CRAFTS

Korean Mask (Tal) Making

To make unique Halloween costumes, students can make Korean traditional masks Tal that used for musical performance Talchum. They have a chance to learn about Korean Talchum and traditional culture. On the premade paper masks, students can paint and decorate. Come to try it out!

Activity Code: 2RCE0914
(Section codes listed below)

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

Tue, Oct 7-Oct 14, 5:30PM- 6:30PM
\$6 Residents/\$9 Non-Residents

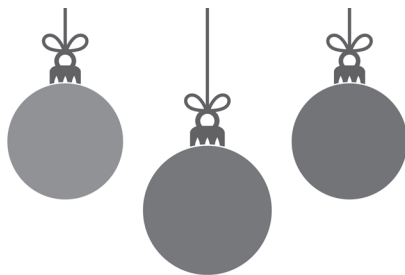
Holiday Cards and Ornament Making for Children

With various papers, learners can make Holiday cards and mobiles for decorating houses or Christmas trees. Learners can improve fine motor skills and concentration as well as prevent aging and losing memory skills through hands-on activities of paper folding directions.

Activity Code: 2RCE0920
(Section codes listed below)

Hamilton (Ages 5-9)..... HA01

Tue, Oct 21-Nov 11, 5:30PM- 6:30PM
\$13 Residents/\$20 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 18-Nov 6, 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

(Not eligible for reduced fees)
Sat, Nov 15, 10:00AM-11:30AM
\$25 Residents/\$38 Non-Residents

Riverside (Ages 7-15)..... RS01

(Not eligible for reduced fees)
Sat, Sep 20, 10:00AM-11:30AM
\$25 Residents/\$38 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)

Hamilton (Ages 4-12)..... HA01

Sat, Oct 18, 1:00PM- 2:00PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 4-12)... MR01

Sat, Dec 13, 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, Nov 1, 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, Oct 4, 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)

Milwaukee Marshall (Ages 4-12)... MR01

Sat, Nov 15, 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 27-Nov 15, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

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

Sat, Dec 6-Jan 17, 10:30AM-11:30AM
\$13 Residents/\$20 Non-Residents

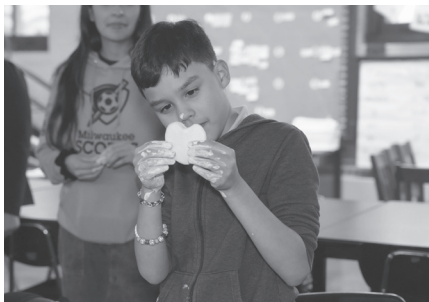
COOKING

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, Dec 6, 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
Sat, Nov 1-Nov 22, 12:00PM- 2:00PM
\$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 11-18) JU01
Tue/Thu, Aug 5-Oct 23, 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 11, 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 6-Oct 25, 12:00PM- 1:00PM
\$21 Residents/\$32 Non-Residents

Riverside (Ages 6-17)..... RS02
Sat, Nov 15-Dec 20, 12:00PM- 1:00PM
\$13 Residents/\$20 Non-Residents

Hip Hop

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

Activity Code: 2RCE2908
(Section codes listed below)

MacDowell (Ages 7-14)..... JU01
Mon, Oct 13-Dec 1, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

DRAWING PAINTING ARTS

Kid's 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: 2RCE2025
(Section codes listed below)

Beulah Brinton (Ages 6-14)..... BN01
Thu, Sep 11-Sep 25, 2:00PM- 3:00PM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 6-14)..... BN02
Thu, Oct 9-Oct 23, 2:00PM- 3:00PM
\$15 Residents/\$23 Non-Residents



FIBER ARTS

Macrame Friendship Bracelets

NEW Come learn macrame, the ancient art of tying knots to create designs and patterns. This class will teach you how to use knots and beads to make wearable friendship bracelets. Each participant will make two bracelets, one to keep and one to give to a friend! A \$5 cash supply fee is due to the instructor the day of class. This class is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE1201
(Section codes listed below)

Hamilton (Ages 8-12)..... HA01
Sat, Nov 8, 10:00AM-12:00PM
\$6 Residents/\$9 Non-Residents

Hamilton (Ages 10-17)..... HA02
Sat, Nov 8, 1:00PM-3:00PM
\$6 Residents/\$9 Non-Residents

Milwaukee Marshall (Ages 8-12)... MR01
Sat, Oct 11, 10:00AM-12:00PM
\$6 Residents/\$9 Non-Residents

Milwaukee Marshall (Ages 10-17). MR02
Sat, Oct 11, 1:00PM- 3:00PM
\$6 Residents/\$9 Non-Residents

Macrame Friendship Bracelets and Choker

NEW Come learn macrame, the ancient art of tying knots to create designs and patterns. Learn how to use knots and beads to create your own personally designed bracelet and choker. A \$7 cash supply fee is due to instructor at the class. This class is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE1202
(Section codes listed below)

MacDowell (Ages 10-17)..... JU02
Sat, Nov 15, 9:00AM-12:00PM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 10-17)..... RS02
Sat, Oct 18, 9:00AM-12:00PM
\$8 Residents/\$12 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 22-Nov 10, 4:45PM- 5:45PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton (Ages 7-11)..... BN04
Mon, Dec 1-Jan 12, 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 20-Nov 8, 10:00AM-11:30AM
\$27 Residents/\$41 Non-Residents

MAD SCIENCE

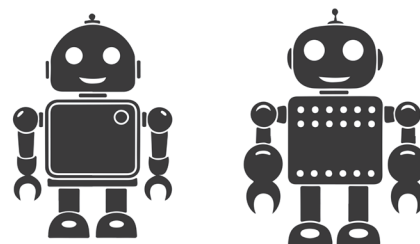
Mad Science: Slime Time

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, Oct 18, 9:30AM-10:30AM
\$18 Residents/\$27 Non-Residents

Riverside (Ages 5-12)..... RS03
Sat, Dec 6, 9:30AM-10:30AM
\$18 Residents/\$27 Non-Residents



Mad Science: Radical Robots

What are automatons? How do robotic systems work? Learn all about robot-building in this exciting Mad Science lab! Students will tinker with their very own robots as they learn the basic engineering skills involved in building these machines. Experiment with robots that can do some extraordinary tasks, infrared robots, robotic arms, and even robots that like to play. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7622
(Section codes listed below)

Riverside (Ages 5-12)..... RS02
Sat, Oct 25, 9:30AM-10:30AM
\$18 Residents/\$27 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)

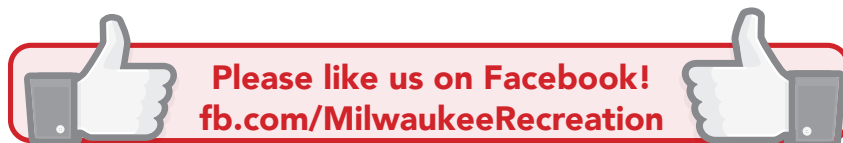
Hamilton (Ages 5-12)..... HA01
Sat, Sep 27, 9:30AM-10:30AM
\$18 Residents/\$27 Non-Residents

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 15, 9:30AM-10:30AM
\$18 Residents/\$27 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 17-Nov 5, 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 26-Nov 14, 7:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

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

Fri, Dec 5-Jan 16, 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 26-Nov 14, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

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

Fri, Dec 5-Jan 16, 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 27-Nov 15, 2:00PM- 3:30PM
\$27 Residents/\$41 Non-Residents

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

Sat, Dec 6-Jan 17, 2:00PM- 3:30PM
\$18 Residents/\$27 Non-Residents

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

Thu, Sep 18-Nov 6, 6:00PM- 7:30PM
\$27 Residents/\$41 Non-Residents

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

(Beg.- Semi-Private)
Mon, Sep 8-Oct 27, 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 27-Nov 15, 10:30AM-12:00PM
\$27 Residents/\$41 Non-Residents

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

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

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

(Beg.)
Sat, Dec 6-Jan 17, 10:30AM-12:00PM
\$18 Residents/\$27 Non-Residents

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

(Int.)
Sat, Dec 6-Jan 17, 12:15PM- 1:45PM
\$18 Residents/\$27 Non-Residents

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

(Beg./Int.)
Wed, Sep 17-Nov 5, 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 27-Nov 15, 4:00PM- 6:00PM
\$35 Residents/\$53 Non-Residents

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

Sat, Dec 6-Jan 17, 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)..... HA01

Thu, Sep 18-Nov 6, 7:45PM- 8:45PM
\$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.

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.

Activity Code: 2RCE3206
(Section codes listed below)

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

(Beg.)
Sat, Sep 20-Dec 6, 11:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

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

(Beg.)
Thu, Sep 25-Dec 11, 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 20-Dec 6, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

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

(Int./Adv.)
Sat, Sep 20-Dec 6, 9:45AM-10:30AM
\$24 Residents/\$36 Non-Residents

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

(Int.)
Sat, Sep 20-Dec 6, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents

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

(Beg.)
Sat, Sep 20-Dec 6, 11:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

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

(Beg.)
Sat, Sep 20-Dec 6, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

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

(Beg.)
Sat, Sep 20-Dec 6, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

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

(Int.)
Sat, Sep 20-Dec 6, 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 20-Dec 6, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents

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

(Beg.)
Thu, Sep 25-Dec 11, 5:30PM- 6:00PM
\$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 25-Dec 11, 6:15PM- 6:45PM
\$24 Residents/\$36 Non-Residents

Indoor Percussion

NEW Join Milwaukee's first indoor percussion! Learn what it takes to perform in a Corps and Winter Guard style production. Open to students with at least one year of experience on battery, auxiliary, mallet percussion, drum set, timpani, or electric keyboard.

Activity Code: 2RCE3234
(Section codes listed below)

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

Sat, Sep 20-Dec 6, 12:15PM- 3:00PM
\$36 Residents/\$54 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)

Hamilton (Ages 3 & up) HA01
Wed, Nov 5, 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 28, 6:00PM- 7:15PM
\$4 Residents/\$6 Non-Residents

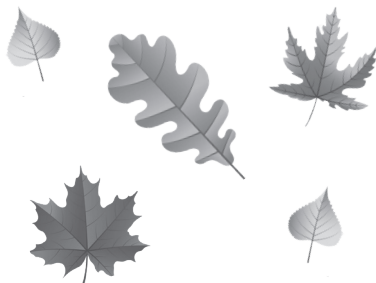
Riverside (Ages 3 & up) RS01
Wed, Oct 22, 6:00PM- 7:15PM
\$4 Residents/\$6 Non-Residents

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 11, 2:45PM- 3:45PM
\$4 Residents/\$6 Non-Residents



OUTDOOR EDUCATION

Building Bluebird Boxes

NEW

In this hands-on class, staff from Waste Management will work with participants to build and paint bluebird houses to be installed on protected conservation land, helping to support local bluebird populations. Bluebirds increasingly rely on man-made nesting boxes due to habitat loss. By taking this class, you'll directly contribute to preserving essential nesting sites and protecting native wildlife. Class will include a brief educational overview about bluebird conservation, house construction practices, and the importance of sustainably habitats. All supplies and tools for the class will be provided. Not eligible for reduced fees.

Activity Code: 2RCE5002
(Section codes listed below)

Milwaukee Marshall (Ages 6-12)... HA01
Sat, Oct 25, 10:00AM-12:00PM
\$6 Residents/\$9 Non-Residents

Milwaukee Marshall (Ages 6-12)... MR01
Sat, Nov 22, 10:00AM-12:00PM
\$6 Residents/\$9 Non-Residents

PERFORMING ARTS

Children's Playhouse

Calling all actors! Learn fun theatre games like vocal warmups, tongue twisters, movement, and improv techniques to create memorable characters. The program will culminate with a presentation for family and friends.

Activity Code: 2RCE5301
(Section codes listed below)

MacDowell (Ages 8-11)..... JU01
Wed, Sep 24-Oct 15, 5:30PM- 6:30PM
\$10 Residents/\$15 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 1.5-4)..... BN01
Mon, Sep 22-Nov 10, 9:00AM- 9:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02
Tue, Sep 23-Nov 11, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN03
Wed, Sep 24-Nov 12, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN04
Thu, Sep 25-Nov 13, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN05
Fri, Sep 26-Nov 14, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

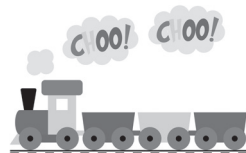
Beulah Brinton (Ages 1.5-4)..... BN06
(not eligible for reduced fees)
Mon, Dec 1-Dec 15, 9:00AM- 9:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN07
(not eligible for reduced fees)
Tue, Dec 2-Dec 16, 11:00AM-11:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1-4)..... BN08
(not eligible for reduced fees)
Wed, Dec 3-Dec 17, 10:00AM-10:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN09
(not eligible for reduced fees)
Thu, Dec 4-Dec 18, 11:00AM-11:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN10
(not eligible for reduced fees)
Fri, Dec 5-Dec 19, 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 1.5-4)..... BN01
Mon, Sep 22-Nov 10, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02
Fri, Sep 26-Nov 14, 9:00AM- 9:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN03
(not eligible for reduced fees)
Mon, Dec 1-Dec 15, 11:00AM-11:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN04
(not eligible for reduced fees)
Fri, Dec 5-Dec 19, 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 1.5-4)..... BN01
Mon, Sep 22-Nov 10, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02
Fri, Sep 26-Nov 14, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN03
(not eligible for reduced fees)
Mon, Dec 1-Dec 15, 10:00AM-10:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN04
(not eligible for reduced fees)
Fri, Dec 5-Dec 19, 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 23-Nov 11, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02
Wed, Sep 24-Nov 12, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN03
Thu, Sep 25-Nov 13, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN04
(not eligible for reduced fees)
Tue, Dec 2-Dec 16, 10:00AM-10:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1.3-4)..... BN05
(not eligible for reduced fees)
Wed, Dec 3-Dec 17, 11:00AM-11:45AM
\$8 Residents/\$12 Non-Residents

Beulah Brinton (Ages 1.3-4)..... BN06
(not eligible for reduced fees)
Thu, Dec 4-Dec 18, 10:00AM-10:45AM
\$8 Residents/\$12 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 1.5-4)..... BN01
Tue, Sep 23-Nov 11, 12:00PM-12:45PM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02
Thu, Sep 25-Nov 13, 4:00PM-4:45PM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN03
(not eligible for reduced fees or refunds)
Tue, Dec 2-Dec 16, 12:00PM-12:45PM
\$6 Residents/\$9 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN04
(not eligible for reduced fees or refunds)
Thu, Dec 4-Dec 18, 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 23-Nov 11, 5:00PM-5:45PM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 4-7)..... BN03
(not eligible for reduced fees or refund)
Tue, Dec 2-Dec 16, 5:00PM-5:45PM
\$6 Residents/\$9 Non-Residents

Mini Mixed Media Marvels

Children will have tons of fun creating collages using a wide variety of art supplies. Dress for mess!

Activity Code: 2RCE5530
(Section codes listed below)

Beulah Brinton (Ages 2-4)..... BN01
Mon, Sep 22-Nov 10, 12:00PM-12:45PM
\$14 Residents/\$21 Non-Residents

Beulah Brinton (Ages 2-4)..... BN03
Thu, Sep 25-Nov 13, 12:00PM-12:45PM
\$14 Residents/\$21 Non-Residents

Beulah Brinton (Ages 2-4)..... BN02
Mon, Dec 1-Dec 15, 12:00PM-12:45PM
\$6 Residents/\$9 Non-Residents

Beulah Brinton (Ages 2-4)..... BN04
Thu, Dec 4-Dec 18, 12:00PM-12:45PM
\$6 Residents/\$9 Non-Residents



RED CROSS BABYSITTING CERTIFICATION

Babysitting Workshop

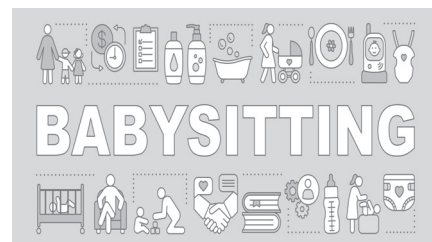
Ages 11 & up. Receive American Red Cross certification for babysitting. Learn basic First Aid, reacting to stressful situations, creative play techniques, proper nutrition and more. Not eligible for reduced fees. Refund request must be received one week prior to the start of class.

Activity Code: 2RCE5601
(Section codes listed below)

Hamilton (Ages 11-17)..... HA01
Sat, Sep 20, 9:00AM-2:00PM
\$80 Residents/\$120 Non-Residents

MacDowell (Ages 11-17)..... JU01
Sat, Nov 15, 9:00AM-2:00PM
\$80 Residents/\$120 Non-Residents

Riverside (Ages 11-17)..... RS01
Sat, Oct 18, 9:00AM-2:00PM
\$80 Residents/\$120 Non-Residents



SCIENCE

Let's Build It!

NEW Your junior engineer will build a marshmallow catapult, popsicle airplane, and bridge that we'll test for strength with toy cars. Not eligible for reduced fees.

Activity Code: 2RCE0948
(Section codes listed below)

Milwaukee Marshall (Ages 7-11)...MR01

Sat, Oct 18, 12:30PM- 2:00PM
\$5 Residents/\$46 Non-Residents

Space Class

NEW Join us to make marshmallow constellations, craters, Oreo moons, & solar system-play-dough planets. Not eligible for reduced fees.

Activity Code: 2RCE0949
(Section codes listed below)

Milwaukee Marshall (Ages 7-11)...MR01

Sat, Nov 15, 12:30PM- 2:00PM
\$5 Residents/\$8 Non-Residents

SPORTS AND RECREATION

Very Much Double Dutch

All ages are welcomed to join for some double dutch fun! Be prepared to learn an array of jumping and turning techniques with a single and double rope. Jumping rope is a great form of exercise. Let's build stamina while having some jump rope fun!

Activity Code: 2RCE6208
(Section codes listed below)

Milwaukee Marshall (Ages 7-99)...MR01

(Beg.)
Thu, Sep 25-Oct 30, 6:15PM- 7:15PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 7-99)...MR02

(Adv.)
Thu, Sep 25-Oct 30, 7:15PM- 8:15PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 7-99)...MR04

(Beg.)
Thu, Nov 6-Dec 18, 6:15PM- 7:15PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 7-99)...MR03

(Adv.)
Thu, Nov 6-Dec 18, 7:15PM- 8:15PM
\$15 Residents/\$23 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 22-Nov 10, 5:00PM- 6:00PM
\$36 Residents/\$36 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)

MacDowell (Ages 3-4).....JU01

(Not eligible for reduced fees)
Sat, Sept 27-Nov 15, 9:00AM- 9:30AM
\$10 Residents/\$15 Non-Residents

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

(Not eligible for reduced fees)
Sat, Sep 20-Oct 18, 10:15AM-10:45AM
\$8 Residents/\$12 Non-Residents

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

(Not eligible for reduced fees)
Sat, Nov 8-Dec 20, 10:15AM-10:45AM
\$8 Residents/\$12 Non-Residents

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

Sat, Sep 6-Nov 1, 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)

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

Sat, Sep 13-Oct 18, 9:30AM-10:30AM
\$15 Residents/\$23 Non-Residents

Hamilton (Ages 7-9).....HA02

Sat, Nov 1-Dec 13, 9:30AM-10:30AM
\$15 Residents/\$23 Non-Residents

MacDowell (Ages 7-9).....JU01

Sat, Sep 27-Nov 15, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

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

Sat, Sep 20-Oct 25, 11:00AM-11:45AM
\$12 Residents/\$18 Non-Residents

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

Sat, Nov 1-Dec 13, 11:00AM-11:45AM
\$12 Residents/\$18 Non-Residents

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

Sat, Sep 6-Nov 1, 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 23-Nov 11, 4:00PM- 4:45PM
\$15 Residents/\$23 Non-Residents

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

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

MacDowell (Ages 5-6).....JU01

Sat, Sept 27-Nov 15, 9:30AM-10:15AM
\$15 Residents/\$23 Non-Residents

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

Sat, Sep 20-Oct 25, 12:00PM-12:45PM
\$12 Residents/\$18 Non-Residents

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

Sat, Nov 8-Dec 20, 12:00PM-12:45PM
\$15 Residents/\$23 Non-Residents

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

Sat, Sep 6-Nov 1, 1:00PM- 1:45PM
\$16 Residents/\$24 Non-Residents

All-American Basketball

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

Activity Code: 2RCE1106
(Section codes listed below)

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

Sat, Sep 13-Oct 18, 10:45AM-11:45AM
\$15 Residents/\$23 Non-Residents

Hamilton (Ages 10-12)..... HA02

Sat, Nov 1-Dec 13, 10:45AM-11:45AM
\$15 Residents/\$23 Non-Residents

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

Sat, Sep 20-Oct 25, 1:00PM- 2:00PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 10-12)... MR02

Sat, Nov 8-Dec 20, 1:00PM- 2:00PM
\$15 Residents/\$23 Non-Residents

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

Sat, Sep 6-Nov 1, 3:00PM- 3:55PM
\$19 Residents/\$29 Non-Residents

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 27-Oct 25, 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@mkerec.net with questions.

Activity Code: 2RYS3701
(Section codes listed below)

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

(GRADES 1ST - 3RD ONLY)
Sat, Sep 6-Oct 25, 9:00AM-11:00AM
\$27.00 Residents/\$41.00 Non-Residents

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

(GRADES 4TH - 5TH ONLY)
Sat, Sep 6-Oct 25, 11:00AM- 2:00PM
\$27.00 Residents/\$41.00 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 20-Nov 15, 2:30PM- 3:30PM
\$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)

MacDowell (Ages 7-9)..... JU01

Thu, Oct 9-Nov 20, 6:00PM- 7:00PM
\$16 Residents/\$24 Non-Residents

Riverside (Ages 4-5)..... RS01

Sat, Sep 6-Nov 1, 10:00AM-10:55AM
\$23 Residents/\$35 Non-Residents

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

Sat, Sep 6-Nov 1, 11:00AM-11:55AM
\$23 Residents/\$35 Non-Residents

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

Sat, Sep 6-Nov 1, 12:00PM-12:55PM
\$23 Residents/\$35 Non-Residents

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

Sat, Sep 6-Nov 1, 1:00PM- 1:55PM
\$23 Residents/\$35 Non-Residents

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

Thu, Sep 11-Nov 6, 6:00PM- 6:55PM
\$23 Residents/\$35 Non-Residents

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

Thu, Sep 11-Nov 6, 7:00PM- 7:55PM
\$23 Residents/\$35 Non-Residents

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

Sat, Nov 15-Dec 20, 9:50AM-10:45AM
\$17 Residents/\$26 Non-Residents

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

Sat, Nov 15-Dec 20, 10:50AM-11:45AM
\$17 Residents/\$26 Non-Residents

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

Sat, Nov 15-Dec 20, 11:50AM-12:45PM
\$17 Residents/\$26 Non-Residents

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

Thu, Nov 20-Dec 18, 6:15PM- 7:10PM
\$15 Residents/\$23 Non-Residents

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

Thu, Nov 20-Dec 18, 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 2.5-3)..... RS01

Sat, Sep 6-Nov 1, 9:00AM- 9:45AM
\$21 Residents/\$32 Non-Residents

Riverside (Ages 2.5-3)..... RS02

Sat, Nov 15-Dec 20, 9:00AM- 9:45AM
\$19 Residents/\$29 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: 2RCE4503
(Section codes listed below)

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

(Beg.)
Mon/Wed, Sep 22-Oct 29, 6:00PM- 7:00PM
\$27 Residents/\$41 Non-Residents

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

(Adv.)
Mon/Wed, Sep 22-Oct 29, 7:00PM- 8:00PM
\$28 Residents/\$42 Non-Residents

Milwaukee Marshall (Ages 7-17)... MR03

(Beg.)
Mon/Wed, Nov 10-Dec 15, 6:00PM- 7:00PM
\$27 Residents/\$41 Non-Residents

Milwaukee Marshall (Ages 7-17)... MR04

(Adv.)
Mon/Wed, Nov 10-Dec 17, 7:00PM- 8:00PM
\$28 Residents/\$42 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 22-Nov 14, 4:00PM- 4:45PM
\$39 Residents/\$59 Non-Residents

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

(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Sep 22-Nov 14, 4:45PM- 5:30PM
\$39 Residents/\$59 Non-Residents

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

(Adv. - Red/Black & Black Belts)
Mon/Wed/Fri, Sep 22-Nov 14, 5:30PM- 6:15PM
\$39 Residents/\$59 Non-Residents

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

(Not eligible for reduced fees)
Sat, Sep 27-Nov 15, 8:00AM- 8:30AM
\$10 Residents/\$15 Non-Residents

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

Sat, Sep 27-Nov 15, 8:30AM- 9:30AM
\$19 Residents/\$29 Non-Residents

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

(Beg. - White - Yellow Belts)
Mon/Wed/Fri, Dec 1-Jan 16, 4:00PM- 4:45PM
\$25 Residents/\$38 Non-Residents

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

(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Dec 1-Jan 16, 4:45PM- 5:30PM
\$25 Residents/\$38 Non-Residents

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

(Adv. - Red/Black & Black Belts)
Mon/Wed/Fri, Dec 1-Jan 16, 5:30PM- 6:15PM
\$25 Residents/\$38 Non-Residents

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

(Not eligible for reduced fees)
Sat, Dec 6-Jan 17, 8:00AM- 8:30AM
\$6 Residents/\$9 Non-Residents

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

Sat, Dec 6-Jan 17, 8:30AM- 9:30AM
\$13 Residents/\$20 Non-Residents

Hamilton (Ages 7-17)... HA01

(Class is combined with adult class)
Mon/Wed, Sep 15-Nov 5, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

Hamilton (Ages 4-6)... HA02

(Beg. - White - Star Belts - Tiny Tigers)
Tue/Thu, Sep 16-Nov 6, 6:30PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Hamilton (Ages 7-14)... HA06

(Class is combined with adult class)
Tue/Thu, Sep 16-Nov 6, 7:10PM- 8:00PM
\$19 Residents/\$29 Non-Residents

MacDowell (Ages 6-14)... JU01

Tue/Thu, Sep 16-Nov 6, 6:00PM- 7:00PM
\$31 Residents/\$47 Non-Residents

MacDowell (Ages 6-14)... JU07

Tue/Thu, Sep 16-Nov 6, 7:15PM- 8:15PM
\$32 Residents/\$48 Non-Residents

MacDowell (Ages 6-14)... JU06

Tue/Thu, Nov 11-Dec 11, 6:00PM- 7:00PM
\$23 Residents/\$35 Non-Residents

MacDowell (Ages 6-14)... JU08

Tue/Thu, Nov 11-Dec 11, 7:15PM- 8:15PM
\$23 Residents/\$35 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR07

(Beg. - White, Orange, & Yellow Belt)
Sat, Sep 20-Dec 20, 9:00AM-10:00AM
\$15 Residents/\$23 Non-Residents

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

(Beg.-White, Orange, & Yellow Belt)
Sat, Sep 20-Dec 20, 9:00AM-10:00AM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR11

(Beg. - White, Orange, & Yellow Belt)
Sat, Sep 20-Dec 20, 10:15AM-11:15AM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR08

(Beg. - White, Orange, & Yellow Belt)
Sat, Sep 20-Dec 20, 10:15AM-11:15AM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR09

(Int./Adv., Camo-Red, Black Belts)
Sat, Sep 20-Dec 20, 11:30AM-12:30PM
\$28 Residents/\$42 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR01

(Beg. - White, Orange, & Yellow Belt)
Mon/Wed, Sep 22-Dec 17, 6:00PM- 7:00PM
\$51 Residents/\$77 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR03

(Beg. - White, Orange, & Yellow Belt)
Mon, Sep 22-Dec 15, 6:00PM- 7:00PM
\$26 Residents/\$39 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR02

(Int./Adv., Camo-Red, Black Belts)
Mon/Wed, Sep 22-Dec 17, 7:15PM- 8:15PM
\$53 Residents/\$80 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR14

(Beg. - White, Orange, & Yellow Belt)
Tue/Thu, Sep 23-Dec 18, 6:00PM- 7:00PM
\$51 Residents/\$77 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR16

(Beg. - White, Orange, & Yellow Belt)
Tue, Sep 23-Dec 16, 6:00PM- 7:00PM
\$26 Residents/\$39 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR15

(Int./Adv., Camo-Red, Black Belts)
Tue/Thu, Sep 23-Dec 18, 7:15PM- 8:15PM
\$53 Residents/\$80 Non-Residents

Riverside (Ages 3-5)..... RS07
(Beg.)
Sat, Sep 6-Oct 25, 9:00AM- 9:30AM
\$12 Residents/\$18 Non-Residents

Riverside (Ages 3-5)..... RS08
(Int./Adv., Ara Belt & Higher)
Sat, Sep 6-Oct 25, 9:30AM-10:00AM
\$18 Residents/\$27 Non-Residents

Riverside (Ages 6-14)..... RS04
(Beg., White-Yellow Belt)
Sat, Sep 6-Oct 25, 10:15AM-11:00AM
\$16 Residents/\$24 Non-Residents

Riverside (Ages 6-14)..... RS05
(Camo-Black Belts)
Sat, Sep 6-Oct 25, 11:00AM-11:45AM
\$16 Residents/\$24 Non-Residents

Riverside (Ages 6-14)..... RS01
(Beg., White-Yellow belt)
Mon/Wed, Sep 8-Oct 29, 6:15PM- 7:15PM
\$30 Residents/\$45 Non-Residents

Riverside (Ages 6-14)..... RS02
(Int./Adv. Camo-Black Belts)
Mon/Wed, Sep 8-Oct 29, 7:15PM- 8:15PM
\$39 Residents/\$59 Non-Residents

Riverside (Ages 3-5)..... RS21
(Beg. Not eligible for reduced fees)
Sat, Nov 15-Dec 20, 9:00AM- 9:30AM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 3-5)..... RS16
(Int./Adv., Ara Belt & Higher)
Sat, Nov 15-Dec 20, 9:30AM-10:00AM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 6-14)..... RS17
(Beg., White-Yellow Belt)
Sat, Nov 15-Dec 20, 10:15AM-11:00AM
\$12 Residents/\$18 Non-Residents

Riverside (Ages 6-14)..... RS18
(Int./Adv., Camo/Black Belt)
Sat, Nov 15-Dec 20, 11:00AM-11:45AM
\$12 Residents/\$18 Non-Residents

Riverside (Ages 6-14)..... RS10
(Beg., White-Yellow belt)
Mon/Wed, Nov 17-Dec 17, 6:15PM- 7:15PM
\$34 Residents/\$51 Non-Residents

Riverside (Ages 6-14)..... RS13
(Int./Adv., Camo/Black Belts)
Mon/Wed, Nov 17-Dec 17, 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 13-Nov 1, 9:15AM-10:15AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR01
Sat, Sep 20-Oct 25, 11:00AM-11:45AM
\$12 Residents/\$18 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR02
Sat, Sep 20-Oct 25, 1:00PM- 1:45PM
\$12 Residents/\$18 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR03
Sat, Nov 8-Dec 20, 11:00AM-11:45AM
\$12 Residents/\$18 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR04
Sat, Nov 8-Dec 20, 1:00PM- 1:45PM
\$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. Not eligible for reduced fees

Activity Code: 2RCE5902
(Section codes listed below)

Beulah Brinton (Ages 3-4)..... BN01
(Not eligible for reduced fees)
Thu, Sep 25-Nov 13, 4:15PM- 4:45PM
\$10 Residents/\$15 Non-Residents

Hamilton (Ages 3-4)..... HA02
Sat, Sep 13-Nov 1, 8:30AM- 9:15AM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 3-4)..... MR01
(Not eligible for reduced fees)
Sat, Sep 20-Oct 25, 10:15AM-10:45AM
\$8 Residents/\$12 Non-Residents

Milwaukee Marshall (Ages 3-4)..... MR02
(Not eligible for reduced fees)
Sat, Nov 8-Dec 20, 10:15AM-10:45AM
\$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 20-Oct 25, 12:00PM- 1:00PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR02
Sat, Sep 20-Oct 25, 2:00PM- 3:00PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR03
Sat, Nov 8-Dec 20, 12:00PM- 1:00PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR04
Sat, Nov 8-Dec 20, 2:00PM- 3:00PM
\$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 23-Nov 11, 4:30PM- 5:30PM
\$19 Residents/\$29 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 20-Oct 25, 11:00AM-12:00PM
\$15 Residents/\$23 Non-Residents

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

(Beg.)
Sat, Sep 20-Oct 25, 12:05PM- 1:05PM
\$15 Residents/\$23 Non-Residents

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

(Int./Adv.)
Sat, Sep 20-Oct 25, 1:15PM- 2:15PM
\$15 Residents/\$23 Non-Residents

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

(Beg.)
Sat, Nov 8-Dec 20, 11:00AM-12:00PM
\$15 Residents/\$23 Non-Residents

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

(Beg.)
Sat, Nov 8-Dec 20, 12:05PM- 1:05PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 10-17). MR06

(Int./Adv.)
Sat, Nov 8-Dec 20, 1:15PM- 2:15PM
\$15 Residents/\$23 Non-Residents

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 3-Oct 6, 4:30PM- 5:20PM
\$43 Residents/\$65 Non-Residents

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

Mon/Wed, Sep 3-Oct 6, 5:30PM- 6:20PM
\$43 Residents/\$65 Non-Residents

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

Mon/Wed, Sep 3-Oct 6, 6:30PM- 7:20PM
\$43 Residents/\$65 Non-Residents

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

Sat, Sep 6-Oct 11, 1:30PM- 2:20PM
\$43 Residents/\$65 Non-Residents

Sijan Playfield (Ages 12-14)JS02

Sat, Sep 6-Oct 11, 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 (Ages)JS01

Sat, Sep 6-Oct 11, 9:30AM-10:20AM
Adult - \$25 Residents / \$38 Non-Residents
Child - \$20 Residents/ \$30 Non-Residents

Sijan Playfield (Ages)JS02

Sat, Sep 6-Oct 11, 9:30AM-10:20AM
Adult - \$25 Residents / \$38 Non-Residents
Child - \$20 Residents/ \$30 Non-Residents

Sijan Playfield (Ages) JS03

Sat, Sep 6-Oct 11, 10:30AM-11:20AM
Adult - \$25 Residents / \$38 Non-Residents
Child - \$20 Residents/ \$30 Non-Residents

Sijan Playfield (Ages)JS04

Sat, Sep 6-Oct 11, 10:30AM-11:20AM
Adult - \$25 Residents / \$38 Non-Residents
Child - \$20 Residents/ \$30 Non-Residents

Sijan Playfield (Ages)JS05

Sat, Sep 6-Oct 11, 11:30AM-12:20PM
Adult - \$25 Residents / \$38 Non-Residents
Child - \$20 Residents/ \$30 Non-Residents

Sijan Playfield (Ages)JS06

Sat, Sep 6-Oct 11, 11:30AM-12:20PM
Adult - \$25 Residents / \$38 Non-Residents
Child - \$20 Residents/ \$30 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 24-Nov 12, 4:00PM- 5:00PM
\$19 Residents/\$29 Non-Residents

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

Wed, Sep 24-Nov 12, 5:00PM- 6:00PM
\$19 Residents/\$29 Non-Residents

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

Wed, Dec 3-Jan 14, 4:00PM- 5:00PM
\$13 Residents/\$20 Non-Residents

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

Wed, Dec 3-Jan 14, 5:00PM- 6:00PM
\$13 Residents/\$20 Non-Residents

MacDowell (Ages 7-10)..... JU01

Sat, Oct 4-Nov 22, 11:30AM-12:30PM
\$19 Residents/\$29 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 8, 2025

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

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

MOTHERS - HA01

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

SONS - HA02

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



A department of MPS

Driver Education | General Information

SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION BEGINS ON TUESDAY, JULY 29 AT 10AM!

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

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

MPS DRIVE	COMMUNITY-BASED DRIVER EDUCATION
<ul style="list-style-type: none">Students must be currently enrolled in MPS.Course fee is \$35.00.	<ul style="list-style-type: none">Open to any student meeting age requirements.City of Milwaukee residents: course fee is \$150.00Non-residents: course fee is \$275.00

HOW TO REGISTER:

MPS DRIVE	COMMUNITY-BASED DRIVER EDUCATION
<ul style="list-style-type: none">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)	<ul style="list-style-type: none">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">See specific class dates for the days class will meet.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).Class will meet Mon., Wed.,Thurs.20 hours online after in person classes have been attended.	<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

DATES: 9/15/25 - 10/16/25 (meets Mon., Wed., and Thurs.)

LOCATION	TIMES	SECTION CODE
Hamilton	5:30 - 7:30 pm	HA01
Marshall	5:30 - 7:30 pm	MR01
Reagan	4:00 - 6:00 pm	TL01
Riverside	4:15 - 6:15 pm	RS01
South	5:30 - 7:30 pm	SD01
Vincent	4:30 - 6:30 pm	VN01

DATES: 11/3/25 - 12/11/25 (meets Mon., Wed., and Thurs.)

LOCATION	TIMES	SECTION CODE
Bay View	5:30 - 7:30 pm	BV02
Hamilton	5:30 - 7:30 pm	HA02
King	4:00 - 6:00 pm	RK02
MSL	4:15 - 6:15 pm	ML02
Pulaski	4:15 - 6:15 pm	PK02
Riverside	4:15 - 6:15 pm	RS02

HYBRID CLASS OPTIONS:

DATES: 10/20/25 - 10/29/25 (meets Mon., Wed., and Thurs.)

LOCATION	TIMES	SECTION CODE
MHSA	5:30 - 7:30 pm	MH50
MSL	4:15 - 6:15 pm	ML50
Pulaski	4:15 - 6:15 pm	PK50
Reagan	4:00 - 6:00 pm	TL50

ONLINE CLASS OPTIONS

LOCATION	START DATE	SECTION CODE
Online	September 29, 2025	DE10
Online	November 24, 2025	DE11



Community-Based Driver Ed | Activity Code: 2DRD3005

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

IN-PERSON CLASS OPTIONS

DATES: 9/10/25 - 10/16/25 (meets Mon., Wed., Thurs.)

LOCATION	CLASS TIME	SECTION CODE
Hamilton	5:30PM - 7:30PM	HA03

ONLINE OPTION

LOCATION	START DATE	SECTION CODE
Online	October 6, 2025	DE20

DATES: 10/29/25 - 12/11/25 (meets Mon., Wed., and Thurs.)

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

SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION BEGINS ON TUESDAY, JULY 29 AT 10AM!

Driver Education registration begins on July 29 • mkerec.net

Join us for the 32nd annual

Halloween Glen



Join us for our 32nd Annual Halloween Glen on October 10th and 11th! 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 CLAWS OUT!

Watch out for tiffs and tussles, clashing and gnashing, snubs and scuffles. Even the cute and fluffy can dispute and get huffy. It's a head-to-head throw down, where you'll brush up against prickly personalities, meet creatures in sticky situations, and learn that, at times, we all need make a big stink about something. Take it outside! 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 hoons, 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 10th

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

Saturday, October 11th

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

OUTDOOR EDUCATION

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 13, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Autumn Elixirs

NEW

Discover local wild herbs and learn how to turn them into simple herbal tinctures. Learn how to ethically forage, identify plants and make your own natural elixirs just in time for fall wellness! Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125006
(Section codes listed below)

Hawthorn Glen HG01
Fri, Sep 19 and Fri, Oct 3, 4:00PM-6:00PM
\$16 Residents/\$24 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
(The Leaf Thief, Alice Hemming)
Fri, Sep 12, 6:00PM-7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG02
(Tidy, Emily Gravett)
Fri, Oct 24, 6:00PM-7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG03
(Sweep, Louise Greig)
Fri, Nov 7, 6:00PM-7:30PM
\$5 Residents/\$8 Non-Residents

Nature Club

Drop off your child for an introduction to the world of messy, nature-based, exploratory play with Steph 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 4-5) HG01
Tue, Sep 23, 4:30PM-5:30PM
\$4 Residents/\$6 Non-Residents

Hawthorn Glen (Ages 4-7) HG02
Tue, Sep 30, 4:30PM-5:30PM
\$4 Residents/\$6 Non-Residents

Hawthorn Glen (Ages 4-7) HG03
Tue, Oct 7, 4:30PM-5:30PM
\$4 Residents/\$6 Non-Residents

Hawthorn Glen (Ages 4-7) HG04
Tue, Oct 14, 4:30PM-5:30PM
\$4 Residents/\$6 Non-Residents

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 25, 10:00AM-11:30AM
\$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, Nov 8, 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 1, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

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 6, 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 18, 6:30PM-8:00PM
\$5 Residents/\$8 Non-Residents

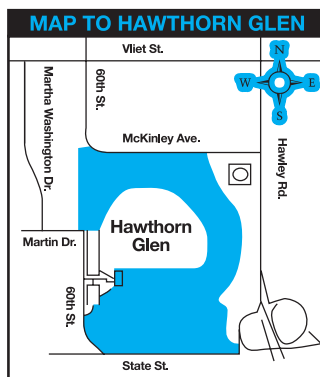
**Visit page 12 for
Nature in Your
Neighborhood and
page 61 for 50+
outdoor education
offerings!**

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 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 more information, call the Outdoor Education Office at 414.647.6050.

Scan QR code to apply for a permit.



Hawthorn Glen Winter Wonder Woods

**FREE
EVENT**

December 10-13 • 5:00-8:00 p.m. • 1130 North 60th Street

Explore the winter beauty of Hawthorn Glen Outdoor Education Center with an evening walk through the woods, featuring nature-inspired displays that gently illuminate the path and your understanding of the natural world.

COME EXPERIENCE

Festive Lights
on Display

Selfie
Station

Hiking
Santa

Fun Facts
Along The Trail

Warm Drinks &
Sweet Treats

A department of MPS

GENERAL SWIM INFORMATION

What to Bring — Swimsuit, towel, and swim cap. Swim caps are required for competitive swim, highly suggested for level lessons (to keep hair out of participants face while they learn to swim), and optional for fitness and parent/child classes. If available, one (1) swim cap will be distributed per season. 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.

Wait List — Milwaukee Recreation will contact you via email or phone call to indicate if a wait list spot becomes available for any course. You will then have 24 hours to reach back out to Milwaukee Recreation to claim your spot.

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.

Showers — It is required for participants to rinse off before entering the pool. This is to assist in removing any oils, cosmetics, perspiration, etc. Doing so assists in supporting chlorine effectiveness, protects your hair and skin's exposure to chlorine, among other things.

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. Scheduled make up dates will be listed on your receipt.

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.	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 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.	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

Bay View Girls Pool

Height Requirement: 48" | Pool Temp: 82° - 88°

Tuesday, Sep 16 - Nov 4

Class#	Level	Start Time	End Time	Price
#2RAQ7401-BV01	Infant	5:00PM	5:30PM	\$33
#2RAQ0502-BV02	Level 2	5:35PM	6:25PM	\$37
#2RAQ0501-BV01	Level 1	6:35PM	7:25PM	\$37

Thursday, Sep 18 - Nov 6

Class#	Level	Start Time	End Time	Price
#2RAQ7403-BV01	Tiny Tot	5:00PM	5:30PM	\$33
#2RAQ0511-BV01	Lt. Level 1	5:35PM	6:20PM	\$37
#2RAQ0503-BV01	Level 3	6:30PM	7:20PM	\$37

Mondays and Wednesdays, Nov 17 - Dec 15

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 15 - Nov 3

Class#	Level	Start Time	End Time	Price
#2RAQ7401-GS01	Infant	5:35PM	6:05PM	\$33
#2RAQ7403-GS01	Tiny Tot	6:10PM	6:40PM	\$33
#2RAQ0511-GS01	Lt. Level 1	6:45PM	7:30PM	\$37
#2RAQ0503-GS01	Level 3	7:40PM	8:30PM	\$37

Wednesday, Sep 17 - Nov 5

Class#	Level	Start Time	End Time	Price
#2RAQ0512-GS03	Lt. Level 2	6:45PM	7:35PM	\$37

Saturday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ7401-GS02	Infant	8:00AM	8:30AM	\$33
#2RAQ0511-GS02	Lt. Level 1	8:35AM	9:20AM	\$37
#2RAQ7404-GS02	Adv. Tiny Tot	9:30AM	10:15AM	\$37
#2RAQ0503-GS02	Level 3	10:25AM	11:15AM	\$37
#2RAQ0501-GS04	Level 1	12:15PM	1:05PM	\$37
#2RAQ0502-GS01	Level 2	1:15PM	2:05PM	\$37
#2RAQ0504-GS01	Level 4	2:15PM	3:05PM	\$37
#2RAQ0501-GS03	Level 1	3:15PM	4:05PM	\$37

Mondays and Wednesdays, Nov 17 - Dec 15

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

Hamilton

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

Monday, Sep 15 - Nov 3

Class#	Level	Start Time	End Time	Price
#2RAQ7403-HA02	Tiny Tot	5:00PM	5:30PM	\$33
#2RAQ0501-HA04	Level 1	5:35PM	6:25PM	\$37
#2RAQ0502-HA01	Level 2	6:35PM	7:25PM	\$37

Wednesday, Sep 17 - Nov 5

Class#	Level	Start Time	End Time	Price
#2RAQ7402-HA02	Lil' Squirts	5:00PM	5:30PM	\$33
#2RAQ0501-HA02	Level 1	5:35PM	6:25PM	\$37
#2RAQ0503-HA01	Level 3	6:35PM	7:25PM	\$37

Saturday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ7404-HA02	AdvTiny Tot	8:30AM	9:15AM	\$37
#2RAQ0511-HA02	Lt. Level 1	9:20AM	10:05AM	\$37
#2RAQ0512-HA01	Lt. Level 2	10:15AM	11:00AM	\$37
#2RAQ0501-HA01	Level 1	11:10AM	12:00PM	\$37
#2RAQ0502-HA02	Level 2	1:00PM	1:50PM	\$37
#2RAQ0503-HA02	Level 3	2:00PM	2:50PM	\$37
#2RAQ0504-HA01	Level 4	3:00PM	3:50PM	\$37

GENERAL SWIM CLASSES

Marshall

Height Requirement: 48" | Pool Temp: 86° - 90°

Monday, Sep 15 - Nov 3

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 16 - Nov 4

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 17 - Nov 5

Class#	Level	Start Time	End Time	Price
#2RAQ7402-MR01	Lil' Squirts	5:00PM	5:30PM	\$33
#2RAQ0511-MR01	Lt. Level 1	5:35PM	6:20PM	\$37
#2RAQ0503-MR01	Level 3	6:30PM	7:20PM	\$37

Saturday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ7404-MR01	Adv. Tiny Tot	8:00AM	8:45AM	\$37
#2RAQ0501-MR02	Level 1	8:50AM	9:40AM	\$37
#2RAQ0502-MR02	Level 2	9:50AM	10:40AM	\$37
#2RAQ0503-MR02	Level 3	10:50AM	11:40AM	\$37

North Division

Height Requirement: 48" | Pool Temp: 86° - 90°

Tuesday, Sep 16 - Nov 4

Class#	Level	Start Time	End Time	Price
#2RAQ7403-ND01	Tiny Tot	5:35PM	6:05PM	\$33
#2RAQ0501-ND01	Level 1	6:10PM	7:00PM	\$37

Thursday, Sep 18 - Nov 6

Class#	Level	Start Time	End Time	Price
#2RAQ7404-ND01	Adv Tiny Tot	4:30PM	5:15PM	\$37
#2RAQ0501-ND02	Level 1	5:20PM	6:10PM	\$37
#2RAQ0502-ND01	Level 2	6:20PM	7:10PM	\$37
#2RAQ0505-ND01	Level 5	7:20PM	8:10PM	\$37
#2RAQ0506-ND01	Level 6	7:20PM	8:10PM	\$37

Riverside

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

Saturday, Sep 20 - Nov 15

Class#	Level	Start Time	End Time	Price
#2RAQ0505-RS01	Level 5	12:20PM	1:10PM	\$37
#2RAQ0506-RS01	Level 6	12:20PM	1:10PM	\$37
#2RAQ0504-RS01	Level 4	1:20PM	2:10PM	\$37
#2RAQ0503-RS01	Level 3	2:20PM	3:10PM	\$37
#2RAQ0501-RS02	Level 1	3:20PM	4:10PM	\$37

South Division

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

Saturday, Sep 27 - Nov 15

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

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 five years.

American Red Cross



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 20-Nov 15, 10:30AM-11:30AM
\$36 Residents/\$48 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 16-Nov 4, 7:35PM- 8:35PM
\$36 Residents/\$48 Non-Residents

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

Wed, Sep 17-Nov 5, 7:40PM- 8:40PM
\$36 Residents/\$48 Non-Residents

Hamilton (Ages 17 & up) HA01

Mon, Sep 8-Nov 3, 7:35PM- 8:35PM
\$36 Residents/\$48 Non-Residents

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

Mon, Sep 8-Nov 3, 7:40PM- 8:40PM
\$36 Residents/\$48 Non-Residents

North Division (Ages 17 & up)..... ND02

Tue, Sep 16-Nov 4, 7:10PM- 8:10PM
\$36 Residents/\$48 Non-Residents

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

Sat, Sep 27-Nov 15, 1:20PM- 2:20PM
\$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 18-Nov 6, 7:30PM- 8:30PM
\$36 Residents/\$48 Non-Residents

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

Wed, Sep 17-Nov 5, 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 20-Nov 15, 9:10AM-10:20AM
\$38 Residents/\$45 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 DivisionSD01

Sat, Sep 27-Nov 15, 8:45AM- 9:45AM
\$38 Residents/\$45 Non-Residents

Hamilton HA01

Mon/Wed, Nov 17-Dec 15, 5:00PM- 6:00PM
\$38 Residents/\$45 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)

GaenslenGS01

Wed, Sep 17-Nov 5, 4:30PM- 5:30PM
\$38 Residents/\$45 Non-Residents

GaenslenGS02

Thu, Sep 18-Nov 6, 5:00PM- 6:00PM
\$38 Residents/\$45 Non-Residents

Hamilton HA01

Wed, Sep 17-Nov 5, 7:35PM- 8:35PM
\$38 Residents/\$45 Non-Residents

Milwaukee Marshall MR01

Mon, Sep 15-Nov 3, 5:00PM- 6:00PM
\$38 Residents/\$45 Non-Residents

Milwaukee Marshall MR02

Thu, Sep 18-Nov 6, 6:10PM- 7:10PM
\$38 Residents/\$45 Non-Residents

North Division ND01

Sat, Sep 20-Nov 8, 10:00AM-11:00AM
\$38 Residents/\$45 Non-Residents

Deep Water Aerobics

Changing the medium in which you workout challenges the body, building muscle in places you may not have felt before. In the gym trainers use Bosu platforms and exercise balls to destabilize the environment; in the water, we take the floor away! Floatation belts available.

Activity Code: 2RAQ0305
(Section codes listed below)

Hamilton HA01

Sat, Sep 20-Nov 8, 8:30PM- 9:30PM
\$38 Residents/\$45 Non-Residents

North Division ND01

Tue, Sep 16-Nov 4, 7:10PM- 8:10PM
\$38 Residents/\$45 Non-Residents

South DivisionSD01

(Skip: 9/30 & 10/14 Make up: 12/2, if needed)
Tue, Sep 16-Nov 18, 6:15PM- 7:15PM
\$38 Residents/\$45 Non-Residents

South DivisionSD02

(Make up: 11/12, if needed.)
Wed, Sep 17-Nov 5, 6:15PM- 7:15PM
\$38 Residents/\$45 Non-Residents

South DivisionSD03

(Make up: 11/12, if needed)
Wed, Sep 17-Nov 5, 7:15PM- 8:15PM
\$38 Residents/\$45 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.

Activity Code: 2RAQ0306
(Section codes listed below)

GaenslenGS01

Mon, Sep 15-Nov 3, 4:30PM- 5:30PM
\$38 Residents/\$45 Non-Residents

GaenslenGS02

Fri, Sep 19-Nov 7, 4:30PM- 5:30PM
\$38 Residents/\$45 Non-Residents

Milwaukee Marshall MR01

Thu, Sep 18-Nov 6, 5:00PM- 6:00PM
\$38 Residents/\$45 Non-Residents

North Division ND01

Tue, Sep 16-Nov 4, 4:30PM- 5:30PM
\$38 Residents/\$45 Non-Residents



Floga

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)

North Division ND01

(Shallow water class)
Sat, Sep 20-Nov 8, 8:45AM- 9:45AM
FREE

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 16-Nov 4, 5:00PM- 6:00PM
\$38 Residents/\$45 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 18-Dec 18, 5:00PM- 6:30PM
\$38 Residents/\$45 Non-Residents

Hamilton HA01

(No Swim: 11/26 Make up: 12/17, if needed.)
Mon/Wed, Nov 17-Dec 15, 6:00PM- 7:30PM
\$38 Residents/\$45 Non-Residents

H2f10w™

Immerse yourself in H2f10w, a transformative warm water therapy class that harmonizes body, mind, and spirit. Through slow, intentional movement, buoyancy-assisted floatation, breathing practices, and gentle stretching, this practice soothes pain, eases stress, and restores nervous system balance.

Activity Code: 2RAQ0311
(Section codes listed below)

Gaenslen GS01

Wed, Sep 17-Nov 5, 5:40PM- 6:40PM
\$38 Residents/\$45 Non-Residents

AquaZen

Join us for a floating sound bath led by a skilled sound healer. Restore your mind and body with soothing sounds and the gentle buoyancy of water, creating a deeply relaxing environment for healing and rejuvenation. All floatation devices are provided; bring an extra towel for additional comfort.

Activity Code: 2RAQ0313
(Section codes listed below)

Gaenslen GS01

Thu, Sep 18-Nov 6, 6:15PM- 7:15PM
\$38 Residents/\$45 Non-Residents

Gaenslen GS02

Tue/Thu, Nov 18-Dec 16, 6:45PM- 7:45PM
\$38 Residents/\$45 Non-Residents

Aqua Urban Line Dance

An aquatic cardio exercise class that involves choreographed dances to a variety of urban music genres, including R&B, hip hop, soul, gospel, and house. It's a fun activity that can be adjusted to different levels of comfort. No swimming required while you dance through the water.

Activity Code: 2RAQ0314
(Section codes listed below)

North Division ND02

Thu, Sep 18-Nov 6, 7:15PM- 8:15PM
\$38 Residents/\$45 Non-Residents

North Division ND01

Sat, Sep 20-Nov 8, 11:10AM-12:10PM
\$38 Residents/\$45 Non-Residents

AQUATICS TRAINING**Lifeguard Training**

Ages 15 & up. Red Cross Lifeguard Training includes: water rescue, first aid and CPR. This class is all in person. Must attend class in full. Prerequisites for this class are required. Call for more details, 414.647.6076. See receipt/message for pre-test details. Use LG Prep Courses to prepare. Instructor: Denzel Shareef

Activity Code: 2RAQ0601
(Section codes listed below)

Riverside (Ages 15-79)..... RS01

(Mandatory Pre-test on 9/20 from 8AM - 9AM. Call the aquatics office to reschedule, if needed)
Sat, Sep 27-Oct 18, 8:45AM- 4:45PM
\$100 Residents/\$300 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@mkerec.net.

Activity Code: 2RAQ0611
(Section codes listed below)

Gaenslen (Ages 14 & up)..... GS01

Thu, Sep 18-Nov 6, 7:15PM- 8:05PM
FREE

Milwaukee Marshall (Ages 14 & up).... MR01

Thu, Sep 18-Nov 6, 7:15PM- 8:15PM
FREE

North Division (Ages 14 & up)..... ND01

Sat, Sep 20-Nov 8, 10:00AM-11:00AM
FREE

WSI Training

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. Must attend Pre-course. Additional information: 414.647.6053.

Activity Code: 1RAQ0604
(Section codes listed below)

South Division (Ages 16 & up)..... SD02

Thu., Nov. 13 & Nov. 20 / Dec. 4 & 11, 5:30PM - 8:30PM
at OASIS Community Center
Sat., Nov. 15 & 22 / Dec. 6 & 13, 8:15AM - 4:15PM,
at South Division HS
\$160 Residents/ \$240 Non-Residents

WARM WATER WALK INFORMATION

THURSDAYS, 9/18 - 11/6 AT NORTH DIVISION - 5:30PM - 6:30PM

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

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 23, 5:15PM- 8:45PM
\$54 Residents/\$81 Non-Residents

OASIS 5501
Fri, Sep 26, 5:15PM- 8:45PM
\$54 Residents/\$81 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)

MacDowell (Ages 14 & up)..... JU12
Tue, Sep 9-Dec 16, 5:10AM- 6:10AM
\$38 Residents/\$57 Non-Residents

MacDowell (Ages 14 & up)..... JU22
Tue, Sep 9-Dec 16, 6:15AM- 7:15AM
\$38 Residents/\$57 Non-Residents

MacDowell (Ages 14 & up)..... JU14
Thu, Sep 11-Dec 18, 5:10AM- 6:10AM
\$38 Residents/\$57 Non-Residents

MacDowell (Ages 14 & up)..... JU24
Thu, Sep 11-Dec 18, 6:15AM- 7:15AM
\$38 Residents/\$57 Non-Residents

Riverside (Ages 14 & up)..... RS11
Mon, Sep 8-Dec 15, 5:10AM- 6:10AM
\$38 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS21
Mon, Sep 8-Dec 15, 6:15AM- 7:15AM
\$38 Residents/\$57 Non-Residents

Riverside (Ages 14 & up)..... RS01
(Tuesday Evening Option)
Tue, Sep 9-Dec 16, 7:35PM- 8:35PM
\$38 Residents/\$57 Non-Residents

Riverside (Ages 14 & up)..... RS12
Wed, Sep 10-Dec 17, 5:10AM- 6:10AM
\$38 Residents/\$57 Non-Residents

Riverside (Ages 14 & up)..... RS22
Wed, Sep 10-Dec 17, 6:15AM- 7:15AM
\$38 Residents/\$57 Non-Residents

South Division (Ages 14 & up).....SD12
Wed, Sep 10-Dec 17, 5:10AM- 6:10AM
\$38 Residents/\$57 Non-Residents

South Division (Ages 14 & up).....SD22
Wed, Sep 10-Dec 17, 6:15AM- 7:15AM
\$38 Residents/\$57 Non-Residents

South Division (Ages 14 & up).....SD11
Fri, Sep 12-Dec 12, 5:10AM- 6:10AM
\$38 Residents/\$57 Non-Residents

South Division (Ages 14 & up).....SD21
Fri, Sep 12-Dec 12, 6:15AM- 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)

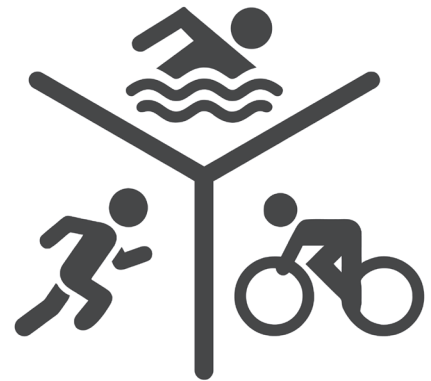
MacDowell (Ages 14 & up)..... JU01
(Early Weekend)
Sat, Sep 20-Dec 13, 7:25AM- 8:25AM
\$38 Residents/\$57 Non-Residents

Triathlon Cross Training

Tri specific swim, bike and run workout, technique tips. In/outdoor options. Minimum recommended fitness level include: 50 yards of nonstop swim ability, 10 minute of jogging stamina and comfortable on your own bike. Come prepared to swim, bike/spin and run, unless instructed otherwise.

Activity Code: 2RCS0704
(Section codes listed below)

Riverside (Ages 14 & up)..... RS01
Tue, Sep 9-Dec 16, 6:00PM- 7:30PM
\$42 Residents/\$56 Non-Residents



Swimwear for Milwaukee Recreation Aquatic Participants!

Need a swimsuit to wear for your Rec swim class or fitness program? We've got you covered!

Milwaukee Recreation has received donations of adult and youth size new and gently used swim suits, available by request for registered participants.

To request, scan the QR code and complete the page. While supplies last, we will do our best to accommodate your requested size.

Questions: swim@mkerec.net 414-647-6053

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)

MacDowell (Ages 4-19)..... JU01

(Must be on an Int. or Adv. team this season to enroll)

Sat, Sep 20-Dec 13, 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)

MacDowell (Ages 4-19)..... JU02

(Intermediate Group)

Mon-Thu, Sep 8-Dec 18, 5:30PM- 6:30PM
\$54 Residents/\$81 Non-Residents

MacDowell (Ages 4-19)..... JU03

(Beginner Group)

Mon/Wed, Sep 8-Dec 17, 5:30PM- 6:15PM
\$39 Residents/\$50 Non-Residents

MacDowell (Ages 4-19)..... JU01

(Advanced Group)

Mon-Thu, Sep 8-Dec 18, 6:30PM- 8:00PM
\$72 Residents/\$108 Non-Residents

MacDowell (Ages 4-19)..... JU13

(Beginner Group)

Tue/Thu, Sep 9-Dec 18, 5:30PM- 6:15PM
\$39 Residents/\$50 Non-Residents

Tidal Waves Swim Team

The Tidal Waves Age-Group Swim Team 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: 2RCS0809
(Section codes listed below)

South Division (Ages 4-19)SD01

(Beginner Group)

Mon/Wed, Sep 8-Dec 17, 6:15PM- 7:00PM
\$39 Residents/\$58 Non-Residents

South Division (Ages 4-19)SD02

(Intermediate group)

Mon-Thu, Sep 8-Dec 18, 6:15PM- 7:15PM
\$51 Residents/\$76 Non-Residents

South Division (Ages 4-19)SD03

(Advanced group)

Mon-Thu, Sep 8-Dec 18, 7:00PM- 8:00PM
\$67 Residents/\$100 Non-Residents

South Division (Ages 4-19)SD12

(Intermediate group)

Mon-Thu, Sep 8-Dec 18, 7:15PM- 8:15PM
\$51 Residents/\$76 Non-Residents

South Division (Ages 4-19)SD11

(Beginner Group)

Tue/Thu, Sep 9-Dec 18, 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)..... R502

(Intermediate group)

Mon/Wed-Fri, Sep 8-Dec 18, 6:15PM- 7:15PM
\$54 Residents/\$81 Non-Residents

Riverside (Ages 4-19)..... R503

(Beginner group)

Mon/Thu, Sep 8-Dec 18, 6:15PM- 7:00PM
\$39 Residents/\$58 Non-Residents

Riverside (Ages 4-19)..... R501

(Advanced group)

Mon/Wed-Fri, Sep 8-Dec 18, 7:00PM- 8:30PM
\$72 Residents/\$108 Non-Residents

Riverside (Ages 4-19)..... R522

(Intermediate group)

Mon/Wed-Fri, Sep 8-Dec 18, 7:15PM- 8:15PM
\$54 Residents/\$81 Non-Residents

Riverside (Ages 4-19)..... R513

(Beginner group)

Wed/Fri, Sep 10-Dec 17, 6:15PM- 7:00PM
\$39 Residents/\$58 Non-Residents

OPEN + LAP SWIM INFORMATION

Open / lap swim is available at the following locations:

- **Gaenslen School (no lap option)**
 - » Fridays, 9/19- 11/7, 6:40PM - 7:40PM
- **MacDowell High School**
 - » Saturdays, 9/20 - 11/8, 10:30AM - 12:00PM
- **Marshall High School (no lap option)**
 - » Saturdays, 9/20 - 11/8, 12:30PM - 2:00PM
- **South Division High School**
 - » Saturdays, 9/27- 11/15, 7:30AM - 8:30AM
- **Riverside High School**
 - » Saturdays, 9/20 - 11/15, 8:00AM - 9:00AM

Additional open and lap swim opportunities will be listed 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. 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: \$19/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 high-lights or brief pauses along the route.

Activity Code: 2PL59003
(Section codes listed below)

Various WN01
Tue, Sep 16-Nov 18, 10:00AM-11:15AM
FREE

Various WN02
Wed, Sep 17-Nov 19, 5:30PM- 6:30PM
FREE

Various WN03
Thu, Sep 18-Nov 20, 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 26-Jan 16, 10:45AM-11:30AM
FREE

Tiefenthaler Park TF01
Tue, Nov 4-Dec 23, 10:00AM-11:00AM
FREE

**Urban Ecology Center-
Washington Park WN01**
Tue, Nov 4-Dec 23, 5:15PM- 6:00PM
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)

Burnham Playfield WN06
Tue, Sep 16-Oct 28, 7:30PM- 8:15PM
FREE

Cupertino Park WN05
Sat, Sep 6-Oct 11, 11:00AM-12:00PM
FREE

Hawthorn Glen WN01
Tue, Sep 16-Oct 28, 5:15PM- 6:00PM
FREE

Tiefenthaler Park TF01
Tue, Sep 16-Oct 28, 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
Tue, Nov 25, 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 followed by a 90 minute group ride led by our ride leaders. Must provide your own bike & helmet.

Activity Code: 2PL59016
(Section codes listed below)

Various WN01
Wed, Sep 3-Oct 29, 9:30AM-11:30AM
FREE

South Shore Park WN02
Thu, Sep 4, 6:00PM- 7:30PM
FREE

Doyme Golf Course WN03
Sat, Sep 6, 10:00AM-11:30AM
FREE

Hoyt Park WN04
Thu, Sep 11, 6:00PM- 7:30PM
FREE

Sussex Village Park WN05
Sat, Sep 13, 9:00AM-10:30AM
FREE

Hubbard Park Lodge WN06
Thu, Sep 18, 6:00PM- 7:30PM
FREE

Lincoln Park WN07
Sat, Sep 20, 10:00AM-11:30AM
FREE

Whitnall Park WN08
Thu, Sep 25, 6:00PM- 7:30PM
FREE

Greenfield Park WN09
Sat, Sep 27, 10:00AM-11:30AM
FREE

Roundhouse at McKinley Marina ... WN10
Thu, Oct 2, 6:00PM- 7:30PM
FREE

**Urban Ecology Center-
Washington Park WN11**
Sat, Oct 4, 10:00AM-11:30AM
FREE

**Estabrook Park -
Milwaukee County Parks WN12**
Thu, Oct 9, 6:00PM- 7:30PM
FREE

The Rock Sports Complex WN13
Sat, Oct 11, 10:00AM-11:30AM
FREE

Hart Park WN14
Thu, Oct 16, 6:00PM- 7:30PM
FREE

Brown Deer Golf Course WN15
Sat, Oct 18, 10:00AM-11:30AM
FREE

Lake Park WN16
Thu, Oct 23, 6:00PM- 7:30PM
FREE

Greenfield Park WN17
Sat, Oct 25, 10:00AM-11:30AM
FREE

Juneau Park WN18
(Halloween Costume Ride!)
Thu, Oct 30, 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
Tue, Sep 2-Oct 28, 9:00AM-11:30AM
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
Sun, Sep 14-Nov 16, 8:30AM- 9:30AM
FREE

Urban Ecology Center

Riverside Park WN01
Sat, Sep 13-Nov 15, 9:30AM-10:30AM
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
Wed/Sat, Sep 27-Nov 15, 9:00AM-10:30AM
\$8 Residents/\$8 Non-Residents

Milwaukee Marshall MR01
Wed/Sat, Sep 27-Nov 15, 9:00AM-10:30AM
\$8 Residents/\$8 Non-Residents

Breastfeeding Preparedness with Mood

Led by Mood Lactation Partners, this crash course is designed to help expectant parents prepare for a successful breastfeeding journey. Gain essential knowledge, practical tips, and expert guidance to confidently start and maintain breastfeeding.

Activity Code: 2PL59022
(Section codes listed below)

Various WN01
(Virtual Class)
Fri, Sep 12, 5:00PM- 6:30PM
FREE

Various WN02
(Virtual Class)
Mon, Oct 13, 5:00PM- 6:30PM
FREE

Various WN03
(Virtual Class)
Wed, Nov 12, 5:00PM- 6:30PM
FREE

Washington WA01
Mon, Oct 27, 5:30PM- 7:00PM
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 16-Oct 28, 6:30PM- 7:20PM
FREE



Introduction to Biking

Take your riding to the next level with essential techniques for comfortable, confident cycling - from bike maintenance basics to mastering hills, smart shifting, and riding with others. Please bring your own bike and helmet.

Activity Code: 2PL59029
(Section codes listed below)

Doyle Golf Course (Ages 16 & up) WN01
Sat, Sep 6, 9:00AM-10:00AM
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 23-Jan 13, 8:30AM- 9:30AM
FREE

Beulah Brinton BN02
Thu, Sep 25-Jan 15, 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)

Full of Beans Cafe WN03
Sun, Oct 5, 12:00PM- 3:00PM
FREE

Hartung Park WN02
Sun, Sep 21, 12:00PM- 3:00PM
FREE

McCarty Park WN04
Sun, Oct 19, 12:00PM- 3:00PM
FREE

Riverside WN01
Sun, Sep 7, 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
Thu, Sep 4-Oct 9, 7:30AM- 8:00AM
FREE

Cupertino Park WN02
Fri, Sep 5-Oct 10, 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

Thu, Sep 4-Oct 9, 8:00AM- 8:45AM
FREE

Cupertino Park WN02

Fri, Sep 5-Oct 10, 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 15-Nov 19, 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

Sat, Nov 1, 9:00AM- 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)

Estabrook Park -

Milwaukee County Parks WN01

Mon, Nov 3-Dec 15, 10:00AM-11:30AM
FREE

Hart Park WN02

Wed, Nov 5-Dec 17, 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, Sep 8-Dec 17, 6:00PM- 8:00PM
FREE

Sound Bath

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 experience combines the healing power of sound with the tranquil ambiance of nature.

Activity Code: 2PL59042
(Section codes listed below)

Milwaukee Marshall MR01

Mon, Sep 22-Nov 17, 5:30PM- 6:00PM
FREE

Washington WA01

Wed, Sep 24-Nov 19, 5:30PM- 6:00PM
FREE



Restorative Yoga

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)

Andrew Douglas MS (Ages 16 & up)... AD01

Tue, Sep 16-Oct 28, 7:00PM- 8:00PM
FREE

North Division (Ages 16 & up)..... ND01

Mon, Sep 15-Oct 27, 7:15PM- 8:15PM
FREE

OASIS 5501

Mon, Sep 8-Oct 20, 12:00PM- 1:00PM
FREE

OASIS 5502

Mon, Oct 27-Dec 15, 12:00PM- 1:00PM
FREE

Washington (Ages 16 & up).....WA01

Wed, Sep 17-Oct 29, 7:15PM- 8:15PM
FREE

Forest Breathing

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 18-Oct 30, 12:00PM- 1:00PM
FREE

Motown Moves

Motown Moves is a dynamic recreation program designed for Motown music lovers to activate their wellness through movement. Groove to classic Motown hits while improving fitness and having fun in a supportive, community-focused environment. All levels welcome!

Activity Code: 2PL59053
(Section codes listed below)

Washington WN01

Mon, Sep 15-Oct 27, 5:30PM- 6:30PM
FREE

Let's Make Kombucha

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 (Ages 16 & up) HA01

Tue, Sep 23, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents

Hamilton (Ages 16 & up) HA02

Tue, Oct 14, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents

Hamilton (Ages 16 & up) HA03

Tue, Oct 21, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents

Hamilton (Ages 16 & up) HA04

Tue, Nov 11, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents

Hamilton (Ages 16 & up) HA05

Tue, Nov 18, 5:30PM- 6:30PM
\$16 Residents/\$24 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 well-being, that will benefit your child both now and in the future.

Activity Code: 2PL59050
(Section codes listed below)

Hawthorn Glen (Ages 5-17.99) WN01

Thu, Oct 2-Oct 30, 4:30PM- 5:30PM
FREE

E.P.U's Public Safety Empowering Parent's

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 20-Nov 8, 12:45PM- 1:45PM
FREE

The Art of Self-Rewilding in the Fall

The natural world can teach us many things that we can't learn anywhere else. This program explores the wisdom of the seasonal change from summer to winter through gentle exercises, mindful breathing, contemplative walking, stories, and selected arts practices. Please dress for an outdoor class.

Activity Code: 2PL59055
(Section codes listed below)

Urban Ecology Center

Riverside Park (Ages 16-99) WN01

Sat, Sep 20, 10:00AM-12:00PM
FREE

Urban Ecology Center

Riverside Park (Ages 16-99) WN02

Sat, Oct 4, 10:00AM-12:00PM
FREE

Urban Ecology Center

Riverside Park (Ages 16-99) WN03

Sat, Oct 25, 10:00AM-12:00PM
FREE

Let's Flavor Our Kombucha!

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: 2PL59056
(Section codes listed below)

Hamilton (Ages 16-99)..... HA01

Tue, Sep 30, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents

Hamilton (Ages 16-99)..... HA02

Tue, Oct 7, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents

Hamilton (Ages 16-99)..... HA03

Tue, Oct 28, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents

Hamilton (Ages 16-99)..... HA04

Tue, Nov 4, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents



Join us for the 4th Annual Sparkle & Shine

Saturday, November 22nd

OASIS Community Center 2414 W. Mitchell Street

COME EXPERIENCE:



seELFie
Station



Warm Drinks
& Snacks



Holiday Arts
& Crafts



Enter Tree
Raffle*



Explore the Indoor
Holiday Trail

Learn more and register at mkerec.net/sparkle

(Activity Code: 2R550117)

Section: 5501 - 1:00PM - 3:00PM Section: 5502 - 4:00pm-6:00pm

\$4 Residents/\$6 Non-Residents | Children 3 and under are free!

Registration includes 5 tree raffle tickets, warm drinks & snacks.

Registration is required.

*Raffle winners must pick up decorated tree by Friday, December 5th at 3:00pm.

MKE REC
A department of MPS



Registration begins on July 31 • mkerec.net

Women's Wellness Warriors

This Women's Self Defense Class offers a comprehensive course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. The instructor will help you prepare yourself, have a plan, and build confidence throughout this series!

Activity Code: 2PL59057
(Section codes listed below)

Andrew Douglas MS (Ages 16-99)....AD01

Thu, Sep 18-Nov 6, 6:00PM- 7:00PM
FREE

MacDowell (Ages 16-99).....JU01

Sat, Sep 20-Nov 8, 2:00PM- 3:00PM
FREE

Juicing For Joy

Juicing is a process used to extract the liquid from raw fruits and vegetables. In this immersive workshop we'll go over many of the amazing benefits of juicing. You'll leave with basic knowledge on how to get started creating vibrant, colorful, and nutrient packed juices all on your own!

Activity Code: 2PL59059
(Section codes listed below)

Hamilton (Ages 16-99)..... HA01

Sat, Sep 20, 12:30PM- 3:00PM
\$16 Residents/\$24 Non-Residents

Hamilton (Ages 16-99)..... HA02

Sat, Oct 4, 12:30PM- 3:00PM
\$16 Residents/\$24 Non-Residents

Hamilton (Ages 16-99)..... HA03

Sat, Oct 18, 12:30PM- 3:00PM
\$16 Residents/\$24 Non-Residents

Hamilton (Ages 16-99)..... HA04

Sat, Nov 8, 12:30PM- 3:00PM
\$16 Residents/\$24 Non-Residents



Sacred Circle Writing Group

NEW Join us in building community where we hold space to express, connect, reflect, and just be! Each session begins with a sound bath and meditation. Then, we'll dive into meaningful conversations on rotating topics, in a supportive and welcoming environment. You'll also have the opportunity to write and process in your own way. Bring along your comfort items (yoga mat, blanket, pill) and we'll provide the journals.

Activity Code: 2PL59060
(Section codes listed below)

North Division (Ages 16-99)WA01

Mon, Sep 15-Nov 3, 5:30PM- 7:00PM
FREE

Hip Hop Step Aerobics

Step up your fitness game! This high-energy class combines step aerobics with hip-hop music for a fun, full body cardio workout. Bring your energy!

Activity Code: 2PL59062
(Section codes listed below)

Andrew Douglas MS (Ages 16-99)....AD01

Tue, Sep 16-Nov 4, 6:00PM- 7:00PM
FREE

North Division (Ages 16-99)ND01

Mon, Sep 15-Nov 3, 6:30PM- 7:15PM
FREE

Washington (Ages 16-99)WA01

Wed, Sep 17-Nov 5, 6:30PM- 7:15PM
FREE

Juicing for Joy - Holiday Mocktail Edition

NEW In this hands-on workshop, learn the basics of creating vibrant, nutrient-packed juices and how to turn them into festive mocktails. We'll explore the benefits of juicing and use fresh fruits, vegetables, herbs, and warming spices to make delicious blends served in cocktail glasses with fun garnishes. This class will leave you ready to craft your own holiday drinks at home.

Activity Code: 2PL59064
(Section codes listed below)

Hamilton (Ages 16-99)..... HA01

Sat, Nov 22, 12:30PM- 3:00PM
\$16 Residents/\$24 Non-Residents

Hamilton (Ages 16-99)..... HA02

Sat, Dec 13, 12:30PM- 3:00PM
\$16 Residents/\$24 Non-Residents

Men Moving Forward

NEW This lifestyle program is designed to help cancer survivors (anyone diagnosed, treated or living with cancer) gain the mindset needed to get stronger, eat better and have a better quality of life. The program includes exercise sessions led by a certified coach, cooking demonstrations, and information on forming new habits.

Activity Code: 2PL59065
(Section codes listed below)

Milwaukee MarshallMR01

Tue/Thu/Sat, Sep 20-Dec 20, 6:00PM- 7:00PM
\$12 Residents/\$12 Non-Residents

Flow & Flex Deep Stretch

Unwind and restore in this relaxing deep stretch class. Move through gentle poses to release tension, improve flexibility, and calm the mind. Perfect for all levels seeking balance and renewal.

Activity Code: 2PL59066
(Section codes listed below)

Andrew Douglas MS (Ages 16-99)...AD01

Tue, Sep 16-Nov 4, 5:00PM- 6:00PM
FREE

North Division (Ages 16-99)ND01

Mon, Sep 15-Nov 3, 5:30PM- 6:30PM
FREE

Washington (Ages 16-99)WA01

Wed, Sep 17-Nov 5, 5:30PM- 6:30PM
FREE

Thrive Together: A Women's Wellness Workshop

Join us as we nurture physical and mental well-being for women (and their children). Through discussions and hands-on activities, we'll explore wellness practices designed to support the whole family. Topics include skincare, positive coping skills like yoga & meditation, personal hygiene and feminine wellness, and nutrition & wellness planning.

Activity Code: 2PL59067
(Section codes listed below)

Milwaukee Marshall (Ages 8-99)....WN01

Sat, Nov 1-Nov 22, 1:00PM- 3:00PM
FREE



WEAVING AND FIBER ARTS



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

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 basic techniques. Cables in the fall, felting in the winter & color work in the spring. 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)
 Wed, Sep 24-Oct 29, 5:00PM- 7:00PM
 \$36 Residents/\$36 Non-Residents



Weaving Basics and Beyond

Weavers continue the learning process by developing more advanced weaving skills. Weavers will choose their own projects with the guidance of an instructor. Supply fee is based on materials used. Weavers 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 22-Dec 1, 9:30AM-12:30PM
 \$87 Residents/\$87 Non-Residents

GaenslenGS07
 (Instructor: Carly Neil)
 Mon, Sep 22-Dec 1, 6:00PM- 8:30PM
 \$87 Residents/\$87 Non-Residents

GaenslenGS08
 (Instructor: Jackie Crema)
 Tue, Sep 23-Dec 2, 3:00PM- 5:30PM
 \$87 Residents/\$87 Non-Residents

GaenslenGS02
 (Jacquie Crema)
 Tue, Sep 23-Dec 2, 6:00PM- 8:30PM
 \$87 Residents/\$87 Non-Residents

GaenslenGS04
 (Instructor: Judy Larsen)
 Wed, Sep 24-Nov 12, 12:00PM- 3:00PM
 \$54 Residents/\$54 Non-Residents

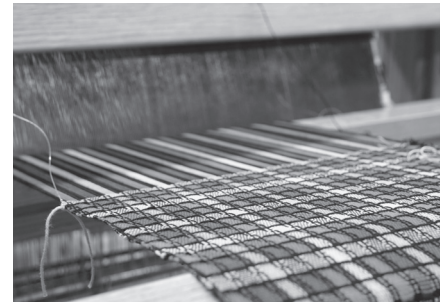
GaenslenGS03
 (Instructor: Lynn Sbonik)
 Thu, Sep 25-Dec 4, 6:00PM- 8:30PM
 \$87 Residents/\$87 Non-Residents

Tapestry Weaving

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 23-Dec 2, 9:30AM-12:00PM
 \$87 Residents/\$87 Non-Residents



Project Planning for Weavers - Breaking Away from the Recipe

Want to develop your own weaving project but overwhelmed with where to start? Join this three-session class to learn how to brainstorm, source patterns, choose colors and materials, and calculate project specifications for woven projects. Come with inspiration or start from scratch.

Activity Code: 2RAE6940
(Section codes listed below)

GaenslenGS01
 (Instructor: Carly Neil)
 Wed, Nov 19-Dec 3, 6:00PM- 8:00PM
 \$19 Residents/\$19 Non-Residents

Weaving Beginner Basics

Beginners will learn to warp the loom and weave a sampler of patterns. Participants will be introduced to pattern and draft weaving and project planning. Returning beginners will be able to hone their skills by making a scarf or table runner. Sampler 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 22-Nov 10, 6:00PM- 8:30PM
 \$44 Residents/\$44 Non-Residents

GaenslenGS02
 (Instructor: Judy Larsen)
 Wed, Sep 24-Nov 5, 9:30AM-12:30PM
 \$44 Residents/\$44 Non-Residents

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

GaenslenGS03
 (Instructor: Kallia Walkowiak)
 Thu, Sep 25-Nov 13, 6:00PM- 8:30PM
 \$44 Residents/\$44 Non-Residents

Twills - Straight Draw and More

This class will provide an opportunity to explore and sample many variations of woven twills. Bring your own loom & accessories or use a loom provided by ABK. Weavers must bring materials for taking notes and a bag lunch. A materials fee of \$20 (cash only) is due to the instructor at the first class. Fee includes yarns and instruction materials.

Activity Code: 2RAE6976
(Section codes listed below)

GaenslenGS01
(Instructor: Judy Larsen)
Fri, Nov 14-Dec 12, 9:00AM- 2:30PM
\$60 Residents/\$60 Non-Residents

Rigid Heddle Pick-Up and Heddle Rod Sampling

Learn how to use pick-up sticks and a heddle rod to elevate basic rigid heddle weaving to the next level. Topics will include warp and weft floats, Spot Bronson, honeycomb, inlay and more. For advanced beginners who can independently warp a rigid heddle loom and have basic rigid heddle weaving skills. Instructions will be sent in advance for students to either warp their own rigid heddle loom at home or come to ABK during open weave to independently warp a Cricket loom to use in class.

Activity Code: 2RAE6978
(Section codes listed below)

GaenslenGS01
(Instructor: Sue Knorr)
Thu, Oct 23-Oct 30, 10:00AM-12:30PM
\$21 Residents/\$21 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 9-Oct 21, 5:00PM- 7:00PM
\$32 Residents/\$48 Non-Residents

Enderis Playfield)..... EF02
Tue, Oct 28-Dec 16, 5:00PM- 7:00PM
\$32 Residents/\$48 Non-Residents

Macrame Plant Hangers

Calling all plant lovers! Come learn the ancient art of Macrame. Learn how to tie knots and add beads to make a beautiful plant hanger to display your plant and enhance your home decor. Participants will need to stand while making their hanger. \$7 cash supply fee due to instructor the night of class. Class fee is non-refundable.

Activity Code: 2RAE6976
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Sep 24, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Hamilton HA01
Wed, Oct 15, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Riverside RS01
Wed, Dec 10, 6:00PM- 8:00PM
\$9 Residents/\$14 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 9-Oct 21, 9:00AM-12:00PM
\$21 Residents/\$32 Non-Residents

Enderis Playfield..... EF02
Tue, Oct 28-Dec 16, 9:00AM-12:00PM
\$21 Residents/\$32 Non-Residents

Acrylic and Oil 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. A supply list will be included on your receipt. Please bring your supplies on the first day of class.

Activity Code: 2R550913
(Section codes listed below)

OASIS 5501
Mon, Sep 8-Oct 13, 9:30AM-11:30AM
\$32 Residents/\$48 Non-Residents

OASIS 5502
Thu, Sep 11-Oct 16, 12:30PM- 2:30PM
\$32 Residents/\$48 Non-Residents

OASIS 5503
Mon, Oct 27-Dec 15, 9:30AM-11:30AM
\$32 Residents/\$48 Non-Residents

OASIS 5504
Thu, Oct 30-Dec 18, 12:30PM- 2:30PM
\$27 Residents/\$41 Non-Residents

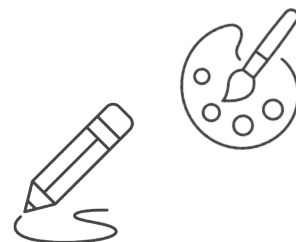
Explore Mixed Media

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, alcohol inks and much more. A \$20 (cash only) supply fee is due at the first class.

Activity Code: 2R550914
(Section codes listed below)

OASIS 5501
Mon, Sep 8-Oct 13, 12:30PM- 2:30PM
\$32 Residents/\$48 Non-Residents

OASIS 5502
Mon, Oct 27-Dec 15, 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 20-Nov 1, 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 20-Oct 25, 10:00AM-11:30AM
\$27 Residents/\$41 Non-Residents

Milwaukee Marshall MR02
Sat, Nov 8-Dec 20, 10:00AM-11:30AM
\$27 Residents/\$41 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 22-Nov 10, 10:30AM-11:30AM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN02
Mon, Dec 1-Jan 12, 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 22-Nov 24, 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)..... HA01
Wed, Oct 15-Oct 22, 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 9-Oct 28, 6:00PM-8:00PM
\$52 Residents/\$78 Non-Residents

Riverside RS02
(Level 2)
Tue, Nov 18-Dec 16, 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 8-Oct 27, 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 10-Sep 24, 6:30PM-8:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN03
(Beg.)
Wed, Oct 8-Oct 22, 6:30PM-8:30PM
\$19 Residents/\$29 Non-Residents



Wire Jewelry Making

You will learn how to use simple techniques to take your ordinary jewelry to the next level as elegant, wearable pieces of art. This course teaches you how to make simple bead caps, bead cages, wire findings, wrapped rings and so much more! You will need to bring wire cutters, round nose pliers and flat nose pliers to every class. A \$15 (cash only) supply fee is due to the instructor the first night of class. Class fee is non-refundable.

Activity Code: 2RAE0922
(Section codes listed below)

Hamilton HA01
(Level 1)
Mon, Sep 22-Oct 27, 6:00PM-8:00PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall MR01
(Level 1)
Mon, Nov 10-Dec 15, 6:00PM-8:00PM
\$36 Residents/\$54 Non-Residents

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, Sep 30, 6:00PM-8:00PM
\$45 Residents/\$68 Non-Residents



Please like us on Facebook!
fb.com/MilwaukeeRecreation



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 ClassSG01
(Ornament)

Sat, Oct 4, 8:45AM-11:00AM
\$70 Residents/\$105 Non-Residents

Square One Art ClassSG02
(Bowl)

Sat, Oct 18, 8:45AM-11:00AM
\$80 Residents/\$120 Non-Residents

Square One Art ClassSG03
(Pumpkin)

Wed, Oct 22, 6:00PM- 8:00PM
\$130 Residents/\$195 Non-Residents

Square One Art ClassSG04
(Ornament)

Sat, Nov 8, 8:45AM-11:00AM
\$70 Residents/\$105 Non-Residents

Square One Art ClassSG05
(Bowl)

Sat, Nov 22, 8:45AM-11:00AM
\$80 Residents/\$120 Non-Residents

Square One Art ClassSG06
(Ornament)

Sat, Dec 6, 8:45AM-11:00AM
\$70 Residents/\$105 Non-Residents

Square One Art ClassSG08
(Ornament)

Wed, Dec 17, 6:00PM- 8:00PM
\$70 Residents/\$105 Non-Residents

Square One Art ClassSG09
(Bowl)

Sat, Jan 10, 8:45AM-11:00AM
\$80 Residents/\$120 Non-Residents

Square One Art ClassSG10
(Orb)

Sat, Jan 24, 8:45AM-11:00AM
\$35 Residents/\$53 Non-Residents

Square One Art ClassSG11
(Orb)

Sat, Feb 7, 8:45AM-11:00AM
\$70 Residents/\$105 Non-Residents

Square One Art ClassSG12
(Bowl)

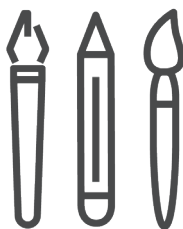
Sat, Feb 21, 8:45AM-11:00AM
\$80 Residents/\$120 Non-Residents

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 14, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents



Magic World Nightlight

NEW

Transform a glass globe into a magical nightlight using paper and an led light. In this workshop you'll learn tricks for working with paper on a curved surface, how to hide and reveal images to create a hidden world, and add a viewing window with a stylized frame. Class fee includes supply cost and is non-refundable.

Activity Code: 2RAE0935
(Section codes listed below)

Hamilton HA01
Tue, Oct 7, 6:00PM- 8:00PM
\$45 Residents/\$67 Non-Residents

Holiday Cards and Ornaments Making for Adults

Using papers, students can make earrings, brooches, necklaces, and more. In addition, for room decoration, various kinds of ornaments will be made by paper folding techniques. Learners can improve fine motor skills and concentration as well as prevent aging and losing memory skills through hands-on activities of paper folding directions.

Activity Code: 2RAE0943
(Section codes listed below)

Hamilton (Ages 14-99)..... HA01
Tue, Oct 7-Nov 11, 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
Wed, Oct 15, 6:30PM- 8:00PM
\$30 Residents/\$45 Non-Residents

Hamilton HA02
Wed, Nov 12, 6:30PM- 8:00PM
\$30 Residents/\$45 Non-Residents

Riverside RS01
Mon, Sep 29, 6:30PM- 8:00PM
\$30 Residents/\$45 Non-Residents

Riverside RS02
Mon, Dec 15, 6:30PM- 8:00PM
\$30 Residents/\$45 Non-Residents

Peekaboo Votives and Bottoms-Up Cups

NEW

In this workshop you'll make two items with hidden scenes, cutout windows and personalized messages. You'll learn how to use the transparent properties of glass and paper to create scenes and add names and messages to let someone know they're loved and appreciated. At the end of the class you'll have a candle holder and a cup, ready for the gift-giving season. Class fee includes supply cost and is non-refundable.

Activity Code: 2RAE0947
(Section codes listed below)

Hamilton HA01
Wed, Dec 10, 6:00PM- 8:00PM
\$45 Residents/\$67 Non-Residents

Spooky Sparkles: Halloween Jewelry Making

NEW

Get into the Halloween spirit with a creative twist! Join Spooky Sparkles to learn how to make your own Halloween-inspired earrings and bracelet using beginner-friendly jewelry techniques. Think mini pumpkins, playful ghosts, candy corn colors, and just the right amount of sparkle! A \$15 cash fee is due to the instructor the night of class for supplies. Class fee is non-refundable.

Activity Code: 2RAE0948
(Section codes listed below)

Milwaukee Marshall MR01
Thu, Oct 16, 6:00PM- 8:00PM
\$17 Residents/\$26 Non-Residents

O Christmas Tree!: Holiday Jewelry Making

NEW Deck yourself out with handmade holiday sparkle! Join us to learn how to create a whimsical wire-wrapped Christmas tree pendant and a matching pair of earrings-perfect for gifting or keeping! This class is beginner friendly and will guide you step-by-step as you shape, wrap, and decorate your own wearable trees. A \$15 cash fee is due to the instructor the day of class. Class fee is non-refundable.

Activity Code: 2RAE0952
(Section codes listed below)

Milwaukee Marshall MR01
Thu, Dec 11, 6:00PM- 8:00PM
\$17 Residents/\$26 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 20-Nov 1, 9:00AM-11:00AM
\$36 Residents/\$54 Non-Residents

Purrfect Homemade Cat Toys

For your furry friends who like to get into all your things, why not create cat toys. Come and have some fun making a needle felted catnip ball and a sewn material animal for your cat. A \$6 (cash only) supply fee is due to instructor at the first class. Class fee is non-refundable.

Activity Code: 2RAE0957
(Section codes listed below)

Hamilton HA01
Wed, Oct 22, 6:00PM- 8:30PM
\$11 Residents/\$17 Non-Residents

Decoupage on Glass I & II

Learn the art of decoupage with a twist to create two functional works of art. First you will create a glass bowl with separate inside and outside images. Then you'll design a plate using more challenging materials, including alcohol inks, napkins and tissue paper. All materials included. No prior experience required. If you have taken the beginning class you'll have the option of working on a more challenging piece. Class fee includes supply costs and is non-refundable.

Activity Code: 2RAE0964
(Section codes listed below)

Hamilton HA01
Thu, Nov 13, 6:00PM- 8:00PM
\$45 Residents/\$67 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, Sep 24-Oct 29, 6:00PM- 8:00PM
\$17 Residents/\$26 Non-Residents

Survival Sewing

Learn the basics of operating a sewing machine by sewing straight and curved lines and turning corners on paper. In this class you will learn how to sew a button on material, thread the sewing machine and a simple pillow with fabric to make a hem. Bring basic sewing supplies which include scissors, sewing pins, seam ripper and fabric to class. This class is for beginners and those who want to be able to utilize a sewing machine or fixing sewing problems at home.

Activity Code: 2RAE0977
(Section codes listed below)

Hamilton HA01
Sat, Oct 4-Nov 1, 1:30PM- 3:30PM
\$25 Residents/\$38 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 11-Sep 25, 3:15PM- 5:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN02
Thu, Oct 9-Oct 23, 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 18-Nov 6, 6:00PM- 8:00PM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall MR03
Sat, Sep 20-Oct 25, 8:45AM-10:45AM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall MR02
Sat, Sep 20-Oct 25, 11:00AM- 1:00PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall MR01
Wed, Sep 24-Oct 29, 6:00PM- 8:00PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall MR04
Wed, Nov 5-Dec 17, 6:00PM- 8:00PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall MR06
Sat, Nov 8-Dec 20, 8:45AM-10:45AM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall MR05
Sat, Nov 8-Dec 20, 11:00AM- 1:00PM
\$36 Residents/\$54 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 16-Dec 9, 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, Sep 24, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall MR01
Wed, Dec 17, 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 22, 1:30PM- 3:30PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall MR01
Wed, Oct 15, 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 25, 1:30PM- 3:30PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall MR01
Wed, Dec 3, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Color Pouring: Canvas & Vase

This class will use straight pour or dirty cup technique to cover a 10x10 canvas and vase, creating a beautiful masterpiece. Class is taught by Kincaid Creations. Class fee includes supply cost and is non-refundable.

Activity Code: 2RAE2039
(Section codes listed below)

Hamilton HA01
Sat, Sep 13, 1:00PM- 3:00PM
\$45 Residents/\$68 Non-Residents



Upcycling

Upcycling benefits our planet by transforming waste into worth. Create something new by repurposing thrifted clothing or unworn items from your closet. Use your sewing skills to work with your fellow students to create new clothing items for your wardrobe. Bring the items set for transformation along with fabric, thread, and any other items to the first class.

Activity Code: 2RAE2040
(Section codes listed below)

Milwaukee Marshall MR01
Thu, Sep 25-Nov 13, 6:00PM- 8:00PM
\$15 Residents/\$23 Non-Residents

Layered Mandala Paper Art Workshop - Traditional Design

NEW Create a stunning layered mandala using pre-cut paper pieces and a color palette you choose ahead of time. No cutting or experience needed - just relax and assemble! Even non-crafty folks will be amazed at what they create and proud to display the final piece.

Activity Code: 2RAE2041
(Section codes listed below)

Beulah Brinton (Ages 13-99) BN01
Sat, Nov 18, 6:00PM- 8:00PM
\$50 Residents/\$70 Non-Residents

Hamilton (Ages 13-99) HA01
Sat, Oct 4, 10:00AM-12:00PM
\$50 Residents/\$70 Non-Residents

Riverside (Ages 13-99) RS01
Tue, Oct 21, 6:00PM- 8:00PM
\$50 Residents/\$70 Non-Residents

Layered Mandala Paper Art Workshop - Snowflake Design

NEW Create a beautiful snowflake-inspired mandala using pre-cut paper layers and a winter color palette you choose ahead of time. No cutting or craft experience needed - just relax and assemble. You'll leave with a piece you'll be proud to display all season long!

Activity Code: 2RAE2042
(Section codes listed below)

Hamilton (Ages 13-99) HA01
Tue, Dec 2, 6:00PM- 8:00PM
\$50 Residents/\$70 Non-Residents

Riverside (Ages 13-99) RS01
Sat, Nov 22, 10:00AM-12:00PM
\$50 Residents/\$70 Non-Residents

CATE'S COOKERY

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, Nov 6, 6:00PM- 9:00PM
\$29 Residents/\$44 Non-Residents

Just Desserts

Give every meal a happy ending with some of Cate's most popular desserts. You'll make recipes perfect for holidays and special celebrations, or to finish any meal with smiling faces all around the table. Tried and tested over years of classes, some of the recipes are super easy, others more complex, but you'll learn how to make each one successfully. Your friends and families will be glad you attended this class! The menu includes: Caramel Flan, Pina Colada Pie, Cate's Mocha Souffle with Sweet Cream & Candied Walnuts, and No-Bake Nutty Cuckoo Delicious Nutella Cheesecake. The class includes food cost, and is non-refundable.

Activity Code: 2RAE1955
(Section codes listed below)

Hamilton HA01
Sat, Oct 18, 12:00PM- 3:00PM
\$29 Residents/\$44 Non-Residents

Food Art Focaccia Bread

NEW You'll be making fresh, yeasted focaccia bread from scratch to use as your canvas. Cate will have a broad selection of veggies, herbs, and spices to use as your "paints." With your art supplies, you'll make fabulous edible paintings, perfect for holiday gatherings, and potlucks. Floral scenes, seascapes; let your imagination flow as you create delicious and beautiful works of art. Food cost is included, and is nonrefundable.

Activity Code: 2RAE1956
(Section codes listed below)

Hamilton HA01
Sat, Sep 20, 12:00PM- 3:00PM
\$29 Residents/\$44 Non-Residents

COOKING

Cooking with the Seasons

Learn to cook simple, nourishing, and beautiful meals with affordable ingredients. Take everyday ingredients to the next level of deliciousness! Classes will include a short lesson, a cooking demo, and tastings.

50+ Activity Code: 2R555014
(Section codes listed below)

OASIS 5501
Wed, Sep 10-Oct 22, 1:00PM- 2:30PM
\$32 Residents/\$48 Non-Residents

OASIS 5502
Wed, Oct 29-Dec 17, 1:00PM- 2:30PM
\$32 Residents/\$48 Non-Residents



Fall Soups from Scratch

In this 2 hour hands-on class, Annie Wegner LeFort from EatMoveMKE will guide you to make 3 hearty fall soups. All ingredients, supplies, and recipes are provided. Please bring an apron and a container to carry home leftovers. We will sit down to eat at the end of the class.

50+ Activity Code: 2R551603
(Section codes listed below)

OASIS 5501
Fri, Oct 3, 1:00PM- 3:00PM
\$12 Residents/\$18 Non-Residents

Fall Harvest Soups

NEW 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: 2RAE1598
(Section codes listed below)

Hamilton HA01
Mon, Oct 27, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Bites and Banter

NEW Join us for a unique culinary experience where flavor meets thought. In this workshop, you'll spend the first hour crafting a gourmet dish in a hands on class. Then, gather around the table to enjoy your creation while engaging in meaningful conversations on a rotating menu of life topics from purpose and relationships to creativity and culture. A different meal will be prepared for each class. Fee includes food cost and is non-refundable

Activity Code: 2RAE1607
(Section codes listed below)

Obama OB01
Thu, Sep 25, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Obama OB02
Thu, Oct 2, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Obama OB03
Thu, Oct 9, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Obama OB04
Thu, Oct 16, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Obama OB05
Thu, Oct 23, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Obama OB06
Thu, Oct 30, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents



Cafe Morocco

Let's return to Cafe Morocco and make some Moroccan Street Food. Moroccan food is a fusion of African, Arabian and European cultures. We will be making these dishes: Zaalouk (spicy eggplant salad), cucumber salad, Chorba (vegetable soup), Loubia (white beans in a tomato sauce), Bessara (split pea soup), Marrakesh Curry, Moroccan chicken & couscous and Moroccan dessert. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1633
(Section codes listed below)

Riverside RS01
Sat, Oct 4, 10:30AM- 1:30PM
\$25 Residents/\$37.50 Non-Residents

You Can't Catch Me...I'm the Gingerbread Man

Explore a favorite childhood story that comes to life in the kitchen! Learn to make delicious gingerbread men cookies from scratch and decorate them just in time for the holidays. Who can resist the tantalizing aroma of ginger, molasses, nutmeg and cinnamon? Class will also make gingerbread scones and fancy gingerbread popcorn. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1643
(Section codes listed below)

Hamilton HA01
Sat, Dec 13, 12:30PM- 2:30PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall MR01
Thu, Dec 4, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Boo-tiul Halloween Cupcake Decorating

NEW Did you know that it's easy to create homemade decorated cupcakes without breaking the bank? Join us to be able to learn how a little creativity and imagination can transform your cupcakes into wonderful Green Eyed Monsters, Sneaky Spiders, and even The Great Pumpkin. Come for an afternoon of decorating and laughter. Fee includes food costs and is non-refundable.

Activity Code: 2RAE1644
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Oct 25, 12:30PM- 2:30PM
\$24 Residents/\$36 Non-Residents



Cooking with the Seasons

NEW

Learn to cook simple, nourishing and beautiful food with affordable ingredients to make again at home! During this series we will focus on using culinary techniques to take everyday ingredients to the next level of deliciousness. By building an understanding of flavor, texture and plating - participants will expand their culinary horizons. Each class will include a short lesson plan followed by a cooking demonstration and food to enjoy with other participants.

Activity Code: 2RAE1654
(Section codes listed below)

Hamilton HA01

Mon, Sep 15, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Elderberry Syrup Workshop

NEW

In this class, we experience making a traditional elderberry syrup to support wellness and immune health through the seasons. We'll explore the benefits of each ingredient, hands-on preparation, and ways to personalize your syrup.

Activity Code: 2RAE1655
(Section codes listed below)

Hamilton HA01

Sat, Sep 13, 12:00PM- 2:00PM
\$24 Residents/\$36 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 HA02

Tue, Oct 7, 6:30PM- 8:00PM
\$24 Residents/\$36 Non-Residents



Taste of the World - Africa

Africa is a continent with 56 countries. We will be making traditional Street Food dishes that are typically served in African countries such as: Kenya, Nigeria, Senegal, Tanzania, Tunisia and West Africa. Come and make a variety of dishes from different countries such as: (KENYA) Sukuma Wiki (leftovers Stew), (NIGERIA) Suya (chicken skewers), (SENEGAL) Mafe (peanut butter stew), (TANZANIA) (pineapple salad), (TUNISIA) Assiette Tunisienne (salad platter), and (WEST AFRICA) (lime cake). Fee includes food cost and is non-refundable.

Activity Code: 2RAE1693
(Section codes listed below)

Riverside RS01

Sat, Nov 22, 10:30AM- 1:30PM
\$29 Residents/\$44 Non-Residents



It's Time for Chili!

NEW

Are you ready for CHILI now? This is the best time to make chili. Learn the basic foundations for a good chili to warm you on those cold days ahead. We will be making three kinds of chili: Vegetarian Chili, Chili with Meat and Spicy Hot Chili. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1696
(Section codes listed below)

Milwaukee Marshall MR01

Sat, Oct 25, 11:00AM- 2:00PM
\$29 Residents/\$44 Non-Residents

Spaghetti Delight

Join us to learn how to make perfect pasta. You'll create tasty sauces and cook pasta just right. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1702
(Section codes listed below)

Milwaukee Marshall MR01

Sat, Oct 11, 11:00AM- 2:00PM
\$29 Residents/\$44 Non-Residents

Healthy Indian Cooking

You will learn how to make authentic Indian food. We will be making the following dishes: Chaulee Ki Subzi (Saucy Green Beans), Naranga Choru (Lemon Rice with Cashews), Gobhi Mutter (Cauliflower and Peas), Gajar Aur Naryal Dood KaSjorba (carrot and coconut soup), Cumin Chicken, Dhaba Murgh (Street Chicken), and assorted Chutneys. Fee includes food cost and is non-refundable.

Activity Code: 2RAE2242
(Section codes listed below)

Riverside RS01

Sat, Sep 13, 10:30AM- 1:30PM
\$29 Residents/\$44 Non-Residents

Healthy Indian Vegetarian Cooking

Learn how to cook authentic Vegetarian Indian food with easy instructions. This is a hands on class where we will cook the meal together. The meal will consist of: Chana Masala (Chickpea Curry), Adraki Masoor Dal (Red Lentil Dal), Aloo Palak (Spinach with Potatoes), Safed Gajar Ka Sharba (Spicy Parsnip Soup), and a Chutney. All of these meals can easily be cooked in your own kitchen. Fee includes food cost and is non-refundable.

Activity Code: 2RAE2243
(Section codes listed below)

Hamilton HA01

Mon, Nov 17, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Tasty Baked Chicken

Learn to bake chicken that's always juicy and flavorful. This class covers simple techniques for a perfect, easy-to-make meal. Fee includes food cost and is non-refundable.

Activity Code: 2RAE2303
(Section codes listed below)

Milwaukee Marshall MR01

Sat, Nov 8, 11:00AM- 2:00PM
\$29 Residents/\$44 Non-Residents





Korean Cooking: Samgyeopsal Bokkeum (Spicy Korean Bacon)

Samgyeopsal is a pork belly like loin. With spicy sauce, it is marinated and grilled. It is a very popular dish in Korea for the younger generation. Without marinating with spicy sauce, Korean people like to cook and eat with lettuce and soy paste.

Activity Code: 2RAE2401
(Section codes listed below)

Hamilton (Ages 17-99)..... HA01
Wed, Oct 15, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking: Korean Fried Noodles

Japchae, sweet potato starch noodles stir fried with vegetables and meat, is one of Korea's best-loved dishes, and one of the most popular as well. These chewy, sweet, and slightly slippery noodles with colorful stir-fried vegetables and mushrooms, its irresistible sesame flavor, healthy amount of garlic, and light, refreshing taste. Fee includes food cost and is non-refundable.

Activity Code: 2RAE2404
(Section codes listed below)

Hamilton HA01
Wed, Oct 29, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking: Spicy Rice Cake with Fishcake Soup

Dduk-bok-ki is very popular winter snack consisting of a thin rice cake boiled in spicy soup. This course will teach you how to make the dish as well as how to experiment with different variations of noodles and vegetables to make it your own.

Activity Code: 2RAE2406
(Section codes listed below)

Hamilton HA01
Wed, Nov 12, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking: Napa Cabbage Kimchi

Kimchi, characterized by its spicy taste and crispness, is the most well-known Korean dish. Depending on the fermentation process, ingredients, region and weather, the taste of kimchi changes, which is why there are over 200 types of kimchi. According to Health magazine, kimchi is one of the world's healthiest foods. Health described it as "loaded with vitamins A, B, and C, but its biggest benefit may be in its healthy bacteria" called lactobacilli, found in fermented foods like kimchi and yogurt. This good bacteria helps with digestion, plus it seems to help stop and even prevent yeast infections, according to a recent study. And more good news: Some studies show fermented cabbage has compounds that may prevent the growth of cancer.

Activity Code: 2RAE2409
(Section codes listed below)

Hamilton HA01
Wed, Dec 10, 6:30PM- 9:00PM
\$26 Residents/\$39 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, Nov 19, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents



Korean Cooking Gimhap- Korean Rolls with Seaweed

Gimbap (Korean; lit. Gim rice; IPA: [kim. pŏ'apɭŕ]), also romanized as kimbap, is a Korean dish made from cooked rice, vegetables, fish, and meat rolled in gim "dried sheets of seaweed" and served in bite-sized slices. The dish is often part of a packed meal, or dosirak, to be eaten at picnics and outdoor events, and can serve as a light lunch along with danmuji (yellow pickled radish) and kimchi. It is a popular take-out food in South Korea and abroad and is known as a convenient food because of its portability.

Activity Code: 2RAE2420
(Section codes listed below)

Hamilton HA01
Wed, Oct 22, 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, Dec 3, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Smothered Ribs

NEW Let's get saucy! Join us for a finger-licking good time as we uncover the secrets to perfect smothered ribs. Fee includes food cost and is non-refundable.

Activity Code: 2RAE9907
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Sep 20, 11:00AM- 2:00PM
\$29 Residents/\$44 Non-Residents



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 tofuannd 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 8, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

DANCE

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.

50+ **Activity Code: 2R552901**
(Section codes listed below)

OASIS 5501
Tue, Sep 9-Oct 21, 1:00PM- 2:30PM
\$19 Residents/\$29 Non-Residents

OASIS 5502
Tue, Oct 28-Dec 16, 1:00PM- 2:30PM
\$19 Residents/\$29 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 6-Oct 25, 12:00PM- 1:00PM
\$27 Residents/\$41 Non-Residents

Riverside RS02
Sat, Nov 15-Dec 20, 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. This class requires participants to register with a dance partner.

Activity Code: 2RAE2904
(Section codes listed below)

Milwaukee Marshall MR01
(Beg./Int.)
Tue, Sep 16-Nov 11, 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)

Hamilton HA01
Thu, Sep 25-Nov 13, 6:30PM- 7:30PM
\$25 Residents/\$38 Non-Residents

Milwaukee Marshall MR01
Mon, Sep 22-Oct 27, 7:00PM- 8:00PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR02
Mon, Nov 10-Dec 15, 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 8-Nov 3, 7:00PM- 8:00PM
\$25 Residents/\$38 Non-Residents

Riverside RS02
(Salsa & Bachata)
Mon, Nov 17-Dec 15, 7:00PM- 8:00PM
\$17 Residents/\$26 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, Sep 8-Oct 20, 10:15AM-11:15AM
\$17 Residents/\$26 Non-Residents

OASIS 5503
Thu, Sep 11-Oct 23, 10:15AM-11:15AM
\$17 Residents/\$26 Non-Residents

OASIS 5502
Mon, Oct 27-Dec 15, 10:15AM-11:15AM
\$17 Residents/\$26 Non-Residents

OASIS 5504
Thu, Oct 30-Dec 18, 10:15AM-11:15AM
\$15 Residents/\$23 Non-Residents

Gentle Yoga

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. Must be capable of independently getting up and down from the floor.

50+ **Activity Code: 2R553504**
(Section codes listed below)

OASIS 5501
Tue, Sep 9-Oct 21, 11:30AM-12:30PM
\$15 Residents/\$23 Non-Residents

OASIS 5502
Tue, Oct 28-Dec 16, 11:30AM-12:30PM
\$17 Residents/\$26 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.

50+ **Activity Code: 2R553508**
(Section codes listed below)

OASIS 5501
Mon/Fri, Sep 8-Oct 24, 9:00AM-10:00AM
\$21 Residents/\$32 Non-Residents

OASIS 5502
Mon/Fri, Oct 27-Dec 19, 9:00AM-10:00AM
\$21 Residents/\$32 Non-Residents



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.

Activity Code: 2R553511
(Section codes listed below)

Enderis Playfield..... EF01
Thu, Sep 11-Oct 23, 11:30AM-12:30PM
\$17 Residents/\$26 Non-Residents

Enderis Playfield..... EF02
Thu, Oct 30-Dec 18, 11:30AM-12:30PM
\$17 Residents/\$26 Non-Residents

OASIS 5501
Wed, Sep 10-Oct 22, 12:30PM- 1:30PM
\$17 Residents/\$26 Non-Residents

OASIS 5502
Wed, Oct 29-Dec 17, 12:30PM- 1:30PM
\$17 Residents/\$26 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 older adults and those with health limitations, using modified movements.

50+ Activity Code: 2R553519
(Section codes listed below)

OASIS 5501
Tue, Sep 9-Oct 21, 9:45AM-10:45AM
\$17 Residents/\$26 Non-Residents

OASIS 5502
Tue, Oct 28-Dec 16, 9:45AM-10:45AM
\$17 Residents/\$26 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.

Activity Code: 2R553521
(Section codes listed below)

OASIS 5501
Fri, Sep 5-Oct 17, 10:10AM-11:10AM
\$17 Residents/\$26 Non-Residents

OASIS 5502
Fri, Oct 31-Dec 19, 10:10AM-11:10AM
\$15 Residents/\$23 Non-Residents

TRX & Stretch

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.

Activity Code: 2R553522
(Section codes listed below)

OASIS 5501
Tue, Sep 9-Oct 21, 12:50PM- 1:35PM
\$13 Residents/\$20 Non-Residents

OASIS 5502
Thu, Sep 11-Oct 23, 11:20AM-12:05PM
\$13 Residents/\$20 Non-Residents

OASIS 5503
Fri, Sep 12-Oct 24, 11:20AM-12:05PM
\$13 Residents/\$20 Non-Residents

OASIS 5504
Tue, Oct 28-Dec 16, 12:50PM- 1:35PM
\$13 Residents/\$20 Non-Residents

OASIS 5505
Thu, Oct 30-Dec 18, 11:20AM-12:05PM
\$11 Residents/\$17 Non-Residents

OASIS 5506
Fri, Oct 31-Dec 19, 11:20AM-12:05PM
\$11 Residents/\$17 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 and inclusive atmosphere. No experience necessary.

50+ Activity Code: 2R553524
(Section codes listed below)

OASIS 5502
Mon, Sep 8-Oct 20, 11:30AM-12:30PM
\$17 Residents/\$26 Non-Residents

OASIS 5501
Mon, Oct 27-Dec 15, 11:30AM-12:30PM
\$17 Residents/\$26 Non-Residents

Chair Zumba® Gold

Chair Zumba® Gold provides a safe and enjoyable environment for older adults to experience the fun and benefits of Zumba. 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, Sep 10-Oct 22, 2:15PM- 3:15PM
\$17 Residents/\$26 Non-Residents

OASIS 5502
Wed, Oct 29-Dec 17, 2:15PM- 3:15PM
\$17 Residents/\$26 Non-Residents

Fall Resiliency

Looking to build strength and mobility while enhancing stability and balance? This class is for you! Safely challenge your body, helping you move through life with confidence and maybe even add a little extra joy to your step.

Activity Code: 2R553526
(Section codes listed below)

OASIS 5501
(50+ with Chair)
Tue, Sep 9-Oct 21, 11:40AM-12:40PM
\$17 Residents/\$26 Non-Residents

OASIS 5502
Thu, Sep 11-Oct 23, 9:00AM-10:00AM
\$17 Residents/\$26 Non-Residents

OASIS 5503
(50+ with Chair)
Thu, Sep 11-Oct 23, 10:10AM-11:10AM
\$17 Residents/\$26 Non-Residents

OASIS 5504
(50+ with Chair)
Tue, Oct 28-Dec 16, 11:40AM-12:40PM
\$17 Residents/\$26 Non-Residents

OASIS 5505
Thu, Oct 30-Dec 18, 9:00AM-10:00AM
\$15 Residents/\$23 Non-Residents

OASIS 5506
(50+ with Chair)
Thu, Oct 30-Dec 18, 10:10AM-11:10AM
\$15 Residents/\$23 Non-Residents



Yoga

Release some stress in your life with the calming ritual of yoga. Yoga is a life-style incorporating strength, mobility, balance, and breathwork. Each session ends with a guided meditation. Wear comfortable clothing. Mats, blocks, and straps provided.

50+
Activity Code: 2R553527
(Section codes listed below)

OASIS 5501

Wed, Sep 10-Oct 22, 12:45PM- 2:00PM
\$21 Residents/\$32 Non-Residents

OASIS 5502

Wed, Oct 29-Dec 17, 12:45PM- 2:00PM
\$21 Residents/\$32 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 23-Nov 11, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02

Tue, Dec 2-Jan 13, 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 22-Nov 10, 6:10PM- 7:10PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02

Wed, Sep 24-Nov 12, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03

Mon, Dec 1-Jan 12, 6:10PM- 7:10PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN04

Wed, Dec 3-Jan 14, 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 15-Nov 3, 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 23-Nov 11, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02

Thu, Sep 25-Nov 13, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03

Sat, Sep 27-Nov 15, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04

Tue, Dec 2-Jan 13, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN05

Thu, Dec 4-Jan 15, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN06

Sat, Dec 6-Jan 17, 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

Wed, Nov 19, 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 25-Nov 13, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02

Sat, Sep 27-Nov 15, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03

Thu, Dec 4-Jan 15, 7:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN04

Sat, Dec 6-Jan 17, 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 22-Nov 10, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02

Wed, Sep 24-Nov 12, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03

Mon, Dec 1-Jan 12, 7:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN04

Wed, Dec 3-Jan 14, 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 22-Nov 10, 3:30PM- 4:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02

Mon, Dec 1-Jan 12, 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 23-Oct 28, 6:30PM- 7:30PM
\$21 Residents/\$31.50 Non-Residents

Milwaukee Marshall MR02
Tue, Nov 11-Dec 16, 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 20-Nov 8, 11:00AM-12:00PM
\$29 Residents/\$44 Non-Residents

Riverside RS04
Sat, Nov 15-Dec 20, 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 24-Nov 12, 7:35PM- 8:35PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN05
Wed, Dec 3-Jan 14, 7:35PM- 8:35PM
\$19 Residents/\$29 Non-Residents

Cooper CP01
Thu, Sep 25-Nov 13, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Cooper CP02
Thu, Dec 4-Jan 15, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Hamilton HA01
Thu, Sep 18-Nov 6, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Hamilton HA02
Thu, Nov 13-Dec 11, 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 22-Nov 10, 5:00PM- 6:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Mon, Dec 1-Jan 12, 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 older adults and those with health limitations, using modified movements.

Activity Code: 2RAE3526
(Section codes listed below)

Hamilton HA01
Wed, Sep 17-Nov 5, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

Hamilton HA02
Wed, Nov 12-Dec 10, 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 23-Nov 11, 12:15PM- 1:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
(Int.)
Tue, Sep 23-Nov 11, 1:25PM- 2:25PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
(Beg.)
Tue, Dec 2-Jan 13, 12:15PM- 1:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN05
(Int.)
Tue, Dec 2-Jan 13, 1:25PM- 2:25PM
\$19 Residents/\$29 Non-Residents

Xtreme Hip Hop With Denise

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 R&B tunes that so many enjoy. Heart healthy, high calorie burn (400+) per 45-minute class.

Activity Code: 2RAE3528
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Sep 24-Oct 29, 6:00PM- 6:45PM
\$23 Residents/\$35 Non-Residents

Milwaukee Marshall MR02
Wed, Nov 5-Dec 17, 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 Marshall MR01
Mon, Sep 22-Oct 27, 6:00PM- 6:45PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR02
Mon, Nov 10-Dec 15, 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 Brinton BN01
Mon, Sep 22-Nov 10, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Mon, Sep 22-Nov 10, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Mon, Sep 22-Nov 10, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
Mon, Sep 22-Nov 10, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN05
Tue, Sep 23-Nov 11, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN06
Tue, Sep 23-Nov 11, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN08
Wed, Sep 24-Nov 12, 5:30PM- 6:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN11
Wed, Sep 24-Nov 12, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN12
Thu, Sep 25-Nov 13, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN13
Thu, Sep 25-Nov 13, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN14
Sat, Sep 27-Nov 15, 7:45AM- 8:45AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN16
Sun, Sep 28-Nov 16, 9:00AM-10:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN18
Mon, Dec 1-Jan 12, 8:00AM- 9:00AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN19
Mon, Dec 1-Jan 12, 9:15AM-10:15AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN20
Mon, Dec 1-Jan 12, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN21
Mon, Dec 1-Jan 12, 7:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN22
Tue, Dec 2-Jan 13, 9:15AM-10:15AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN24
Tue, Dec 2-Jan 13, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN25
Wed, Dec 3-Jan 14, 5:30PM- 6:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN26
Wed, Dec 3-Jan 14, 6:30PM- 7:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN27
Thu, Dec 4-Jan 15, 9:15AM-10:15AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN28
Thu, Dec 4-Jan 15, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN29
Sat, Dec 6-Jan 17, 7:45AM- 8:45AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN30
Sun, Dec 7-Jan 18, 9:00AM-10:00AM
\$19 Residents/\$29 Non-Residents

Cooper CP01
Tue, Sep 23-Nov 11, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Cooper CP02
Tue, Dec 2-Jan 13, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Gaenslen GS01
Tue, Sep 16-Nov 4, 7:15PM- 8:15PM
\$27 Residents/\$40.50 Non-Residents

Gaenslen GS03
Wed, Sep 17-Nov 5, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Gaenslen GS02
Tue, Nov 18-Dec 18, 7:15PM- 8:15PM
FREE

Gaenslen GS05
Wed, Nov 19-Dec 17, 7:15PM- 8:15PM
\$16 Residents/\$24 Non-Residents

Hamilton HA01
Mon, Sep 15-Nov 3, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Hamilton HA02
Mon, Nov 10-Dec 8, 6:00PM- 7:00PM
\$17 Residents/\$26 Non-Residents

MacDowell JU05
Sat, Nov 8-Dec 6, 10:15AM-11:15AM
\$16 Residents/\$24 Non-Residents

Riverside RS05
Thu, Sep 11-Oct 30, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

Riverside RS10
Thu, Nov 20-Dec 18, 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 22-Nov 10, 12:00PM- 1:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Tue, Sep 23-Nov 11, 10:30AM-11:30AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Tue, Sep 23-Nov 11, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN19
Wed, Sep 24-Nov 12, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
Wed, Sep 24-Nov 12, 12:30PM- 1:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN05
Thu, Sep 25-Nov 13, 1:30PM- 2:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN06
Thu, Sep 25-Nov 13, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN07
Fri, Sep 26-Nov 14, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN08
Sat, Sep 27-Nov 15, 10:00AM-11:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN09
Sun, Sep 28-Nov 16, 12:00PM- 1:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN10
Mon, Dec 1-Jan 12, 12:00PM- 1:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN11
Tue, Dec 2-Jan 13, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN12
Tue, Dec 2-Jan 13, 7:00PM- 8:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN20
Wed, Dec 3-Jan 14, 8:00AM- 9:00AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN13
Wed, Dec 3-Jan 14, 12:30PM- 1:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN14
Thu, Dec 4-Jan 15, 1:30PM- 2:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN15
Thu, Dec 4-Jan 15, 7:00PM- 8:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN16
Fri, Dec 5-Jan 16, 8:00AM- 9:00AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN17
Sat, Dec 6-Jan 17, 10:00AM-11:00AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN18
Sun, Dec 7-Jan 18, 12:00PM- 1:00PM
\$19 Residents/\$29 Non-Residents

Cooper CP01
Tue, Sep 23-Nov 11, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Cooper CP02
Tue, Dec 2-Jan 13, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

MacDowell JU01
Sat, Sep 27-Nov 15, 9:00AM-10:00AM
\$29 Residents/\$44 Non-Residents

MacDowell JU02
Tue, Sep 30-Nov 18, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

Riverside RS02
Thu, Sep 11-Oct 30, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Riverside RS06
Thu, Nov 20-Dec 18, 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 BN02
Thu, Sep 25-Nov 13, 5:00PM- 6:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
Thu, Dec 4-Jan 15, 5:00PM- 6:00PM
\$19 Residents/\$29 Non-Residents

Gaenslen GS01
Tue, Sep 16-Nov 4, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Gaenslen GS06
Tue, Nov 18-Dec 16, 6:15PM- 7:15PM
\$16 Residents/\$24 Non-Residents

Zumba®

Zumba® is a fun and easy workout with routines that feature easy-to-follow dance steps synced to Latin music helping you to tone and sculpt your body.

Activity Code: 2RAE3542
(Section codes listed below)

Beulah Brinton BN01
Sun, Sep 28-Nov 16, 9:00AM-10:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Sun, Dec 7-Jan 18, 9:00AM-10:00AM
\$19 Residents/\$29 Non-Residents

Cooper CP01
Thu, Sep 25-Nov 13, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

Cooper CP02
Thu, Dec 4-Jan 15, 7:00PM- 8:00PM
\$19 Residents/\$29 Non-Residents

Hamilton HA01
Wed/Sat, Oct 29-Dec 10, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

MacDowell JU01
Thu, Oct 30-Dec 11, 6:00PM- 7:00PM
\$19 Residents/\$69.50 Non-Residents

Milwaukee Marshall MR05
Sat, Sep 20-Nov 8, 9:00AM-10:00AM
\$18 Residents/\$27 Non-Residents

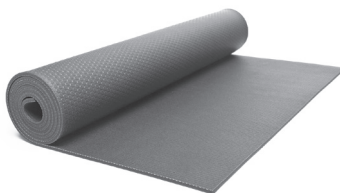
Strong Flow Yoga

A strong flow yoga class emphasizes dynamic movement, linking breath with fluid transitions to build strength, flexibility, and endurance. Through a series of powerful poses and intentional sequences, you'll cultivate both physical and mental focus. Expect to challenge your body with engaging postures while fostering a deep sense of connection to your breath and present moment awareness.

Activity Code: 2RAE3554
(Section codes listed below)

Beulah Brinton BN01
Wed, Sep 24-Nov 12, 4:30PM- 5:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Wed, Dec 3-Jan 14, 4:30PM- 5:30PM
\$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 22-Nov 10, 2:15PM- 3:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Thu, Sep 25-Nov 13, 10:30AM-11:30AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN05
Fri, Sep 26-Nov 14, 12:00PM- 1:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Mon, Dec 1-Jan 12, 2:15PM- 3:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN04
Thu, Dec 4-Jan 15, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN06
Fri, Dec 5-Jan 16, 12:00PM- 1:00PM
\$19 Residents/\$29 Non-Residents

Power Flow Yoga

Intermediate vinyasa with a focus on strength and toning. Taught by Annie Wegner LeFort, RYT.

Activity Code: 2RAE3561
(Section codes listed below)

Beulah Brinton BN01
Mon, Sep 22-Nov 10, 1:10PM- 2:10PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Mon, Dec 1-Jan 12, 1:10PM- 2:10PM
\$29 Residents/\$44 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 25-Nov 13, 4:00PM- 5:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Thu, Dec 4-Jan 15, 4:00PM- 5:00PM
\$19 Residents/\$29 Non-Residents

Yin to Yang Yoga

NEW Yin is slow, soft, and grounding. Yang is active, strong, and bright. Together, they balance stillness with motion, and strength with ease.

Activity Code: 2RAE3577
(Section codes listed below)

Beulah Brinton BN01

Tue, Sep 23-Nov 11, 5:00PM- 5:45PM
\$23 Residents/\$35 Non-Residents

Beulah Brinton BN02

Tue, Dec 2-Jan 13, 5:00PM- 5:45PM
\$16 Residents/\$24 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 23-Nov 11, 3:45PM- 4:45PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02

Tue, Dec 2-Jan 13, 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.

Activity Code: 2RAE3614
(Section codes listed below)

Beulah Brinton BN01

(Slow Flow)
Tue, Sep 23-Nov 11, 2:30PM- 3:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02

(Slow Flow)
Wed, Sep 24-Nov 12, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03

(Slow Flow)
Fri, Sep 26-Nov 14, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04

(Slow Flow)
Tue, Dec 2-Jan 13, 2:30PM- 3:30PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN05

(Slow Flow)
Wed, Dec 3-Jan 14, 9:15AM-10:15AM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN06

(Slow Flow)
Fri, Dec 5-Jan 16, 9:15AM-10:15AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR01

(Slow Flow)
Mon, Sep 22-Oct 27, 6:30PM- 7:30PM
\$23 Residents/\$35 Non-Residents

Milwaukee Marshall MR02

(Slow Flow)
Mon, Nov 10-Dec 15, 6:30PM- 7:30PM
\$23 Residents/\$35 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 23-Nov 11, 5:00PM- 5:30PM
\$13 Residents/\$20 Non-Residents

Beulah Brinton BN02

Tue, Dec 2-Jan 13, 5:00PM- 5:30PM
\$10 Residents/\$15 Non-Residents

WALKerobics

NEW WALKerobics is a rhythmic walking-based aerobics class designed to improve cardiovascular health, boost endurance, and energize your body—all while being gentle on the joints. Combining intentional movement with music calibrated to beats per minute, this class is suitable for all fitness levels. Whether you're aiming to build stamina, improve mobility, or enjoy a supportive, guided workout.

Activity Code: 2RAE9905
(Section codes listed below)

Milwaukee Marshall MR02

Wed, Sep 24-Oct 29, 6:30PM- 7:30PM
\$23 Residents/\$35 Non-Residents

Milwaukee Marshall MR01

Wed, Nov 5-Dec 17, 6:30PM- 7:30PM
\$23 Residents/\$35 Non-Residents



Step Up Fitness

NEW This class targets muscles in the legs, glutes, and core while enhancing balance and coordination. Whether stepping up, down, or side to side, you'll improve cardiovascular health and build muscular strength in a low-impact, supportive environment. Suitable for all fitness levels, this class helps you take confident steps toward better health and fitness.

Activity Code: 2RAE9906
(Section codes listed below)

Milwaukee Marshall MR01

Thu, Sep 25-Oct 30, 6:30PM- 7:30PM
\$23 Residents/\$35 Non-Residents

Milwaukee Marshall MR02

Thu, Nov 6-Dec 18, 6:30PM- 7:30PM
\$23 Residents/\$35 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. 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

Sat, Nov 1-Nov 22, 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 11, 10:00AM-11:30AM
\$8 Residents/\$12 Non-Residents

Riverside RS01
Sat, Sep 27, 10:00AM-11:30AM
\$8 Residents/\$12 Non-Residents

FAMILY CLASSES

Family Lock-In

NEW

The community center that barely sleeps wants you to join the fun! On October 18th, bring your family to recreate through the midnight hour. A smorgasbord of organized games and activities will be happening throughout the night: volleyball, dodgeball, pickleball, basketball, family yoga, video games and more! A family movie will be shown for those who want to wind down early (though second winds are welcome). Doors open at 7:00pm. Fun starts upon arrival. Doors lock at 10:00pm. Multi-purpose room lights will be off by 11:00pm. Gym lights will be off by 1:00am. Doors re-open at 7:00am. Families must leave by 8:00am. Tents and coolers are welcome. Maximum of 24 families to sleep in the gym and 4 families to sleep in each multi-purpose room. Parent/guardian is required to stay. Each person must be registered. Cost is per person.

Activity Code: 2RAE3318
(Section codes listed below)

Beulah Brinton (Ages 5-99)..... BN01
(Sleep in Gym)
Sat, Oct 18 at 7PM - Sun, Oct 19 at 7:00AM
\$10 Residents/\$10 Non-Residents

Beulah Brinton (Ages 5-99)..... BN02
(Sleep in Multi-Purpose Room)
Sat, Oct 18 at 7PM - Sun, Oct 19 at 7:00AM
\$10 Residents/\$10 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 15-Nov 3, 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 16-Nov 4, 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 11, 10:00AM-12:00PM
\$9 Residents/\$14 Non-Residents

MacDowell JU01
Sat, Oct 25, 10:00AM-12:00PM
\$9 Residents/\$14 Non-Residents

MacDowell JU02
Sat, Nov 8, 10:00AM-12:00PM
\$9 Residents/\$14 Non-Residents

Rent Smart Workshop

Learn new skills to build positive relationships with landlords and neighbors, gain confidence in your ability to find and maintain affordable housing, understand your lease and the rental/screening process used by landlords, and learn the responsibilities and rights of tenants and landlords.

Activity Code: 2RAE3419
(Section codes listed below)

Hamilton HA01
Wed, Oct 1-Nov 5, 6:00PM- 7:30PM
\$ Residents/\$42 Non-Residents

HEALTH AND WELLNESS

Natural Solutions to Stress

What really is "stress" anyways? In this class we'll breakdown stress from a physiological perspective as well as the three dimensions of stress. Participants will walk away with tools and natural ways to resolve stress.

Activity Code: 2RAE20369
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Sep 24, 6:30PM- 8:00PM
\$8 Residents/\$12 Non-Residents

A Mama & Baby Focused Yoga Class

NEW

Gaga Yoga is a nurturing, playful, and restorative yoga series designed for expecting mothers, new parents, and caretakers of young children. This welcoming class focuses on deepening the connection between parent and child while promoting physical, mental, and emotional well-being through mindful movement, breath work, and communal care. All parents, partners, and caretakers, including fathers, are encouraged to participate alongside their children.

Activity Code: 2RAE3616
(Section codes listed below)

MacDowell JU01
Sat, Sep 27-Nov 15, 10:30AM-12:00PM
\$36 Residents/\$54 Non-Residents



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fb.com/MilwaukeeRecreation



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

Wed, Oct 22, 6:35PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Mudras and Meditation

Embark on a meditative journey exploring mudras hand gestures enhancing meditation, asana, and spiritual rituals. Break free from the traditional image and discover the depth these gestures bring to your yoga and meditation practice. Join us on this meditative journey.

Activity Code: 2RAE4104
(Section codes listed below)

Hamilton (Ages 18-99)..... HA01

Tue, Oct 14-Oct 21, 6:00PM- 7:00PM
\$9 Residents/\$14 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 13-Nov 3, 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 15-Oct 6, 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 23, 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

Wed, Nov 12, 6:30PM- 8:00PM
\$8 Residents/\$12 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. Class fee is non-refundable.

Activity Code: 2RAE4151
(Section codes listed below)

Hamilton HA01

Tue, Sep 23, 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, Oct 21, 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 7, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Increase your Level of Awareness

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 11, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

A Smart Cart for Your Heart

Do you hate grocery shopping? Are you overwhelmed with all the choices and deceptive marketing claims on food packages? Not sure what all those numbers mean on the food label? Join registered dietitian, Heather Klug, from The Karen Yontz Cardiac Awareness Center and Aurora Health Care and learn how to read labels and navigate the grocery aisles like a food pro.

Activity Code: 2RAE4140
(Section codes listed below)

Hamilton HA01

Tue, Oct 21, 6:00PM- 7:00PM
\$6 Residents/\$9 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, Nov 8, 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 21, 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 23, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

5 Secrets to Lower Your Blood Sugar

Most people are told at some point that they need to either lower their blood sugar or monitor it. However, that isn't always straightforward. Learn the 5 easy ways and secrets to approach your health goals by recontextualizing movement, food and the nutrients we need.

Activity Code: 2RAE4172
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Oct 8, 6:30PM- 8:00PM
\$8 Residents/\$12 Non-Residents

How to Jump Start Your Health and Life for the New Year!

NEW New Year's resolutions and making healthy change can be daunting! We'll go over SMART goals and how to set your health up for success, whatever your goals may be.

Activity Code: 2RAE4173
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Dec 3, 6:30PM- 8:30PM
\$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 7, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Improve Heart Health with the Blue Zones Lifestyle

Want to live longer and healthier (plus boost heart health)? Join registered dietitian, Heather Klug, from The Karen Yontz Cardiac Awareness Center and Aurora Health Care as she shares secrets of the Blue Zones and how these can be used to improve heart health.

Activity Code: 2RAE4182
(Section codes listed below)

Hamilton HA01
Tue, Sep 23, 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 11, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Satisfy Your Sweet Tooth with Heart-Healthy Desserts

NEW Love sweets but want to make them healthier? Join registered dietitian, Heather Klug, from The Karen Yontz Women's Cardiac Awareness Center and learn about modifications to make your sweet treats healthier with natural sugars and other heart-healthy foods. Sample a couple heart-healthy desserts and take heart-healthy dessert recipes to try at home. Heather will also demo a heart-healthy dessert.

Activity Code: 2RAE4188
(Section codes listed below)

Hamilton HA01
Tue, Nov 18, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Fragrance Oil Creation Workshop

NEW Discover the art of scent and self-expression. Unlock your inner alchemist and craft your own fragrance oil in this hands-on, sensory-rich workshop that offers a unique fusion of creativity, wellness, and self-discovery. Just bring your curiosity and a desire to create something beautiful and meaningful. Class fee includes supply cost and is non-refundable.

Activity Code: 2RAE4199
(Section codes listed below)

Riverside RS01
Sat, Sep 27, 10:00AM-12:00PM
\$30 Residents/\$45 Non-Residents

Riverside JU01
Sat, Nov 15, 10:00AM-12:00PM
\$30 Residents/\$45 Non-Residents

LANGUAGE SKILLS

Spanish

Learn appropriate Spanish words for: greetings, health, household, daily activities, weather, and more. The textbook used for the class is 'Madrigal's Magic Key to Spanish' and can be purchased for \$15 on Amazon. Registration includes 'Language Exchange' (10:30am-11:30am).

Activity Code: 2R554401
(Section codes listed below)

OASIS 5501
(Beginner)
Wed, Sep 10-Oct 22, 11:30AM-12:30PM
\$17 Residents/\$26 Non-Residents

OASIS 5502
(Intermediate)
Wed, Sep 10-Oct 22, 12:30PM- 1:30PM
\$17 Residents/\$26 Non-Residents

OASIS 5503
(Beginner)
Wed, Oct 29-Dec 17, 11:30AM-12:30PM
\$17 Residents/\$26 Non-Residents

OASIS 5504
(Intermediate)
Wed, Oct 29-Dec 17, 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' (10:30am-11:30am).

Activity Code: 2R554402
(Section codes listed below)

OASIS 5501
Wed, Sep 10-Oct 22, 9:00AM-11:00AM
\$32 Residents/\$48 Non-Residents

OASIS 5503
Wed, Oct 29-Dec 17, 9:00AM-11:00AM
\$32 Residents/\$48 Non-Residents



Language Exchange

This conversation group facilitates interactions between native Spanish and English speakers. Practice your target language and culture in real life interactions. For the convenience of our language learners, this class is scheduled between our Spanish and ESL classes.

Activity Code: 2R554403
(Section codes listed below)

OASIS 5501
Wed, Sep 10-Oct 22, 10:30AM-11:30AM
\$17 Residents/\$26 Non-Residents

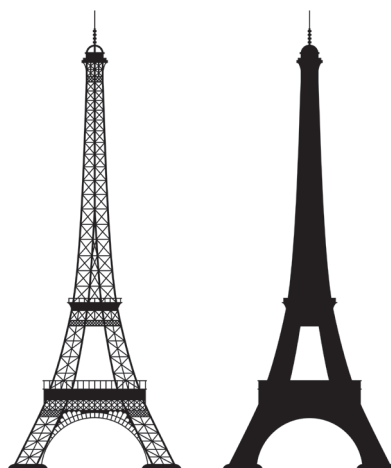
OASIS 5502
Wed, Oct 29-Dec 17, 10:30AM-11:30AM
\$17 Residents/\$26 Non-Residents

Introduction to French

Participants will learn different beginner concepts and gain a basic understanding of French grammar and vocabulary. Each week we will focus on concepts that are built upon each other. Examples include introducing oneself, expressing likes/dislikes/preferences, talking about weather, days of the week, ordering, being polite, etc. The goal is to learn foundations for both immediate practice and continuing education if more in-depth learning is a future goal.

Activity Code: 2RAE4403
(Section codes listed below)

Riverside RS01
Mon, Sep 15-Nov 3, 7:00PM- 8:00PM
\$25 Residents/\$38 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 22-Nov 10, 6:30PM- 7:30PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN02
Mon, Dec 1-Jan 12, 6:30PM- 7:30PM
\$17 Residents/\$26 Non-Residents

ASL



Portuguese

NEW

This is a beginner class intended for those with little to no experience in Portuguese. Students will learn the basics of Portuguese, including essential vocabulary, pronunciation, and common phrases. The class will have interactive activities, listening practice, and conversational exercises. Class participants will build confidence to use vocabulary, understand words and phrases, read, and write limited Portuguese.

Activity Code: 2RAE4442
(Section codes listed below)

Beulah Brinton BN01
Fri, Sep 26-Nov 14, 6:30PM- 7:30PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN02
Fri, Dec 5-Jan 16, 6:30PM- 7:30PM
\$17 Residents/\$26 Non-Residents

Gaenslen GS01
Wed, Sep 24-Nov 12, 5:15PM- 6:15PM
\$25 Residents/\$38 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)..... JU01
Mon, Sep 15-Nov 10, 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 23-Nov 11, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Sat, Sep 27-Nov 15, 8:55AM- 9:55AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
Sat, Dec 6-Jan 17, 8:55AM- 9:55AM
\$19 Residents/\$29 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)

Milwaukee Marshall MR01
(Beg.)
Mon/Wed, Sep 22-Oct 29, 6:00PM- 7:00PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall MR02
(Adv.)
Mon/Wed, Sep 22-Oct 29, 7:00PM- 8:00PM
\$40 Residents/\$60 Non-Residents

Milwaukee Marshall MR03
(BEG.)
Mon/Wed, Nov 10-Dec 17, 6:00PM- 7:00PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall MR04
(Adv.)
Mon/Wed, Nov 10-Dec 17, 7:00PM- 8:00PM
\$40 Residents/\$60 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 15-Nov 5, 6:00PM- 7:00PM
\$46 Residents/\$69 Non-Residents

Hamilton (Ages 15 & up) HA02
(Class is combined with youth class)
Tue/Thu, Sep 16-Nov 6, 7:10PM- 8:00PM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall (Ages 15 & up)... MR01
(White, Orange, & Yellow Belt)
Mon/Wed, Sep 22-Dec 17, 6:00PM- 7:00PM
\$66 Residents/\$99 Non-Residents

Milwaukee Marshall (Ages 15 & up).. MR12
(White, Orange, & Yellow Belt)
Tue/Thu, Sep 23-Dec 18, 6:00PM- 7:00PM
\$66 Residents/\$99 Non-Residents

Riverside (Ages 15 & up)..... R504
(All Ranks Adults)
Sat, Sep 6-Oct 25, 11:45AM-12:30PM
\$22 Residents/\$33 Non-Residents

Riverside (Ages 15 & up)..... R505
(Beg/Int. White- Yellow Belt, combined with youth class)
Mon/Wed, Sep 8-Oct 29, 6:15PM- 7:15PM
\$41 Residents/\$62 Non-Residents

Riverside (Ages 15 & up)..... R509
(Int./Adv. Camo/Black Belt, combined with youth class)
Mon/Wed, Sep 8-Oct 29, 7:15PM- 8:15PM
\$41 Residents/\$62 Non-Residents

Riverside (Ages 15 & up)..... R510
(Black belts only, all ranks all ages)
Sat, Nov 15-Dec 20, 11:45AM-12:30PM
\$17 Residents/\$26 Non-Residents

Riverside (Ages 15 & up)..... R507
(Beg. white-yellow belts, combined with youth class)
Mon/Wed, Nov 17-Dec 17, 6:15PM- 7:15PM
\$41 Residents/\$62 Non-Residents

Riverside (Ages 15 & up)..... R508
(Int/Adv. Camo-Black Belt, combined with youth class.)
Mon/Wed, Nov 17-Dec 17, 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 17-Nov 5, 7:00PM- 8:00PM
\$25 Residents/\$38 Non-Residents

Safety While Out and About

NEW A female workshop to build situational awareness and escape techniques for women of all abilities and every fitness level. It's about mental readiness & confidence building.

Activity Code: 2RAE9908
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Sep 27, 12:00PM- 3:00PM
\$11 Residents/\$17 Non-Residents

Safety Around the House

NEW A female workshop that builds situational awareness and escape techniques for women of all abilities and every fitness level. It's about mental readiness & confidence building.

Activity Code: 2RAE9909
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Oct 18, 12:00PM- 3:00PM
\$11 Residents/\$17 Non-Residents

Safety in the Work Place

NEW A female workshop that builds situational awareness and escape techniques for women of all abilities and every fitness level. It's about mental readiness & confidence building.

Activity Code: 2RAE9910
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Nov 15, 12:00PM- 3:00PM
\$11 Residents/\$17 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 17-Nov 5, 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 26-Nov 14, 7:15PM- 8:15PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN02
Fri, Dec 5-Jan 16, 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 26-Nov 14, 6:00PM- 7:00PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN02
Fri, Dec 5-Jan 16, 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 27-Nov 15, 2:00PM- 3:30PM
\$36 Residents/\$54 Non-Residents

Beulah Brinton BN02
(Beg.)
Sat, Dec 6-Jan 17, 2:00PM- 3:30PM
\$24 Residents/\$36 Non-Residents

Hamilton HA01
Thu, Sep 18-Nov 6, 6:00PM- 7:30PM
\$36 Residents/\$54 Non-Residents

Riverside RS01
(Beg. - Semi-Private)
Mon, Sep 8-Oct 27, 6:30PM- 8:00PM
\$41 Residents/\$62 Non-Residents

Riverside RS02
(Adv. - Semi-Private)
Mon, Sep 8-Oct 27, 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 27-Nov 15, 10:30AM-12:00PM
\$36 Residents/\$54 Non-Residents

Beulah Brinton BN02
(Int.)
Sat, Sep 27-Nov 15, 12:15PM- 1:45PM
\$36 Residents/\$54 Non-Residents

Beulah Brinton BN03
(Beg.)
Sat, Dec 6-Jan 17, 10:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

Beulah Brinton BN04
(Int.)
Sat, Dec 6-Jan 17, 12:15PM- 1:45PM
\$24 Residents/\$36 Non-Residents

Hamilton HA01
Wed, Sep 17-Nov 5, 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 27-Nov 15, 4:00PM- 6:00PM
\$46 Residents/\$69 Non-Residents

Beulah Brinton BN02
Sat, Dec 6-Jan 17, 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 18-Nov 6, 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 16-Nov 4, 6:00PM- 7:00PM
\$25 Residents/\$38 Non-Residents

Hamilton HA03
Tue, Nov 11-Dec 2, 6:00PM- 7:00PM
\$13 Residents/\$20 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

Tue, Sep 23-Nov 11, 6:00PM- 8:00PM

\$10 Residents/\$15 Non-Residents



OUTDOOR EDUCATION

Wild Tea Hike

People have harvested local plants to make teas for centuries. Join us as we explore the 23 acres at Hawthorn Glen to collect plant materials to make and taste tea. Dress for the weather.

50+ **Activity Code: 2R555008**
(Section codes listed below)

Hawthorn Glen HG01

Thu, Oct 23, 1:00PM- 2:30PM

\$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.

50+ **Activity Code: 2R555013**
(Section codes listed below)

OASIS 5501

Wed, Sep 10-Oct 29, 10:30AM-12:30PM

FREE

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 24, 6:30PM- 8:00PM

\$18 Residents/\$27 Non-Residents

Riverside RS04

Wed, Oct 1, 6:30PM- 8:30PM

\$18 Residents/\$27 Non-Residents

No Power Tools Necessary (Basic Home Repairs)

Broken switch? Outlet that won't hold plugs? Want to update a light fixture but you aren't sure where to start? This class will help you identify DIY electrical projects, tips to prevent problems, and when it's time to call an electrician. Cost includes tools to take home. Class taught by Brian Hunt a licensed remodeling contractor with over 20 years of experience. Non-refundable class fee.

Activity Code: 2RAE5412
(Section codes listed below)

Riverside RS03

(Easy electrical repairs, remove old switches, outlets, light fixtures)

Sat, Oct 25, 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 10, 6:30PM- 8:00PM

\$18 Residents/\$27 Non-Residents

Riverside RS04

Wed, Sep 17, 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 17, 6:30PM- 8:00PM

\$18 Residents/\$27 Non-Residents

Riverside RS04

Wed, Sep 24, 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 1, 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 24, 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 Travis Cheesbro, Chief Program Officer at Norris. Link provided in advance.

Activity Code: 2RAE5441
(Section codes listed below)

Online VR01

Sat, Sep 13, 12:00PM- 1:00PM
FREE

Online VR02

Thu, Sep 25, 6:00PM- 7:00PM
FREE

Online VR03

Wed, Oct 8, 6:00PM- 7:00PM
FREE

Online VR04

Wed, Oct 22, 6:00PM- 7:00PM
FREE

Online VR05

Sat, Nov 8, 12:00PM- 1:00PM
FREE

Online VR06

Thu, Nov 20, 6:00PM- 7:00PM
FREE

Online VR07

Wed, Dec 3, 6:00PM- 7:00PM
FREE

Online VR08

Wed, Dec 17, 6:00PM- 7:00PM
FREE

Cutting the Cord-Controlling Cable and Internet Cords

Fees for cable television, home internet, smartphones and streaming services quickly add up to hundreds of dollars. This seminar reviews your options to cut costs and still watch television programs and have internet access on all devices. Instructor C.T. Kruger. Class fee is non-refundable.

Activity Code: 2RAE5443
(Section codes listed below)

Hamilton HA01

Mon, Nov 3, 6:30PM- 8:00PM
\$18 Residents/\$27 Non-Residents

Riverside RS03

Wed, Sep 11, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Glycerin Soap Making 101

NEW

Discover the art and science of hand-made soap! In this beginner friendly class, learn how to craft and design your own custom soap, while exploring the benefits of creating beautiful, nourishing soaps for different skin types. A \$10 (cash only) supply fee is due to the instructor at class. Class fee is non-refundable.

Activity Code: 2RAE5444
(Section codes listed below)

North Division ND01

Mon, Sep 15, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

North Division ND02

Mon, Oct 13, 6:00PM- 8:00PM
\$9 Residents/\$14 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, Oct 2-Dec 18, 6:00PM- 8:00PM
\$6 Residents/\$9 Non-Residents

Real Life 101: Navigating Your Finances

Are you ready to take control of your financial destiny? This engaging and practical workshop is designed to equip you with the essential skills to manage your money confidently. From setting achievable financial goals to mastering budgeting, saving, investing, and protecting your finances, this class covers it all. Sign up today and start your journey towards financial independence!

Activity Code: 2RAE5473
(Section codes listed below)

Hamilton (Ages 16 & up) HA01

Sat, Oct 11-Oct 18, 9:00AM-11:00AM
\$13 Residents/\$20 Non-Residents

POP CULTURE

Milwaukee's Silent City

For more than 170 years, Forest Home Cemetery has been the final resting place for many Milwaukee leaders. Although Forest Home remains primarily a place to bury the dead, it is Milwaukee's first accredited arboretum, a nature preserve and museum of local history. Learn more about great industrialists to infamous figures to war veterans, women trailblazers, civil rights leaders and loved ones from all walks of life.

Activity Code: 2RAE9602
(Section codes listed below)

Hamilton HA01

Thu, Oct 9, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Hamilton HA02

Sat, Nov 8, 9:00AM-11:00AM
\$9 Residents/\$14 Non-Residents

Hamilton HA03

Sat, Dec 6, 9:00AM-11:00AM
\$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 Cross-words, 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 HA02

Mon, Nov 17, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

SPORTS AND RECREATION

50+ Volleyball

Come and join our 50+ Volleyball League! This league fun and competition to ensure that everyone has a great experience. Online registration is not available, please call 647-6046 for more information.

Activity Code: 2R556801
(Section codes listed below)

Beulah Brinton BN03
(Competitive Level Fall & Winter league.)
Tue/Thu, Sep 16-Apr 23, 9:15AM-12:15PM
\$15 Residents/\$30 Non-Residents

Beulah Brinton BN04
(Social Level Fall & Winter league.)
Tue/Thu, Sep 16-Apr 9, 9:15AM-11:15AM
\$15 Residents/\$30 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 8-Nov 10, 6:00PM-8:15PM
\$41 Residents/\$62 Non-Residents

Beulah Brinton (Ages 30 & up) BN02
Mon, Nov 17-Jan 12, 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 20-Oct 25, 8:45AM-9:45PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR02
(Int.)
Sat, Sep 20-Oct 25, 9:50AM-10:50AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR03
(No Class 11/29)
Sat, Nov 8-Dec 20, 8:45AM-9:45AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR04
(Int.)
Sat, Nov 8-Dec 20, 9:50AM-10:50AM
\$19 Residents/\$29 Non-Residents

Co-Rec Volleyball

This open volleyball play will give you the chance to practice your skills in a friendly, non-competitive environment. Bring yourself and a friend for a fun night of volleyball. Everyone plays. Wear sports clothing. Fee is per person.

Activity Code: 2RAE6205
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Sep 24-Oct 29, 7:35PM-9:05PM
\$23 Residents/\$35 Non-Residents

Milwaukee Marshall MR02
Wed, Nov 5-Dec 17, 7:35PM-9:05PM
\$34 Residents/\$51 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 16-Dec 9, 6:15PM-9:15PM
\$36 Residents/\$54 Non-Residents

Beulah Brinton BN02
Fri, Sep 19-Dec 12, 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 should bring their own clubs to class.

Activity Code: 2RAE6212
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Sep 20-Nov 8, 3:30PM-4:30PM
\$25 Residents/\$38 Non-Residents



Adult Skate Night: Zombies on Wheels

NEW Dust off your gravestone and join our Adult Skate Night: Zombies on Wheels, where the undead roll to spooky beats. Enjoy a night of fright and fun with creepy snacks, photo ops, and a chance to win our Best-Dressed contest free skates available up to Men's size 13.

Activity Code: 2RAE6263
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Oct 25, 5:00PM-7:00PM
\$9 Residents/\$14 Non-Residents

Pickleball

Experience the excitement of pickleball, America's fastest-growing sport. Join our welcoming group for open play, suitable for all skill levels. Basic guidance is available but true beginners are encouraged to explore external resources and complete an introductory course beforehand. BYO paddle or borrow one of ours. Please note, drop-ins are not allowed.

Activity Code: 2R550101
(Section codes listed below)

Enderis Playfield EF01
Thu, Sept 11-Oct 16, 6:30PM-9:00PM
\$19 Residents/\$29 Non-Residents

Juneau Playfield JU01
Wed, Sept 10-Oct 15, 9:00AM-12:00PM
\$19 Residents/\$29 Non-Residents

Juneau Playfield JU02
Sat, Sept 13-Oct 18, 9:00AM-11:00AM
\$19 Residents/\$29 Non-Residents

Juneau Playfield JU03
Sat, Sept 13-Oct 18, 11:30AM-1:30PM
\$19 Residents/\$29 Non-Residents

Morse MS01
Thu, Oct 23-Dec 4, 6:30PM-9:00PM
\$19 Residents/\$29 Non-Residents

Pulaski PK02
Wed, Oct 22-Dec 3, 6:30PM-9:00PM
\$19 Residents/\$29 Non-Residents

Pulaski PK01
Sat, Oct 25-Dec 6, 9:00AM-12:00PM
\$19 Residents/\$29 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. Athletes cannot be currently enrolled in high school to participate.

Activity Code: 2RAS1109
(Section codes listed below)

Bradley Tech (Ages 17-29)..... MT02

Mon/Wed, Sep 8-Nov 19, 7:30PM-11:59PM
FREE

Obama (Ages 17-29)..... CT03

Tue/Thu, Sep 9-Nov 18, 7:30PM-11:59PM
FREE

**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 16-Sep 27, 10:00AM-11:00AM
\$21 Residents/\$32 Non-Residents

Hansen Golf Course HN02

(SKIP DATE: September 1st)
Sun, Aug 17-Sep 28, 2:00PM- 3:00PM
\$21 Residents/\$32 Non-Residents

**ACTIVE OLDER ADULTS****50+ Historic Narrated Boat Tour**

NEW Explore the Milwaukee River and harbors on a narrated Edelweiss boat tour by Historic Milwaukee, Inc. See iconic landmarks, the city skyline, and learn about Milwaukee's history. A portion of proceeds supports HMI's mission. Meet at the Edelweiss main boat dock.

50+ **Activity Code: 2R550104**
(Section codes listed below)

OASIS 5501

Fri, Sep 12, 1:00PM- 2:30PM
\$30.50 Residents/\$30.50 Non-Residents



2025 MILWAUKEE RECREATION HALLOWEEN COED KICKBALL TOURNAMENT

KICK OR TREAT

SATURDAY, OCTOBER 25TH
9:00 AM - 5:00PM
WICK PLAYFIELD 4929 W VLIET ST.

\$80
PER TEAM

GRAB YOUR CREW & REGISTER TODAY!
EMAIL: ADULTSPORTS@MKEREC.NET

✈ ALL PARTICIPANTS MUST BE 18 OR OLDER.
✈ MINIMUM OF 10 PLAYERS PER TEAM.
✈ TEAM MUST HAVE AT LEAST FOUR FEMALE PLAYERS.
✈ COSTUMES ARE ENCOURAGED!

FALL 2025 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 18. *Registration may close earlier if the league fills up before the deadline. League play starts September 17 and runs for 6 weeks. Team registration only. Team registration fee is \$350 (resident) and \$400 (non-resident). Individual Player Points will be tracked 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 27. 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 6 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 16 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 (Wed @ Wick) flag football leagues. The registration deadline is Monday, August 18. *Registration may close earlier if the league fills up before the deadline. League play starts the week of August 25 and runs for 8 weeks. Team registration only. Team registration fee is \$500 (resident) and \$550 (non-resident).

FALL KICKBALL LEAGUES

Play 1 night/week in our coed (Thur @ Wick) kickball league. League registration closes on August 18. *Registration may close earlier if the league fills up before the deadline. League play starts September 3 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 @ Lewis) soccer leagues. League registration closes on August 18. *Registration may close earlier if the league fills up before the deadline. League play starts the week of September 1 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 @ Wick, Wed @ Sijan #3, or Thur @ Sijan #3 and coed (Tue @ Sijan #2, Thur @ Sijan #2) softball leagues. League registration closes on August 18. *Registration may close earlier if the league fills up before the deadline. League play starts the week of September 1 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 18. *Registration may close earlier if the league fills up before the deadline. League play starts the week of September 1 and runs for 10 weeks. Team registration only. Team fees are \$312 (resident) and \$362 (non-resident).

KICK OR TREAT HALLOWEEN KICKBALL TOURNAMENT

Get your friends together in costumes for the KICK OR TREAT - Coed Kickball Tournament on Saturday, October 25. Prizes for 1st place, 2nd place, and best dressed team. Team registration only. See ad below for details.

WANTED: PART TIME BUILDING STAFF, EVENT STAFF, AND MONITORS FOR ADULT SPORTS 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 Matthew Ryan @ 414.647.6070. Hours are typically between 5:30 PM – 10:00 PM Monday-Thursday.

WANTED: OFFICIALS FOR ADULT SPORTS LEAGUES

If you have experience officiating adult basketball, flag football, kickball, soccer, softball, or volleyball we need you! If you are interested, please contact Matthew Ryan @ 414.647.6046 or matthew@mkerec.net



THERAPEUTIC RECREATION

Splash, Splash, Open Swim

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). All participants who will be in the water MUST enroll.

Activity Code: 2RTR0501
(Section codes listed below)

Gaenslen (Ages 3 & up).....GS01
Fri, Sep 19-Nov 7, 5:35PM- 6:35PM
FREE



Alley Cats

Bowl with family & friends! All bowlers must register. Weekly fee \$8.00 (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 November 27th.)
Thu, Sep 25-Dec 4, 6:00PM- 8:00PM
\$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 \$10 (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. 26)
Wed, Sep 24-Dec 3, 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. 28)
Fri, Sep 26-Dec 5, 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. A \$10.00 (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. 27)
Thu, Sep 25-Dec 4, 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. A \$10 (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. 28)
Fri, Sep 26-Dec 5, 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 Movers & Shakers. A \$10 (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. 28)
Fri, Sep 26-Dec 5, 4:30PM- 9:00PM
\$70 Residents/\$107 Non-Residents

Friday Night Combo with Computers!

Our Friday Night Combo with Computers includes Computer Club, Diner's Club, and Movers & Shakers. A \$10.00 (cash only) supply fee is due at the first class. An additional \$2.00 (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. 28)
Fri, Sep 26-Dec 5, 4:30PM- 9:00PM
\$70 Residents/\$108 Non-Residents

Friday Night Combo with Games!

Our Friday Night Combo with Games includes Game & Card Night, Diner's Club, and Movers & Shakers. A \$10 (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. 28)
Fri, Sep 26-Dec 5, 4:30PM- 9:00PM
\$70 Residents/\$108 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 November 28th.)
Fri, Sep 26-Dec 5, 4:30PM- 5:30PM
\$19 Residents/\$29 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. 27)
Thu, Sep 25-Dec 4, 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. 28)
Fri, Sep 26-Dec 5, 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. 26)
Wed, Sep 24-Dec 3, 6:00PM- 7:30PM
\$33 Residents/\$50 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. 29)
Sat, Sep 20-Dec 6, 12:30PM- 4:00PM
\$72 Residents/\$108 Non-Residents

Milwaukee Marshall (Ages 6 & up) ... MR01
(No program Nov. 29)
Sat, Sep 20-Dec 6, 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 November 28th.)
Fri, Sep 26-Dec 5, 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. A \$10 (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. 27)
Thu, Sep 25-Dec 4, 6:00PM- 8:30PM
\$54 Residents/\$81 Non-Residents



Wednesday Night Combo

Our Wednesday Night Combo includes Scrapbooking and Awesome Appetizers & Desserts Too. A \$10 (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 26)
Wed, Sep 24-Dec 3, 6:00PM- 8:30PM
\$54 Residents/\$81 Non-Residents

Sunday TR Funday Fall

Sundays are meant to be a fun day so let's get out & enjoy fun in the Milwaukee area together! 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
(Sunday TR Outings: 10/5 - movie, 10/12 - zoo, 10/19 - farmers market, 11/2 - movie, 11/9 - 3rd Street Market, 11/16 - TBD, 11/23 - mall, 12/7 - movie)
Sun, Oct 5-Nov 23, TIME VARIES
\$8 Residents/\$12 Non-Residents



Game Night SWITCHED Up

We will have Nintendo Switch available with games like Mario Kart, 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) 5501
Tue, Sep 23-Dec 2, 6:00PM- 8:00PM
\$48.00 Residents/\$72.00 Non-Residents

ACTIVE OLDER ADULTS - 50+ SPORTS

Our Active Older Adults program encourages health and vitality for individuals 50 and older, promoting physical, mental, social, and emotional well-being. Participants can meet new friends, join recreational activities, learn new games, and stay active through organized sports leagues, open play, and drop-in sporting events year-round. For registration information please contact the Adult Sports/50+ Sports Office at 414.647.6046 or email Matthew@mkerec.net. For pickleball registration information please contact Megan Frey at 414.647.6057 or email Megan@mkerec.net.

50+ FALL VOLLEYBALL LEAGUES

These morning senior leagues play two times each week (Tuesday & Thursday) for 14-weeks. The fall league start date is Tuesday, September 19, 2025. Players of all skill levels are encouraged to join. All games are played at Beulah Brinton Community Center (2555 S. Bay St.). Please contact Matthew Ryan @ 414.647.6046 for a registration form!

- Tue/Thur, Sep. 19 – Dec. 11, 2025
- 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)



FALL PICKLEBALL OPEN PLAY (AGES 18+)

Experience the excitement of pickleball! Join our welcoming group for open play, suitable for all skill levels. Basic guidance is available but true beginners are encouraged to explore external resources and complete an introductory course beforehand. BYO paddle or borrow one of ours. Please note, drop-ins are not allowed. Contact Megan Frey at 414.647.6057 or email Megan@mkerec.net with any questions. Registration opens July 31. Online registration recommended for these high demand sessions.

OUTDOOR

- Wed, Sept 10-Oct 15, 9:00AM-12:00PM at Juneau Playfield (6500 W Mt Vernon Ave)
Fee: \$19.00 Residents/\$29.00 Non-Residents. Activity Code: 2R550101, Section: JU01
- Thu, Sept 11-Oct 16, 6:30PM- 9:00PM at Enderis Playfield (2938 N 72nd St)
Fee: \$19.00 Residents/\$29.00 Non-Residents. Activity Code: 2R550101, Section: EF01
- Sat, Sept 13-Oct 18, 9:00AM-11:00AM Juneau Playfield (6500 W Mt Vernon Ave)
Fee: \$19.00 Residents/\$29.00 Non-Residents. Activity Code: 2R550101, Section: JU02
- Sat, Sept 13-Oct 18, 11:30AM- 1:30PM at Juneau Playfield (6500 W Mt Vernon Ave)
Fee: \$19.00 Residents/\$29.00 Non-Residents. Activity Code: 2R550101, Section: JU03

INDOOR

- Wed, Oct 22-Dec 3, 6:30PM- 9:00PM at Pulaski (2500 W Oklahoma Ave)
Fee: \$19.00 Residents/\$29.00 Non-Residents. Activity Code: 2R550101, Section: PK02
- Thu, Oct 23-Dec 4, 6:30PM- 9:00PM at Morse (6700 N 80th St)
Fee: \$19.00 Residents/\$29.00 Non-Residents. Activity Code: 2R550101, Section: MS01
- Sat, Oct 25-Dec 6, 9:00AM-12:00PM at Pulaski (2500 W Oklahoma Ave)
Fee: \$19.00 Residents/\$29.00 Non-Residents. Activity Code: 2R550101, Section: PK01



YEARLY SPORTS SCHEDULE:

- FALL SEASON (Sept-Dec): Volleyball leagues, drop-in volleyball, pickleball open.
- WINTER SEASON (Jan-Mar): Volleyball leagues, drop-in volleyball, pickleball open.
- SPRING/SUMMER SEASON (Apr-Aug): Softball leagues, drop-in volleyball, pickleball open.

OASIS COMMUNITY CENTER

2414 W. Mitchell Street, Milwaukee, WI 53204

ACTIVE OLDER ADULTS PROGRAM

Enrich your life at the OASIS Community Center! Designed for adults fifty years and older, we offer a wide range of engaging programs including arts and crafts, cooking, fitness, health and wellness, yoga, dance, language skills, outdoor education, sports and recreation, and special events. Join our friendly, supportive community and find endless opportunities to learn, stay active, and connect.



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 valid for one year from purchase date.



INCLUDED WITH MEMBERSHIP:



COFFEE BAR

Open Monday through Friday
8:00AM-11:00AM

Coffee and assorted teas, occasional bakery items.



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.



Register for a membership in-person at the OASIS or online at mkerec.net/oasis

Questions? Contact:

MEGAN FREY, SUPERVISOR – ACTIVE OLDER ADULTS

megan@mkerec.net | 414.647.6057

MKE REC

A department of MPS

Registration begins on July 31 • mkerec.net

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.





WISCONSIN ADAPTIVE SPORTS ASSOCIATION
Be Bold. Belong. Become.

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.

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 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

Halloween Glen



A NON-SCARY ALTERNATIVE TO HAUNTED HOUSES

Join us for our 32nd 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 brush up against prickly personalities, meet creatures in sticky situations, and learn that, at times, we all need make a big stink about something. Take it outside! More details, available in the Outdoor Education section of this recreation guide.



October 10 & 11 • This year's theme is Claws Out!



JOIN US FOR THE ANNUAL Run Back to School

Saturday, August 23rd

MPS Central Services Building (5225 W Vliet St)
Race Start Time: 9 a.m.

(Participant check-in and race bag pick-up will end at 8:50 a.m. Participants will not 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.

Carrera Anual de Vuelta a Clases 23 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.

LEARN MORE AT
mkerec.net/rbts
APRENDE MÁS



MILWAUKEE
PUBLIC SCHOOLS



Milwaukee Public Schools
Recreation Department
P.O. Box 2181
Milwaukee, WI 53201-2181
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ECRWSS

RESIDENTIAL CUSTOMER



A department of MPS

FALL 2025 Recreation Guide

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

லாந்தமிழகம் கட்டிக்கொடு - (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