

Registration begins February 27, 2025 | Para ayuda en español: 414.475.8180

SPRING

Recreation Guide



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

mkerec.net



A department of **MPS**

Welcome spring with Milwaukee Recreation!



As we welcome the vibrant season of spring, we are excited to share the enriching opportunities that await you in our Spring Recreation Guide. Not only will you find your favorite recurring programs, but we are also introducing a number of new classes and activities including Women's Wellness Warriors, Flogo and a Spring Scavenger Hunt.

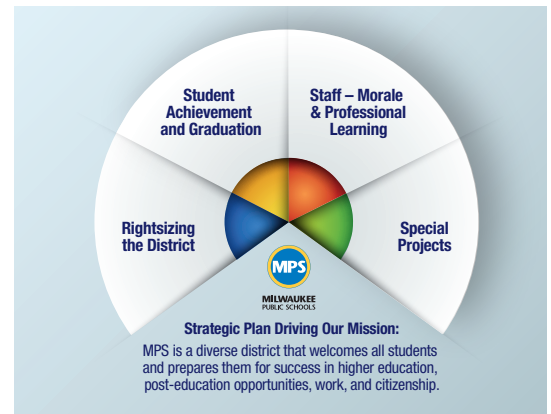
Whether you're looking to learn something new, stay active, or pick up a hobby, participating in recreation programs is a great way to enrich your life and make lasting memories with friends and family.



Additionally, we are thrilled to announce the grand reopening of Wick Playfield (4929 W. Vliet Street). After an extensive renovation, the site now boasts a walking loop, basketball hoops, new age-appropriate play structures, a user activated splash pad, additional landscaping, updates to multiple ball diamonds and updated, accessible restrooms. Stay tuned for more details on the ribbon cutting and plan to join us.

We look forward to seeing you in our programs this spring, or out enjoying one of our many playfields!

Eduardo Galvan
Interim Superintendent of Schools



Brian D. Litzsey named 11th Senior Director of Milwaukee Recreation

In December 2024, the Milwaukee Public Schools (MPS) Board of Directors approved Brian D. Litzsey, M.S. Ed., MBA, as the new senior director of Milwaukee Recreation. Litzsey officially moved into the role Jan. 20, 2025. He succeeds Lynn A. Greb, who retired in January after 36 years with the department.

Litzsey brings a wealth of experience to the role, having served in various positions with Milwaukee Recreation since 2002. An integral member of the department's leadership team, he began his tenure as assistant recreation supervisor for the Community Learning Centers (CLCs) program, later advancing to recreation supervisor of CLC programming. In 2008, Litzsey was promoted to after-school coordinator, where he oversaw over 80 school-based before- and after-school programs. In 2015, Litzsey was promoted to manager of operations/assistant director. In this capacity, he has guided the department's budgeting, strategic planning, policy compliance, marketing, technology services, and operations, including the revitalization of numerous playfields.

"I am confident that Brian will excel in his new role as director of Milwaukee Recreation," said Lynn A. Greb, outgoing Senior Director. "I know he has the full support of our team as he moves forward in this important leadership position."

Litzsey holds a bachelor's degree from Illinois State University in Recreation/Park Administration - Program Management. He later received his master's degree in Physical Education from Chicago State University and his Master of Business Administration from Concordia University Wisconsin.

In addition to Litzsey's appointment, the MPS Board of Directors approved Andrew Rossa as Milwaukee Recreation's new manager of operations. Rossa, the current coordinator of playgrounds and community centers programming, joined the department in 2008.





**MILWAUKEE
PUBLIC SCHOOLS**

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

Brian D. Litzsey, Senior Director
Milwaukee Recreation

Milwaukee Board of School Directors

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8th District

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At Large

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Para ayuda en español: 475-8180

Important Dates — See page 2 for details.

February 27 Priority registration for city of Milwaukee residents begins at 10AM

March 6 Non-city of Milwaukee residents' registration begins at 10AM

A NOTE REGARDING SPRING 2025 REGISTRATION:

Registration will be available online and in-person for the spring 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

Priority registration is given to city of Milwaukee residents beginning **February 27, 2025 at 10AM**. Non-city of Milwaukee residents may register beginning **March 6, 2025 at 10AM** through the dates listed below.

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, March 28, 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 WINTER 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 furnished 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:



Signature required for all registrations

Date

CASH MONEY ORDER CREDIT CARD # EXP. DATE / /

CHECK (#) CARDHOLDER NAME SECURITY CODE: SIGNATURE: PHONE NUMBER ()

CHECKS PAYABLE TO MILWAUKEE RECREATION

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) Prefer not to answer (P)
- 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 \$

Please sign this form at left, enclose total payment, and mail to Milwaukee Recreation PO Box 2181

Milwaukee, WI, 53201 before the advertised registration deadlines.

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.

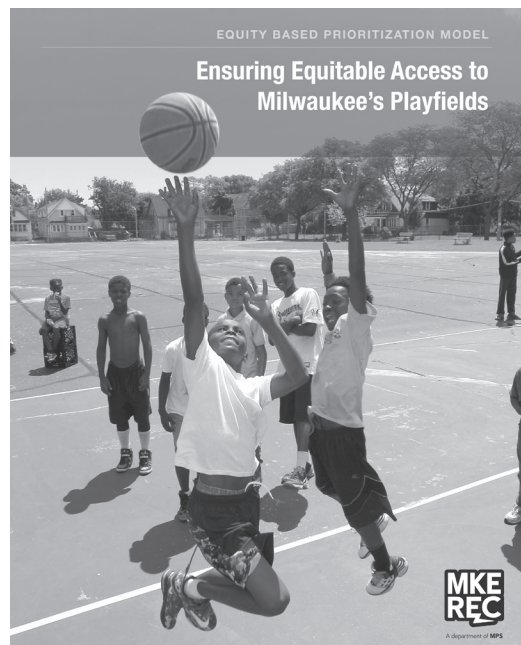
POLICY GOALS: The Inclusion Services Policy outlines Milwaukee Recreation's approach to ensuring inclusive environments and equitable opportunities for all community members in local parks and recreation.

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.

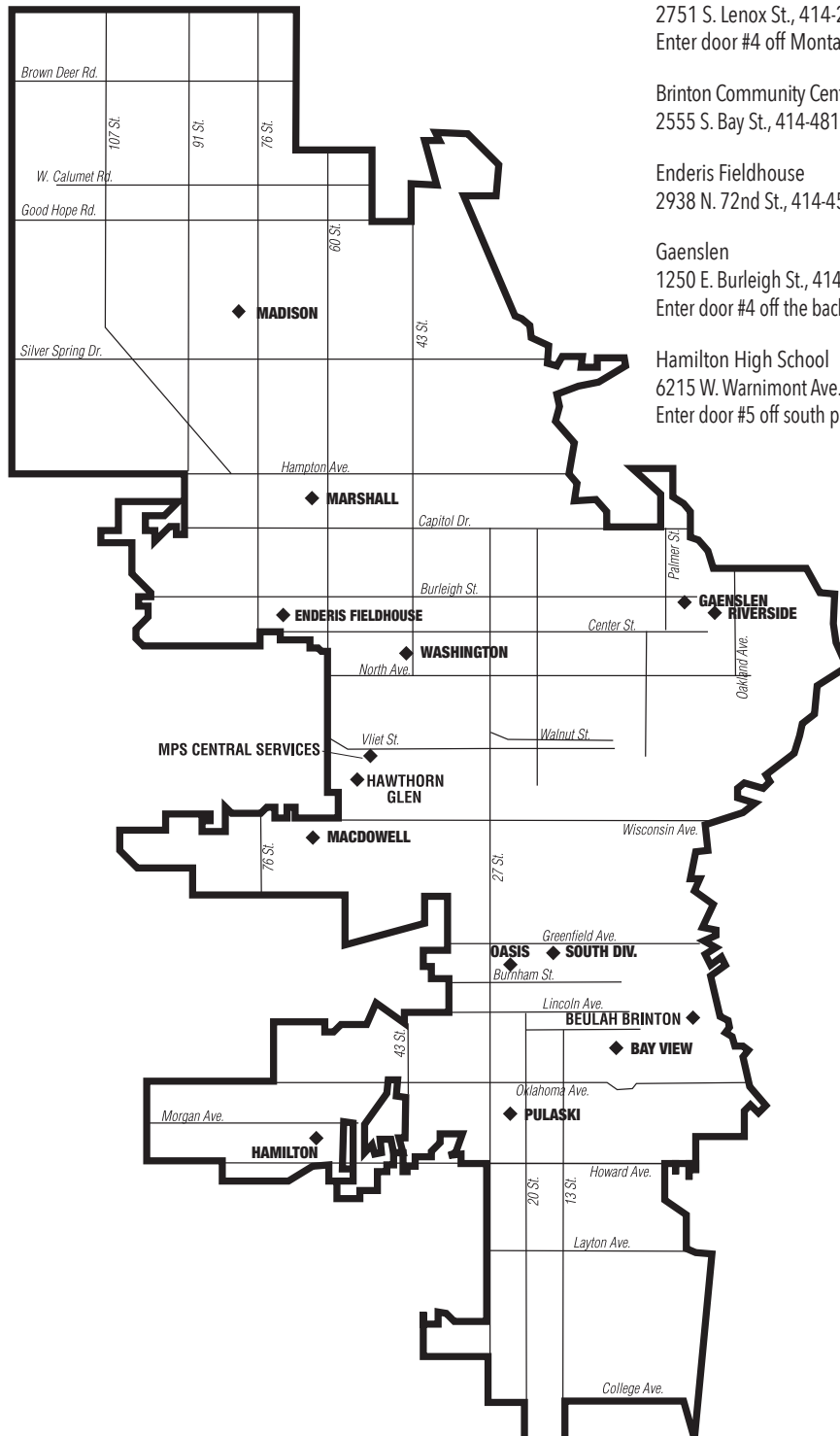


EVERYONE PLAYS!



Requity Professional Development Trainings

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

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.

6 MPS Now Hiring • Adult Sports at Wick Playfield



Scan to take an interest survey!



We offer competitive pay, great benefits, and career advancement opportunities.

Application assistance and support are available! For more information, call (414) 475-8224 or email mpscoordinators@milwaukee.k12.wi.us.

#SucceedAtMPS

Apply. mpsmke.com/careers

Now Hiring!
**FULL-TIME
AND PART-TIME
POSITIONS**

- Teachers
- Substitute Teachers
- Paraprofessionals
- Facilities and Maintenance
- School Nutrition Management
- Children's Health Assistants

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ADULT SPORTS LEAGUES ARE RETURNING TO WICK PLAYFIELD THIS SPRING!

Milwaukee Recreation is excited to welcome adult sports leagues back to Wick Playfield this season. Wick Playfield received a number of upgrades in 2024 including:

- Baseball and softball field renovations with new turf.
- Upgraded field equipment, LED lights, and scoreboard.
- New storage building and protective netting.
- Fieldhouse bathroom upgrades.
- Renovated dugouts.
- New bleachers and batting cages.

For more information visit mkerec.net/adult-sports.



ARTS & CRAFTS

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: 4RCE0918
(Section codes listed below)

Hamilton (Ages 7-12)..... HA01
Mon, Mar 31-May 19, 5:30PM- 7:00PM
\$27 Residents/\$41 Non-Residents



Lego Open Build

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

Activity Code: 4RCE0919
(Section codes listed below)

Hamilton (Ages 3-99)..... HA01
Tue, Apr 1-May 20, 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: 4RCE0964
(Section codes listed below)

Hamilton (Ages 7-15)..... HA01
(Not eligible for reduced fees)
Sat, Apr 26, 10:00AM-11:30AM
\$25 Residents/\$38 Non-Residents

Riverside (Ages 7-15)..... RS01
(Not eligible for reduced fees)
Sat, Apr 12, 10:00AM-11:30AM
\$25 Residents/\$38 Non-Residents

BAKING

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: 4RCE2511
(Section codes listed below)

Milwaukee Marshall (Ages 4-12)... MR01
Sat, Apr 5, 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: 4RCE2512
(Section codes listed below)

Hamilton (Ages 4-12)..... HA01
Sat, May 17, 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: 4RCE7901
(Section codes listed below)

Beulah Brinton (Ages 5-17)..... BN01
Sat, Apr 5-May 17, 10:30AM-11:30AM
\$16 Residents/\$24 Non-Residents

CYCLING AND BIKE MAINTENANCE

Bike Maintenance with Billie

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

Activity Code: 4RCE2807
(Section codes listed below)

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

Riverside (Ages 11-17)..... RS01
Sat, May 3, 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: 4RCE2901
(Section codes listed below)

Riverside (Ages 6-17)..... RS01
Sat, Mar 22-May 10, 11:00AM-12:00PM
\$19 Residents/\$29 Non-Residents

FAMILY CLASSES

Celebrate Spring Desserts!

Kids can learn how to make a variety of desserts, and other spring treats. Fee is per person. Fee includes food cost, is non-refundable, and not eligible for reduced fees.

Activity Code: 4RCE3312
(Section codes listed below)

Riverside (Ages 4 & up)..... RS01
(Parent/guardian must register & attend with child.)
Sat, Apr 5, 10:00AM-12:00PM
\$16 Residents/\$24 Non-Residents

Riverside (Ages 8 & up)..... RS02
Sat, Apr 12, 10:00AM-12:00PM
\$16 Residents/\$24 Non-Residents

Paper Folding And flowers

Through paper folding and cutting skills, learners can make flowers and mobile for decorating rooms. For example, carnations, tulips, roses, dandelions etc. They can make flower vases and special cards with paper flowers. To improve fine motor skills, hand working is very helpful to increase brain intelligence and memory capacity. There is an additional \$25 materials fee due to instructor the first night of class.

Activity Code: 4RCE3316
(Section codes listed below)

Hamilton (Ages 6-10)..... HA01

Tue, Apr 1-May 6, 5:30PM- 6:30PM
\$28 Residents/\$43 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: 4RCE3503
(Section codes listed below)

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

Mon, Mar 31-May 19, 4:45PM- 5:45PM
\$19 Residents/\$29 Non-Residents

MAD SCIENCE

Mad Science Digging for Dinosaurs

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

Activity Code: 4RCE7604
(Section codes listed below)

Riverside (Ages 5-12)..... RS01

Sat, May 17, 11:00AM-12:00PM
\$20 Residents/\$30 Non-Residents



Mad Science Slime Time

Dive into a gooey hour of sliming fun! Create slime with the Mad Science recipe, enter the Slime Olympics, and take home your Mad Science Slime creation. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE7615
(Section codes listed below)

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

Sat, May 3, 11:00AM-12:00PM
\$20 Residents/\$30 Non-Residents

Mad Science Radical Robots

What are automaton? 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: 4RCE7622
(Section codes listed below)

Riverside (Ages 5-12)..... RS01

Sat, Apr 12, 11:00AM-12:00PM
\$20 Residents/\$30 Non-Residents

Mad Science Mineral Mania

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

Activity Code: 4RCE7639
(Section codes listed below)

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

Sat, Apr 26, 11:00AM-12:00PM
\$20 Residents/\$30 Non-Residents

Mad Science Life in the Sea

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

Activity Code: 4RCE7640
(Section codes listed below)

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

Sat, Apr 5, 11:00AM-12:00PM
\$20 Residents/\$30 Non-Residents

MUSIC

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: 4RCE4602
(Section codes listed below)

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

Fri, Apr 4-May 23, 7:15PM- 8:15PM
\$19 Residents/\$29 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: 4RCE4603
(Section codes listed below)

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

Fri, Apr 4-May 23, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Guitar

This class focuses on basic chords, note reading, different strumming techniques, and guitar maintenance. Please see website for differences between beginner and advanced classes. Youth and adult courses are combined. Must bring your own guitar.

Activity Code: 4RCE4604
(Section codes listed below)

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

Sat, Apr 5-May 17, 2:00PM- 3:30PM
\$24 Residents/\$36 Non-Residents

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

(Beg. Instructor Mr. D)
Thu, Apr 3-May 22, 6:00PM- 7:30PM
\$19 Residents/\$29 Non-Residents

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

(Beg.- Semi-Private/Instructor Mr. D)
Mon, Mar 17-May 5, 6:30PM- 8:00PM
\$54 Residents/\$81 Non-Residents

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

(Adv. - Semi-Private/Instructor Mr. D)
Mon, Mar 17-May 5, 8:15PM- 9:00PM
\$37 Residents/\$56 Non-Residents



Piano

Beg. level courses will give beginning piano enthusiasts an introduction to the keyboard. Int. level courses will help take you to the next level. Keys, scales, chords, and melodies are covered in all sections. Keyboards will be provided. Classes are taught by Mr. D. Youth and adult courses are combined.

Activity Code: 4RCE4606
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01
(Beg.)
Sat, Apr 5-May 17, 10:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

Beulah Brinton (Ages 12-17)..... BN02
(Int.)
Sat, Apr 5-May 17, 12:15PM- 1:45PM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 12-17)..... HA01
(Beg.)
Wed, Apr 2-May 21, 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: 4RCE4607
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01
Sat, Apr 5-May 17, 4:00PM- 6:00PM
\$31 Residents/\$47 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: 4RCE4609
(Section codes listed below)

Hamilton (Ages 12-17)..... HA01
Thu, Apr 3-May 22, 7:45PM- 8:45PM
\$19 Residents/\$29 Non-Residents

Introduction to Harmonica

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

Activity Code: 4RCE4611
(Section codes listed below)

Hamilton (Ages 12-17)..... HA01
Tue, Apr 1-May 20, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Ukulele For You

This class is for anyone interested in learning to play the ukulele along with those who want to expand their ukulele repertoire. Mr. D., will teach you basic chords and strums and comfortably guide you into select musical genres. Grab a uke and join us!

Activity Code: 4RCE4620
(Section codes listed below)

Hamilton (Ages 12-17)..... HA01
(This class is combined with adult class)
Wed, Apr 2-May 21, 7:45PM- 8:45PM
\$19 Residents/\$29 Non-Residents

Congratulations and thank you, Anna!



Congratulations to Anna Torres, Milwaukee Recreation's clerical staff member for Youth Sports and Milwaukee City Conference, on her upcoming retirement!

Anna began her career with MPS in 1982, providing clerical support in the

MPS departments of Administrative Services and Student Services. She joined Milwaukee Recreation in 1985, and one of her first responsibilities was managing an ink printing press!

Anna later became the front counter receptionist for our administration offices and moved to her current position as secretary for Interscholastic Athletics and Academics in 1997.

Anna is always cheerful when juggling her many responsibilities, including processing payroll, communicating with athletic directors, assisting with Spanish translations, and answering every type of question related to our interscholastic sports, chess, debate, and forensics programs.

"My time at Milwaukee Recreation has been very fulfilling," said Torres. "I've enjoyed working with our staff, building friendships, and helping our customers. Sometimes, I bump into people I've helped in the community - and that's always a good feeling! Milwaukee Recreation has evolved a lot over the last 40+ years, and I am thankful to be a part of it."

We are grateful for Anna's numerous contributions to the success of our department.

Best wishes and thank you, Anna!

NATURE IN YOUR NEIGHBORHOOD

The Magic of Seeds

How do we get fruits and vegetables? Where do nuts and flowers and trees come from? We will explore the wide diversity of seeds, cut open a few different types and create our own craft using seeds. 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: 4P124702
(Section codes listed below)

Hamilton (Ages 3 & up) HA01

Tue, May 13, 6:00PM- 7:00PM
\$4 Residents/\$6 Non-Residents



May Day

Celebrate the first of May with this charming tradition. Using flowers gathered after April showers, create a paper basket, add a couple candies and share with friends to welcome warmer weather. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P124724
(Section codes listed below)

Riverside (Ages 5-12) RS01

Wed, Apr 30, 6:00PM- 7:00PM
\$4 Residents/\$6 Non-Residents



ORGANIZED GAMES

Mario Kart Tournament

NEW

Join the ultimate Mario Kart esports tournament! Show off your skills and compete for a trophy! Every player is guaranteed 3 grand prix races, so get ready for fun, speed, and epic competition! Players must use the Joy-Cons supplied by Milwaukee Recreation.

Activity Code: 4RCE4907
(Section codes listed below)

Milwaukee Marshall (Ages 10-14).....HA01

Mon, Mar 24, 9:00AM-12:30PM
\$10 Residents/\$15 Non-Residents

Milwaukee Marshall (Ages 10-14).....HA02

Mon, Mar 24, 1:00PM- 4:30PM
\$10 Residents/\$15 Non-Residents

Milwaukee Marshall (Ages 10-14).... MR01

Wed, Mar 26, 9:00AM-12:30PM
\$10 Residents/\$15 Non-Residents

Milwaukee Marshall (Ages 10-14).... MR02

Wed, Mar 26, 1:00PM- 4:30PM
\$10 Residents/\$15 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 parents and friends.

Activity Code: 4RCE5301
(Section codes listed below)

MacDowell (Ages 12-15)..... JU02

Tue, Apr 1-May 20, 6:45PM- 7:45PM
\$16 Residents/\$24 Non-Residents

MacDowell (Ages 8-11)..... JU01

Wed, Apr 2-Apr 23, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents



PLAY GROUPS

Tot Time with Aimee

Each class will be unique and different. Who knows what we'll do? All we know is we're going to have a great time! Story time, dance and movement, games, art, and more! Let's see what Ms. Aimee has in store!

Activity Code: 4RCE5502
(Section codes listed below)

Beulah Brinton (Ages 2-4)..... BN01

Mon, Mar 31-May 19, 9:00AM- 9:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 2-4)..... BN02

Tue, Apr 1-May 20, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 2-4)..... BN03

Wed, Apr 2-May 21, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 2-4)..... BN04

Thu, Apr 3-May 22, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 2-4)..... BN05

Fri, Apr 4-May 23, 10:00AM-10:45AM
\$15 Residents/\$23 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: 4RCE5511
(Section codes listed below)

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

Tue, Apr 1-May 20, 4:00PM- 4:45PM
\$15 Residents/\$23 Non-Residents

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

Thu, Apr 3-May 22, 4:00PM- 4:45PM
\$15 Residents/\$23 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: 4RCE5513
(Section codes listed below)

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

Mon, Mar 31-May 19, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

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

Fri, Apr 4-May 23, 9:00AM- 9:45AM
\$15 Residents/\$23 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: 4RCE5514
(Section codes listed below)

Beulah Brinton (Ages 1-4)..... BN01
Mon, Mar 31-May 19, 10:00AM-10:45AM
\$25 Residents/\$38 Non-Residents

Beulah Brinton (Ages 1-4)..... BN02
Fri, Apr 4-May 23, 11:00AM-11:45AM
\$25 Residents/\$38 Non-Residents

Sporty Sprouts

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

Activity Code: 4RCE5515
(Section codes listed below)

Beulah Brinton (Ages 1-4)..... BN01
Tue, Apr 1-May 20, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN02
Wed, Apr 2-May 21, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1-4)..... BN03
Thu, Apr 3-May 22, 10:00AM-10:45AM
\$15 Residents/\$23 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: 4RCE5520
(Section codes listed below)

Beulah Brinton (Ages 4-6)..... BN01
Tue, Apr 1-May 20, 5:00PM-5:45PM
\$15 Residents/\$23 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: 4RCE5550
(Section codes listed below)

Beulah Brinton (Ages 2-4)..... BN01
Mon, Mar 31-May 19, 12:00PM-12:45PM
\$15 Residents/\$23 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: 4RCE5601
(Section codes listed below)

Hamilton (Ages 11 & up) HA01
Sat, Apr 5, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

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

Riverside (Ages 11 & up)..... RS01
Sat, May 3, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

SCIENCE

Space Exploration

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

Activity Code: 4RCE5808
(Section codes listed below)

Milwaukee Marshall (Ages 5-7)..... MR01
Sat, Apr 26, 12:30PM- 2:00PM
\$8 Residents/\$12 Non-Residents

Discover Archaeology

Is your child intrigued by archaeology? Explore science, stone tools, and hands-on activities. Tasks include drawing, artifact sorting, and identifying tools. Taught by a stone tools archaeologist, with a flintknapping demo. Class fee covers safety glasses and materials. Not eligible for reduced fees.

Activity Code: 4RCE5809
(Section codes listed below)

Hamilton (Ages 7-14)..... HA01
Sat, Apr 12, 11:00AM-12:00PM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 7-14)..... RS01
Sat, Apr 5, 11:00AM-12:00PM
\$8 Residents/\$12 Non-Residents

Fizz Pop & Wow: The Magic of Chemical Reactions

Introduces students to the basics of chemistry by exploring how substances interact and change during reactions. Through fun experiments and engaging activities, students learn about concepts like reactants, products, and the energy changes that occur in different types of chemical reactions. Class fee includes supply cost and is non-refundable. Not eligible for reduced fees.

Activity Code: 4RCE5814
(Section codes listed below)

Milwaukee Marshall (Ages 6-12)... MR01
Sat, May 17, 12:30PM- 2:00PM
\$10 Residents/\$15 Non-Residents

May The 4th

Embark on an epic journey! Become an apprentice and join the council in a battle against the dark Sith. Engage in various trainings to learn the ways. Fear not, clear your mind. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE6001
(Section codes listed below)

Beulah Brinton (Ages 3-10)..... BN01
Sun, May 4, 10:30AM-11:30AM
\$5 Residents/\$5 Non-Residents



SPORTS AND RECREATION

Very Much Double Dutch!

All ages are welcome 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: 4RCE6208
(Section codes listed below)

Milwaukee Marshall (Ages 8 & up)... MR01
Thu, Apr 3-May 22, 6:30PM- 7:30PM
\$19 Residents/\$29 Non-Residents

NEW

WEAVING AND FIBER ARTS

Kids Knitting

Learn the basics of knitting or take your skills to a new level. This class is for beginners and beyond. Please bring size US 10 (6mm) - 16" circular knitting needle, bulky weight yarn, and stitch markers to class.

Activity Code: 4RCE6901
(Section codes listed below)

Gaenslen (Ages 7-17).....GS01
(Instructor: Erin Arnevik)
Mon, Mar 17-May 12, 5:00PM- 6:00PM
\$25 Residents/\$25 Non-Residents

Paracord Bracelet Making with Deborah

NEW

In this class we will make a beautiful and functional paracord bracelet using basic macrame knots. Paracord bracelets started as a way for service members and first responders to carry extra cord in a lightweight, compact manner. Everyone will be able to create a few bracelets. This class is a beginning class skill level.

Activity Code: 4RCE0965
(Section codes listed below)

South DivisionSD01
Sat, Mar 15, 10:00AM- 12:00PM
\$6 Residents/\$9 Non-Residents

South DivisionSD02
Sat, Apr 12, 10:00AM- 12:00PM
\$6 Residents/\$9 Non-Residents

South Division.....SD03
Sat, May 3, 10:00AM- 12:00PM
\$6 Residents/\$9 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: 4RCE1101
(Section codes listed below)

Hamilton (Ages 3-4).....HA01
Sat, Mar 15-May 10, 12:00PM-12:45PM
\$15 Residents/\$23 Non-Residents



MacDowell (Ages 3-4).....JU01
(Not eligible for reduced fees)
Sat, Mar 15-May 10, 9:00AM- 9:30AM
\$10 Residents/\$15 Non-Residents

Milwaukee Marshall (Ages 3-4).....MR01
(Not eligible for reduced fees)
Sat, Mar 15-May 17, 9:35AM-10:05AM
\$10 Residents/\$15 Non-Residents

Milwaukee Marshall (Ages 3-4).....MR02
(Not eligible for reduced fees)
Thu, Apr 3-May 22, 6:15PM- 6:45PM
\$10 Residents/\$15 Non-Residents

Riverside (Ages 3-4).....RS01
Sat, Mar 22-May 10, 12:15PM-12:55PM
\$15 Residents/\$23 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: 4RCE1102
(Section codes listed below)

Hamilton (Ages 7-9).....HA01
Sat, Mar 15-May 10, 9:30AM-10:30AM
\$19 Residents/\$29 Non-Residents

MacDowell (Ages 7-9).....JU01
Sat, Mar 15-May 10, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 7-9).....MR01
Sat, Mar 15-May 17, 10:15AM-11:00AM
\$25 Residents/\$38 Non-Residents

Milwaukee Marshall (Ages 7-9).....MR02
Thu, Apr 3-May 22, 7:30PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Riverside (Ages 7-9).....RS01
Sat, Mar 22-May 10, 3:00PM- 3:55PM
\$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: 4RCE1103
(Section codes listed below)

Hamilton (Ages 5-6).....HA01
Sat, Mar 15-May 10, 8:30AM- 9:15AM
\$15 Residents/\$23 Non-Residents

MacDowell (Ages 5-6).....JU01
Sat, Mar 15-May 10, 9:30AM-10:15AM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 5-6).....MR01
Sat, Mar 15-May 17, 11:15AM-12:00PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 5-6).....MR02
Thu, Apr 3-May 22, 6:45PM- 7:30PM
\$15 Residents/\$23 Non-Residents

Riverside (Ages 5-6).....RS01
Sat, Mar 22-May 10, 1:00PM- 1:55PM
\$19 Residents/\$29 Non-Residents

Girls Basketball Camp

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

Activity Code: 4RCE1105
(Section codes listed below)

Milwaukee Marshall (Ages 8-12)....MR01
Sat, Mar 15-May 17, 12:15PM- 1:15PM
\$19 Residents/\$29 Non-Residents

All-American Basketball

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

Activity Code: 4RCE1106
(Section codes listed below)

Hamilton (Ages 10-12).....HA01
Sat, Mar 15-May 10, 10:45AM-11:45AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 10-12)....MR01
Sat, Mar 15-May 17, 1:20PM- 2:20PM
\$19 Residents/\$29 Non-Residents

Riverside (Ages 10-12).....RS01
Sat, Mar 22-May 10, 2:00PM- 2:55PM
\$19 Residents/\$29 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. Golfers can bring their own clubs or ones will be provided upon request.

Activity Code: 4RCE3801
(Section codes listed below)

Milwaukee Marshall (Ages 8-17)....MR01
Sat, Mar 15-May 17, 2:00PM- 3:00PM
\$19 Residents/\$29 Non-Residents



GYMNASTICS

Gymnastics

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

Activity Code: 4RCE3901
(Section codes listed below)

Riverside (Ages 4-6)..... RS05
Thu, Mar 20-May 8, 6:00PM- 6:55PM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 7-10)..... RS06
Thu, Mar 20-May 8, 7:00PM- 7:55PM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 4-5)..... RS01
Sat, Mar 22-May 10, 10:00AM-10:55AM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 5-6)..... RS02
Sat, Mar 22-May 10, 11:00AM-11:55AM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 7-8)..... RS03
Sat, Mar 22-May 10, 12:00PM-12:55PM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 9-12)..... RS04
Sat, Mar 22-May 10, 1:00PM- 1:55PM
\$23 Residents/\$35 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: 4RCE3902
(Section codes listed below)

Riverside (Ages 2.5-3)..... RS01
Sat, Mar 22-May 10, 9:00AM- 9:30AM
\$23 Residents/\$35 Non-Residents

MARTIAL ARTS

Children's Self-Defense

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

Activity Code: 4RCE4501
(Section codes listed below)

MacDowell (Ages 7-13)..... JU01
Wed, Apr 2-May 21, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Judo

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

Activity Code: 4RCE4503
(Section codes listed below)

MacDowell (Ages 7-17)..... JU01
Mon, Mar 31-May 19, 6:30PM- 7:30PM
\$19 Residents/\$29 Non-Residents

MacDowell (Ages 7-17)..... JU02
(ADVANCED ONLY)
Mon, Mar 31-May 19, 7:30PM- 8:30PM
\$19 Residents/\$29 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: 4RCE4506
(Section codes listed below)

Beulah Brinton (Ages 6-17)..... BN01
(Beg. - White - Yellow Belts)
Mon/Wed/Fri, Mar 31-May 23, 4:00PM- 4:45PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 6-17)..... BN02
(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Mar 31-May 23, 4:45PM- 5:30PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 6-17)..... BN03
(Adv. - Red/Black & Black Belts)
Mon/Wed/Fri, Mar 31-May 23, 5:30PM- 6:15PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 3-5)..... BN04
(Not eligible for reduced fees)
Sat, Apr 5-May 17, 8:00AM- 8:30AM
\$9 Residents/\$14 Non-Residents

Beulah Brinton (Ages 6-14)..... BN05
Sat, Apr 5-May 17, 8:30AM- 9:30AM
\$19 Residents/\$29 Non-Residents

Hamilton (Ages 10-14)..... HA01
(Blue Belt and higher)
Mon/Wed, Mar 31-May 21, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

Hamilton (Ages 4-6)..... HA02
Tue/Thu, Apr 1-May 22, 6:30PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Hamilton (Ages 7-14)..... HA03
(Int./Adv. - Orange Belts and up - Tiny Tigers)
Tue/Thu, Apr 1-May 22, 7:10PM- 8:00PM
\$36 Residents/\$54 Non-Residents

MacDowell (Ages 6-17)..... JU03
(Beg. - White - Yellow Belts)
Tue/Thu, Mar 18-May 15, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

MacDowell JU02
(Advanced/Intermediate class only)
Tue/Thu, Mar 18-May 15, 7:15PM- 8:15PM
\$35 Residents/\$53 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR03
(Beg.-White, Orange, & Yellow Belt)
Sat, Mar 15-May 17, 9:00AM-10:00AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR04
(Beg.-White, Orange, & Yellow Belt)
Sat, Mar 15-May 17, 10:10AM-11:10AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR05
(Int./Adv., Camo-Red/Black Belts)
Sat, Mar 15-May 17, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR01
(Beg.-White, Orange, & Yellow Belt)
Mon/Wed, Mar 31-May 21, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR02
(Int./Adv., Camo-Red/Black Belts)
Mon/Wed, Mar 31-May 21, 7:05PM- 8:05PM
\$36 Residents/\$54 Non-Residents

Riverside (Ages 6-14)..... RS01
(Beg., white-yellow belt)
Mon/Wed, Mar 17-May 7, 6:15PM- 7:00PM
\$35 Residents/\$53 Non-Residents

Riverside (Ages 6-14)..... RS02
(Int./Adv., Blue-Black Belts)
Mon/Wed, Mar 17-May 7, 7:00PM- 8:00PM
\$37 Residents/\$56 Non-Residents

Riverside (Ages 3-5)..... RS07
(Beg.)
Sat, Mar 22-May 10, 9:00AM- 9:30AM
\$11 Residents/\$17 Non-Residents

Riverside (Ages 3-5)..... RS08
(Int./Adv., Ara Belt & Higher. Must have completed a session of 9:00am beginner class first.)
Sat, Mar 22-May 10, 9:30AM-10:00AM
\$11 Residents/\$17 Non-Residents

Riverside (Ages 6-14)..... RS04
(Beg., White-Yellow Belt)
Sat, Mar 22-May 10, 10:15AM-11:00AM
\$15 Residents/\$23 Non-Residents

Riverside (Ages 6-14)..... RS05
(Int./Adv., Camo-Black Belt)
Sat, Mar 22-May 10, 11:00AM-11:45AM
\$15 Residents/\$23 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: 4RCE5901
(Section codes listed below)

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

Sat, Apr 12-May 17, 9:15AM-10:30AM
\$12 Residents/\$18 Non-Residents

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

Sat, Mar 15-May 17, 9:30AM-10:20AM
\$15 Residents/\$23 Non-Residents

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

Sat, Mar 15-May 17, 11:35AM-12:20PM
\$15 Residents/\$23 Non-Residents

Mighty Mite Soccer

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

Activity Code: 4RCE5902
(Section codes listed below)

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

(Not eligible for reduced fees)
Wed, Apr 2-May 21, 4:15PM- 4:45PM
\$10 Residents/\$15 Non-Residents

Hamilton (Ages 3-4)..... HA01

Sat, Apr 12-May 17, 8:30AM- 9:15AM
\$12 Residents/\$18 Non-Residents

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

(Not eligible for reduced fees)
Sat, Mar 15-May 17, 9:00AM- 9:30AM
\$10 Residents/\$15 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: 4RCE5903
(Section codes listed below)

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

Sat, Mar 15-May 17, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

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

Sat, Mar 15-May 17, 12:30PM- 1:30PM
\$19 Residents/\$29 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: 4RCE6202
(Section codes listed below)

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

Mon, Mar 31-May 19, 4:30PM- 5:30PM
\$19 Residents/\$29 Non-Residents

Sports for all Sorts

Is your child interested in sports but unsure which one is a good fit? In this 3 day camp, sports will include basketball, volleyball, T-Ball, and more! In addition to tons of fun through multi-sport exposure, participants will develop gross-motor skills and hand-eye coordination.

Activity Code: 4RCE6215
(Section codes listed below)

MacDowell (Ages 6-11)..... JU04

Mon-Wed, Mar 24-Mar 26, 12:00PM- 2:00PM
\$34 Residents/\$52 Non-Residents

TENNIS

Tennis

Tennis instruction will expose youth to backhand/forehand grips and strokes using the latest aerobic and physical fitness conditioning exercises. Rules of singles and doubles play will be covered with an emphasis on sportsmanship. Participants can bring their own rackets or one will be provided if requested in advance.

Activity Code: 4RCE6501
(Section codes listed below)

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

(Beg.)
Sat, Mar 15-May 17, 11:00AM-12:00PM
\$15 Residents/\$23 Non-Residents

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

(Beg.)
Sat, Mar 15-May 17, 12:05PM- 1:05PM
\$15 Residents/\$23 Non-Residents

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

(Int./Adv.)
Sat, Mar 15-May 17, 1:15PM- 2:15PM
\$15 Residents/\$23 Non-Residents

TRACK

Mini Track

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

Activity Code: 4RCE6703
(Section codes listed below)

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

Sat, Mar 15-May 17, 2:00PM- 3:00PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 8-12)... MR02

Sat, Mar 15-May 17, 3:00PM- 4:00PM
\$15 Residents/\$23 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: 4RCE6801
(Section codes listed below)

Beulah Brinton (Ages 7-10)..... BN01

Wed, Apr 2-May 21, 4:00PM- 5:00PM
\$19 Residents/\$29 Non-Residents

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

Wed, Apr 2-May 21, 5:00PM- 6:00PM
\$19 Residents/\$29 Non-Residents

MacDowell (Ages 7-11)..... JU01

Sat, Mar 15-May 10, 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 spring 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.)



Driver Education MPS Drive & Community-Based Classes

The next session of driver education courses for both programs take place in the summer session. Be on the lookout for the Summer Recreation Guide, for more driver education information.

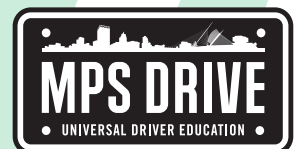
All in-person classes:

- » Meet every day Monday – Friday, during the day.
- » Meet for two (2) hours each class.

**Class start times vary depending on location.*

Please keep in mind:

- » Class size is limited.
- » Online courses will also be available this summer for both programs.



Going places.

OUTDOOR EDUCATION

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: 4P125004
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG02

("The Busy Tree," by Jennifer Ward)
Fri, Apr 25, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen HG03

("The Alphabet Zoo," by Cymande Cannon (Brian Torrealano, illustrator))
Fri, May 9, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG04

("A Little Fox," by Rosalee Wren)
Fri, May 23, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG06

("Little Owl's Night," by Divya Srinivasan)
Fri, Jun 6, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Gardening

Learn to grow and care for herbs and vegetables in your home garden. Various topics will be addressed, including: design, composting, pests, companion plants, perennials versus annuals and maximizing space. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125006
(Section codes listed below)

Hawthorn Glen (Ages 8 & up) HG01

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

Native Landscaping

Nature-scaping reaps the benefits of indigenous plants that have evolved locally and are habituated to our climate. Most require few to no soil amendments, irrigation, pesticides, or herbicides for creating a beautiful, low maintenance, and more sustainable landscape. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125008
(Section codes listed below)

Hawthorn Glen (Ages 13 & up) HG01

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

Mother's Day Hike

Mother's Day has always been a time to honor special caregivers- how better to do that than to spend some special time together? Bring your mother, grandmother, aunt- or any caregiver in your life- to the Glen to take a hike and create a craft. Adult must register, pay & attend with child. Fee is per person. Class fee is non-refundable & eligible for reduced fees.

Activity Code: 4P125009
(Section codes listed below)

Hawthorn Glen (Ages 5 & up) HG01

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

Slugs, Snails & Slime

Slugs & snails are gastropods, meaning they have a stomach and 1 foot. It is from this foot that they leave their trails of slime. Join our naturalist for an investigation into the world of slugs & snails and make your own slime to take home. Adult must register, pay & attend with child. Fee is per person. Class fee is non-refundable & not eligible for reduced fees.

Activity Code: 4P125023
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

Sat, Apr 19, 12:00PM- 2:00PM
\$6 Residents/\$9 Non-Residents

May Day Celebration

Join us for Hawthorn Glen's first May Day Celebration. Dance around the May Pole, learn about incorporating native plants into your landscaping & search for the elusive Hawthorn Fairy during this family friendly event. Adult must register, pay & attend with child. Fee is per person. Class fee is non-refundable & not eligible for reduced fees.

Activity Code: 4P125024
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

Sat, May 3, 12:00PM- 2:00PM
\$6 Residents/\$9 Non-Residents

Nature Club

Our surroundings make the best classroom! Children will be guided through imaginative play at Hawthorn Glen, sparking curiosity and instilling a love of outdoor & exploratory play from an early age in this nature-based, Reggio-Emilia inspired program. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125027
(Section codes listed below)

Hawthorn Glen (Ages 4-8) HG01

Tue, Apr 8-May 6, 4:30PM- 5:30PM
\$13 Residents/\$20 Non-Residents

Spring Wildflowers

Join our naturalist for a spring trek searching for wildflowers. You will learn strategies for identifying plants & flowers of all seasons. Children will plant seeds & learn what these seeds will need to grow into healthy plants. Adult must register, pay & attend with a child. Fee is per person. Class fee is non-refundable & not eligible for reduced fees.

Activity Code: 4P125028
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sat, May 31, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Roll Out the Rain Barrel

Rain barrels collect rainwater from your roof that you can use later when it is dry outside & have thirsty gardens. One certificate for a FREE rain barrel per owner-occupied household will be given upon completion of the program. Must live within Milwaukee County to receive a rain barrel certificate.

Activity Code: 4P125029
(Section codes listed below)

Hawthorn Glen HG01

Sat, Apr 12, 10:00AM-11:30AM
FREE

Beulah Brinton BN01

Sat, May 31, 10:00AM-11:30AM
FREE

The Birds are Back

Join us as we explore why birds migrate, how they find their way, migration routes and some basic bird identification. We will set off on a migration of our own, using basic orienteering instruments. Adult must register, pay and attend with child. Fee is per person. Class fee is non-refundable & not eligible for reduced fees.

Activity Code: 4P125030
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sat, May 24, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Ecology Club

NEW Explore the natural world using an ecological lens each week. We'll ask questions, make observations, come up with predictions and have fun as we learn. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125040
(Section codes listed below)

Hawthorn Glen (Ages 8-15) HG01

Thu, Apr 10-Jun 5, 5:00PM- 6:00PM
\$21 Residents/\$32 Non-Residents

Hiking for Kids

NEW

Ready to hit the trail but not sure how to start? Learn how to choose a trail and read a map, dress for the weather, pack drinks/snacks and what to do about trash on the way. Please wear closed toe shoes. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125041
(Section codes listed below)

Hawthorn Glen (Ages 5-10) HG01

Mon, Apr 28-May 19, 6:00PM- 7:00PM
\$10 Residents/\$15 Non-Residents

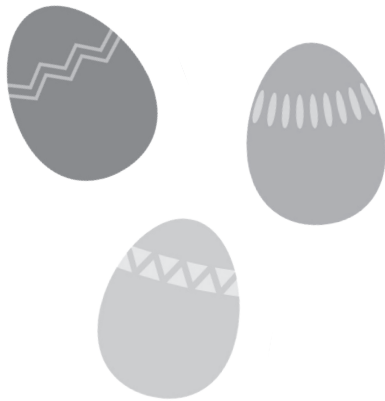
Natural Egg Dyes

Dye your Easter eggs naturally this year with colorful plants and fibers. Parent/guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees. Eggs, dyes and decorating materials are provided.

Activity Code: 4P125042
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sat, Apr 12, 1:00PM- 2:30PM
\$8 Residents/\$11 Non-Residents



Spring Scavenger Hunt

NEW

Celebrate the beginning of spring with a scavenger hunt at Hawthorn Glen! This is a family friendly event for all ages. Seek out signs of spring while you explore. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125043
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

Sat, Mar 29, 1:00PM- 3:30PM
\$5 Residents/\$8 Non-Residents

Invasive Species: Forbs

NEW

Discover the difference between non-native and invasive species while learning about the forbs in our backyards. This class will help you learn to identify what to nurture and what to remove in your garden and beyond! Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125044
(Section codes listed below)

Hawthorn Glen HG01

Sat, May 31, 1:00PM- 2:30PM
\$5 Residents/\$8 Non-Residents

Seasons of Sensory

NEW

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

Activity Code: 4P125045
(Section codes listed below)

Hawthorn Glen (Ages 4-7) HG02

Sun, Mar 16-May 4, 9:00AM- 9:30AM
\$10 Residents/\$15 Non-Residents

SPACE SCIENCE

Visit Milwaukee's Stars

As northern winter winds calm down and the days and evenings finally begin to warm up, it is fun to go outside at night and look for the spring constellations: Leo, Virgo and Bootes. Behold the twinkle of the distant suns: Regulus, Spica and Arcturus; and the visible planets: Mercury, Mars, Neptune and Saturn. Adult must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

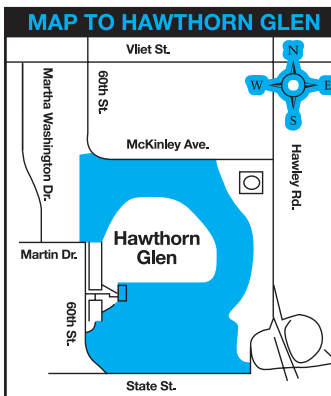
Activity Code: 4P126002
(Section codes listed below)

Hamilton (Ages 6 & up) HA01

Thu, Apr 17, 6:30PM- 7:45PM
\$4 Residents/\$6 Non-Residents



THE LITTLE NATURE MUSEUM AT HAWTHORN GLEN



LOCATED AT 1130 NORTH 60TH ST.

**HOURS: Mon-Fri 4 PM-5 PM, Sat & Sun
11 AM-12 PM and 3 PM-4 PM**

Attendance is **FREE!**

Come visit our Little Nature Museum & see animals native to Wisconsin, including 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.



Visit page
10 for Nature
in Your
Neighborhood
and page 49
for Outdoor
Education
offerings for
ages 50+.

Join us for...

EARTH DAY CLEAN UP AT HAWTHORN GLEN

SATURDAY, APRIL 26 AT HAWTHORN GLEN (1130 N 60TH ST.) FROM 9:00AM - 12:00PM

Celebrate Earth Day by making a positive impact in your community! Help us clean up Hawthorn Glen so we can jump into spring and be ready for visitors (one hour of volunteer time is encouraged). For more information, contact Jessica at 414.647.3825 or email Jessica@mkerec.net.



EARTH DISCOVERY CAMPS 2025

Would your child benefit from more Vitamin N(ature)? Send them to Hawthorn Glen to explore the outdoors through hands-on discovery, inquiry, games, art and movement! Each child should bring a backpack with a bag lunch and a water bottle. Children should arrive at camp wearing sunblock and insect repellent. Childcare is available for participants in the Explorers and Adventurers Camps; please register in advance for the extended hours. Not eligible for reduced fees or refunds. **Please note: camp sessions are limited.**

WONDER BUGS | *Curiosity and play lead the way! Preschoolers will use their senses to discover the natural world, engaging in games, songs, stories and crafts as they go.*

Activity Code: 4P125016

Hawthorn Glen (Age 4).... HG01

Monday, Tuesday, Thursday, and Friday June 16-June 20, 9:00AM-11:30AM (no camp 6/19), \$33 Residents/\$45 Non-Residents

Hawthorn Glen (Age 5).... HG02

Monday, Tuesday, Thursday, and Friday, June 16-June 20, 1:00PM-3:30PM (no camp 6/19), \$33 Residents/\$45 Non-Residents

Hawthorn Glen (Age 4)....HG03

Monday through Friday, July 28-August 1, 9:00AM-11:30AM, \$38 Residents/\$52 Non-Residents

Hawthorn Glen (Age 5)....HG04

Monday through Friday, July 28-August 1, 1:00PM-3:30PM, \$38 Residents/\$52 Non-Residents

EXPLORERS | *Campers will learn about the outdoors through more complex games, scientific inquiry, art and plenty of hiking.*

Activity Code: 4P125003

Hawthorn Glen (Ages 6-7).... HG01

Monday through Friday, June 23-June 27, 9:00AM- 4:00PM, \$110 Residents/\$160 Non-Residents

Child Care Options for Explorers Camp

Hawthorn Glen (Ages 6-7).... HG02

7:30am-9am & 4-5:30pm, Monday through Friday, June 23-June 27, \$25 Residents/\$50 Non-Residents

ADVENTURERS | *Nurturing more independence, campers will learn about the different habitats that can be found at Hawthorn Glen. Hiking, exploring, and time on the land will fill our days.*

Activity Code: 4P125002

Hawthorn Glen (Ages 7-8).... HG01

Monday through Friday, July 7-July 11, 9:00AM- 4:00PM, \$110 Residents/\$160 Non-Residents

Child Care Options for Adventurers Camp

Hawthorn Glen (Ages 7-8).... HG02

7:30am-9am & 4-5:30pm, Monday through Friday, July 7-July 11, \$25 Residents/\$50 Non-Residents

RANGERS | *This week of hiking adventures start and end at Hawthorn Glen, but also include excursions to Ice Age Trail segments, such as Lapham Peak, Scuppernong and Pike Lake. This camp is designed for campers who are ready to expand their hiking skills, hiking up to 4 miles per day. Class fee is non-refundable and not eligible for reduced fees..*

Activity Code: 4P125010

Hawthorn Glen (Ages 9-11).... HG01

Monday through Friday, July 14 -July 18, 9:00AM- 4:00PM, \$110 Residents/\$160 Non-Residents

JUNIOR NATURALISTS | *Ready to take your summer camp skills to the next level? Join Junior Naturalists summer camp sessions. You'll help with set up and tear down each day, camper sign in/out, supervising camper safety and guiding activities. Contact Jessica Tipkemper at Jessica@mkerec.net for more information.*

Activity Code: 4P125010

Hawthorn Glen (Ages 12-15).... HG01

Dates and times TBD.

FREE

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.

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.

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

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

American Red Cross



Bay View Girls Pool

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

Tuesday, Mar 25 - May 27

| Class# | Level | Start Time | End Time | Price |
|----------------|---------|------------|----------|-------|
| #4RAQ7401-BV01 | Infant | 5:00PM | 5:30PM | \$32 |
| #4RAQ0502-BV02 | Level 2 | 5:35PM | 6:25PM | \$37 |
| #4RAQ0501-BV01 | Level 1 | 6:35PM | 7:25PM | \$37 |

Thursday, Mar 27 - May 29

| Class# | Level | Start Time | End Time | Price |
|----------------|-------------|------------|----------|-------|
| #4RAQ7403-BV01 | Tiny Tot | 5:00PM | 5:30PM | \$32 |
| #4RAQ0511-BV01 | Lt. Level 1 | 5:40PM | 6:25PM | \$37 |
| #4RAQ0504-BV01 | Level 4 | 6:35PM | 7:25PM | \$37 |

Saturday, Mar 22 - May 31

| Class# | Level | Start Time | End Time | Price |
|----------------|---------------|------------|----------|-------|
| #4RAQ7402-BV02 | Lil' Squirts | 8:00AM | 8:30AM | \$32 |
| #4RAQ7404-BV01 | Adv. Tiny Tot | 8:35AM | 9:20AM | \$36 |
| #4RAQ0501-BV04 | Level 1 | 9:30AM | 10:20AM | \$37 |
| #4RAQ0502-BV04 | Level 2 | 10:30AM | 11:20AM | \$37 |
| #4RAQ0503-BV03 | Level 3 | 12:10PM | 1:00PM | \$37 |
| #4RAQ0504-BV02 | Level 4 | 1:10PM | 2:00PM | \$37 |
| #4RAQ0502-BV01 | Level 2 | 2:10PM | 3:00PM | \$37 |
| #4RAQ0501-BV05 | Level 1 | 3:10PM | 4:00PM | \$37 |

Gaenslen

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

Monday, Mar 31 - May 26

| Class# | Level | Start Time | End Time | Price |
|----------------|---------------|------------|----------|-------|
| #4RAQ7401-GS01 | Infant | 5:35PM | 6:05PM | \$32 |
| #4RAQ7404-GS01 | Adv. Tiny Tot | 6:10PM | 6:55PM | \$36 |
| #4RAQ7403-GS02 | Tiny Tot | 7:00PM | 7:30PM | \$32 |
| #4RAQ0503-GS01 | Level 3 | 7:40PM | 8:30PM | \$37 |

Wednesday, Apr 2 - May 28

| Class# | Level | Start Time | End Time | Price |
|----------------|---------|------------|----------|-------|
| #4RAQ0502-GS03 | Level 2 | 6:45PM | 7:35PM | \$37 |

Hamilton

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

Monday, Mar 31 - May 19

| Class# | Level | Start Time | End Time | Price |
|----------------|----------|------------|----------|-------|
| #4RAQ7403-HA02 | Tiny Tot | 5:00PM | 5:30PM | \$32 |
| #4RAQ0501-HA02 | Level 1 | 5:35PM | 6:25PM | \$37 |
| #4RAQ0502-HA01 | Level 2 | 6:35PM | 7:25PM | \$37 |

Wednesday, Apr 2 - May 21

| Class# | Level | Start Time | End Time | Price |
|----------------|--------------|------------|----------|-------|
| #4RAQ7402-HA02 | Lil' Squirts | 5:00PM | 5:30PM | \$32 |
| #4RAQ0501-HA03 | Level 1 | 5:35PM | 6:25PM | \$37 |
| #4RAQ0503-HA04 | Level 3 | 6:35PM | 7:25PM | \$37 |

Marshall

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

Monday, Mar 31 - Jun 2

| Class# | Level | Start Time | End Time | Price |
|----------------|----------|------------|----------|-------|
| #4RAQ7403-MR02 | Tiny Tot | 6:05PM | 6:35PM | \$32 |
| #4RAQ0501-MR04 | Level 1 | 6:40PM | 7:30PM | \$37 |
| #4RAQ0505-MR02 | Level 5 | 7:40PM | 8:30PM | \$37 |

Tuesday, Apr 1 - Jun 3

| Class# | Level | Start Time | End Time | Price |
|----------------|---------|------------|----------|-------|
| #4RAQ7401-MR02 | Infant | 6:05PM | 6:35PM | \$32 |
| #4RAQ0502-MR02 | Level 2 | 6:40PM | 7:30PM | \$37 |

Wednesday, Apr 2 - Jun 4

| Class# | Level | Start Time | End Time | Price |
|----------------|--------------|------------|----------|-------|
| #4RAQ0504-MR01 | Level 4 | 5:00PM | 5:50PM | \$37 |
| #4RAQ7402-MR02 | Lil' Squirts | 6:00PM | 6:30PM | \$32 |
| #4RAQ0503-MR03 | Level 3 | 6:40PM | 7:30PM | \$37 |

Saturday, Apr 5 - Jun 7

| Class# | Level | Start Time | End Time | Price |
|----------------|---------------|------------|----------|-------|
| #4RAQ7404-MR02 | Adv. Tiny Tot | 8:00AM | 8:45AM | \$36 |
| #4RAQ0501-MR01 | Level 1 | 8:50AM | 9:40AM | \$37 |
| #4RAQ0502-MR01 | Level 2 | 9:50AM | 10:40AM | \$37 |
| #4RAQ0503-MR01 | Level 3 | 10:50AM | 11:40AM | \$37 |

GENERAL SWIM CLASSES

North Division

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

Tuesday, Apr 1 - Jun 3

| Class# | Level | Start Time | End Time | Price |
|----------------|--------------|------------|----------|-------|
| #4RAQ7403-ND01 | Tiny Tot | 5:35PM | 6:05PM | \$32 |
| #4RAQ7402-ND01 | Lil' Squirts | 6:10PM | 6:40PM | \$32 |
| #4RAQ0501-ND01 | Level 1 | 6:45PM | 7:35PM | \$37 |
| #4RAQ0505-ND01 | Level 5 | 7:45PM | 8:35PM | \$37 |

Thursday, Apr 3 - Jun 5

| Class# | Level | Start Time | End Time | Price |
|----------------|---------|------------|----------|-------|
| #4RAQ0502-ND01 | Level 2 | 4:30PM | 5:20PM | \$37 |
| #4RAQ0501-ND04 | Level 1 | 5:30PM | 6:20PM | \$37 |
| #4RAQ0506-ND01 | Level 6 | 6:30PM | 7:20PM | \$37 |

Saturday, Apr 5 - Jun 7

| Class# | Level | Start Time | End Time | Price |
|----------------|--------------|------------|----------|-------|
| #4RAQ7401-ND01 | Infant | 8:00AM | 8:30AM | \$32 |
| #4RAQ0511-ND01 | Lt. Level 1 | 8:35AM | 9:20AM | \$37 |
| #4RAQ7404-ND01 | Ad. Tiny Tot | 9:30AM | 10:15AM | \$36 |
| #4RAQ0503-ND01 | Level 3 | 10:25AM | 11:15AM | \$37 |
| #4RAQ0501-ND02 | Level 1 | 12:15PM | 1:05PM | \$37 |
| #4RAQ0502-ND02 | Level 2 | 1:15PM | 2:05PM | \$37 |
| #4RAQ0504-ND01 | Level 4 | 2:15PM | 3:05PM | \$37 |
| #4RAQ0503-ND02 | Level 3 | 2:15PM | 3:05PM | \$37 |
| #4RAQ0501-ND03 | Level 1 | 3:15PM | 4:05PM | \$37 |

Riverside

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

Wednesday, Apr 2 - May 28

| Class# | Level | Start Time | End Time | Price |
|----------------|---------|------------|----------|-------|
| #4RAQ0504-RS01 | Level 4 | 5:00PM | 5:50PM | \$37 |

Friday, Apr 4 - May 30

| Class# | Level | Start Time | End Time | Price |
|----------------|---------|------------|----------|-------|
| #4RAQ0503-RS02 | Level 3 | 4:50PM | 5:50PM | \$37 |

Saturday, Apr 5 - May 31

| Class# | Level | Start Time | End Time | Price |
|----------------|---------|------------|----------|-------|
| #4RAQ0505-RS01 | Level 5 | 12:20PM | 1:20PM | \$37 |
| #4RAQ0506-RS01 | Level 6 | 12:20PM | 1:20PM | \$37 |
| #4RAQ0504-RS02 | Level 4 | 1:30PM | 2:30PM | \$37 |
| #4RAQ0503-RS01 | Level 3 | 2:40PM | 3:40PM | \$37 |

South Division

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

Saturday, Apr 5 - May 31

| Class# | Level | Start Time | End Time | Price |
|----------------|----------|------------|----------|-------|
| #4RAQ0505-SD01 | Level 5 | 9:00AM | 9:50AM | \$37 |
| #4RAQ0506-SD01 | Level 6 | 9:00AM | 9:50AM | \$37 |
| #4RAQ0501-SD01 | Level 1 | 10:00AM | 10:50AM | \$37 |
| #4RAQ0502-SD01 | Level 2 | 11:00AM | 11:50AM | \$37 |
| #4RAQ7403-SD01 | Tiny Tot | 12:45PM | 1:15PM | \$32 |
| #4RAQ0501-SD02 | Level 1 | 2:30PM | 3:20PM | \$37 |
| #4RAQ0503-SD01 | Level 3 | 3:30PM | 4:20PM | \$37 |

ADULT SWIM

Adult Swim Lessons

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

Activity Code: 4RAQ0401
(Section codes listed below)

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

Thu, Apr 3-May 22, 7:35PM- 8:35PM
\$36 Residents/\$54 Non-Residents

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

Sat, Apr 5-May 31, 10:30AM-11:30AM
\$36 Residents/\$54 Non-Residents

South Division (Ages 17 & up).....SD22

Sat, Apr 5-May 31, 1:20PM- 2:20PM
\$36 Residents/\$54 Non-Residents

Beginner Adult Lesson

If you are a beginning swimmer, this class will orient you to swimming essentials so you will feel comfortable in and around water. You will learn basic swim strokes and water safety techniques. Swim caps are required.

Activity Code: 4RAQ0403
(Section codes listed below)

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

Tue, Apr 1-May 20, 7:35PM- 8:35PM
\$36 Residents/\$48 Non-Residents

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

Wed, Apr 2-May 28, 7:40PM- 8:40PM
\$36 Residents/\$48 Non-Residents

Hamilton (Ages 17 & up)..... HA01

Mon, Mar 31-May 19, 7:35PM- 8:35PM
\$36 Residents/\$48 Non-Residents

Milwaukee Marshall (Ages 17 & up)... MR02

Tue, Apr 1-May 20, 7:40PM- 8:40PM
\$36 Residents/\$48 Non-Residents

Milwaukee Marshall (Ages 17 & up)... MR03

Wed, Apr 2-May 21, 7:40PM- 8:40PM
\$36 Residents/\$48 Non-Residents

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

Thu, Apr 3-May 22, 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: 4RAQ0301
(Section codes listed below)

Riverside RS01

Sat, Apr 5-May 31, 9:10AM-10:20AM
\$38 Residents/\$54 Non-Residents

Aqua Zumba®

The hottest fitness craze hits the cool water in the pool. Plan to have so much fun in this latin-themed pool party that you'll never miss the calories you leave behind. Water shoes recommended. Please bring a water bottle.

Activity Code: 4RAQ0302
(Section codes listed below)

South DivisionSD01

Sat, Apr 5-Jun 7, 8:45AM- 9:45AM
\$38 Residents/\$54 Non-Residents

Aqua Fit Training

Join us to learn the basics of leading Aqua-Fitness formats and enjoy a lifestyle where you are paid to workout. Fitness enthusiasts with outgoing personality are encouraged to attend. This is an IN-WATER workout experience, bring appropriate fitness attire for in-water activity.

Activity Code: 4RAQ0608
(Section codes listed below)

South DivisionSD01

Fri, May 2-May 16, 5:30PM- 8:30PM
\$60 Residents/\$60 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: 4RAQ0304
(Section codes listed below)

GaenslenGS02

Tue, Apr 1-May 20, 7:00PM- 8:00PM
\$38 Residents/\$54 Non-Residents

GaenslenGS01

Wed, Apr 2-May 28, 4:30PM- 5:30PM
\$38 Residents/\$54 Non-Residents

Hamilton HA01

Wed, Apr 2-May 21, 7:35PM- 8:35PM
\$38 Residents/\$54 Non-Residents

Milwaukee MarshallMR01

Mon, Mar 31-May 19, 5:00PM- 6:00PM
\$38 Residents/\$54 Non-Residents

Milwaukee MarshallMR11

Thu, Apr 3-May 29, 6:10PM- 7:10PM
\$38 Residents/\$54 Non-Residents

North DivisionND01

Thu, Apr 3-May 22, 6:30PM- 7:30PM
\$38 Residents/\$54 Non-Residents



Deep Water Aerobics

Changing the medium in which you work-out 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: 4RAQ0305
(Section codes listed below)

South DivisionSD01

Mon, Mar 31-May 19, 7:00PM- 8:00PM
\$38 Residents/\$54 Non-Residents

South DivisionSD03

Wed, Apr 2-May 21, 7:05PM- 8:05PM
\$38 Residents/\$54 Non-Residents

South DivisionSD02

Wed, Apr 2-May 21, 7:15PM- 8:15PM
\$38 Residents/\$54 Non-Residents

Floga

NEW

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

Activity Code: 4RAQ0312
(Section codes listed below)

MacDowellJU01

Sat, Apr 5-Jun 7, 10:30AM-11:30AM
FREE



Water Aerobics - Adult

Increase flexibility, muscle strength and endurance without joint discomfort of traditional land exercise. Sign up now to make your workout fun, not a bore or a chore.

Activity Code: 4RAQ0306
(Section codes listed below)

GaenslenGS01

Mon, Mar 31-May 19, 4:30PM- 5:30PM
\$38 Residents/\$54 Non-Residents

GaenslenGS02

Fri, Apr 4-May 30, 4:30PM- 5:30PM
\$38 Residents/\$54 Non-Residents

Milwaukee MarshallMR11

Thu, Apr 3-May 29, 5:00PM- 6:00PM
\$38 Residents/\$54 Non-Residents

North DivisionND01

Tue, Apr 1-May 20, 4:30PM- 5:30PM
\$38 Residents/\$54 Non-Residents

YoQUA Fusion

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

Activity Code: 4RAQ0307
(Section codes listed below)

Milwaukee MarshallMR11

Tue, Apr 1-May 20, 5:00PM- 6:00PM
\$38 Residents/\$54 Non-Residents

H2f10w

Feel balanced in mind and body with H2f10w, a warm water class that works on movement, flotation, meditation and stretching to find a deeper connection to self, soothe pain and relieve stress. Let go of fear, balance your nervous system and experience the healing power of water.

Activity Code: 4RAQ0311
(Section codes listed below)

GaenslenGS01

Wed, Apr 2-May 21, 5:40PM- 6:40PM
\$38 Residents/\$54 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 flotation devices are provided; bring an extra towel for additional comfort.

Activity Code: 4RAQ0313
(Section codes listed below)

GaenslenGS01

Tue, Apr 1-May 20, 5:45PM- 6:45PM
\$38 Residents/\$54 Non-Residents

Aqua Urban Line Dance

NEW

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: 4RAQ0314
(Section codes listed below)

North DivisionND01

Tue, Apr 1-May 20, 7:40PM- 8:40PM
\$38 Residents/\$54 Non-Residents



AQUATICS TRAINING

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: 4RAQ0611
(Section codes listed below)

Gaenslen (Ages 14 & up).....G502
Fri, Apr 4-May 30, 6:30PM- 7:20PM
FREE

Milwaukee Marshall (Ages 14 & up)... MR01
Thu, Apr 3-May 29, 7:20PM- 8:20PM
FREE

Lifeguard Training

Ages 15 & up. Red Cross Lifeguard Training includes: water rescue, first aid and CPR. Must attend class in full, Prerequisites for this class are required. Call for more details, 414.647.6076.

Activity Code: 3RAQ0601
(Section codes listed below)

North Division (Ages 15 & up).....ND01
(Mandatory Pre-Course session on Mar 8 at North Division from 8:00 - 9:00AM. This is a blended learning course - 6 hours of online content accompany this course.)
Mon, Mar 24-Mar 27, 8:00AM- 4:00PM
\$100 Residents/\$300 Non-Residents

North Division (Ages 15 & up).....ND02
(Mandatory Pre-Course session on April 26 at North Division from 8:00 - 9:00AM)
Sat, May 10-Jun 7, 8:45AM- 4:45PM
\$100 Residents/\$300 Non-Residents

South Division (Ages 15 & up).....SD01
(Mandatory Pre-Course session on Jun 7 at South Division from 8:00 - 9:00AM)
Mon, Jun 23 - Jun 26, 8:45AM- 4:45PM
\$100 Residents/\$300 Non-Residents

WSI - Water Safety Instructor

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. Additional information available: 414.647.6053.

Activity Code: 4RAQ0601
(Section codes listed below)

North Division (Ages 16 & up).....ND01
(Mandatory pretest on Mar 6 at 6PM OR Mar 8 at 8AM at South Division)
Tue, Mar 25-Mar 27, 8:00AM- 4:00PM
\$160 Residents/\$240 Non-Residents

South Division (Ages 16 & up).....SD02
(Mandatory pretest on Mar 6 at 6PM OR Mar 8 at 8AM at South Division)
Mon, Jun 16-Jun 18, 8:15AM- 4:45PM
\$160 Residents/\$240 Non-Residents



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: 4RAE0202
(Section codes listed below)

OASIS 5501
Thu, Mar 20, 9:00AM-12:30PM
\$54 Residents/\$81 Non-Residents

OASIS (Ages 16 & up) 5502
Fri, Mar 21, 5:00PM- 8:30PM
\$54 Residents/\$81 Non-Residents

OASIS 5503
Tue, Apr 1, 9:00AM-12:30PM
\$54 Residents/\$81 Non-Residents

FAMILY CLASSES

Iron Tiger Triathlon

A fun and supportive event with a swim in Riverside's pool, bike on the oak leaf trail (no roads to cross), and run on RUHS track. The event provides multiple distance options: Swim 100, 200, or 400 yrd swim (825 yrd upon request), an 8 or 12.4 mile bike, finishing with a 1 or 3.1 mile run.

Activity Code: 4RAQ3316
(Section codes listed below)

Riverside (Ages 8-99)..... RS01
Fri, May 30, 5:00PM- 6:00PM
\$15 Residents/\$24 Non-Residents

Riverside (Ages 8-99)..... RS02
Fri, May 30, 5:30PM- 6:30PM
\$15 Residents/\$24 Non-Residents

Riverside (Ages 20-99)..... RS03
Fri, May 30, 6:00PM- 7:00PM
\$15 Residents/\$24 Non-Residents

Riverside (Ages 20-99)..... RS04
Fri, May 30, 6:30PM- 7:30PM
\$15 Residents/\$24 Non-Residents

Riverside (Ages 20-99)..... RS05
Fri, May 30, 7:00PM- 8:00PM
\$15 Residents/\$24 Non-Residents

Riverside (Ages 20-99)..... RS06
Fri, May 30, 7:30PM- 8:30PM
\$15 Residents/\$24 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: 4RCS0701
(Section codes listed below)

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

Mon, Mar 31-May 19, 5:10AM- 6:10AM
\$28 Residents/\$42 Non-Residents

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

Mon, Mar 31-May 19, 6:15AM- 7:15AM
\$28 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS22

Tue, Apr 1-May 27, 7:40PM- 8:40PM
\$28 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS02

Wed, Apr 2-May 28, 5:10AM- 6:10AM
\$28 Residents/\$42 Non-Residents

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

Wed, Apr 2-May 28, 6:15AM- 7:15AM
\$28 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS03

Fri, Apr 4-May 30, 5:10AM- 6:10AM
\$28 Residents/\$42 Non-Residents

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

Fri, Apr 4-May 30, 6:15AM- 7:15AM
\$28 Residents/\$42 Non-Residents

South Division (Ages 14 & up).....SD02

Tue, Apr 1-May 20, 5:15AM- 6:15AM
\$28 Residents/\$42 Non-Residents

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

Tue, Apr 1-May 20, 6:25AM- 7:25AM
\$28 Residents/\$42 Non-Residents

South Division (Ages 14 & up).....SD13

Thu, Apr 3-May 22, 6:25AM- 7:25AM
\$28 Residents/\$42 Non-Residents

South Division (Ages 14 & up).....SD03

Thu, May 1-May 22, 5:15AM- 6:15AM
\$28 Residents/\$42 Non-Residents

Master's Swim - Weekend

The Master's Swim Club is for the adult experienced swimmer. Course objectives vary among individuals. Some join to simply increase fitness levels while others use this program to train for triathlons. Your coach will work with you individually to reach your choice goals.

Activity Code: 4RCS0702
(Section codes listed below)

MacDowell (Ages 14 & up)..... JU01

(Saturday)
Sat, Apr 5-Jun 7, 7:25AM- 8:25AM
\$28 Residents/\$42 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: 4RCS0704
(Section codes listed below)

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

Tue, Apr 1-May 27, 6:00PM- 7:30PM
\$42 Residents/\$63 Non-Residents

Riverside (Ages 14 & up)..... RS02

Thu, Apr 3-May 29, 6:00PM- 7:30PM
\$42 Residents/\$63 Non-Residents

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: 4RCS0804
(Section codes listed below)

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

Sat, Apr 5-Jun 7, 8:30AM-10:00AM
\$16 Residents/\$24 Non-Residents

Teen TRI Training

For youth 11-18 the opportunity to have FUN biking, swimming, and running in Milwaukee Riverside's beautiful facilities and parks. Participants should be comfortable in deep water and on a bike. Instructions for biking will be issued on day 1. Outdoors when weather permits.

Activity Code: 4RCS0807
(Section codes listed below)

Riverside (Ages 4-19)..... RS01

Tue, Mar 4-May 27, 4:00PM- 5:45PM
\$36 Residents/\$54 Non-Residents

Riverside (Ages 4-19)..... RS02

Thu, Mar 6-May 29, 4:00PM- 5:45PM
\$36 Residents/\$54 Non-Residents

WARM WATER WALK INFORMATION

FRIDAYS, 4/4 - 5/30 AT GAENSLER - 6:30PM - 7:30PM

Warm water walk is a FREE program!

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

ACTIVITY CODE: 4RAQ1034



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: 4RCS0808
(Section codes listed below)

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

(Intermediate Group)

Mon-Thu, Mar 25-Jun 19, 5:30PM- 6:30PM
\$54 Residents/\$81 Non-Residents

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

Mon-Thu, Mar 31-Jun 19, 6:30PM- 8:00PM
\$72 Residents/\$108 Non-Residents

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

(Beginner Group)

Mon-Thu, Mar 25-Jun 18, 5:30PM- 6:15PM
\$39 Residents/\$50 Non-Residents

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

(Beginner Group)

Mon-Thu, Apr 1-Jun 19, 5:30PM- 6:15PM
\$39 Residents/\$50 Non-Residents

**Tidal Waves Swim Team**

The Tidal Waves Age-Group Swim Team offers youth interested in competitive swimming to join a friendly, learner-focused environment. Swimmers must be able to kick one full length (25 yards) of the pool on their back and stomach and be comfortable in deep water to join. Seasonal swim meets will be held with local age-group clubs and allow for swimmers to be introduced to competition with those of similar ability levels.

Activity Code: 4RCS0809
(Section codes listed below)

South Division (Ages 4-19)SD04

(ADV-COMP GROUP)

Mon-Thu, Mar 17-May 22, 6:45AM- 8:00PM
\$68 Residents/\$86 Non-Residents

South Division (Ages 4-19)SD01

(Beginner GROUP)

Mon/Wed, Mar 31-May 28, 6:00PM- 6:45PM
\$39 Residents/\$50 Non-Residents

South Division (Ages 4-19)SD02

(INTERMEDIATE GROUP)

Mon-Thu, Mar 31-May 29, 6:00PM- 7:00PM
\$54 Residents/\$81 Non-Residents

South Division (Ages 4-19)SD05

(INTERMEDIATE GROUP)

Mon-Thu, Mar 31-May 29, 7:00PM- 8:00PM
\$54 Residents/\$81 Non-Residents

South Division (Ages 4-19)SD06

(Beginner GROUP)

Tue/Thu, Apr 1-May 29, 6:00PM- 6:45PM
\$39 Residents/\$50 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: 4RCS0810
(Section codes listed below)

Riverside (Ages 4-19)..... RS01

(Advanced group)

Mon/Wed-Fri, Mar 17-May 23, 6:45PM- 8:15PM
\$48 Residents/\$72 Non-Residents

Riverside (Ages 4-19)..... RS02

(Intermediate group)

Mon/Wed-Fri, Mar 31-May 29, 6:00PM- 7:00PM
\$36 Residents/\$54 Non-Residents

Riverside (Ages 4-19)..... RS03

(Beginner Group)

Mon/Thu, Mar 31-May 29, 6:00PM- 6:45PM
\$24 Residents/\$36 Non-Residents

Riverside (Ages 4-19)..... RS22

(Intermediate group)

Mon/Wed-Fri, Mar 31-May 29, 7:00PM- 8:00PM
\$36 Residents/\$54 Non-Residents

Riverside (Ages 4-19)..... RS23

(Beginner Group)

Wed/Fri, Apr 2-May 28, 6:00PM- 6:45PM
\$24 Residents/\$36 Non-Residents

OPEN + LAP SWIM INFORMATION

Open / lap swim is available at the following locations:

- **Gaenslen School (no lap option)**
 - » Fridays, 4/4- 5/30, 7:30PM - 8:30PM
- **MacDowell High School**
 - » Saturdays, 4/5 - 6/7, 12:30PM - 2:00PM
- **Marshall High School**
 - » Saturdays, 4/5 - 5/31, 12:30PM - 2:00PM
- **Riverside High School**
 - » Saturdays, 4/5 - 5/31, 8:00AM - 9:00AM
- **South Division High School**
 - » Saturdays, 4/5 - 5/31, 7:30AM - 8:30AM

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 on a first come, first served basis. Open / lap swim is a **FREE** program and pre-registration is required. **ACTIVITY CODE: 4RAQ1032**

AQUATICS IS NOW HIRING!

Interested in joining the Milwaukee Recreation aquatics team? See below for all employment opportunities. Visit mkerec.net/aquatics or call 414.647.6067 for more information.

LIFEGUARDS

Starting Pay: \$16-17/hr
Age: 15+

Seasonal, year-round employment and flexible scheduling.

Two Year certification includes Red Cross First Aid, CPR, and AED.

Red Cross Lifeguarding is a National Certification Valid at Organizations around the US.

Become a Red Cross Certified Lifeguard

- » Register online at mkerec.net
- » Call 414.647.6076 for train-to-hire opportunities

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

SWIM INSTRUCTORS

Starting Pay: \$17-18/hr
Age: 16+

Seasonal, year-round employment and flexible scheduling.

Teach:

- Parent-Child Aquatics
- Levels 1-6 swim for youth
- Adult Learn-to-Swim

Become a certified Water Safety Instructor (WSI)

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

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

FITNESS INSTRUCTORS

Starting Pay: \$21/hr
Age: 16+

Seasonal, year-round employment and flexible scheduling.

Teach:

- Aqua Boot Camp
- Aqua Zumba
- Deep Water Aerobics
- Drum Vibes
- Glidefit
- Water Aerobics
- YoQua Fusion

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

COACHES

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

Coaching experience preferred but not required.

Seasonal, year-round employment and flexible scheduling.

Youth teams available:

- The Piranhas
- The Krakens
- The Tidal Waves

Adult programs available:

- Masters Swim and Tri Training

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

COMMUNITY WELLNESS

Mil"WALK"ee

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

Activity Code: 4PL59003
(Section codes listed below)

Various WN01
Tue, Apr 1-Jun 3, 10:00AM-11:15AM
FREE

Various WN02
Wed, Apr 2-Jun 4, 5:30PM- 6:30PM
FREE

Various WN03
Thu, Apr 3-Jun 5, 10:00AM-11:15AM
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: 4PL59035
(Section codes listed below)

North Division ND01
Mon/Wed, Apr 7-May 21, 6:00PM-7:00PM
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: 4PL59004
(Section codes listed below)

Beulah Brinton BN01
Fri, Apr 4-May 23, 10:45AM-11:30AM
FREE

Hawthorn Glen WN01
Tue, Apr 1-May 20, 5:15PM- 6:00PM
FREE

Tiefenthaler Park TF01
(2480 W Cherry Street)
Tue, Apr 1-May 20, 10:00AM-11:00AM
FREE

Milwaukee Wellness Day

April 14 is officially Milwaukee Day! What better way to celebrate Milwaukee than to celebrate yourself by taking wellness programs throughout the 4-1-4. The walks are approximately 3 miles and the bike ride is approximately 10 miles.

Activity Code: 4PL59014
(Section codes listed below)

Beulah Brinton BN01
(Yoga: Beulah Brinton 2555 S. Bay St.)
Mon, Apr 14, 7:30AM- 8:30AM
FREE

Beulah Brinton BN02
(Mil"WALK"ee walk at Beulah Brinton: 2555 S. Bay St.)
Mon, Apr 14, 1:00PM- 2:00PM
FREE

Beulah Brinton WN03
(Let's Make Kombucha!)
Mon, Apr 14, 2:30PM- 3:30PM
FREE

Beulah Brinton BN03
(Body Sculpting: Beulah Brinton 2555 S. Bay St.)
Mon, Apr 14, 3:45PM- 4:45PM
FREE

Brown Deer Golf Course WN04
(Community Bike Ride: Brown Deer Park 7625 N. Range Line Rd.)
Mon, Apr 14, 6:00PM- 7:30PM
FREE

Havenwoods State Forest WN02
(Mil"WALK"ee walk at Havenwoods State Forest: 6141 N. Hopkins St.)
Mon, Apr 14, 1:00PM- 2:00PM
FREE

Veterans Park Kite Store WN01
(Mil"WALK"ee walk at Veteran's Park: 1300 N. Lincoln Ave)
Mon, Apr 14, 10:00AM-11:00AM
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: 4PL59015
(Section codes listed below)

Hamilton HA01
Wed/Sat, Mar 15-May 17, 9:00AM-10:30AM
\$8 Residents/\$8 Non-Residents

Milwaukee Marshall MR01
Wed/Sat, Mar 15-May 17, 9:00AM-10:30AM
\$8 Residents/\$8 Non-Residents

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: 4PL59016
(Section codes listed below)

Doyne Golf Course (Ages 16 & up) WN03
Sat, Apr 26, 10:00AM-11:30AM
FREE

Estabrook Park - Milwaukee County Parks (Ages 16 & up) WN04
(4600 Estabrook Pkwy)
Thu, May 1, 6:00PM- 7:30PM
FREE

Hart Park (Ages 16 & up) WN11
(Spring Finale 20 Mile Ride)
Sat, May 31, 9:00AM-12:00PM
FREE

Hoyt Park WN07
Thu, May 15, 6:00PM- 7:30PM
FREE

Hubbard Park Lodge WN09
Thu, May 22, 6:00PM-7:30PM
FREE

Juneau Park WN08
Sat, May 17, 10:00AM-11:30AM
FREE

Juneau Playfield (Ages 16 & up).. WN05
Sat, May 3, 10:00AM-11:30AM
FREE

Roadhouse at McKinley Marina (Ages 16 & up)... WN10
Thu, May 29, 6:00PM- 7:30PM
FREE

South Shore Park WN02
Thu, Apr 24, 6:00PM- 7:30PM
FREE

Various (Ages 16 & up)..... WN01
(South Shore Park / Kulwicks Park)
Wed, Apr 16-May 28, 9:30AM-11:30AM
FREE

Whitnall Park (Ages 16 & up) WN06
Thu, May 8, 6:00PM- 7:30PM
FREE





Community Bike Rides - 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: 4PL59018
(Section codes listed below)

Juneau Playfield WN01
(6500 W Mt Vernon Ave)
Tue, Apr 15-May 27, 8:30AM-10:30AM
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: 4PL59021
(Section codes listed below)

South Shore Park WN02
(2900 S Shore Dr)
Sun, Apr 6-Jun 1, 9:30AM-10:30AM
FREE

Urban Ecology Center

Riverside Park WN01
(1500 E Park Place)
Sat, Apr 5-May 31, 9:30AM-10:30AM
FREE

Fitness in the Park Zumba

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

Activity Code: 4PL59027
(Section codes listed below)

Burnham Playfield WN01
Tue, Apr 1-May 20, 6:00PM- 7:00PM
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: 4PL59028
(Section codes listed below)

Brown Deer Golf Course WN02
Sun, May 18, 12:00PM- 3:00PM
FREE

**Grant Park - Milwaukee
County Parks** WN03
Sun, Jun 1, 12:00PM- 3:00PM
FREE

Riverside WN01
Sun, May 4, 12:00PM- 3:00PM
FREE

Introduction to Biking

If you ride a mountain or road bike, knowing basic skills can help you feel more confident allowing for a smoother and fun ride! This interactive workshop will focus on core essentials like getting going, braking, navigating hills, looking, and signaling. Participants must provide a bike and helmet.

Activity Code: 4PL59029
(Section codes listed below)

Doyle Golf Course WN01
(5300 W Wells Street)
Sat, Apr 26, 9:00AM-10:00AM
FREE

Juneau Playfield WN02
Sat, May 3, 9:00AM-10:00AM
FREE

Functional Strength Fitness

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: 4PL59031
(Section codes listed below)

Beulah Brinton BN01
Tue, Apr 1-May 20, 8:30AM- 9:30AM
FREE

Beulah Brinton BN02
Thu, Apr 3-May 22, 8:30AM- 9:30AM
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: 4PL59033
(Section codes listed below)

Cupertino Park WN01
(2000 E Iron Street)
Fri, May 2-May 30, 7:30AM- 8:00AM
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: 4PL59034
(Section codes listed below)

Cupertino Park WN01
(2900 E Iron Street)
Fri, May 2-May 30, 8:00AM- 8:45AM
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: 4PL59040
(Section codes listed below)

OASIS 5501
Mon/Wed, Mar 24-May 14, 6:00PM- 8:00PM
FREE

Spring 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 ambience of nature.

Activity Code: 4PL59042
(Section codes listed below)

Hawthorn Glen WN01

Mon, Mar 31-May 12, 5:15PM- 5:45PM
FREE

Milwaukee Marshall MR01

Thu, Apr 3-May 15, 5:15PM- 5:45PM
FREE

Washington WA01

Wed, Mar 26-May 14, 5:30PM- 6:15PM
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: 4PL59045
(Section codes listed below)

Andrew Douglas WN02

Tue, Apr 1-May 13, 6:45PM- 7:45PM
FREE

MacDowell JU01

Wed, Apr 2-May 14, 4:30PM- 5:30PM
FREE

North Division WN01

Mon, Mar 31-May 12, 6:45PM- 7:45PM
FREE

OASIS WN03

Tue, Apr 1-May 20, 3:00PM- 4:00PM
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: 4PL59046
(Section codes listed below)

Hawthorn Glen WN01

Thu, May 1-May 22, 12:00PM- 1:00PM
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: 4PL59049
(Section codes listed below)

Hamilton (Ages 12-99)..... HA01

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

Hamilton (Ages 12-99)..... HA02

Mon, Apr 14, 5:30PM- 6:30PM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 12-99)..... HA03

Mon, Apr 21, 5:30PM- 6:30PM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 12-99)..... HA04

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

Milwaukee Marshall (Ages 12-99).. MR01

Mon, May 5, 5:30PM- 6:30PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 12-99)... MR02

Mon, May 12, 5:30PM- 6:30PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 12-99)... MR03

Mon, May 19, 5:30PM- 6:30PM
\$24 Residents/\$36 Non-Residents

Guided Meditation For Kids

NEW 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: 4PL59050
(Section codes listed below)

Hawthorn Glen (Ages 5-17)..... WN01

Wed, May 7-May 28, 4:30PM- 5:30PM
FREE

Join Milwaukee Recreation for...

Women's Wellness Day!

Participate in a day of education and activities surrounding women's health and wellness! Free classes will be provided along with community vendors, a female-only wellness panel, refreshments, and more.

Saturday, May 17

10:30AM - 3:30PM

OASIS Community Center

(2414 W. Mitchell St.)

Activity Code: 4PL59060

This is a **FREE** event!

More information available
at mkerec.net/wellness.



Breastfeeding Preparedness with Mood

NEW 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: 4PL59053
(Section codes listed below)

OASIS WN01
Fri, Apr 4, 12:30PM- 2:00PM
FREE

OASIS WN02
Fri, May 2, 12:30PM- 2:00PM
FREE

Washington WA01
Mon, Apr 21, 5:30PM- 7:00PM
FREE

Washington WA02
Mon, May 19, 5:30PM- 7:00PM
FREE

Motown Moves

NEW 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: 4PL59054
(Section codes listed below)

Washington WA01
Mon, Mar 24-May 19, 5:30PM- 6:30PM
FREE

Self-Rewilding

NEW The natural world feeds our souls, enriches our senses, and teaches us essential skills: stillness, presence, open-heartedness. Re-wild yourself with this class that offers vivid images and poignant stories to map a path to a deeper relationship with the living world to enhance your well being.

Activity Code: 4PL59055
(Section codes listed below)

Hawthorn Glen WN01
Sat, Apr 26, 10:00AM-12:00PM
FREE

Hawthorn Glen WN02
Sat, May 3, 10:00AM-12:00PM
FREE

Hawthorn Glen WN03
Sat, May 10, 10:00AM-12:00PM
FREE

Creative Calm Wellness Series

NEW Discover inner peace through fun, hands-on activities like making Chakra bracelets. This class is designed for teens and adults to explore mindfulness, creativity, and relaxation techniques, helping find balance and calm in your everyday life. No prior experience needed!

Activity Code: 4PL59056
(Section codes listed below)

Washington (Ages 5-17) WA01
Wed, Apr 2-Apr 30, 5:30PM- 6:30PM
FREE

Women's Wellness Warriors

NEW 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: 4PL59057
(Section codes listed below)

Andrew Douglas (Ages 16-55)..... WN01
Thu, Apr 3-May 22, 6:00PM- 7:00PM
FREE

MacDowell (Ages 16-55)..... JU01
Sat, Mar 29-May 10, 1:30PM- 2:30PM
FREE

Infant Bonding

NEW Led by a Certified Massage Therapist and Child development educator, this hands-on workshop is a nurturing and educational experience designed to teach parents and caregivers the art of infant massage. This class is focused on fostering a deep bond between you and your baby through the power of touch.

Activity Code: 4PL59058
(Section codes listed below)

Hawthorn Glen WN01
Wed, Apr 2, 5:00PM- 7:00PM
\$20 Residents/\$30 Non-Residents

Hawthorn Glen WN02
Wed, Apr 16, 5:00PM- 7:00PM
\$20 Residents/\$30 Non-Residents

Hawthorn Glen WN03
Wed, Apr 30, 5:00PM- 7:00PM
\$20 Residents/\$30 Non-Residents

Hawthorn Glen WN04
Wed, May 14, 5:00PM- 7:00PM
\$20 Residents/\$30 Non-Residents

Juicing For Joy

NEW 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: 4PL59059
(Section codes listed below)

Hamilton HA01
Sat, Mar 29, 2:00PM- 4:00PM
FREE

Hamilton HA02
Sat, Apr 5, 2:00PM- 4:00PM
FREE

Hamilton HA03
Sat, May 3, 2:00PM- 4:00PM
FREE

Hip Hop Step Aerobics

NEW 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: 4PL59062
(Section codes listed below)

Andrew Douglas Middle School . WN01
Tue, Apr 1-May 13, 5:30PM- 6:30PM
FREE



Flow & Flex Deep Stretch Class

NEW 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: 4PL59063
(Section codes listed below)

North Division WN01
Mon, Mar 31-May 12, 5:30PM- 6:30PM
FREE

WEAVING AND FIBER ARTS



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

Not Your Grandma's Knitting

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: 4RAE6903
(Section codes listed below)

GaenslenGS01

(Instructor: Meredith Berghauer)
 Thu, Mar 20-May 15, 5:00PM- 7:00PM
 \$46 Residents/\$46 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: 4RAE6905
(Section codes listed below)

GaenslenGS01

(Instructor: Naomi Holthaus)
 Mon, Mar 17-May 12, 9:30AM-12:00PM
 \$60 Residents/\$60 Non-Residents

GaenslenGS06

(Instructor: Carly Neil)
 Mon, Mar 17-May 12, 6:00PM- 8:30PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS03

(Instructor: Jacquie Crema)
 Tue, Mar 18-May 13, 6:00PM- 8:30PM
 \$57 Residents/\$57 Non-Residents

GaenslenGS05

(Instructor: Lynn Sbonik)
 Wed, Mar 19-May 14, 6:00PM- 8:30PM
 \$57 Residents/\$57 Non-Residents

GaenslenGS04

(Instructor: Lynn Sbonik)
 Thu, Mar 20-May 15, 6:00PM- 8:30PM
 \$57 Residents/\$57 Non-Residents

GaenslenGS07

(Instructor: Judy Larsen)
 Wed, Apr 2-May 14, 12:00PM- 3:00PM
 \$60 Residents/\$60 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: 4RAE6919
(Section codes listed below)

GaenslenGS01

(Instructor: Peggy MacArthur)
 Tue, Mar 18-May 13, 9:30AM-12:00PM
 \$57 Residents/\$57 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: 4RAE6940
(Section codes listed below)

GaenslenGS01

(Instructor: Carly Neil)
 Tue, Apr 15-Apr 29, 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: 4RAE6959
(Section codes listed below)

GaenslenGS01

(Instructor: Kallia Walkowiak)
 Mon, Mar 17-May 12, 6:00PM- 8:30PM
 \$57 Residents/\$57 Non-Residents

GaenslenGS02

(Instructor: Jacquie Crema)
 Tue, Mar 18-May 13, 3:00PM- 5:30PM
 \$57 Residents/\$57 Non-Residents

GaenslenGS04

(Instructor: Kallia Walkowiak)
 Wed, Mar 19-May 14, 6:00PM- 8:30PM
 \$57 Residents/\$57 Non-Residents

GaenslenGS05

(Instructor: Kallia Walkowiak)
 Thu, Mar 20-May 15, 6:00PM- 8:30PM
 \$57 Residents/\$57 Non-Residents

GaenslenGS03

(Instructor: Judy Larsen)
 Wed, Apr 2-May 14, 9:30AM-12:30PM
 \$57 Residents/\$57 Non-Residents

Beginner Knitting

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

Activity Code: 4RAE6972
(Section codes listed below)

GaenslenGS01

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

Shuttles & Heddles & Reeds, Oh My!

Learn how to choose and use a variety of weaving tools appropriate for your project. Tips for selecting a loom will also be included.

Activity Code: 4RAE6973
(Section codes listed below)

GaenslenGS01

(Instructor: Sue Knorr)
 Wed, Apr 2, 6:00PM- 8:30PM
 \$14 Residents/\$14 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.

Activity Code: 4R550902
(Section codes listed below)

Enderis Playfield (Ages 50 & up)... EF01

Tue, Mar 25-May 13, 5:00PM-7:00PM
\$23 Residents/\$35 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 \$20.00 (cash only) supply fee is due to the instructor at the first class.

Activity Code: 4R550903
(Section codes listed below)

Enderis Playfield (Ages 50 & up)... EF01

Tue, Mar 25-May 13, 9:00AM-12:00PM
\$19 Residents/\$29 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: 4R550913
(Section codes listed below)

OASIS 5501

(Acrylic)
Mon, Mar 24-May 12, 9:30AM-11:30AM
\$36 Residents/\$54 Non-Residents

OASIS 5502

(Acrylic OR Oil)
Thu, Mar 27-May 15, 12:30PM-2:30PM
\$36 Residents/\$54 Non-Residents

Explore Mixed Media

Create stunning collages using paper, torn magazine pages, texture paste, stamps, paint, and more. Each project is uniquely yours. Suitable for all skill levels, with opportunities to explore advanced techniques like paint pouring, Shibori dyeing, and alcohol inks in future sessions. A \$20 (cash only) supply fee is due at the first class.

Activity Code: 4R550914
(Section codes listed below)

OASIS 5501

Mon, Mar 24-May 12, 12:30PM-2:30PM
\$23 Residents/\$35 Non-Residents

Basic Jewelry Making

Make beautiful jewelry by starting easy with a pair of earrings; progress to a bracelet and then a necklace. Class is for beginners or crafters with little beading experience. A \$10.00 (cash only) tool and supply fee will be due to the instructor at the first class.

Activity Code: 4RAE0902
(Section codes listed below)

Milwaukee Marshall MR01

Sat, Mar 15-May 17, 10:00AM-11:30AM
\$36 Residents/\$54 Non-Residents

Creative Crochet Techniques

This class will review basic stitches before practicing heavier texture stitches like popcorns, shells, and post stitches. After creating swatches, we will discuss how to turn these stitches into different kinds of accessories. Bring a skein of light colored yarn of your choice with an appropriate hook (check the yarn label for hook size).

Activity Code: 4RAE0903
(Section codes listed below)

Beulah Brinton BN01

Mon, Mar 31-May 19, 10:30AM-11:30AM
\$25 Residents/\$38 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 \$10 (cash only) supply fee is due to the instructor the first night of class. Class fee is non-refundable.

Activity Code: 4RAE0922
(Section codes listed below)

Milwaukee Marshall MR01

(Level 1)
Mon, Mar 31-May 19, 6:00PM-8:00PM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall HA01

(Level 1)
Wed, Apr 2-May 21, 6:00PM-8:00PM
\$46 Residents/\$69 Non-Residents

Legos for Seniors

You're never too old for Legos! This Lego building class will help improve dexterity and motor skills as well as improve eye/hand coordination. Let our resident Lego expert help you bring out your creativity through your builds and even prepare you to keep up with your grandchildren or any young people in your life.

Activity Code: 4RAE0926
(Section codes listed below)

Hamilton (Ages 55 & up) HA01

Thu, Apr 3-May 22, 5:30PM-7:00PM
\$36 Residents/\$54 Non-Residents

Glass Blowing

Come melt your problems away-Experience Glass Blowing. All classes work on aspects of blocking, marvering, shaping and applying color. Students will create their own work of art in one workshop. Bring water and snacks to class. Fee includes supply cost and is non-refundable. Classes held at: Square One Art Glass, 5322 W. Vliet Street, www.squareoneartglass.com

Activity Code: 4RAE0928
(Section codes listed below)

Square One Art Class SG01

(Paperweight)
Sat, Apr 5, 9:00AM-11:00AM
\$105 Residents/\$157 Non-Residents

Square One Art Class SG02

(Bowl)
Wed, Apr 16, 6:00PM-8:00PM
\$80 Residents/\$120 Non-Residents

Square One Art Class SG03

(Orb)
Wed, May 14, 6:00PM-8:00PM
\$70 Residents/\$105 Non-Residents

Runes and Rock Painting

Paint sigils, spirals, and ancient symbols on one of Nature's most steadfast canvases. Art created with intention give meaning to the symbols from the hand to the surface. Create ancient runes and Celtic designs and understand their meaning.

Activity Code: 4RAE0929
(Section codes listed below)

Hamilton (Ages 18-99)..... HA01
Tue, Apr 22-Apr 29, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Paper Ornament Making

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. \$30 supply cost due to instructor the first night of class.

Activity Code: 4RAE0935
(Section codes listed below)

Hamilton HA01
Tue, Apr 1-May 6, 6:40PM- 8:30PM
\$30 Residents/\$45 Non-Residents

Earring Extravaganza

Become an earring making diva by learning to create different styles of earrings, such as chandelier style, sassy drops, post earrings, and dazzling chain earrings. You will be amazed by how creative styles help bring out the artist in you. You will need to bring wire cutters, round nose pliers and flat nose pliers to class. A \$15 (cash only) supply fee is due to the instructor at class. Class fee is non-refundable.

Activity Code: 4RAE0937
(Section codes listed below)

Hamilton HA01
Sat, Apr 26, 12:00PM- 3:00PM
\$11 Residents/\$17 Non-Residents

MacDowell JU01
Sat, May 17, 12:00PM- 3:00PM
\$11 Residents/\$17 Non-Residents

Milwaukee Marshall MR01
Sat, Apr 12, 12:00PM- 3:00PM
\$8 Residents/\$12 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! All supplies included. Workshop provided by Blossom Candle Co. Fee includes supply cost and is non-refundable.

Activity Code: 4RAE0945
(Section codes listed below)

Hamilton HA01
Thu, Apr 10, 6:30PM- 8:00PM
\$25 Residents/\$38 Non-Residents

Hamilton HA02
Thu, May 22, 6:30PM- 8:00PM
\$25 Residents/\$38 Non-Residents

Riverside RS01
Mon, Mar 31, 6:30PM- 8:00PM
\$25 Residents/\$38 Non-Residents

Riverside RS02
Mon, Apr 28, 6:30PM- 8:00PM
\$25 Residents/\$38 Non-Residents

Cricut for Beginners

Did you have a Cricut® machine but have no idea how to use it? Cricut® is a brand of die-cutting machine that will take your crafting to a new dimension. Please bring your machine and your own materials.

Activity Code: 4RAE0954
(Section codes listed below)

Hamilton HA01
Sat, Mar 15-Apr 26, 9:00AM-11:00AM
\$36 Residents/\$54 Non-Residents

Advanced Cricut

This class is to fine tune your skills with some more challenging Cricut projects. Please bring your Cricut, and a supply list will be provided on the first class.

Activity Code: 4RAE0955
(Section codes listed below)

Hamilton HA01
Sat, Mar 15-Apr 26, 11:30AM- 1:30PM
\$36 Residents/\$54 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: 4RAE0988
(Section codes listed below)

Hamilton HA01
Thu, Apr 3-May 22, 6:00PM- 8:30PM
\$57 Residents/\$86 Non-Residents

Milwaukee Marshall MR03
Sat, Mar 15-May 17, 8:45AM-10:45AM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall MR02
Sat, Mar 15-May 17, 11:00AM- 1:00PM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall MR01
Wed, Apr 2-May 21, 6:00PM- 8:00PM
\$46 Residents/\$69 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: 4RAE1202
(Section codes listed below)

Milwaukee Marshall MR01
Mon, Mar 31-May 19, 6:00PM- 8:00PM
\$46 Residents/\$69 Non-Residents

Explore Hamilton Painting Club

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

Activity Code: 4RAE1218
(Section codes listed below)

Hamilton HA01
Tue, Apr 1-May 20, 6:00PM- 8:00PM
\$72 Residents/\$108 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: 4RAE2003
(Section codes listed below)

Riverside RS01
Tue, Mar 18-May 6, 6:00PM- 8:00PM
\$46 Residents/\$69 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: 4RAE2006
(Section codes listed below)

Riverside RS01

Mon, Mar 17-May 5, 6:00PM-8:00PM
\$46 Residents/\$69 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: 4RAE2008
(Section codes listed below)

Beulah Brinton BN04

(Int.)
Thu, May 8-May 22, 6:15PM-8:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN03

(Beg.)
Wed, May 14-May 28, 6:30PM-8:30PM
\$19 Residents/\$29 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: 4RAE2026
(Section codes listed below)

Beulah Brinton BN02

Thu, Apr 10-Apr 24, 3:15PM-5:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN01

Thu, May 8-May 22, 3:15PM-5:15PM
\$19 Residents/\$29 Non-Residents

Abstract Painting with Melva*

Abstracts with Melva is a class designed for beginners and for seasoned artists by visual artist Melva. Come experience the inspiring development of abstract art. This class is more than lines and circles. Let the hands-on variety of projects and easy techniques challenge your imagination! A \$15 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 4RAE2029
(Section codes listed below)

Hamilton HA01

Wed, Apr 2-Apr 30, 6:00PM-8:00PM
\$25 Residents/\$38 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: 4RAE2032
(Section codes listed below)

Hamilton HA01

Sat, Mar 29, 1:00PM-3:00PM
\$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: 4RAE2033
(Section codes listed below)

Milwaukee Marshall MR01

Wed, Apr 30, 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: 4RAE2035
(Section codes listed below)

Hamilton HA01

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

Upcycling

NEW 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: 4RAE20368
(Section codes listed below)

Milwaukee Marshall MR01

Thu, Apr 3-May 22, 6:00PM-8:00PM
\$25 Residents/\$38 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: 4RAE2039
(Section codes listed below)

Milwaukee Marshall MR01

Sat, May 10, 1:00PM-3:00PM
\$45 Residents/\$68 Non-Residents



CATE'S COOKERY

Bastille Days Bash

Laissez les bons temps rouler (let the good times roll)! Join Cate for a celebration of French cuisine, featuring recipes from her 24 years of hosting French Cooking Demonstrations at Milwaukee's Bastille Days. Learn to make her Spinach and Feta Slam the Door Soufflé, along with a classic Salade Nicoise, a lighter French potato salad, and Red White and Blue Crepes to top it all off. Perfect for your Bastille Day festivities! Class fee includes food cost and is non-refundable.

Activity Code: 4RAE1950
(Section codes listed below)

Hamilton HA01

Sat, Apr 12, 12:00PM- 3:00PM
\$29 Residents/\$44 Non-Residents

Easy Peasy Summer Veggie Recipes

Join Cate for easy and fun summer recipes! Cate's Gazpacho is the easiest and most authentic, praised by Spanish tasters. You'll also make crispy, healthy Kale Chips, a Tangerine Candied Almond Salad that pairs with any meal, and a Provençale Ratatouille Cassoulet using fresh summer veggies. Finish with Cate's Mom's Peach Strudel—a simple, irresistible treat.

Activity Code: 4RAE1951
(Section codes listed below)

Hamilton HA01

Sat, May 10, 12:00PM- 3:00PM
\$29 Residents/\$44 Non-Residents

COOKING

Basic Soups From Scratch

In this 2 hour hands-on class, Annie Wegner LeFort from EatMoveMKE will show you how to make 3 soups: broth-based, cream-based, and pureed. She will also discuss how to make home-made bone or vegetable stock. All ingredients, supplies, and recipes are provided. Please bring an apron and a container to carry home leftovers.

Activity Code: 4R551617
(Section codes listed below)

OASIS (Ages 50 & up) 5501

Fri, Mar 14, 1:00PM- 3:00PM
\$25 Residents/\$38 Non-Residents

Food Preservation

In this introductory course (not hands-on) Certified Master Food Preserver, Annie Wegner LeFort will discuss the basics of safe home food preservation such as canning, freezing, drying, and fermenting. This is a great preliminary course for future food preservation classes. Handouts included. This is an instructional class only.

Activity Code: 4RAE1600
(Section codes listed below)

Beulah Brinton BN01

Wed, Jun 11, 5:00PM- 6:30PM
\$8 Residents/\$12 Non-Residents

Slovenia

After our popular Slovenia class, we're returning to explore new dishes! Slovenia boasts 24 gastronomic regions, offering a mix of castle, cottage, farmhouse, parsonage, and monastic cuisines. Traditional Slovene food is hearty and simple, with an emphasis on soups, stews, breads, dumplings, cheeses, honeys, and desserts. In this class, we'll make Dandelion Salad, Gobova Juha (mushroom soup), Red Steamed Cabbage, Jota (bean & beef stew), Goveji Golaz (beef goulash), and Palachink (crepes). Fee covers food costs and is non-refundable.

Activity Code: 4RAE2218
(Section codes listed below)

Riverside RS01

(Slovenia Revisited!)
Sat, Apr 26, 10:30AM- 1:30PM
\$25 Residents/\$37.50 Non-Residents



A Taste of Africa - Ethiopia

Ethiopia, the oldest independent country in Africa and the second oldest Christian nation after Armenia, has a history dating back to 980 BC. Despite many conflicts, it remains a proud, independent nation. Ethiopian cuisine is known for its "fasting days," when many Orthodox Christians eat vegan meals on Wednesdays, Fridays, and other special days. In this class, we'll use the spice blend Berbere to make Timatin Salata (salad), Atkilt Wat (cabbage dish), Gomen (greens), Mesir Wat (spicy lentils), Dora Wat (spicy chicken stew), and an Ethiopian dessert. Fees cover food costs and are non-refundable.

Activity Code: 4RAE2231
(Section codes listed below)

Riverside RS01

Sat, May 10, 10:30AM- 1:30PM
\$26 Residents/\$39 Non-Residents

Fried Chicken Meal

NEW Join our fried chicken class! Learn to make crispy chicken and sides. Fun for all! Fee includes food cost and is non-refundable.

Activity Code: 4RAE2240
(Section codes listed below)

Milwaukee Marshall MR01

Sat, Mar 15, 12:00PM- 3:00PM
\$29 Residents/\$44 Non-Residents

Lasagna Delight

NEW Learn to craft scrumptious layers of pasta, savory sauces, and melted cheese. Fee includes food cost and is non-refundable.

Activity Code: 4RAE2301
(Section codes listed below)

Milwaukee Marshall MR01

Sat, Apr 12, 12:00PM- 3:00PM
\$29 Residents/\$44 Non-Residents



Banana Pudding Dream

NEW Join us to master a classic dessert with fresh bananas, rich pudding, and whipped cream. Perfect for dessert lovers! Fee includes food cost and is non-refundable.

Activity Code: 4RAE2302
(Section codes listed below)

Milwaukee Marshall MR01
Sat, May 3, 12:00PM- 3:00PM
\$29 Residents/\$44 Non-Residents

Tasty Baked Chicken & Dressing

NEW Join us to make juicy baked chicken and tasty dressing from scratch. Fee includes food cost and is non-refundable.

Activity Code: 4RAE2303
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Apr 26, 12:00PM- 3:00PM
\$29 Residents/\$44 Non-Residents

Korean Cooking: Samgyeopsal Bokkeum (Spicy Korean Bacon)

Samgyeopsal consists of marinated and grilled pork belly served in a spicy sauce. It has become a very popular Korean dish within the last 30 years. Fee includes food cost and is non-refundable.

Activity Code: 4RAE2401
(Section codes listed below)

Hamilton HA01
Wed, Apr 2, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Culture: Bibimbap and Soy Paste Soup

Bibim guksu is a light and delicious cold noodle salad dish. It is seasoned with spicy, sweet and tangy Korean chili dressing. Fee includes food cost and is non-refundable.

Activity Code: 4RAE2406
(Section codes listed below)

Hamilton HA01
Wed, Apr 16, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents



Korean Cooking: Sugar-filled Pancake and Sweet Cinnamon Tea (Hotteok and su-juong gwa)

Hotteok are round, flat, sugar-filled pancakes. A flour batter is rolled into a ball and filled with crushed peanuts and brown sugar. As it is pan-fried, the ball is gradually flattened using a special metal utensil. Korean traditional tea, Su-Juong-Gwa, is sweet and healthy tea made of cinnamon and ginger. Class fee includes food cost and is non-refundable.

Activity Code: 4RAE2409
(Section codes listed below)

Hamilton HA02
Wed, Apr 30, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking: Kkak-Du-Gi (Diced Radish Kimchi) and Pa-Jeon (Green Onion Pancake)

Kkakdugi, a type of kimchi made with diced radish, is mixed with pepper powder, salt, minced garlic, ginger, green onions, and other ingredients. Young green onions are then mixed with flour batter and pan-fried. Popular in Korean restaurants globally. Fee includes food cost and is non-refundable.

Activity Code: 4RAE2419
(Section codes listed below)

Hamilton HA04
Wed, May 7, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking: Spicy Kimchi Pancake and Kimchi Fried Rice

Using sour kimchi, learners can make pancakes with various vegetables and seafood in a flour mixture. For Kimchi fried rice, the ingredients are steamed rice, sour Kimchi, meat, and green onions. Depending on your favorite, add beef, pork, tuna, sea food, or other meats. Class fee includes supply cost and is non-refundable.

Activity Code: 4RAE4465
(Section codes listed below)

Hamilton HA02
Wed, Apr 23, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

COOKING AND CANNING WITH ANNIE

Jams and Jellies

In this hands-on class, Master Food Preserver, Annie Wegner LeFort will teach you how to make jam from fresh fruit. She will discuss safety tips and share recipes. Please bring a small box or heat-proof bag to carry home a jar or two of jam.. Fee includes food cost and is non-refundable.

Activity Code: 4RAE9902
(Section codes listed below)

Beulah Brinton BN01
Wed, Jun 4, 5:00PM- 7:30PM
\$26 Residents/\$39 Non-Residents

COOKING BAKING FOREIGN FOODS

International Spring Salads

Come join us! Let's go around the world and make a variety of international salads including: Snezhanka (Bulgaria), Lyon (France), Salade Lyonnaise (Norway), Agurksalat (Poland), Salatka Wiosenna (Romania), and Srpska salata (Serbia). Fee includes food cost and is non-refundable.

Activity Code: 4RAE2267
(Section codes listed below)

Hamilton HA01
Mon, May 12, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Slovenia--It's All About The Crepes

Come join us as we make Crepes! They are delicate light pancakes that can be served with savory or sweet fillings. Crepes are one of the most popular foods in many parts of the world. We will be making 12 varieties of Crepes. Fee includes food cost and is non-refundable.

Activity Code: 4RAE2268
(Section codes listed below)

Hamilton HA01
Mon, Apr 21, 6:00PM- 8:00PM
\$24 Residents/\$36 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: 4RAE2807
(Section codes listed below)

Hamilton HA01
Sat, May 10, 10:00AM-11:30AM
\$8 Residents/\$12 Non-Residents

Riverside RS01
Sat, May 3, 10:00AM-11:30AM
\$8 Residents/\$12 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. Class is combined with youth class.

Activity Code: 4RAE2902
(Section codes listed below)

Riverside RS01
Sat, Mar 22-May 10, 11:00AM-12:00PM
\$25 Residents/\$38 Non-Residents

Ballroom Survival

When you attend a wedding or reunion, are you envious of the people gliding across the dance floor? Learn to waltz, fox-trot, cha-cha, etc., so that when the next song plays, you are the one sweeping others off their feet. Wear casual dress shoes.

Activity Code: 4RAE2904
(Section codes listed below)

Milwaukee Marshall MR01
Tue, Apr 1-May 20, 7:00PM- 8:00PM
\$22 Residents/\$33 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: 4RAE2912
(Section codes listed below)

Milwaukee Marshall MR01
Mon, Mar 31-May 19, 7:15PM- 8:15PM
\$25 Residents/\$38 Non-Residents

Hamilton HA01
Thu, Apr 3-May 29, 6:30PM- 7:30PM
\$22 Residents/\$33 Non-Residents

OASIS (Ages 50 & up) 5501
Tue, Mar 25-May 13, 1:00PM- 2:30PM
\$21 Residents/\$32 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: 4RAE2920
(Section codes listed below)

Riverside RS01
Mon, Mar 31-May 12, 7:00PM- 8:00PM
\$25 Residents/\$38 Non-Residents

FIBER ARTS

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: 4RAE1219
(Section codes listed below)

Hamilton HA01
Tue, Apr 1-May 20, 6:30PM- 8:30PM
\$46 Residents/\$69 Non-Residents

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: 4RAE1220
(Section codes listed below)

Hamilton HA01
Mon, Mar 31-May 19, 6:30PM- 8:30PM
\$19 Residents/\$29 Non-Residents

Knitting In The Round

Learn to knit creative hats using a plastic round loom. Materials needed are: plastic round loom, knitting loom hooks, 6 oz. of acrylic yarn, large eye dull point yarn needle, small scissors. Please bring material to every class. (Rectangular looms will not be used)

Activity Code: 4RAE1221
(Section codes listed below)

Hamilton HA01
Sat, Apr 12-May 10, 1:30PM- 3:00PM
\$12 Residents/\$18 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: 4RAE3406
(Section codes listed below)

Hamilton HA01
Sat, Apr 5, 10:00AM-12:00PM
\$9 Residents/\$14 Non-Residents

MacDowell JU01
Sat, May 3, 10:00AM-12:00PM
\$9 Residents/\$14 Non-Residents

Rent Smart

NEW 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: 4RAE3419
(Section codes listed below)

Hamilton HA01
Wed, Apr 2-May 14, 6:00PM- 7:30PM
\$42 Residents/\$28 Non-Residents

FITNESS

Zumba Gold®

Zumba® Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Join other older adults that want camaraderie, excitement, and fitness as a regular part of their weekly schedule.

50+ Activity Code: 4R553503
(Section codes listed below)

OASIS 5501
Mon, Mar 24-May 12, 10:15AM-11:15AM
\$19 Residents/\$29 Non-Residents

OASIS 5502
Thu, Mar 27-May 15, 10:15AM-11:15AM
\$19 Residents/\$29 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: 4R553504
(Section codes listed below)

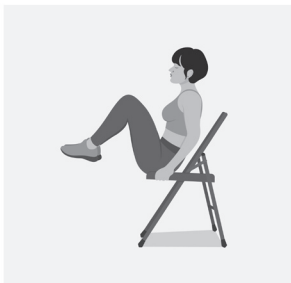
OASIS 5501
Tue, Mar 25-May 13, 1:00PM- 2:00PM
\$19 Residents/\$29 Non-Residents

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. OASIS membership required.

50+ Activity Code: 4R553508
(Section codes listed below)

OASIS 5501
(OASIS Membership Required. No class 4/18)
Mon/Wed/Fri, Mar 24-May 16, 9:00AM-10:00AM
FREE



Fit Over 50

Experience 'You CAN Do This' Fitness Class, focusing on dynamic muscle toning with stretching, cardio, strength training, and abs. Improve muscle tone, functional strength, and cardiovascular health with various equipment like light weights and Resist-a-Balls.

50+ Activity Code: 4R553511
(Section codes listed below)

Enderis Playfield EF01
Thu, Mar 27-May 15, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents

OASIS 5501
Wed, Mar 26-May 14, 12:30PM- 1:30PM
\$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, with adjustable movements.

50+ Activity Code: 4R553512
(Section codes listed below)

OASIS 5501
Tue, Mar 25-May 13, 9:45AM-10:45AM
\$19 Residents/\$29 Non-Residents

Building Strength

Get functional strength training and full body conditioning. This class provides opportunities to challenge all levels of fitness in addition to a 50+ level of fitness option by using a variety of equipment to create more mobility and strength for daily activities, as well as sculpt your entire body.

Activity Code: 4R553517
(Section codes listed below)

OASIS 5501
50+ Tue, Mar 25-May 13, 9:00AM- 9:50AM
\$17 Residents/\$26 Non-Residents

OASIS 5502
(Intermediate/Advanced)
Tue, Mar 25-May 13, 10:00AM-10:50AM
\$17 Residents/\$26 Non-Residents

OASIS 5503
50+ Thu, Mar 27-May 15, 11:00AM-11:50AM
\$17 Residents/\$26 Non-Residents

OASIS 5504
(Intermediate/Advanced)
Thu, Mar 27-May 15, 12:00PM-12:50PM
\$17 Residents/\$26 Non-Residents



Core Strength

Time to tighten your core, the most important part of your body for stabilization. In this class you will increase the strength and endurance of your core muscles and improve your balance.

Activity Code: 4R553518
(Section codes listed below)

OASIS 5501
50+ Tue, Mar 25-May 13, 11:00AM-11:30AM
\$11 Residents/\$17 Non-Residents

OASIS 5502
(Intermediate/Advanced)
Tue, Mar 25-May 13, 11:40AM-12:10PM
\$11 Residents/\$17 Non-Residents

OASIS 5504
50+ Wed, Mar 26-May 14, 12:45PM- 1:15PM
\$11 Residents/\$17 Non-Residents

OASIS 5505
(Intermediate/Advanced)
Thu, Mar 27-May 15, 1:00PM- 1:30PM
\$11 Residents/\$17 Non-Residents

OASIS 5503
50+ Fri, Mar 28-May 16, 10:45AM-11:15AM
(No class 4/18)
\$10 Residents/\$15 Non-Residents

Interval Training

This highly energetic class involves alternating bursts of intense activity with recovery periods. This is an efficient training method that helps to increase your cardiovascular intensity without burning yourself out. Advanced class.

Activity Code: 4R553519
(Section codes listed below)

OASIS 5501
Fri, Mar 28-May 16, 11:30AM-12:20PM
(No class 4/18)
\$15 Residents/\$23 Non-Residents

Bootcamp

This class is an introduction to an intense workout that will include strength, conditioning, speed work, balance, and plyometric drills. Watch your stamina and fitness level soar to new heights. Advanced class.

Activity Code: 4R553520
(Section codes listed below)

OASIS 5501
Fri, Mar 28-May 16, 9:00AM- 9:50AM
(No class 4/18)
\$15 Residents/\$23 Non-Residents

TRX

This revolutionary workout method uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core, and joint stability. This class will take you through a multitude of TRX exercises for your entire body.

Activity Code: 4R553521
(Section codes listed below)

OASIS 5502
Tue, Mar 25-May 13, 12:20PM-12:50PM
\$11 Residents/\$17 Non-Residents

OASIS 5503
Wed, Mar 26-May 14, 12:00PM-12:30PM
\$11 Residents/\$17 Non-Residents

OASIS 5501
Fri, Mar 28-May 16, 10:00AM-10:30AM
(No class 4/18)
\$10 Residents/\$15 Non-Residents

Drums Alive® Golden Beats

Experience the joy of rhythmic drumming designed for older adults! Energize your mind and body, enhance cardiovascular health, strength, flexibility, and mental awareness. Enjoy socialization and overall well-being in a fun, inclusive atmosphere. No experience necessary.

50+ **Activity Code: 4R553524**
(Section codes listed below)

OASIS 5501
Mon, Mar 24-May 12, 2:15PM- 3:15PM
\$19 Residents/\$29 Non-Residents

Chair Zumba® Gold

Chair Zumba® Gold offers a safe, fun environment for older adults. Stay active with Zumba beats and easy-to-follow moves, all done in a chair for extra support, ideal for those with mobility or balance challenges.

50+ **Activity Code: 4R553525**
(Section codes listed below)

OASIS 5501
Wed, Mar 26-May 14, 2:15PM- 3:15PM
\$19 Residents/\$29 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: 4RAE3501
(Section codes listed below)

Beulah Brinton BN01
Tue, Apr 1-May 20, 7:15PM- 8:15PM
\$29 Residents/\$44 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: 4RAE3502
(Section codes listed below)

Beulah Brinton BN01
Mon, Mar 31-May 19, 6:10PM- 7:10PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Wed, Apr 2-May 21, 6:00PM- 7:00PM
\$29 Residents/\$44 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: 4RAE3504
(Section codes listed below)

Hamilton HA01
Mon, Mar 31-May 19, 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: 4RAE3505
(Section codes listed below)

Beulah Brinton BN01
Tue, Apr 1-May 20, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Thu, Apr 3-May 22, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Sat, Apr 5-May 17, 9:15AM-10:15AM
\$26 Residents/\$39 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: 4RAE3508
(Section codes listed below)

Beulah Brinton BN01
Mon, Mar 31-May 19, 3:30PM- 4:30PM
\$29 Residents/\$44 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: 4RAE3509
(Section codes listed below)

Beulah Brinton BN01
Thu, Apr 3-May 22, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Sat, Apr 5-May 17, 8:00AM- 9:00AM
\$26 Residents/\$39 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: 4RAE3511
(Section codes listed below)

Beulah Brinton BN01
Mon, Mar 31-May 19, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Wed, Apr 2-May 21, 7:15PM- 8:15PM
\$29 Residents/\$44 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 \$10.00.

Activity Code: 4RAE3517
(Section codes listed below)

Milwaukee Marshall MR01
Tue, Apr 1-May 20, 6:30PM- 7:30PM
\$29 Residents/\$44 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: 4RAE3518
(Section codes listed below)

Riverside RS01
(Beg.)
Sat, Mar 22-May 10, 11:00AM-12:00PM
\$29 Residents/\$44 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: 4RAE3521
(Section codes listed below)

Beulah Brinton BN02

Wed, Apr 2-May 21, 7:35PM- 8:35PM
\$29 Residents/\$44 Non-Residents

Hamilton HA01

Thu, Apr 3-May 22, 6:00PM- 7:00PM
\$29 Residents/\$44 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: 4RAE3524
(Section codes listed below)

Beulah Brinton BN01

Mon, Mar 31-May 19, 5:00PM- 6:00PM
\$29 Residents/\$44 Non-Residents

Xtreme Hip Hop

Xtreme Hip Hop Step is a fun, energetic step aerobics and cardio fitness workout for all fitness levels, done while grooving to Hip Hop and R&B tunes that so many enjoy. Heart healthy, high calorie burn (400+) per 45-minute class.

Activity Code: 4RAE3533
(Section codes listed below)

Milwaukee Marshall MR01

Wed, Apr 2-May 21, 6:30PM- 7:15PM
\$25 Residents/\$38 Non-Residents

Women & Weights

Women & Weights is for all the ladies out there looking to get lean, toned and fit - quick! In this class, you will use light to moderate weights with lots of repetition in order to give you a total body workout. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 4RAE3535
(Section codes listed below)

Milwaukee Marshall MR01

Mon, Mar 31-May 19, 6:15PM- 7:00PM
\$23 Residents/\$35 Non-Residents

Yoga for Active Women Adventurers

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: 4RAE3537
(Section codes listed below)

Beulah Brinton BN01

Tue, Apr 1-May 20, 3:45PM- 4:45PM
\$29 Residents/\$44 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: 4RAE3542
(Section codes listed below)

Beulah Brinton BN01

Sun, Mar 30-May 18, 9:00AM-10:00AM
\$26 Residents/\$39 Non-Residents

Cooper CP01

Thu, Apr 3-May 22, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

Hamilton HA04

(Beg)
Thu, Apr 3-May 22, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

MacDowell JU02

Mon, Mar 17-Apr 21, 6:30PM- 7:30PM
\$73 Residents/\$110.50 Non-Residents

Milwaukee Marshall MR01

Mon, Mar 31-May 19, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

Yoga for Osteoporosis

Open to all, not just those managing osteoporosis. This class will explore the yoga approach to stronger bones and teach modifications to keep all poses safe for those with low bone density. Class is appropriate for beginners and experienced. Taught by Jill Schmid, RYT.

Activity Code: 4RAE3574
(Section codes listed below)

Beulah Brinton BN01

Wed, Apr 2-May 21, 1:40PM- 2:40PM
\$29 Residents/\$44 Non-Residents

Candlelight Slow Flow Yoga

This class will guide you through a gentle sequence aimed at improving strength and flexibility while decreasing stress and "mind clutter".

Activity Code: 4RAE3588
(Section codes listed below)

Beulah Brinton BN01

Mon, Jun 9, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Strong Flow Yoga

NEW 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: 4RAE3589
(Section codes listed below)

Beulah Brinton BN01

Wed, Apr 2-May 21, 4:30PM- 5:30PM
\$29 Residents/\$44 Non-Residents

Power Flow Yoga

Intermediate vinyasa with a focus on strength and toning. Taught by Annie Wegner LeFort, RYT.

Activity Code: 4RAE3595
(Section codes listed below)

Beulah Brinton BN01

Mon, Mar 31-May 19, 1:10PM- 2:10PM
\$29 Residents/\$44 Non-Residents

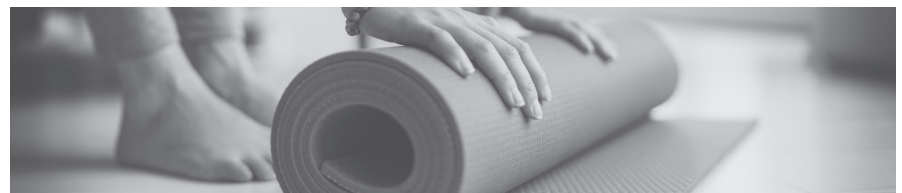
T'ai Chi & Qigong

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, with adjustable movements.

Activity Code: 4RAE3601
(Section codes listed below)

Hamilton HA01

Wed, Apr 2-May 21, 6:30PM- 7:30PM
\$29 Residents/\$44 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: 4RAE3602
(Section codes listed below)

Beulah Brinton BN01
(Beg.)
Tue, Apr 1-May 20, 12:15PM- 1:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
(Int.)
Tue, Apr 1-May 20, 1:25PM- 2:25PM
\$29 Residents/\$44 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: 4RAE3605
(Section codes listed below)

Beulah Brinton BN12
Sun, Mar 30-May 18, 9:00AM-10:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN01
Mon, Mar 31-May 19, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Mon, Mar 31-May 19, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Mon, Mar 31-May 19, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
Mon, Mar 31-May 19, 7:30PM- 8:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN05
Tue, Apr 1-May 20, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN06
Tue, Apr 1-May 20, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN07
Wed, Apr 2-May 21, 5:30PM- 6:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN08
Wed, Apr 2-May 21, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN09
Thu, Apr 3-May 22, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN10
Thu, Apr 3-May 22, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN11
Sat, Apr 5-May 17, 7:45AM- 8:45AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN20
Fri, Jun 6, 10:30AM-11:30AM
\$6 Residents/\$9 Non-Residents

Cooper CP01
Tue, Apr 1-May 20, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Gaenslen GS03
Wed, Mar 19-May 7, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Hamilton HA01
Mon, Mar 31-May 19, 6:00PM- 7:00PM
\$25 Residents/\$38 Non-Residents

MacDowell JU02
Sat, Mar 15-May 17, 10:15AM-11:15AM
\$29 Residents/\$44 Non-Residents

MacDowell JU03
Wed, Apr 2-May 21, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

MacDowell JU01
Mon, Mar 21-May 19, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Milwaukee Marshall MR01
Tue, Apr 1-May 20, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Riverside RS01
Tue, Mar 18-May 6, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Riverside RS02
Thu, Mar 20-May 8, 7:00PM- 8:00PM
\$29 Residents/\$44 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: 4RAE3606
(Section codes listed below)

Beulah Brinton BN10
Sun, Mar 30-May 18, 12:00PM- 1:00PM
\$26 Residents/\$39 Non-Residents

Beulah Brinton BN01
Mon, Mar 31-May 19, 12:00PM- 1:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Tue, Apr 1-May 20, 10:30AM-11:30AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Tue, Apr 1-May 20, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
Wed, Apr 2-May 21, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN05
Wed, Apr 2-May 21, 12:30PM- 1:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN06
Thu, Apr 3-May 22, 1:30PM- 2:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN07
Thu, Apr 3-May 22, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN08
Fri, Apr 4-May 23, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN09
Sat, Apr 5-May 17, 10:00AM-11:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN16
Fri, Jun 6-Jun 20, 8:00AM- 9:00AM
\$13 Residents/\$20 Non-Residents

Cooper CP01
Tue, Apr 1-May 20, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

MacDowell JU01
Sat, Mar 15-May 17, 9:00AM-10:00AM
\$29 Residents/\$44 Non-Residents

MacDowell JU03
Wed, Apr 2-May 21, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

MacDowell JU02
Mon, Mar 31-May 19, 7:10PM- 8:10PM
\$29 Residents/\$44 Non-Residents

Riverside RS01
Thu, Mar 20-May 8, 6:00PM- 7:00PM
\$29 Residents/\$44 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: 4RAE3607
(Section codes listed below)

Beulah Brinton BN02
Thu, Apr 3-May 22, 5:00PM- 6:00PM
\$29 Residents/\$44 Non-Residents

Gaenslen GS01
Wed, Mar 19-May 7, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Riverside RS01
Tue, Mar 18-May 6, 6:00PM- 7:00PM
\$29 Residents/\$44 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: 4RAE3614
(Section codes listed below)

Beulah Brinton BN01
(Slow Flow)
Tue, Apr 1-May 20, 2:30PM- 3:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
(Slow Flow)
Wed, Apr 2-May 21, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
(Slow Flow)
Fri, Apr 4-May 23, 9:15AM-10:15AM
\$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: 4RAE3619
(Section codes listed below)

Beulah Brinton BN01
Thu, Apr 3-May 22, 4:00PM- 5:00PM
\$29 Residents/\$44 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: 4RAE3628
(Section codes listed below)

Beulah Brinton BN01
Mon, Mar 31-May 19, 2:15PM- 3:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Thu, Apr 3-May 22, 10:30AM-11:30AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Fri, Apr 4-May 23, 12:00PM- 1:00PM
\$29 Residents/\$44 Non-Residents

Blindfold Yoga

Experience Blindfold Yoga for deeper pratyahara (sense control). Explore balance, interpretation of cues, and private practice. Slow flow style. Non-refundable class fee.

Activity Code: 4RAE3629
(Section codes listed below)

Beulah Brinton BN01
Mon, Jun 2, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

HEALTH AND WELLNESS

The Skinny on Fats & Your Heart

NEW

Confused about the different types of fats in food and how they affect your heart? Registered Dietitian, Heather Klug, from The Karen Yontz Women's Cardiac Awareness Center will review the four main types of fat in the foods we eat and how they each impact our heart. Tips will be provided for including healthy fats in a safe and healthy way to keep your heart in tip-top shape along with recipes that include heart-healthy fats.

Activity Code: 4RAE4188
(Section codes listed below)

Hamilton HA04
Tue, Apr 22, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Maximize Your Health With the Mediterranean Diet

NEW

The Mediterranean Diet is consistently hailed as one of the healthiest ways of eating. Extensive research shows it can help promote good health and longevity. Registered Dietitian, Heather Klug, from The Karen Yontz Women's Cardiac Awareness Center will:—^a Discuss the foods that make up the Mediterranean Diet—^a Explain health benefits of the Mediterranean Diet—^a Provide tips for creating a Mediterranean kitchen in your own home.

Activity Code: 4RAE4189
(Section codes listed below)

Hamilton HA04
Tue, May 13, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

5 Secrets to Permanent Weight Loss

Unlock the '5 secrets' for effective, permanent weight loss with insights into metabolism and hormones. Discover why fat isn't the enemy and the importance of real butter and eggs. Presented by Dr. John P. Corsi, D.C. of Chiropractic Company. Non-refundable class fee.

Activity Code: 4RAE4101
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Mar 19, 6:35PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Mudras and Meditation

Meditation is often synonymous with the image of someone sitting in the lotus position with their thumb and index finger touching. A mudra is a hand gesture or position used in meditation, asana, pranayama, and spiritual rituals to add depth to yoga or meditation practice. Please join us in this meditative journey.

Activity Code: 4RAE4104
(Section codes listed below)

Hamilton (Ages 18-99)..... HA01
Thu, May 1-May 8, 7:15PM- 8:15PM
\$9 Residents/\$14 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: 4RAE4106
(Section codes listed below)

Beulah Brinton BN01
Tue, Apr 1-May 20, 5:00PM- 5:30PM
\$16 Residents/\$24 Non-Residents

Minute Meditation and Reiki

Learn some simple techniques that will teach you to lower your heart rate in minutes and deal with everyday stress. In addition, you will be introduced to Reiki, the ancient 'healing art' that is based on the belief that spiritual energy emits out of the practitioner's hands to curve various physical and emotional ailments. Learn how to make these energy techniques work for you!

Activity Code: 4RAE4107
(Section codes listed below)

Hamilton HA01
Mon, Apr 10-May 29, 7:15PM- 8:15PM
\$25 Residents/\$38 Non-Residents

Natural Solutions to Stress

NEW

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: 4RAE20369
(Section codes listed below)

Milwaukee Marshall MR01

Wed, Apr 23, 6:35PM- 8:05PM
\$8 Residents/\$12 Non-Residents

Natural Solutions

Do you feel lightheaded when getting up quickly? Feel like the room is spinning? Do you get dizzy or off balance during daily activities? The focus will be on the causes, triggers and natural solutions for treating dizziness and vertigo. Class by Dr. John Corsi, D.C. Chiropractic Company. Class fee is non-refundable.

Activity Code: 4RAE4108
(Section codes listed below)

Milwaukee Marshall MR01

Tue, Apr 1, 6:35PM- 8:00PM
\$7 Residents/\$11 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: 4RAE4117
(Section codes listed below)

Hamilton HA01

Thu, Apr 10-Apr 17, 7:15PM- 8:15PM
\$6 Residents/\$9 Non-Residents

Fairy Gardens & Folklore

Uncover tales, myths, and folklore of fantastical creatures. Explore whether they're spirits or real. Design and plant your fairy garden. \$5 cash supply fee due at the first class. Non-refundable class fee. Embrace the enchantment!

Activity Code: 4RAE4119
(Section codes listed below)

Hamilton HA01

Tue, May 20, 6:00PM- 8:00PM
\$9 Residents/\$14 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: 4RAE4120
(Section codes listed below)

Hamilton HA01

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

Spring Herbs and Teas

Learn about herbs such as ginger and elderberry, their medicinal value and how they can help with addressing breathing concerns due to colds and flu. In addition learn how to make homemade "vaporub". Class fee is non-refundable.

Activity Code: 4RAE4140
(Section codes listed below)

Hamilton HA01

Tue, May 22, 6:00PM- 7:30PM
\$8 Residents/\$12 Non-Residents

Spring Cleaning (Naturally)

Get your Spring cleaning started with natural ingredients, many of which can already be found around the house. Vinegar, baking soda, essential oils are just some items that can be used for a bright, refreshing and natural household cleaning. Class fee is non-refundable.

Activity Code: 4RAE4141
(Section codes listed below)

Hamilton HA01

Sat, Apr 26, 12:30PM- 2:00PM
\$8 Residents/\$12 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: 4RAE4152
(Section codes listed below)

Hamilton HA01

Wed, Apr 9, 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: 4RAE4155
(Section codes listed below)

Hamilton HA01

Wed, Apr 2, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Introduction to Foot Reflexology

There are thousands of nerve endings in your feet! More Sensory Nerve endings per square inch than any other part of the body. We'll learn some basic techniques to bring comfort to your feet that may benefit your entire body! You can try some Reflexology tools before you invest. Class is taught by Gail Vella of Compassionate Reflexology.

Activity Code: 4RAE4156
(Section codes listed below)

Riverside HA01

Tue, Apr 29, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Relieve the Stress with Breathing and Movement Techniques

We all have something Stressors in our life can cause unhealthy living. Learn a few easy breathing, movement and other techniques to help relieve the stress and help support your health and shift negative thinking patterns. Gail V. CRR, RYT, RM will inspire and encourage you to understand that Energy is Everything and Energy follows Thought. Class fee is non-refundable

Activity Code: 4RAE4158
(Section codes listed below)

Hamilton HA02

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

5 Secrets to Lower your Blood Sugar

NEW

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: 4RAE4170
(Section codes listed below)

Milwaukee Marshall MR01

Tue, May 13, 6:35PM- 8:05PM
\$8 Residents/\$12 Non-Residents

Improv Your Brain

Yes, you read that correctly - improve your brainpower with Improv Comedy taught by Joe and Gail Vella. This class will encourage creative play and challenge your imagination. Not just good for comedy but for improving your critical thinking skills and feeling comfortable being put on the spot. Warning: Laughter will ensue! Wear loose clothing and bring a bottle of water

Activity Code: 4RAE4182
(Section codes listed below)

Hamilton HA01

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

HAPPY!

NEW

Gail Vella will encourage you to enjoy snappy synopsis, delightful dendrites and bountiful brain actions in this new class! You are a miracle! This class will focus on left brain and right brain exercises and activities! Bring water to drink and a clipboard if possible.

Activity Code: 4RAE4190
(Section codes listed below)

Hamilton HA01

Tue, Apr 1, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Your Amazing Brain!

NEW

Aging happens; you are never younger than you are at this moment. Join us to increase your level of awareness about your brain and learn some fun and easy energy exercise practices that will empower you! Gail V. Reflexologist, Yoga Teacher and Reiki Master is your guide.

Activity Code: 4RAE4191
(Section codes listed below)

Hamilton HA01

Tue, Apr 15, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

LANGUAGE SKILLS

Spanish

Learn appropriate Spanish words for: greetings, health, household, daily activities, weather, and much more. The textbook used for the class is 'Spanish made Simple' and can be purchased for \$14 on the first day of the class. This class includes a FREE registration for the "Language Exchange" class (10:30am-11:30am).

50+ **Activity Code: 4R554401**
(Section codes listed below)

OASIS 5501

(Beginner)
Wed, Mar 26-May 14, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents

OASIS 5502

(Intermediate)
Wed, Mar 26-May 14, 12:30PM- 1:30PM
\$19 Residents/\$29 Non-Residents

English as a Second Language

In this beginning ESL (English as a Second Language) course, students will improve their English listening, speaking, reading, and writing skills. Activities will focus on developing the vocabulary, pronunciation and grammar needed in everyday interactions. Spanish will be used for the clarification of grammar and pronunciation differences. This class includes a free registration for the language exchange class (10:30am-11:30am).

50+ **Activity Code: 4R554402**
(Section codes listed below)

OASIS 5501

Wed, Mar 26-May 14, 9:00AM-10:30AM
\$27 Residents/\$41 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.

50+ **Activity Code: 4R554403**
(Section codes listed below)

OASIS 5501

Wed, Mar 26-May 14, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Sign Language

This language class focuses on finger spelling, vocabulary, non-verbal expressive skills and sentence structure.

Activity Code: 4RAE4407
(Section codes listed below)

Beulah Brinton BN02

Mon, Mar 31-May 19, 6:30PM- 7:30PM
\$25 Residents/\$38 Non-Residents

Italian Language Survival Skills

Learn survival skills to navigate your dream trip to Italy! In this class, participants will learn basic conversational skills. You will also receive very useful tips and advice on how to enjoy the Italian culture. My curriculum and Italian Language textbook extracts are included.

Activity Code: 4RAE4411
(Section codes listed below)

MacDowell JU01

(Beg.)
Mon, Mar 17-May 12, 6:00PM- 7:30PM
\$36 Residents/\$54 Non-Residents

Spanish Conversation

Master essential Spanish communication for professions and travel. Learn pronunciation, grammar, reading, writing, and conversation. Textbook available for \$14 (cash or check) on the first day. Level 2 and 3 Spanish Conversation require basic Spanish knowledge..

Activity Code: 4RAE4801
(Section codes listed below)

Riverside RS01

(Level 1)
Mon, Mar 17-May 5, 6:00PM- 7:30PM
\$36 Residents/\$54 Non-Residents

Riverside RS02

(Level 2)
Mon, Mar 17-May 5, 7:30PM- 9:00PM
\$36 Residents/\$54 Non-Residents

Riverside RS03

(Level 3)
Tue, Mar 18-May 6, 6:00PM- 7:30PM
\$36 Residents/\$54 Non-Residents

English - Spanish
Hello - Hola
Please - Por Favor
Welcome - Bienvenido
Thanks - Gracias
Goodbye - Adios

LOW INTENSITY FITNESS

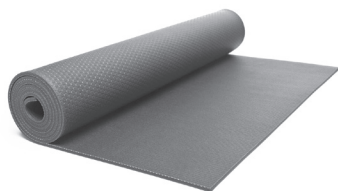
Yin Yoga

Experience deep stretching in this class with poses held for 2-7 minutes. Enhance flexibility in fascia/connective tissue, reducing pain, stress, and anxiety. Improve overall well-being. Bring a blanket or towel; blocks and straps are provided.

Activity Code: 4RAE3617
(Section codes listed below)

Beulah Brinton BN01
Tue, Apr 1-May 20, 8:00AM-9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Sat, Apr 5-May 17, 8:55AM-9:55AM
\$26 Residents/\$39 Non-Residents



MARTIAL ARTS

Judo

Judo or 'gentle way/technique' focuses on manipulating an opponent's force against him/her rather than confronting it with one's own force. Join us to learn about judo under personalized instruction that focuses on technique and tradition. This course is affiliated with the USJA and USMA. Please wear clothes without buttons or metal. Class is combined with youth class.

Activity Code: 4RAE4501
(Section codes listed below)

MacDowell JU01
Mon, Mar 31-May 19, 6:30PM-7:30PM
\$25 Residents/\$38 Non-Residents

MacDowell JU02
(ADVANCED ONLY)
Mon, Mar 31-May 19, 7:30PM-8:30PM
\$29 Residents/\$44 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: 4RAE4503
(Section codes listed below)

Hamilton (Ages 15 & up) HA01
Mon/Wed, Mar 31-May 21, 6:00PM-7:00PM
\$46 Residents/\$69 Non-Residents

Hamilton (Ages 15 & up) HA02
Tue/Thu, Apr 1-May 22, 7:10PM-8:00PM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall (Ages 15 & up) MR01
Mon, Mar 31-May 19, 6:00PM-7:00PM
\$25 Residents/\$38 Non-Residents

Milwaukee Marshall MR02
Wed, Apr 2-May 21, 6:00PM-7:00PM
\$25 Residents/\$38 Non-Residents

Riverside (Ages 15 & up) RS01
(Beg. white-yellow belts, combined with youth class)
Mon/Wed, Mar 17-May 7, 6:15PM-7:00PM
\$46 Residents/\$69 Non-Residents

Riverside (Ages 15 & up) RS05
(Int./Adv., Blue-Black Belts)
Mon/Wed, Mar 17-May 7, 7:00PM-8:00PM
\$52 Residents/\$78 Non-Residents

Riverside (Ages 15 & up) RS04
(All ranks and ages)
Sat, Mar 22-May 10, 11:45AM-12:30PM
\$24 Residents/\$36 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: 4RAE4504
(Section codes listed below)

MacDowell (Ages 14 & up) JU01
Wed, Mar 19-May 14, 7:00PM-8:00PM
\$25 Residents/\$38 Non-Residents

MUSIC

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: 4RAE4602
(Section codes listed below)

Beulah Brinton BN01
Fri, Apr 4-May 23, 7:15PM-8:15PM
\$25 Residents/\$38 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: 4RAE4603
(Section codes listed below)

Beulah Brinton BN01
Fri, Apr 4-May 23, 6:00PM-7:00PM
\$25 Residents/\$38 Non-Residents

Guitar

This class focuses on basic chords, note reading, different strumming techniques, and guitar maintenance. Please see website for differences between beginner and advanced classes. All classes are taught by Mr. D. Youth and adult courses are combined. Must bring your own guitar.

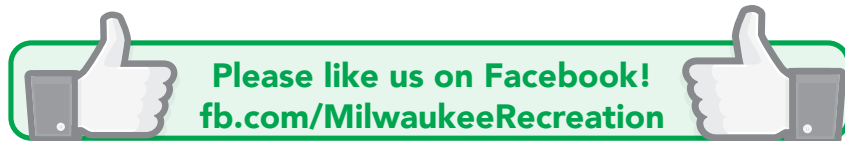
Activity Code: 4RAE4604
(Section codes listed below)

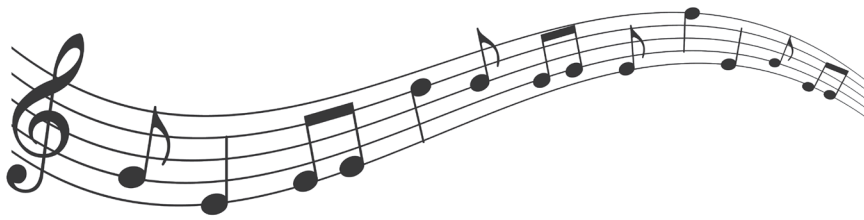
Beulah Brinton BN01
(Beg.)
Sat, Apr 5-May 17, 2:00PM-3:30PM
\$32 Residents/\$48 Non-Residents

Hamilton HA01
(Beg.)
Thu, Apr 3-May 22, 6:00PM-7:30PM
\$36 Residents/\$54 Non-Residents

Riverside RS01
(Beg. Semi-Private)
Mon, Mar 17-May 5, 6:30PM-8:00PM
\$83 Residents/\$125 Non-Residents

Riverside RS02
(Adv. Semi-Private)
Mon, Mar 17-May 5, 8:15PM-9:00PM
\$47 Residents/\$71 Non-Residents





Piano

Beg. level courses will give beginning piano enthusiasts an introduction to the keyboard. Int. level courses will help take you to the next level. Keys, scales, chords, and melodies will be covered in all classes. Keyboards will be provided. Classes are taught by Mr. D. Youth and adult courses are combined.

Activity Code: 4RAE4607
(Section codes listed below)

Beulah Brinton BN01
(Beg.)
Sat, Apr 5-May 17, 10:30AM-12:00PM
\$32 Residents/\$48 Non-Residents

Beulah Brinton BN02
(Int.)
Sat, Apr 5-May 17, 12:15PM- 1:45PM
\$32 Residents/\$48 Non-Residents

Hamilton HA01
(Beg.)
Wed, Apr 2-May 21, 6:00PM- 7:30PM
\$25 Residents/\$38 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: 4RAE4608
(Section codes listed below)

Beulah Brinton BN01
Sat, Apr 5-May 17, 4:00PM- 6:00PM
\$41 Residents/\$62 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: 4RAE4609
(Section codes listed below)

Hamilton HA01
Thu, Apr 3-May 22, 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: 4RAE4611
(Section codes listed below)

Hamilton HA01
Tue, Apr 1-May 20, 6:00PM- 7:00PM
\$25 Residents/\$38 Non-Residents

Ukulele For You

This class is for anyone interested in learning to play the ukulele along with those who want to expand their ukulele repertoire. Our "music master" Mr. D., will teach you basic chords and strums and comfortably guide you into select musical genres. Grab a uke or dust off the one in your closet and join us!

Activity Code: 4RAE4620
(Section codes listed below)

Hamilton HA01
(Class is combined with youth class)
Wed, Apr 2-May 21, 7:45PM- 8:45PM
\$25 Residents/\$38 Non-Residents

Yoko Ono - Artist, Icon, Messenger, Muse

Explore Yoko Ono in this interactive class as we take a deep dive into her life and artistry. Yoko has been a creator on the cutting edge. A leader in the participatory art movement of the 1960s, Yoko captured the heart and imagination of John Lennon, and together they inspired a generation. Class is taught by Christina Lucchesi.

Activity Code: 4RAE4650
(Section codes listed below)

Beulah Brinton BN01
Sat, May 10-May 17, 12:15PM- 1:30PM
\$10 Residents/\$15 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: 4RAE4907
(Section codes listed below)

Milwaukee Marshall MR01
Tue, Apr 1-May 20, 6:00PM- 8:00PM
\$10 Residents/\$15 Non-Residents

OUTDOOR EDUCATION

Backyard Birding

Birdwatching is a fulfilling hobby that stimulates the mind, body, and spirit. Our naturalist will teach basic identification skills and how to use a field guide. You don't need to be an expert—just take walks in bird-friendly areas or create a welcoming space at home to start enjoying the hobby. This class is free to OASIS Members (annual membership fee is \$15/Res and \$25/Non-Res).

50+ Activity Code: 4R555007
(Section codes listed below)

Hawthorn Glen 5501
Thu, Apr 24, 12:45PM- 2:15PM
\$5 Residents/\$8 Non-Residents

Urban Gardening

Gardens can provide healthy food, exercise and a sanctuary for people and our urban wildlife. Join us as we plant vegetables and flowers in the courtyard of the OASIS. Class fee is non-refundable and not eligible for reduced fees. This class is free to OASIS Members (annual membership fee is \$15/Res and \$25/Non-Res).

50+ Activity Code: 4R555011
(Section codes listed below)

OASIS 5501
Wed, Mar 26-May 14, 10:30AM-12:30PM
\$11 Residents/\$17 Non-Residents



Spring Ride with Melissa Cook on the Hank Aaron State Trail

The Friends of Hank Aaron State Trail invite you to kick off the spring season for 2025! This is a fun, family-friendly, leisurely ride that will be 12 miles. Questions? Contact info@hankaaron-statetrail.org.

Activity Code: 4RAE5016
(Section codes listed below)

**Menomonee Valley
Community Park** RS01
Sun, May 4, 2:00PM- 4:00PM
FREE



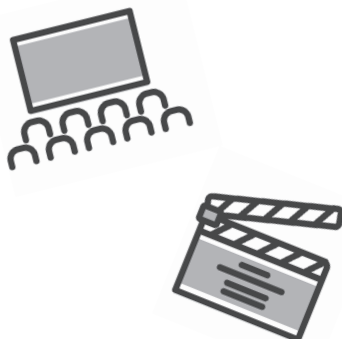
PERFORMING ARTS

Intro to Acting/Community Theater

Explore your abilities to imagine, create, and present with this beginner acting class. Learn the basic skills, concepts, and methods of acting. Develop articulation and timing as you work through scenes and build confidence as you perform with your peers. Blocking, memorization, and costume creation will also be covered.

Activity Code: 4RAE5301
(Section codes listed below)

MacDowell JU01
Thu, Apr 3-Apr 24, 6:00PM- 7:30PM
\$32 Residents/\$48 Non-Residents



PERSONAL SKILLS

You Have Pictures in Your Camera - Now What?

Organize and save your multitude of pictures! Learn techniques for managing photos from cameras and smartphones, transferring to external devices and 'the Cloud' in this two-hour seminar with instructor C.T. Kruger. Non-refundable class fee.

Activity Code: 4RAE5402
(Section codes listed below)

Hamilton HA03
Thu, May 29, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Herbs, Crystals, and Stones

Discover the benefits of the top 10 herbs and the significance of rocks in love, success, happiness, and health. Explore ancient folklore and practical applications. \$5 cash supply fee due at class. Non-refundable class fee.

Activity Code: 4RAE5405
(Section codes listed below)

Hamilton HA01
Thu, May 15, 7:15PM- 8:15PM
\$6 Residents/\$9 Non-Residents



No Power Tools Necessary (Basic Home Repairs)

Learn DIY electrical repairs. Identify tasks you can handle and when to call a professional. Hands-on class covers switch replacement, outlet updates, and light fixture installation. Cost includes tools to take home. Taught by certified instructor Brian Hunt with 15+ years of experience. Non-refundable class fee.

Activity Code: 4RAE5412
(Section codes listed below)

Hamilton HA03
Sat, Apr 12, 9:00AM-11:00AM
\$50 Residents/\$75 Non-Residents

Riverside RS04
Sat, Apr 12, 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: 4RAE5422
(Section codes listed below)

Hamilton HA01
Thu, May 15, 6:30PM- 8:30PM
\$12 Residents/\$18 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: 4RAE5423
(Section codes listed below)

Hamilton HA02
Thu, May 22, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Felted Glycerin Soap Making

The first class you will make two glycerin soap bars. In the second class you will learn how to cover them in wool roving. This soap will exfoliate your skin. A \$7 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 4RAE5424
(Section codes listed below)

Hamilton HA01
Wed, May 14-May 21, 6:30PM- 8:30PM
\$13 Residents/\$20 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: 4RAE5432
(Section codes listed below)

Hamilton HA02
Tue, Apr 15, 6:00PM- 8:00PM
\$17 Residents/\$14 Non-Residents

Hamilton HA01
Wed, Apr 23, 6:00PM- 8:00PM
\$17 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: 4RAE5440
(Section codes listed below)

Hamilton HA02
Tue, Apr 22, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents



Cutting the Cords-Controlling Cable and Internet Costs

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: 4RAE5443
(Section codes listed below)

Hamilton HA02
Thu, May 8, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Foster Care in our Community

The foster care crisis in our community is growing. This free virtual course is being offered so that participants can walk away understanding more about the foster care system, ways that they can consider helping, and the role of trauma in children in families' lives. Participants will be sent a link in advance of the class. Course is taught by Teresa Cocker, Chief Program Officer at Norris.

Activity Code: 4RAE5445
(Section codes listed below)

Online VR01
Wed, Apr 9, 6:00PM- 7:00PM
FREE

Online VR02
Wed, Apr 23, 6:00PM- 7:00PM
FREE

Online VR03
Wed, May 14, 6:00PM- 7:00PM
FREE

Online VR04
Wed, May 28, 6:00PM- 7:00PM
FREE

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: 4RAE5470
(Section codes listed below)

Obama CT01
Thu, Mar 20-May 15, 5:30PM- 7:00PM
\$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: 4RAE5473
(Section codes listed below)

Hamilton (Ages 16 & up) HA01
Sat, Apr 5-Apr 19, 10:00AM-12:00PM
\$19 Residents/\$29 Non-Residents

PROFESSIONAL SKILLS

Tongue Tied to Top Notch (Intro to Public Speaking)

You have just been asked to give a presentation...now what? Do you get weak in the knees or break into a cold sweat at the mere thought of standing up in front of a group? Rest assured, you are not alone. Despite how it feels, public speaking is not fatal. Three out of four people have some level of speech anxiety. Join us in this 2 hour introductory workshop and begin your path to being more confident with your presentation skills. Class fee is non-refundable.

Activity Code: 4RAE1405
(Section codes listed below)

Hamilton HA01
Tue, Apr 8, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Hamilton HA02
Tue, Apr 29, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

US Citizen Preparation

Are you ready to become a US Citizen? This 4 session course will help prepare you to take each section of the US Citizenship test by covering such topics as Civics, US government, History and Geography. The class will also include general on what to expect at the interview including how to prepare for general questions.

Activity Code: 4RAE1415
(Section codes listed below)

Hamilton HA01
Wed, May 3-May 24, 6:30PM- 7:30PM
\$13 Residents/\$20 Non-Residents

SPORTS AND RECREATION

Pickleball

Discover why pickleball is America's fastest-growing sport! Join our friendly group for open play, suitable for all levels. Basic instruction available. BYO paddle or borrow one. No formal instruction, but true beginners are encouraged to take an introductory course prior. Sorry, no drop-ins.

Activity Code: 4R550101
(Section codes listed below)

Morse MS01
(Open Play - sorry, no drop-ins)
Thu, Apr 3-May 15, 6:30PM- 9:00PM
\$18 Residents/\$27 Non-Residents

Pulaski PK01
(Open Play - sorry, no drop-ins, no class 4/19)
Sat, Mar 29-May 10, 9:00AM-12:00PM
\$18 Residents/\$27 Non-Residents

Pulaski PK02
(Open Play - sorry, no drop-ins)
Wed, Apr 2-May 14, 6:30PM- 9:00PM
\$18 Residents/\$27 Non-Residents

30+ Basketball

Enjoy a good workout and great competition in this open basketball play for people 30 years and over. Teams will be formed each night. Do not bring children under 12 years old; supervision will not be provided. Fee is based on 1.5 hours of play per night.

Activity Code: 4RAE6201
(Section codes listed below)

Beulah Brinton (Ages 30 & up) BN01
Mon, Apr 7-Jun 16, 6:00PM- 8:30PM
\$44 Residents/\$66 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: 4RAE6204
(Section codes listed below)

Milwaukee Marshall MR01
(Beginner Class.)
Sat, Mar 15-May 17, 8:45AM- 9:45AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR02
(Int.)
Sat, Mar 15-May 17, 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: 4RAE6205
(Section codes listed below)

Milwaukee Marshall MR01
Tue, Apr 1-May 20, 7:35PM- 9:05PM
\$34 Residents/\$51 Non-Residents

Golf Lessons

Don't know the difference between a wood and an iron, a green and fairway? Learn the very basics of golf including how the game is played, terminology, proper grip, stance and swing. Participants can use their own clubs or clubs can be provided if requested in advance of the first class.

Activity Code: 4RAE6212
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Mar 15-May 17, 3:00PM- 4:00PM
\$25 Residents/\$38 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: 4RAS1109
(Section codes listed below)

Bradley Tech (Ages 17-30) MT03
Mon/Wed, Mar 19-May 28, 7:00PM-11:59PM
FREE

Obama (Ages 17-30) CT01
Tue/Thu, Mar 18-May 27, 7:00PM-11:59PM
FREE



COMMUNITY WELLNESS

Attention Renters: FREE Know Your Rights Workshop

Legal Action of Wisconsin attorneys will present information about your rights and responsibilities as a tenant, whether you live in market-rate or subsidized (such as Section 8) housing. They will address any general housing concerns from attendees, time permitting. Bring your housing documents and questions!

50+ Activity Code: 4R559001
(Section codes listed below)

OASIS 5501
Thu, Mar 20, 1:00PM- 2:30PM
FREE

OASIS 5502
Thu, Apr 17, 1:00PM- 2:30PM
FREE

ACTIVE OLDER ADULTS

50+ Skywaukee Tour with Historic Milwaukee

Explore downtown Milwaukee indoors via the skywalk system, discover local landmarks, Indigenous history, key figures and events, and the transformation of the Grand Avenue Mall into the Third Street Market Hall and The Avenue. Meet at 1:00pm at the Plankinton Statue in the Grand Avenue Mall lobby.

50+ Activity Code: 4R550004
(Section codes listed below)

Grand Ave. Mall 5501
Fri, Apr 11, 1:00PM- 3:00PM
\$15 Residents/\$23 Non-Residents

50+ Field Trip to the Ice Age Trail in Hartland

Join us for a field trip to the Ice Age Trail in Hartland! We'll meet at the Hartland Public Library, hike the paved trail, hear from a DNR Educator, and enjoy a picnic lunch at a local park. Bring your own lunch and beverage. Registrants must have transportation to and from the meeting point (Hartland Public Library).

50+ Activity Code: 4R550005
(Section codes listed below)

OASIS 5501
Fri, May 16, 10:00AM- 1:00PM
\$4 Residents/\$6 Non-Residents

SPRING 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.

SPRING/SUMMER SOFTBALL LEAGUES

Play 1 night/week in our men's and coed softball leagues. All leagues are 14 weeks unless noted. 14-week league play starts the week of April 21 and 10-week league play starts the week of May 5. Team registration only. Team registration fee for 14-week leagues is \$450 (resident) and \$500 (non-resident). Team registration fee for 10-week leagues is \$395 (resident) and \$445 (non-resident).

SPRING/SUMMER KICKBALL LEAGUES

Play 1 night/week in our coed kickball leagues. Spring league play starts the week of April 21 and runs for 8 weeks. Summer league play starts the week of June 23 and runs for 8 weeks. Team registration fee is \$307 (resident) and \$357 (non-resident).

SPRING VOLLEYBALL LEAGUES

Play 1 night/week in our women's (Tuesdays) coed (Wednesdays) volleyball leagues at Wedgewood. League play starts the week of April 22 and runs for 6 weeks. Team registration only. Team registration fee is \$252 (resident) and \$302 (non-resident).

SPRING FUTSAL LEAGUES

Play 1 night/week in our coed social futsal league. League play starts Thursday, April 25 and runs for 6 weeks. Team registration fee is \$250 (resident) and \$300 (non-resident).



SUMMER MEN'S AND WOMEN'S BASKETBALL LEAGUES

Play 1 night/week in our men's or women's basketball leagues. League play starts the week of June 2 and runs for 6 weeks. Team registration fee is \$307 (resident) and \$357 (non-resident).

SPRING/SUMMER COED GOLF LEAGUES

Play 1 night/week in our coed golf leagues. Spring leagues are on Saturdays or Sundays at various Milwaukee County Parks golf courses. Summer leagues are Mondays, Tuesdays, Wednesdays, or Thursdays at various Milwaukee County Parks golf courses. Spring league play starts the weekend of April 19 and runs for 6 weeks. Summer league play starts the week of June 2 and runs for 8 weeks. Team and individual registration available.

SUMMER SOCCER LEAGUES

Play 1 night/week in our men's or coed social soccer leagues. League play starts the week of June 2 and runs for 6-8 weeks. Team registration fee is \$330 (resident) and \$380 (non-resident).

SUMMER ABOVE PAR GOLF INSTRUCTION

Lessons are 1 night/week (Mondays or Tuesdays) at Hansen Golf Course. Lessons start the week of June 2 and run for 6 weeks. Registration fee is \$21 (resident) and \$31.50 (non-resident).

INDIVIDUAL PLAYERS/FREE AGENTS

Are you interested in playing in Milwaukee Recreation's Adult Sports leagues but don't have a team to play on? You can register as a free agent and be placed onto a team! If we have enough interested free agents, we can even create a team of free agents. There is no cost to sign up as a free agent; you will only be charged once your spot on a team is confirmed. Each sport has its own free agent registration. Registration is only open in the sports offered in the current or upcoming seasons. Visit the Adult Sports Free Agents page at mkerec.net/adultsports

WANTED: OFFICIALS FOR ADULT LEAGUES

If you have experience officiating adult basketball, flag football, kickball, soccer, softball, or volleyball we need you! Do you want to officiate but don't have much experience or would like a refresher? We offer crash course trainings for many of our sports, with volleyball and soccer in particular this Spring! If you are interested, please contact the Adult Sports Office at 414.647.6046 or adultsports@mkerec.net

WANTED: PART TIME FIELD ATTENDANTS, BUILDING STAFF, AND MONITORS FOR ADULT LEAGUES

If you have interest in working in the evenings during the week for our indoor or outdoor sports as a field attendant, building monitor/director, or event staff, please contact Brent Landon @ 414.647.3858. Hours are typically between 5:30 PM – 10:00 PM Monday-Thursday.

THERAPEUTIC RECREATION

Splash, Splash, Open Swim

Join Open Swim with your family member/friend/aid. Swimmers must be at least 3 years of age. All participants are REQUIRED to have assistance in the water from a household member or guardian (age 16 or older). Upon request, an instructor (if available) can assess participants in the water to see if the required, in-water, assistance can be waived. Participants provide their own towel, suit, & swim cap. Children 5 years of age & under may accompany their parent/guardian/aid in the locker room. Swimmers ages 6 & above should use the locker rooms that correspond with their gender identity. Swimmers who need assistance in the locker room must provide their own attendant. All participants who will be in the water MUST enroll.

Activity Code: 4RTR0501
(Section codes listed below)

Gaenslen (Ages 3 & up) GS01
(No swim 4/18.)

Fri, Apr 4-May 30, 5:35PM- 6:25PM
FREE

Alley Cats

Bowl with family & friends! All bowlers must register. Weekly fee \$8 (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: 4RTR6601
(Section codes listed below)

AMF West (Ages 6 & up).....AM01
Thu, Apr 3-May 15, 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: 4RTR6602
(Section codes listed below)

Hamilton (Ages 10 & up) HA01
Wed, Apr 2-May 14, 7:30PM- 8:30PM
\$17 Residents/\$26 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: 4RTR6604
(Section codes listed below)

OASIS 5501
(No program April 18.)
Fri, Apr 4-May 16, 4:30PM- 5:30PM
\$15 Residents/\$23 Non-Residents

Culture Cafe

Culture Cafe has been a long time favorite cooking class and one you don't want to miss! Join us as we cook and enjoy delicious dishes from all over the world in addition to learning fun facts about the countries they originate from. A \$10 (cash only) supply fee is due at the first class. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6605
(Section codes listed below)

Hamilton (Ages 10 & up) HA01
Thu, Apr 3-May 15, 7:00PM- 8:30PM
\$24 Residents/\$36 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: 4RTR6606
(Section codes listed below)

OASIS (Ages 13 & up) 5501
(No program April 18.)
Fri, Apr 4-May 16, 5:30PM- 7:30PM
\$27 Residents/\$41 Non-Residents

Friday Night Combo with Boot Camp!

Our Friday Night Combo with Boot Camp includes TR Boot Camp, Diner's Club, and Moviers & Shakers. 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: 4RTR6607
(Section codes listed below)

OASIS (Ages 13 & up) 5501
(No program April 18.)
Fri, Apr 4-May 16, 4:30PM- 9:00PM
\$56 Residents/\$84 Non-Residents

Friday Night Combo with Computers!

Our Friday Night Combo with Computers includes Computer Club, Diner's Club, and Moviers & 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: 4RTR6608
(Section codes listed below)

OASIS (Ages 13 & up) 5501
(No program April 18.)
Fri, Apr 4-May 16, 4:30PM- 9:00PM
\$56 Residents/\$84 Non-Residents

Friday Night Combo with Games!

Our Friday Night Combo with Games includes Game & Card Night, Diner's Club, and Moviers & 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: 4RTR6609
(Section codes listed below)

OASIS (Ages 13 & up) 5501
(No program April 18.)
Fri, Apr 4-May 16, 4:30PM- 9:00PM
\$56 Residents/\$84 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: 4RTR6610
(Section codes listed below)

OASIS (Ages 10 & up) 5501

(No program April 18.)
Fri, Apr 4-May 16, 4:30PM- 5:30PM
\$15 Residents/\$23 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: 4RTR6611
(Section codes listed below)

Hamilton (Ages 10 & up) HA01

Thu, Apr 3-May 15, 6:00PM- 7:00PM
\$17 Residents/\$26 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: 4RTR6612
(Section codes listed below)

OASIS (Ages 13 & up) 5501

(No program April 18.)
Fri, Apr 4-May 16, 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: 4RTR6613
(Section codes listed below)

Hamilton (Ages 10 & up) HA01

Wed, Apr 2-May 14, 6:00PM- 7:30PM
\$24 Residents/\$36 Non-Residents

Sunday Fab 3

Ready to end your weekend with a bit of Milwaukee fun! We have planned 3 different exciting Sunday outings. Join as many as you like. It is sure to be a great time!! Program registration fee is nonrefundable. Fee does not include weekly cost of each event. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

Activity Code: 4RTR6614
(Section codes listed below)

Various (Ages 13 & up)..... VL01

(Event details including locations and times will be e-mailed at a later date. Fab 3 dates: 4/13, 4/27, & 5/18)

Sun, Apr 13-May 18, TIME VARIES
\$8 Residents/\$12 Non-Residents

Sunday Movie Madness

Various Sundays, we will enjoy a movie at South Shore Cinema. You will be notified by email of specific movies & times. The one-time \$8 registration fee does not include the cost of the movie. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RTR6615
(Section codes listed below)

South Shore Cinema (Ages 13 & up) ...VL01

(Movie & times will be e-mailed the Friday before each movie. Sunday Movie dates: 4/6 & 5/4)

Sun, Apr 6-May 4, TIME VARIES
\$8 Residents/\$12 Non-Residents

Super Saturday

Are you ready to have a Super Saturday?! Every Saturday afternoon we will have new and exciting things to do! From creating fantastic art projects and delicious snacks to exciting gym activities, there's something for everyone to enjoy! Don't forget the awesome field trips and special events we will have planned as well! This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6616
(Section codes listed below)

Manitoba (Ages 6-99) MB01

(No programs April 19.)
Sat, Apr 5-May 17, 12:30PM- 4:00PM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall (Ages 6-99)... MR01

(No programs April 19.)
Sat, Apr 5-May 17, 12:30PM- 4:00PM
\$46 Residents/\$69 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: 4RTR6617
(Section codes listed below)

OASIS (Ages 13-99) 5501

(No program April 18.)
Fri, Apr 4-May 16, 4:30PM- 5:30PM
\$15.00 Residents/\$23.00 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: 4RTR6618
(Section codes listed below)

Hamilton (Ages 10-99)..... HA01

(Let's Get Moving & Culture Cafe.)
Thu, Apr 3-May 15, 6:00PM- 8:30PM
\$39 Residents/\$59 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: 4RTR6620
(Section codes listed below)

Hamilton (Ages 10-99)..... HA01

(Scrapbooking and Awesome Appetizers & Desserts Too!)

Wed, Apr 2-May 14, 6:00PM- 8:30PM
\$39.00 Residents/\$59.00 Non-Residents

Game Night SWITCHed Up

We will have Nintendo Switch available with games like Mario Cart, Jeopardy, and Just Dance. There will be Wii's for those that love the classics like Wii Sports. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6621
(Section codes listed below)

OASIS (Ages 8-99) 5501

Tue, Apr 1-May 13, 6:00PM- 8:00PM
\$31 Residents/\$47 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 Katie@mkerec.net. For pickleball registration information please contact Megan Frey at 414.647.6057 or email Megan@mkerec.net.

Volleyball * Softball * Pickleball * Cornhole.

50+ SPRING/SUMMER SOFTBALL LEAGUE

Register now for our 50+ Spring Softball League! This Tuesday morning softball league will begin play on April 22, 2025 and continue over a 14-week regular season. All games will be played at Burnham/Rogers Playfield (1755 S. 32nd St.). For registration information please contact the Adult Sports/50+ Sports Office at 414.647.6046 or email Katie@mkerec.net.

- Tue, Apr. 22 – Aug. 12, 2025
- Game Times: 9:30am & 10:40am
- Fee: \$15 Resident / \$30 Non-Resident
- Activity Code: 2R558101, Section: B406



PICKLEBALL OPEN PLAY (AGES 18+)

Discover why pickleball is America's fastest-growing sport! Join our friendly group for open play, suitable for all levels. Basic instruction available. BYO paddle or borrow one. No formal instruction, but true beginners are encouraged to take an introductory course prior. Sorry, no drop-ins. Contact Megan Frey at 414.647.6057 or email Megan@mkerec.net with any questions. Registration opens February 27. Online registration recommended for these high demand sessions.

- Wed, Apr 2-May 14, 6:30pm- 9:00pm at Pulaski High School (2500 W. Oklahoma Ave.)
Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 4R550101, Section PK02
- Thu, Apr 3-May 15, 6:30pm- 9:00pm at Morse Middle School (6700 N. 80th St.)
Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 4R550101, Section MS01
- Sat, Mar 29-May 10, 9:00am-12:00pm at Pulaski High School (2500 W. Oklahoma Ave.)
Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 4R550101, Section PK01

YEARLY SPORTS SCHEDULE:

- **FALL SEASON (Sept-Dec):** Softball league, volleyball leagues, drop-in volleyball, pickleball open, cornhole league
- **WINTER SEASON (Jan-Mar):** Volleyball leagues, drop-in volleyball, pickleball open, cornhole league.
- **SPRING/SUMMER SEASON (Apr-Aug):** Softball leagues, drop-in volleyball, pickleball open.



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.



OASIS COMMUNITY CENTER

2414 W. Mitchell Street, Milwaukee, WI 53204

ACTIVE OLDER ADULTS PROGRAM

Make your life more fulfilling by joining the Active Older Adults Program! The program provides opportunities for adults, fifty years and older, in arts and crafts, fitness, health and wellness, language skills, outdoor education, sports and recreation, and special events. Whether you're looking to get a good workout or learn a new language, this close-knit community provides a fun, social, and supportive environment for you to do it in.

BECOME AN OASIS MEMBER

Become an OASIS Community Center Member for \$15 for City of Milwaukee Residents and \$25 for Non-Residents. Membership fee is good for one year from purchase date.

INCLUDED WITH MEMBERSHIP



CHAIR YOGA

Offered Monday, Wednesday, and Friday 9:00AM - 10:00AM
MEMBERS ONLY CLASS



OUTDOOR EDUCATION CLASSES

Offerings vary by season



COMPUTER LAB

Open Monday through Friday 8:00AM - 3:00PM



FITNESS CENTER

Open Monday through Friday 8:00AM - 3:00PM
Fitness Center equipment includes compressed air resistance machines, treadmills, ellipticals, exercise bicycles, rowing machines, and free weights.

CONTACT

MEGAN FREY | megan@mkerec.net | **414.647.6057**
SUPERVISOR – ACTIVE OLDER ADULTS

REGISTER FOR A MEMBERSHIP IN-PERSON
AT THE OASIS OR ONLINE
AT MKEREC.NET/OASIS

Clem Allen named 2024 Barbara Leszczynski Customer Service Award Winner!



Clementine “Clem” Allen, a longtime staff member with Milwaukee Recreation, has been named the 2024 Barbara Leszczynski Customer Service Award winner!

This award, now in its 15th year, is named after Barbara Leszczynski, a former Milwaukee Recreation clerical team member known for her empathy and customer service.

Past winners of the award include: David Hojnacki (2010), Diane Winter (2011), Alonzo Watkins (2012), Marta Santos (2013), Anna Torres (2014), Rick Knack (2015), Shannon Galindo (2016), James Kocinski (2017), Steve Slaughter (2018), Datherine Young-Garrett (2019), Maria Montoya (2020), Priscilla Struck (2021), Sharon Scull (2022), and Todd Jackson (2024).

“It was overwhelming,” Allen said. “I did not expect to [receive the award]. I am very honored,

and I appreciate the recognition.”

Allen was born in Georgia, but moved to Milwaukee when she was two years old. She has been embedded in the DNA of Milwaukee Public Schools and Milwaukee Recreation ever since.

She attended McKinley Elementary School, Wells St. Junior High School, and West Division High School (now Milwaukee High School of the Arts). At 15 years old, while Allen was still in school, she unknowingly launched into a lengthy child care career with Milwaukee Recreation. One of Allen’s gym teachers at the time worked with Milwaukee Recreation. This opened the door for her to apply for a youth playground assistant position at Norris Playground, where she worked for several summers.

In the early 1980s, Allen returned to the playgrounds, this time as a playground leader. Allen then shifted into a variety of recreation roles, including youth arts & crafts instructor, youth cooking instructor, child care camps staff member, and Rec ‘N’ Roll Mobile Units operator.

As part of her duties with the Rec ‘N’ Roll Mobile Units—a traveling van that visits community events, schools, playgrounds, shelters, and other locations to provide games and activities for youth—Allen continues to preserve the history of the program while still embracing

new developments and trends. In 2024, she created arts and crafts programming for over 1,200 young people at 16 playgrounds, three shelters, and one group home. She also participated in 20 tabling events throughout the community, spreading Milwaukee Recreation’s message to different neighborhoods in the city and actively increasing rentals and engagement.

Each year, Allen also plays a key role on the Daddy/Daughter Dance committee, an event that will hit its 20th year in 2025. Her attention to detail, commitment to Milwaukee’s youth, and passion for recreation have helped elevate the Daddy/Daughter Dance to new heights and create lasting memories for multiple generations of community members.

Throughout the years, Allen has proven herself as one of the most reliable and adaptable staff members in Milwaukee Recreation. “Clem is invaluable to our department,” recreation manager Lauren Lopez said. “She is a true example of exceptional customer service.”

Congratulations, Clem!

MILWAUKEE RECREATION PRESENTS

FAMILY DAY OF PLAY

**NEW
EVENT!**
Saturday, May 31st | 11a.m.-2p.m.
Wick Playfield (parking available at 5225 West Vliet Street)

Join Milwaukee Recreation for a day of family fun! Enjoy over 10 exciting activities, including an obstacle course, crafts, games, raffle drawings, live music, and more. Food trucks will be on-site offering delicious food available for purchase. It's a day filled with laughter, joy, and unforgettable memories for the whole family!

Join the fun and register today at mkerec.net/DayofPlay!
Adult Activity Code: 5RCE3301 – WF01
Adult Cost: Resident \$10/Non-Res \$20

Child Activity Code: 5RCE3301 – WF02
Child Cost: Resident \$5/Non-Res \$8

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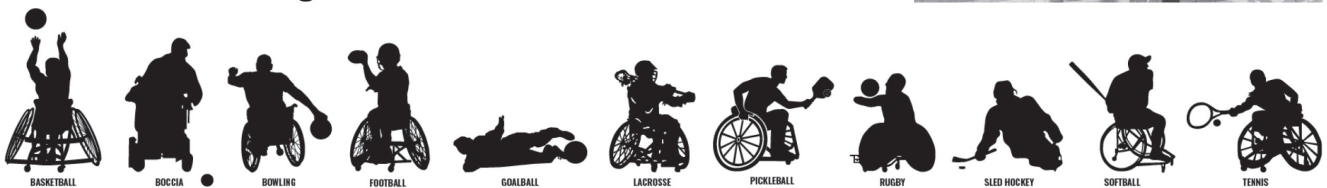
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- Recreational or Competitive
- All ability levels welcome
- Adaptive equipment, including sports chairs provided
- Scan the QR code and select "register" or sign up online at: www.wasa.org



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.

Congratulations and thank you, Helen!



Congratulations to Helen Hamilton, 21st CCLCs & Safe Places Supervisor for Milwaukee Recreation, on her upcoming retirement!

Originally from Macon, GA, Helen moved to Milwaukee in 1987 following her husband's

recruitment to work for MPS. In 1998, Helen was hired to open and manage the Community Learning Center (CLC) at John Burroughs Middle School and later worked with the Silver Spring Neighborhood Center to run the CLC at John Muir Middle School (now Carmen Northwest Middle/High School). In 2008, Helen was hired by Milwaukee Recreation (in her current role) because of her experience with the CLC programs.

During her time with Milwaukee Recreation, Helen oversaw 17 CLCs and Safe Places, provided data-tracking training for all sites, and led the Lions Quest Social-Emotional and Service-Learning programs, as well as the summer ExCEL programs.

Helen is a true advocate for her programs

and the youth they serve. "Before- and after-school programs offer unique opportunities for students to explore and discover more about themselves, their dreams, and their future," says Hamilton.

Although she'll miss building relationships with her colleagues and staff, Helen looks forward to traveling, volunteering, focusing on personal goals, and spending time with family in retirement. "Thank you to all my friends, colleagues, and especially Milwaukee Recreation. It's been a pleasure working here."

We are deeply grateful for Helen's many contributions to the success of our department.

Best wishes and thank you, Helen!

EVERYONE PLAYS!

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

Scholarship applications for *Everyone Plays!* **are now open**. Each eligible child can be awarded one scholarship per year. **A limited number of scholarships are available.**

Early applications are encouraged. Questions? Please call 414.475.8180.

Visit mkerec.net/scholarship to learn more about this program. Thank you!

ADULT SPORTS LEAGUES ARE RETURNING TO WICK PLAYFIELD THIS SPRING!

Milwaukee Recreation is excited to welcome adult sports leagues back to Wick Playfield this season. Wick Playfield received a number of upgrades in 2024 including:

- Baseball and softball field renovations with new turf.
- Upgraded field equipment, LED lights, and scoreboard.
- New storage building and protective netting.
- Fieldhouse bathroom upgrades.
- Renovated dugouts.
- New bleachers and batting cages.

For more information visit mkerec.net/adult-sports.



Join Milwaukee Recreation for...

Women's Wellness Day!

Participate in a day of education and activities surrounding women's health and wellness! Free classes will be provided along with community vendors, a female-only wellness panel, refreshments, and more.

Saturday, May 17
10:30AM - 3:30PM
OASIS Community Center
(2414 W. Mitchell St.)
Activity Code: 4PL59060
This is a **FREE** event!

More information available
at mkerec.net/wellness.



OUR MISSION, VISION, AND VALUES

MISSION

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

VISION

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

VALUES

The following are the core values that drive the work and interactions with the team and customers:



Equity

Ensuring access to recreation services for all.



Accountability

Taking individual and collective responsibility.



Memorable Experiences

Creating special, distinctive recreation experiences.



Professional Staff

Employing staff who possesses the core competencies of the department.



Quality Service Delivery

Exceeding customer expectations through responsive and respectful service delivery.



Sense of Community

Providing services that encourage personal connections and relationships.



Collaborations/ Partnerships

Fostering and maintaining partnerships with individuals and organizations that benefit the community

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Adult Cost: Resident \$10/Non-Res \$20

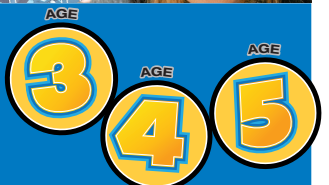
Child Activity Code: 5RCE3301 – WF02
Child Cost: Resident \$5/Non-Res \$8

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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 or this booklet was delivered after registration opened, please visit mkerec.net/mail to complete our mailing survey.

Para obtener ayuda en español: (414) 475-8180

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