

Registration begins March 2, 2023 | 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**

Springtime fun ahead with Milwaukee Recreation!



Along with warmer temps and sunshine, we are thrilled to bring you the spring edition of our recreation activity guide! Our recreation team has put together another outstanding line up of programs to keep you active, expand your knowledge base, elevate your personal growth and unleash your creativity.

This spring we are launching several new activities including the Hawthorn Glen Junior Actors program. Youth ages 8-15 are invited to try out their acting skills to perform in the 30th annual Halloween Glen this fall. Our free Twilight Centers for teens ages 10-18 will continue this spring and now offer esports at select locations. We are also pleased to offer three pages of free, community wellness activities including the Mil-WALK-ee walking club which has 30 meet-ups planned throughout the spring.



Bring a friend, or come alone and get a cardio workout while exploring different parts of our city.

We hope to see you this spring in one or more of the many wonderful activities being offered to you by Milwaukee Recreation!

Sincerely,

Dr. Keith P. Posley
Superintendent of Schools



KINDERGARTEN ENROLLMENT

Do you have a child turning 3, 4, or 5 by September 1, 2023?

Discover the great early childhood academic options only available at MPS. Meet our strong school leaders and talented teachers. Learn about our classroom diversity and inclusive teaching and learning. Get help with the enrollment process. For more information, call (414) 475-8159.



MILWAUKEE
PUBLIC SCHOOLS

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



mpsmke.com/enrolltoday

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**MILWAUKEE
PUBLIC SCHOOLS**

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

Dr. Keith P. Posley
Superintendent of Schools

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Milwaukee Recreation

Milwaukee Board of School Directors

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2nd District

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6th District

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7th District

Megan O'Halloran
8th District

Bob Peterson
At Large

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Para ayuda en español: 475-8812

Important Dates — See page 2 for details.

February 28	Driver Education registration begins 10AM
March 2	Priority registration for city of Milwaukee residents begins at 10AM
March 9	Non-city of Milwaukee residents' registration begins at 10AM.
April 6	Mail-in registration deadline.
April 6	Fax-in registration deadline. Fax registrations must be received by 4PM.

A NOTE REGARDING SPRING 2023 REGISTRATION:

Registration will be available online, via phone, and in-person for the spring 2023 season. See page 2 for more details.

OUR MISSION:

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

OUR VISION:

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

Ways to Register

Priority registration is given to city of Milwaukee residents beginning **March 2, 2023 at 10AM**. Non-city of Milwaukee residents may register beginning **March 9, 2023 at 10AM** through the dates listed below. **Registration for Driver Education begins on February 28, 2023 starting at 10AM.**

1. ONLINE REGISTRATION

Deadline: one week before your class begins.

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

SAVE YOUR USERNAME AND PASSWORD HERE:

2. OVER-THE-PHONE REGISTRATION

Deadline: one week before your class begins.

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

3. IN-PERSON REGISTRATION

Deadline: one week before your class begins.

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

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

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

2. Citywide Programs Office: 2414 W Mitchell St.

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

4. FAX-IN REGISTRATION

Through Thursday, April 6 at 4:00 PM

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

5. MAIL-IN REGISTRATION

Registration must be received by Thursday, April 6

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

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

Important Registration Information

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

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

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

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

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

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

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

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

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

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

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

MILWAUKEE RECREATION CLASS/ACTIVITY REGISTRATION FORM

MAIN CONTACT

LAST NAME

FIRST NAME

MIDDLE INITIAL

DATE OF BIRTH

RECEIPT # (OFFICE USE ONLY)

ADDRESS

(NO PO BOX #s, PLEASE)

APT. #

CITY

ZIP CODE

PHONE ()

E-MAIL

CHECK BOX IF ADDRESS IS NEW

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

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

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

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

X
Signature required for all registrations

☐ CASH

☐ MONEY ORDER

☐ CHECK (#)

CHECKS PAYABLE TO MILWAUKEE RECREATION

CREDIT CARD #

EXP. DATE / /

CARDHOLDER NAME

SECURITY CODE:

PHONE NUMBER ()

SIGNATURE:

NEW: DEMOGRAPHIC INFORMATION (MAIN CONTACT)

1. Which race or ethnicity best describes you?

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

2. Which of the following most accurately describes you?

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

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

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

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

PO Box 2181
Milwaukee, WI, 53201
or fax to 414.475.8183

before the advertised registration deadlines.

TOTAL FEES \$

REDUCED ACTIVITY FEE — \$

SCHOOL NAME: \$

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

TOTAL PAYMENT DUE \$

REDUCED ACTIVITY FEE (17 YEARS & UNDER)

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

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

MILWAUKEE RECREATION INCLUSION SERVICES POLICY

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

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

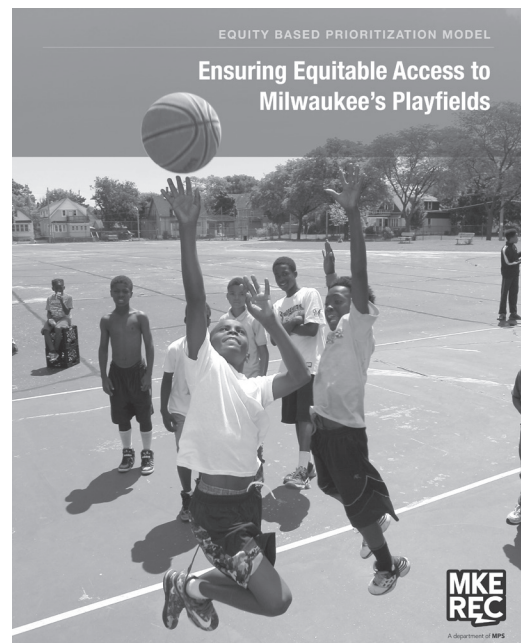
POLICY GOALS: The Inclusion Services Policy outlines Milwaukee Recreation's approach to ensuring inclusive environments and equitable opportunities for all community members in local parks and recreation.

THIS POLICY ENSURES THAT:

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

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

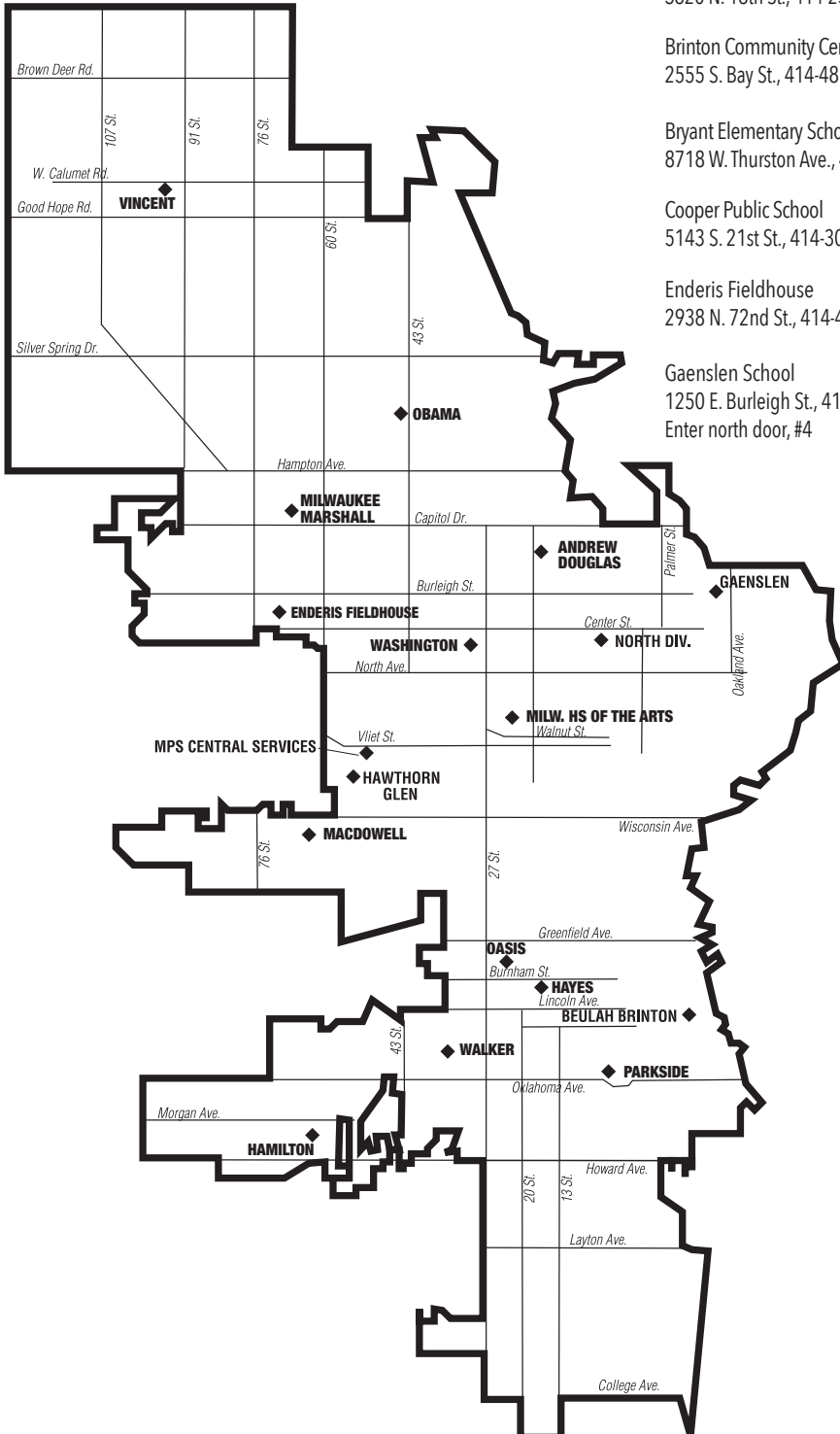
Need accommodations? Submit an ADA Accommodation Request electronically by visiting mkerec.net/inclusion and a member of the recreation team will contact you for further details.



EVERYONE PLAYS!



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



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

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

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

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

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

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

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

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

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

MacDowell Montessori
86415 W. Mt. Vernon Ave., 414-393-6100
Enter door #7 - N. 65th St.

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

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

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

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

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

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

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

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

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

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

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

6 MPS Career Opportunities • Información de Registro



AHEAD OF EACH HIGH SCHOOL GRADUATE IS A GREAT CAREER OPPORTUNITY.

Are you a high school graduate? Will you graduate in spring? After graduation and turning 18, your career will be waiting! Visit mpsmke.com to see full/part-time positions available. MPS offers competitive pay and benefits — most jobs have summers off! Attend our March job fair to learn more and apply.

HIRING EVENT

On-site Applications, Employment Testing, and Interviews

March 22 – 24, 2023 • 9AM – 12PM

MPS Central Services – 5225 W. Vliet St., Milwaukee, WI 53208

For text alerts on current job openings, visit tinyurl.com/jobsatmps. For more information, call (414) 475-8224 or email mpascoordinators@milwaukee.k12.wi.us.



Apply. mpsmke.com/careers

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¡Hay muchas maneras de registrarse para los programas de Milwaukee Recreation!

Las formas de registro incluyen:

- En línea a través de <https://milwaukeeerecreation.net/>
- Por teléfono llamando al 414.475.8180
- En persona 5225 W. Vliet 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.

BAKING

Baked Fruit Turnover Pies

What's your flavor? Our Little Bakers will be making a delicious homemade turnover pie. A traditional fun treat that is easy for all ages to make! Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

Activity Code: 4RCE2504
(Section codes listed below)

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

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

Fruit Pizza

Our Little Bakers will learn to how to create one refreshing summer treat! A cookie dough crust, cream cheese filling, and fruit toppings! This amazing desert is both fun to make and delicious and healthy to eat!!! Class is taught by Geneva Byrd from Little Bakers Association. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

Activity Code: 4RCE2505
(Section codes listed below)

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

Sat, May 20, 1:00PM- 2:00PM
\$24 Residents/\$36 Non-Residents



BATON

Baton

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

Activity Code: 4RCE7901
(Section codes listed below)

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

Sat, Apr 1-May 20, 10:30AM-11:30AM
\$16 Residents/\$24 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 19-May 7, 1:00PM- 2:00PM
\$19 Residents/\$29 Non-Residents

Ballet

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

Activity Code: 4RCE2902
(Section codes listed below)

Riverside (Ages 5-8)..... RS02

(Intermediate)
Sat, Mar 18-May 6, 12:00PM-12:55PM
\$19 Residents/\$29 Non-Residents

Riverside (Ages 8-12)..... RS03

Sat, Mar 18-May 6, 1:00PM- 1:55PM
\$19 Residents/\$29 Non-Residents

Pre-Ballet

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

Activity Code: 4RCE2911
(Section codes listed below)

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

Sat, Mar 18-May 6, 10:00AM-10:55AM
\$16 Residents/\$24 Non-Residents

Riverside (Ages 4-6)..... RS02

Sat, Mar 18-May 6, 11:00AM-11:55AM
\$16 Residents/\$24 Non-Residents



Giggle, Wiggle, Shake!

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

Activity Code: 4RCE2917
(Section codes listed below)

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

Sat, Mar 18-May 6, 9:20AM- 9:50AM
\$10 Residents/\$15 Non-Residents

FAMILY CLASSES

Paper Folding Arts for Children and Parents

Children can learn to develop fine motor skills from an early age using paper folding arts like origami, especially when guided by their parents. Parents should register themselves for the adult section, and their child for the youth section. A \$18 supply fee is due to the instructor upon the first day of class.

Activity Code: 4RCE3316
(Section codes listed below)

Hamilton (Ages 4-8)..... HA02

(Youth)
Tue, Apr 25-May 23, 5:30PM- 6:20PM
\$13 Residents/\$20 Non-Residents

Hamilton HA01

(Adults)
Tue, Apr 25-May 23, 5:30PM- 6:20PM
\$13 Residents/\$20 Non-Residents

FITNESS

Yoga for Kids

This class provides an opportunity for kids to move their bodies, release some energy, and relax their minds after a long day of learning at school! Each class will combine yoga poses (asana) and breathing techniques (pranayama) with fun games and activities to help kids strengthen physical and emotional skills alike. No prior experience is necessary - all are welcome to join us as we work on building confidence, appreciating our unique gifts, and fostering connection. Class is for kids only.

Activity Code: 4RCE3503
(Section codes listed below)

Beulah Brinton (Ages 7-11)..... BN01

Mon, Apr 3-May 22, 4:00PM- 4:45PM
\$14 Residents/\$21 Non-Residents

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

Mon, Apr 3-May 22, 5:00PM- 5:45PM
\$14 Residents/\$21 Non-Residents

LANGUAGE SKILLS

Korean Culture Class

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

Activity Code: 4RCE4405
(Section codes listed below)

Hamilton (Ages 8-14)..... HA02
Sat, Apr 15-May 20, 10:00AM-11:30AM
\$21 Residents/\$32 Non-Residents

MAD SCIENCE

Mad Science Digging for Dinosaurs

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

Activity Code: 4RCE7604
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, May 13, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents



Mad Science Electricity Workshop

This workshop introduces students to the fundamental concepts of electricity: circuits, conductors, insulators, and how electricity is converted for everyday uses. Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE7605
(Section codes listed below)

Riverside (Ages 5-12)..... RS01
Sat, Apr 22, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Mad Science Slime Time

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

Activity Code: 4RCE7615
(Section codes listed below)

Riverside (Ages 5-12)..... RS02
Sat, May 6, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Mad Science Radical Robots

What are automatons? How do robotic systems work? Learn all about robot-building in this exciting Mad Science lab! Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE7622
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, Apr 29, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Mad Science Spy Academy

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

Activity Code: 4RCE7634
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, May 20, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

MUSIC

Songwriting 101

Are you an aspiring songwriter? Got a melody stuck in your head, or maybe a clever lyric? No matter what age, anyone can write a song. Youth and adult classes are combined.

Activity Code: 4RCE4601
(Section codes listed below)

Hamilton (Ages 12-17)..... HA01
(Instructor: Mr. D.)
Thu, Mar 23-May 18, 7:45PM-8:45PM
\$19 Residents/\$29 Non-Residents

Bass Guitar

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

Activity Code: 4RCE4602
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01
Fri, Apr 14-May 26, 7:15PM-8:15PM
\$16 Residents/\$24 Non-Residents

Drums

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

Activity Code: 4RCE4603
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01
Fri, Apr 14-May 26, 6:00PM-7:00PM
\$16 Residents/\$24 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.

Activity Code: 4RCE4604
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01
(Instructor Mr. D.)
Sat, Apr 1-May 20, 2:00PM-3:30PM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 12-17)..... HA01
(Beg. Instructor Mr. D.)
Thu, Mar 23-May 18, 6:00PM-7:30PM
\$19 Residents/\$29 Non-Residents

Riverside (Ages 12-17)..... RS01
(Beg. - Semi-Private/Instructor Mr. D.)
Mon, Mar 20-May 8, 6:30PM-8:00PM
\$54 Residents/\$81 Non-Residents

Riverside (Ages 12-17)..... RS02
(Adv. - Semi-Private/Instructor Mr. D.)
Mon, Mar 20-May 8, 8:15PM-9:00PM
\$27 Residents/\$41 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 1-May 20, 10:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

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

Sat, Apr 1-May 20, 12:15PM- 1:45PM
\$24 Residents/\$36 Non-Residents

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

Wed, Mar 22-May 17, 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 1-May 20, 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. Class is combined with adult class.

Activity Code: 4RCE4609
(Section codes listed below)

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

Thu, Mar 23-May 18, 7:45PM- 8:45PM
\$19 Residents/\$29 Non-Residents

Introduction to Harmonica

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

Activity Code: 4RCE4611
(Section codes listed below)

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

Tue, Mar 21-May 16, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

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 make a musical instrument using seeds. Each family will go home with a seed planted in a small flower pot. Parent/guardian must register, pay, and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P124702
(Section codes listed below)

Hamilton (Ages 3 & up) HA01

Tue, May 16, 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: 4P124723
(Section codes listed below)

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

Thu, Apr 27, 6:00PM- 7:00PM
\$4 Residents/\$6 Non-Residents

PERSONAL SKILLS

Braids, Twists, Curls, OH MY! Hair Care

Are you interested in learning hair techniques to enhance your natural tresses? Explore the many ways to create unique styles, while learning about basic hair care maintenance. Class taught by Melodie Brown, Amani Natural, 6111 W. Blue Mound Rd. Class fee includes supply cost, is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE5404
(Section codes listed below)

Milwaukee Marshall (Ages 10-15)....MR01

Sat, Apr 15-May 20, 1:00PM- 2:00PM
\$20 Residents/\$30 Non-Residents

PLAY GROUPS

Music Maker and More-Early Childhood Music Class

This sing along musical activity is designed for children and their parent or caregiver. The class incorporates traditional children's songs, finger plays, rhythm instruments and dance movements as well as puppets that help tell a story within the songs. Due to room restrictions, only 1 adult may accompany each child. Parent or guardian must attend. Price is per child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE5509
(Section codes listed below)

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

Tue, Apr 4-Apr 25, 9:00AM- 9:30AM
\$36 Residents/\$48 Non-Residents

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

Tue, May 2-May 23, 9:00AM- 9:30AM
\$36 Residents/\$48 Non-Residents

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

Tue, Jun 6-Jun 27, 9:00AM- 9:30AM
\$36 Residents/\$48 Non-Residents

RED CROSS BABYSITTING CERTIFICATION

Babysitting Workshop

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

Activity Code: 4RCE5601
(Section codes listed below)

Hamilton (Ages 11 & up) HA01

Sat, May 6, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

Hamilton (Ages 11 & up) HA02

Sat, May 20, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

MacDowell (Ages 11 & up)..... JU01

Sat, May 13, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

Riverside (Ages 11 & up)..... RS01

Sat, Apr 29, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

SCIENCE

Discover Archaeology

Is your child interested in archaeology? Come learn about the science and the stone tools in this hands-on exploration. Kids will complete activities including drawing, sorting artifacts and identifying stone tools from regular rocks. Workshop taught by a stone tools archaeologist and will include a live demonstration of flintknapping. Class fee includes safety glasses and a rock kit.

Activity Code: 4RCE5809
(Section codes listed below)

Hamilton (Ages 7-14)..... HA01
Sat, May 6, 11:00AM-12:00PM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 7-14)..... RS01
Sat, May 13, 11:00AM-12:00PM
\$8 Residents/\$12 Non-Residents

Ocean Exploration

NEW

Dive into fun with Ocean Exploration! Kids will learn about marine creatures and habitats through projects and activities. This class will be taught by a certified MPS teacher. Class fee includes supply cost and is non-refundable. Class is not eligible for reduced fees.

Activity Code: 4RCE5810
(Section codes listed below)

Milwaukee Marshall (Ages 5-7)..... MR01
Sat, Apr 15, 12:30PM- 2:00PM
\$8 Residents/\$12 Non-Residents

Milwaukee Marshall (Ages 8-11)... MR02
Sat, Apr 15, 2:30PM- 4:00PM
\$8 Residents/\$12 Non-Residents

Rainforest Exploration

NEW

Swing in for fun with Rainforest Exploration! Kids will learn about rainforest creatures and habitats through projects and activities. This class will be taught by a certified MPS teacher. Class fee includes supply cost and is non-refundable. Class is not eligible for reduced fees.

Activity Code: 4RCE5811
(Section codes listed below)

Milwaukee Marshall (Ages 5-7)..... MR01
Sat, Mar 25, 12:30PM- 2:00PM
\$8 Residents/\$12 Non-Residents

Milwaukee Marshall (Ages 8-11)... MR02
Sat, Mar 25, 2:30PM- 4:00PM
\$8 Residents/\$12 Non-Residents

SPACE SCIENCE

May The 4th

In the near future at a community center not that far away, you will enter as an apprentice, but leave as a member of the council. Through various trainings, you will learn the ways and attempt to defeat the dark sith in battle. Do not fear, your mind you'll clear. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE6001
(Section codes listed below)

Beulah Brinton (Ages 3-13)..... BN01
Thu, May 4, 4:30PM- 5:30PM
\$5 Residents/\$5 Non-Residents

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 27-May 22, 5:00PM- 6:00PM
\$24 Residents/\$24 Non-Residents

BASKETBALL

Mighty Mite Basketball

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

Activity Code: 4RCE1101
(Section codes listed below)

Bryant (Ages 3-4)..... BY01
(Not eligible for reduced fees)
Wed, Mar 22-May 17, 5:30PM- 6:00PM
\$10 Residents/\$15 Non-Residents

Hamilton (Ages 3-4)..... HA01
Sat, Mar 18-May 13, 12:00PM-12:45PM
\$14 Residents/\$21 Non-Residents

MacDowell (Ages 3-4)..... JU01
(Not eligible for reduced fees)
Sat, Mar 18-May 13, 9:00AM- 9:30AM
\$10 Residents/\$15 Non-Residents

Milwaukee Marshall (Ages 3-4)..... MR01
(Not eligible for reduced fees)
Sat, Mar 18-May 13, 9:35AM-10:05AM
\$10 Residents/\$15 Non-Residents

Riverside (Ages 3-4)..... RS01
Sat, Mar 18-May 6, 12:15PM-12:55PM
\$14 Residents/\$21 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 18-May 13, 9:30AM-10:30AM
\$19 Residents/\$29 Non-Residents

MacDowell (Ages 7-9)..... JU01
Sat, Mar 18-May 13, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR01
Sat, Mar 18-May 13, 11:00AM-12:00PM
\$24 Residents/\$36 Non-Residents

Bryant (Ages 7-9)..... BY01
Wed, Mar 22-May 17, 6:45PM- 7:30PM
\$24 Residents/\$36 Non-Residents

Riverside (Ages 7-9)..... RS01
Sat, Mar 18-May 6, 3:00PM- 3:55PM
\$19 Residents/\$29 Non-Residents

Bitty Basketball

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

Activity Code: 4RCE1103
(Section codes listed below)

Hamilton (Ages 5-6)..... HA01
Sat, Mar 18-May 13, 8:30AM- 9:15AM
\$14 Residents/\$21 Non-Residents

MacDowell (Ages 5-6)..... JU01
Sat, Mar 18-May 13, 9:30AM-10:15AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR01
Sat, Mar 18-May 13, 10:10AM-10:55AM
\$14 Residents/\$21 Non-Residents

Bryant (Ages 5-6)..... BY01
Wed, Mar 22-May 17, 6:00PM- 6:45PM
\$14 Residents/\$21 Non-Residents

Riverside (Ages 5-6)..... RS01
Sat, Mar 18-May 6, 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 18-May 13, 1:25PM- 2:25PM
\$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 18-May 13, 10:45AM-11:45AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 10-12). MR01

Sat, Mar 18-May 13, 12:15PM- 1:15PM
\$19 Residents/\$29 Non-Residents

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

Sat, Mar 18-May 6, 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 18-May 13, 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 4-5)..... RS01

Sat, Mar 18-May 6, 10:00AM-10:55AM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 5-6)..... RS02

Sat, Mar 18-May 6, 11:00AM-11:55AM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 7-8)..... RS03

Sat, Mar 18-May 6, 12:00PM-12:55PM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 9-12)..... RS04

Sat, Mar 18-May 6, 1:00PM- 1:55PM
\$23 Residents/\$35 Non-Residents

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

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

Riverside (Ages 7-10)..... RS06

Thu, Mar 23-May 11, 7:00PM- 7:55PM
\$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 18-May 6, 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, Mar 22-May 17, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents



Judo

Judo or 'gentle way/technique' focuses on manipulating an opponent's force against him/her rather than confronting it with one's own force. Join us to learn about judo under personalized instruction that focuses on technique and tradition. USJA and USMA associated. Please wear clothes without buttons or metal. Class is combined with adult class.

Activity Code: 4RCE4503
(Section codes listed below)

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

Mon, Mar 20-May 15, 6:30PM- 7:30PM
\$19 Residents/\$29 Non-Residents

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

(ADVANCED ONLY)
Mon, Mar 20-May 15, 7:30PM- 8:30PM
\$19 Residents/\$29 Non-Residents

EVERYONE PLAYS!

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

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

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 3-5)..... BN01

(Not eligible for reduced fees)
Sat, Apr 1-May 20, 8:00AM- 8:30AM
\$9 Residents/\$14 Non-Residents

Beulah Brinton (Ages 6-14)..... BN02

Sat, Apr 1-May 20, 8:30AM- 9:30AM
\$16 Residents/\$24 Non-Residents

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

(Beg. - White - Yellow Belts)
Mon/Wed/Fri, Apr 3-May 26, 4:00PM- 4:45PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 6-17)..... BN04

(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Apr 3-May 26, 4:45PM- 5:30PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 6-17)..... BN05

(Adv. - Red/Black & Blacks Belts)
Mon/Wed/Fri, Apr 3-May 26, 5:30PM- 6:15PM
\$39 Residents/\$59 Non-Residents

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

(Advanced belts only)
Mon/Wed, Mar 20-May 17, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

MacDowell (Ages 6-17)..... JU03

(Beg. - White - Yellow Belts)
Tue/Thu, Mar 21-May 18, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

MacDowell (Ages 6-17)..... JU02

(Advanced/Intermediate class only)
Tue/Thu, Mar 21-May 18, 7:15PM- 8:15PM
\$35 Residents/\$53 Non-Residents

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

(Beg.-White, Orange, & Yellow Belt)
Mon/Wed, Mar 20-May 17, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

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

(Int./Adv., Camo-Red/Black Belts)
Mon/Wed, Mar 20-May 17, 7:05PM- 8:05PM
\$35 Residents/\$53 Non-Residents

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

(Beg.-White, Orange, & Yellow Belt)
Sat, Mar 25-May 20, 9:00AM-10:00AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR04

(Beg.-White, Orange, & Yellow Belt)
Sat, Mar 25-May 20, 10:10AM-11:10AM
\$19 Residents/\$29 Non-Residents

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

(Int./Adv., Camo-Red/Black Belts)
Sat, Mar 25-May 20, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents

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

(Beg.)
Sat, Mar 18-May 6, 9:00AM- 9:30AM
\$11 Residents/\$17 Non-Residents

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

(Int./Adv., Ara Belt & Higher)
Sat, Mar 18-May 6, 9:30AM-10:00AM
\$11 Residents/\$17 Non-Residents

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

(Beg., White-Yellow Belt)
Sat, Mar 18-May 6, 10:15AM-11:00AM
\$15 Residents/\$23 Non-Residents

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

(Int./Adv., Camo-Black Belt)
Sat, Mar 18-May 6, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

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

(Beg., white-yellow belt)
Mon/Wed, Mar 20-May 10, 6:15PM- 7:00PM
\$35 Residents/\$53 Non-Residents

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

(Int./Adv., Camo-Purple Belts)
Mon/Wed, Mar 20-May 10, 7:00PM- 7:45PM
\$37 Residents/\$56 Non-Residents

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

(Adv., Blue-Black Belts)
Mon/Wed, Mar 20-May 10, 7:30PM- 8:15PM
\$37 Residents/\$56 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, Mar 25-May 20, 9:15AM-10:30AM
\$14 Residents/\$21 Non-Residents

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

Sat, Mar 18-May 13, 10:40AM-11:25AM
\$14 Residents/\$21 Non-Residents

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

Sat, Mar 18-May 13, 12:35PM- 1:20PM
\$14 Residents/\$21 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

Wed, Apr 5-May 24, 4:00PM- 4:45PM
\$14 Residents/\$21 Non-Residents

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

Sat, Mar 25-May 20, 8:30AM- 9:15AM
\$14 Residents/\$21 Non-Residents

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

(Not eligible for reduced fees)
Sat, Mar 18-May 13, 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 18-May 13, 9:35AM-10:35AM
\$19 Residents/\$29 Non-Residents

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

Sat, Mar 18-May 13, 11:30AM-12:30PM
\$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

Tue, Apr 4-May 23, 4:30PM- 5:30PM
\$19 Residents/\$29 Non-Residents

TENNIS

Tennis

Tennis instruction will expose youth to backhand/forehand grips and strokes using the latest aerobic and physical fitness conditioning exercises. Rules of singles and doubles play will be covered with an emphasis on sportsmanship. Participants 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 18-May 13, 10:55AM-11:55AM
\$19 Residents/\$29 Non-Residents

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

(Beg.)
Sat, Mar 18-May 13, 12:10PM- 1:10PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 10-17). MR03

(Int./Adv.)
Sat, Mar 18-May 13, 1:15PM- 2:15PM
\$19 Residents/\$29 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 5-May 24, 4:00PM- 5:00PM
\$19 Residents/\$29 Non-Residents

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

Wed, Apr 5-May 24, 5:00PM- 6:00PM
\$19 Residents/\$29 Non-Residents



MAY IS NATIONAL

TENNIS MONTH

BRING YOUR FAMILY TO A FREE NATIONAL TENNIS MONTH EVENT!

USTA staff and tennis pros and the Milwaukee Recreation Department are hosting a FREE intro to tennis event with fun play and games!

Saturday, May 20, 2023 • 10 am-noon
Sijan Playfield (2821 S Kinnickinnic Ave, Milwaukee)



Pre-registration required.
Scan the code or visit
qrco.de/milwaukeeentm

SUPPORTED BY

USTA
MIDWEST
WISCONSIN

DID YOU KNOW?

88% of parents with children between the ages of 13 and 17 agree that it is **extremely or very important** to provide youth with **equitable access to sports opportunities**.

nrpa.org/parkpulse

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

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

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

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

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



Driver Education | General Information

SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION BEGINS ON TUESDAY, FEBRUARY 28 AT 10AM!

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

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

MPS DRIVE

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

COMMUNITY-BASED DRIVER EDUCATION

- Open to any student meeting age requirements.
- City of Milwaukee residents: course fee is \$150.
- Non-residents: course fee is \$275.

HOW TO REGISTER:

MPS DRIVE

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

COMMUNITY-BASED DRIVER EDUCATION

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

Waitlist:

- If you join a waitlist for a class, your waitlist position is **only valid for that season.**
- Joining a waitlist does **NOT guarantee a spot in the class.**
- Do not attend class until Milwaukee Recreation has contacted you for payment.

Class Format:

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

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

MPS Drive | Activity Code: 4UDE3001 (section codes below)

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

HYBRID OPTIONS (NEW!):

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

LOCATION	CLASS TIMES	MAY 8 - MAY 12	MAY 23, 24, 25, 30 & 31
Bay View	5:30PM - 7:30PM	N/A	Section Code: BV57
Bradley Tech	4:15PM - 6:15PM	Section Code: MT56	N/A
King	4:00PM - 6:00PM	Section Code: RK56	Section Code: RK57
Marshall	5:30PM - 7:30PM	Section Code: MR56	Section Code: MR57
MHSA	4:15PM - 6:15PM	Section Code: MH56	Section Code: MH57
Pulaski	4:15PM - 6:15PM	Section Code: PK56	Section Code: PK57
Reagan	4:00PM - 6:00PM	Section Code: TL56	Section Code: TL57
South	5:30PM - 7:30PM	Section Code: SD56	N/A
Vincent	4:30PM - 6:30PM	Section Code: VN56	Section Code: VN57

ONLINE OPTIONS:

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

Start Date: March 29, 2023	Online	Section Code: DE11
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MPS Drive Program Sponsors



Educators
CREDIT UNION®



THE
AUTO CLUB GROUP
FOUNDATION

Achieving more together.

Community-Based Driver Ed

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

Please note that Community-Based Driver Education will not be offered during our spring 2023 session. The program will be offering courses in the summer. Keep an eye out for our summer 2023 guide for these offerings!

To sign up, see page 2 • Centers are closed May 27 - 29.

OUTDOOR EDUCATION

Friday Night Tales for Tots

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

Activity Code: 4P125004
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG02

("Dear Children of the Earth" by Schim Schimmel)
Fri, Apr 21, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG03

("Flowers Are Calling" by Rita Gray)
Fri, May 5, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG04

("A Walk Through the Woods" by Louise Greig)
Fri, May 19, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Visit page 9
for
Nature in Your
Neighborhood!

Father & Son Hike

Spend time with Dad this Father's Day weekend. Go on a hike and explore the wonders of the woods. We will learn interesting animal and plant facts, share small survival tips and likely spot some of the furry and feathery residents of Hawthorn Glen. Parent/Guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125005
(Section codes listed below)

Hawthorn Glen (Ages 4 & up) HG01

Sat, Jun 17, 10:00AM-12:00PM
\$6 Residents/\$9 Non-Residents



Gardening

We are going to share and discover gardening ideas, tips and advice. Learn how to grow and care for herbs and vegetable plants in the home garden, from choosing plants to gardening design. We will discuss perennial plants vs. annuals, composting and rain barrels, and how to keep pests out of garden areas. Explore the concepts of companion plants and shared space to get the most out of even the smallest garden plot. 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 6, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Native Landscaping

Learn about nature-scaping which is the use of native plants, rocks and water features, instead of groomed lawns. Native landscaping 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 29, 1:00PM- 2:30PM
\$5 Residents/\$8 Non-Residents

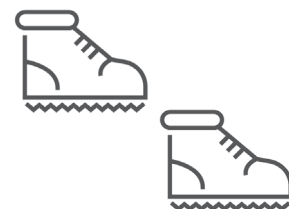
Mother and Daughter Hike

Spending time together outdoors can be the ultimate learning and bonding experience. The key to this experience is the ease and fun of learning outdoors. Spend a day with your daughter or mom at Hawthorn Glen. Strengthen your personal mother-daughter relationship by taking a hike and making a craft. Parent/guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125009
(Section codes listed below)

Hawthorn Glen (Ages 5 & up) HG01

Sat, May 13, 1:30PM- 3:00PM
\$5 Residents/\$8 Non-Residents



Please like us on Facebook!
fb.com/MilwaukeeRecreation



Spring Wildflowers

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

Activity Code: 4P125028
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sat, May 20, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Roll Out the Rain Barrel

In this rain barrel workshop, participants learn about water conservation and the many benefits of using rain barrels. Rain barrels capture rainwater from your roof that you can use later when it is dry outside and 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 15, 10:00AM-11:30AM
FREE

Hawthorn Glen HG02

Sat, Jun 3, 10:00AM-11:30AM
FREE

The Birds are Back

Many animals follow regular migratory routes from place to place but how do they keep from getting lost along the way? 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. Parent/Guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125030
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sat, May 27, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

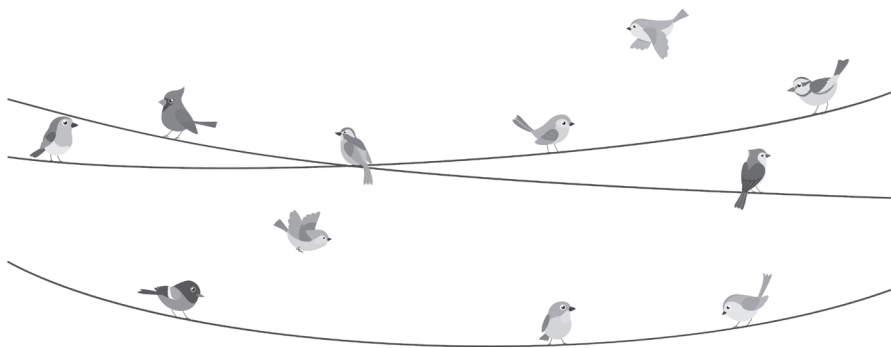
Wire Nest Necklace

Have you ever been interested in how birds build their nests? Learn the various weaving techniques birds use to shelter and raise their young and construct your own beautiful nest necklace pendant out of wire and beads to take home. Class fee is non-refundable and not eligible for reduced fees.

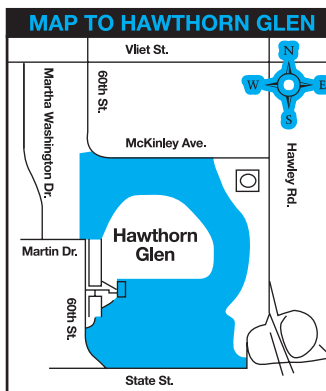
Activity Code: 4P125031
(Section codes listed below)

Hawthorn Glen (Ages 9 & up) HG01

Sat, Jun 10, 10:00AM-11:30AM
\$15 Residents/\$18 Non-Residents



THE LITTLE NATURE MUSEUM AT HAWTHORN GLEN



LOCATED AT 1130 NORTH 60TH ST.

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

Attendance is **FREE!**

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

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. Parent/guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P126002
(Section codes listed below)

Hamilton (Ages 6 & up) HA01

Thu, Apr 20, 6:30PM- 7:45PM
\$4 Residents/\$6 Non-Residents



HAWTHORN GLEN RENTALS

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

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

Due to COVID-19 safety measures, gathering numbers and protocol may be affected. Please contact our office for current guidelines.

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

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



 **Visit page 49 for
Outdoor Education
offerings for ages 50+!** 

EARTH DISCOVERY CAMPS 2023

Encourage your kids to get out of the house and enjoy nature in a variety of ways! We will explore our environment through many exciting educational activities. Each day will focus on a different nature theme(s) and the kids will learn through hands-on discovery, games, crafts, science experiments and plenty of hiking. Each child should bring a bag lunch, a paper grocery bag and a water bottle with his/her name written on the bottle. Children should attend camp wearing sunblock and insect repellent. Child care 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.**

EXPLORERS | Get up close and personal during a week of exploration of our natural world. Children will be introduced to a variety of local animals and plants through fun hands-on activities.

Activity Code: 4P125003

Hawthorn Glen (Ages 7-9).... HG01
Monday through Friday, June 26-June 30, 9:00AM- 4:00PM
\$100 Residents/\$150 Non-Residents

Child Care Options for Explorers Camp

Hawthorn Glen (Ages 7-9).... HG02
7:30am-9am & 4-5:30pm, Monday through Friday, June 26-June 30.
\$25 Residents/\$50 Non-Residents

WONDER BUGS | Letting their inherent sense of wonder about nature be the context for learning, your preschooler will explore our environment with all of their senses and learn to communicate their discoveries to those around them through play, songs & crafts.

Activity Code: 4P125016

Hawthorn Glen (Age 4).... HG01
Tuesday through Friday, June 20-June 23, 9:00AM-11:30AM
\$23 Residents/\$35 Non-Residents

Hawthorn Glen (Ages 5-6).... HG02
Tuesday through Friday, June 20-June 23, 1:00PM-3:30PM
\$23 Residents/\$35 Non-Residents

Hawthorn Glen (Age 4)....HG03
Monday through Friday, July 31-August 4, 9:00AM-11:30AM
\$28 Residents/\$42 Non-Residents

Hawthorn Glen (Ages 5-6)...HG04
Monday through Friday, July 31-August 4, 1:00PM-3:30PM
\$28 Residents/\$42 Non-Residents



ADVENTURERS | If you have participated in our summer camps before and are ready to enhance your investigation of nature; then come join us as an Adventurer! Our naturalists will reinforce concepts related to the human connection to our local environment through entertaining and challenging activities that include a variety of different plant and animals' species, as well as nonliving aspects of their habitats. **Previous Explorers Camp attendance required.**

Activity Code: 4P125002

Hawthorn Glen (Ages 8-9).... HG01
Monday through Friday, July 10-July 14, 9:00AM- 4:00PM
\$100 Residents/\$150 Non-Residents

Child Care Options for Adventurers Camp

Hawthorn Glen (Ages 8-9).... HG02
7:30am-9am & 4-5:30pm, Monday through Friday, Jul 10-Jul 14,
\$25 Residents/\$50 Non-Residents



RANGERS | Come and spend a fun-filled week learning, exploring and discovering the wild world around us. Each day we'll create a (sometimes messy) experiment. We will observe and analyze our environment to better understand our connection with the Earth. **Previous Hawthorn Glen Camp attendance required.**

Activity Code: 4P125010

Hawthorn Glen (Ages 10-12).... HG01
Monday through Friday, July 17 -July 21, 9:00AM- 4:00PM
\$100 Residents/\$150 Non-Residents

NEW: HAWTHORN GLEN JUNIOR ACTORS!

The Halloween Glen at Hawthorn Glen is about to celebrate its 30th year - with Halloween Glen, The Musical! This special event will include an all-new performance by Hawthorn Glen Junior Actors ages 8 - 15. This is your chance to join the show, learning the techniques of theater games, nature joke telling, animal antics and team talent before taking your show to the trails on October 7.

THEATER GAMES

NEW Get to know your fellow castmates through fun theater games! We'll practice tongue twisters, vocal warmups, movement, and relaxation techniques to calm stage fright, and how to use your "nervous energy" to work for you. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125036
(Section codes below)

Hawthorn Glen (Ages 8 - 12) HG01

Tue., Aug 8, 5:30PM-7:00PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 13 - 15) HG02

Thu., Aug 10, 5:30PM-7:00PM
\$5 Residents/\$8 Non-Residents

NATURE JOKE TELLERS

NEW A big part of Halloween Glen is feeling comfortable telling jokes and interacting with an audience. We'll rehearse telling jokes together and learn about timing (waiting for those big audience laughs). Learn how to get a giggle from just a facial expression or body language. Also covered will be thinking on your feet when the unexpected happens—using improv exercises to help build confidence. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125037
(Section codes below)

Hawthorn Glen (Ages 8 - 12) HG01

Tue., Aug 15, 5:30PM-7:00PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 13 - 15) HG02

Thu., Aug 17, 5:30PM-7:00PM
\$5 Residents/\$8 Non-Residents

ANIMAL ANTICS

NEW Every animal in wildlife has a distinct personality and traits. Approach your animal character like a professional actor would and do some research! Read and take notes on your part and practice moving, behaving, and sounding just like your animal role. We may also do some observation of our furry, feathered, and other friends in the Little Nature Museum and along the Hawthorn Glen trails. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125038
(Section codes below)

Hawthorn Glen (Ages 8 - 12) HG01

Tue., Aug 22, 5:30PM-7:00PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 13 - 15) HG02

Thu., Aug 24, 5:30PM-7:00PM
\$5 Residents/\$8 Non-Residents

TEAM TALENT

NEW Get ready for the big performance! In this final session of theater camp, we will run lines, try on costumes, and discover how to put on a great show. We'll discuss and practice the easiest ways to memorize your lines. Become a master at working with your fellow actors, and how to best react and interact with them. Gain knowledge of being a real team player, and how to assist each other out if someone forgets their line or needs help. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125039
(Section codes below)

Hawthorn Glen (Ages 8 - 12) HG01

Tue., Aug 29, 5:30PM-7:00PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 13 - 15) HG02

Thu., Aug 31, 5:30PM-7:00PM
\$5 Residents/\$8 Non-Residents

**JOIN US FOR... THE BIG CLEAN UP!**

SATURDAY, APRIL 22 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 Nicole at 414.647.6043 or email Nicole@mkerec.net.

GENERAL SWIM INFORMATION

What to Bring — Swimsuit, towel, and swim cap. Swim caps must be worn by all individuals entering the pool. Each participant will receive a swim cap with their swim class registration.

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

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

Locker Rooms — Participants may bring a padlock for lockers. All swim gear must be removed after each class. Children five years of age or under may accompany their parent/guardian in the locker room. Children ages six and up should use the locker rooms that correspond to their gender identity.

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 and required to have an adult with them one-on-one, in the water, within arm's reach AT ALL TIMES.

Parent/Adult IN WATER:

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

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

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

Parent NOT in Pool Area or in water:

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

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

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

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

GENERAL SWIM CLASSES

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

American Red Cross

Milwaukee Recreation offers an avenue for free youth swim lessons through the *Everyone Plays! Scholarship* (details below). Limit one swim class per child per season. Visit mkerec.net/scholarship to learn more.



Bay View HS (Girls Pool)

Tuesday, Mar 28 - May 23

Class#	Level	Start Time	End Time	Price
#4RAQ7301-BV01	Level 1 SP	5:30PM	6:20PM	\$60
#4RAQ7302-BV01	Level 2 SP	6:30PM	7:20PM	\$60

Thursday, Mar 23 - May 25

Class#	Level	Start Time	End Time	Price
#4RAQ7401-BV02	Infant	5:30PM	6:00PM	\$32
#4RAQ0501-BV01	Level 1	6:10PM	7:00PM	\$36

Hamilton HS

Monday, Mar 27 - May 22

Class#	Level	Start Time	End Time	Price
#4RAQ7403-HA02	Tiny Tot	5:00PM	5:30PM	\$32
#4RAQ0511-HA01	Lt. Level 1	5:40PM	6:25PM	\$36
#4RAQ0502-HA01	Level 2	6:35PM	7:25PM	\$36

Tuesday, Mar 28 - May 23

Class#	Level	Start Time	End Time	Price
#4RAQ7401-HA02	Infant	5:00PM	5:30PM	\$32
#4RAQ0512-HA01	Lt. Level 2	5:35PM	6:20PM	\$36

Wednesday, Mar 29 - May 24

Class#	Level	Start Time	End Time	Price
#4RAQ7402-HA02	Lil' Squirts	5:00PM	5:30PM	\$32
#4RAQ0501-HA03	Level 1	5:40PM	6:30PM	\$36
#4RAQ0503-HA04	Level 3	6:40PM	7:30PM	\$36

Thursday, Mar 30 - May 25

Class#	Level	Start Time	End Time	Price
#4RAQ7404-HA01	Adv. Tiny Tot	6:10PM	6:55PM	\$36
#4RAQ0504-HA02	Level 4	7:00PM	7:50PM	\$36

Saturday, Mar 25 - May 20

Class#	Level	Start Time	End Time	Price
#4RAQ7401-HA01	Infant	7:50AM	8:20AM	\$32
#4RAQ7402-HA01	Lil' Squirts	8:25AM	8:55AM	\$32
#4RAQ7403-HA01	Tiny Tot	9:00AM	9:30AM	\$32
#4RAQ7404-HA02	Adv. Tiny Tot	9:35AM	10:20AM	\$36
#4RAQ0501-HA04	Level 1	10:30AM	11:20AM	\$36
#4RAQ0502-HA02	Level 2	12:20PM	1:10PM	\$36
#4RAQ0503-HA01	Level 3	1:20PM	2:10PM	\$36
#4RAQ0501-HA01	Level 1	2:20PM	3:10PM	\$36

Madison HS

Tuesday, Mar 28 - May 23

Class#	Level	Start Time	End Time	Price
#4RAQ0501-MA01	Level 1	6:10PM	7:00PM	\$36

Marshall HS

Monday, Mar 27 - May 22

Class#	Level	Start Time	End Time	Price
#4RAQ7403-MR02	Tiny Tot	6:05PM	6:35PM	\$32
#4RAQ0501-MR04	Level 1	6:40PM	7:30PM	\$36

Tuesday, Mar 28 - May 23

Class#	Level	Start Time	End Time	Price
#4RAQ7401-MR02	Infant	6:05PM	6:35PM	\$32
#4RAQ0502-MR02	Level 2	6:40PM	7:30PM	\$36

Wednesday, Mar 29 - May 24

Class#	Level	Start Time	End Time	Price
#4RAQ7403-MR01	Tiny Tot	5:00PM	5:30PM	\$32
#4RAQ0511-MR01	Lt. Level 1	5:40PM	6:25PM	\$30
#4RAQ0503-MR03	Level 3	6:30PM	7:20PM	\$36

Thursday, Mar 30 - May 25

Class#	Level	Start Time	End Time	Price
#4RAQ0512-MR01	Lt. Level 2	5:00PM	5:45PM	\$36
#4RAQ0501-MR03	Level 1	5:50PM	6:40PM	\$36
#4RAQ0504-MR02	Level 4	6:45PM	7:35PM	\$36

Saturday, Mar 25 - May 20

Class#	Level	Start Time	End Time	Price
#4RAQ7404-MR02	Adv. Tiny Tot	8:10AM	8:55AM	\$36
#4RAQ7402-MR01	Lil' Squirts	9:00AM	9:30AM	\$32
#4RAQ0502-MR01	Level 2	9:40AM	10:30AM	\$36
#4RAQ0501-MR01	Level 1	10:40AM	11:30AM	\$36
#4RAQ0504-MR01	Level 4	12:45PM	1:35PM	\$36
#4RAQ0505-MR01	Level 5	1:45PM	2:35PM	\$36
#4RAQ0503-MR01	Level 3	2:45PM	3:35PM	\$36
#4RAQ0501-MR02	Level 1	3:45PM	4:35PM	\$36

GENERAL SWIM CLASSES

North Division HS

Monday, Mar 27 - May 22

Class#	Level	Start Time	End Time	Price
#4RAQ0501-ND03	Level 1	5:30PM	6:20PM	\$36
#4RAQ0503-ND01	Level 3	6:30PM	7:20PM	\$36

Tuesday, Mar 28 - May 23

Class#	Level	Start Time	End Time	Price
#4RAQ7403-ND01	Tiny Tot	5:40PM	6:10PM	\$32
#4RAQ0501-ND01	Level 1	6:20PM	7:10PM	\$36

Thursday, Mar 30 - May 25

Class#	Level	Start Time	End Time	Price
#4RAQ7404-ND01	Adv. Tiny Tot	5:40PM	6:25PM	\$36

Friday, Mar 31 - May 26

Class#	Level	Start Time	End Time	Price
#4RAQ0502-ND01	Level 2	5:30PM	6:20PM	\$36

Saturday, Mar 25 - May 20

Class#	Level	Start Time	End Time	Price
#4RAQ7401-ND01	Infant	9:35AM	10:05AM	\$32
#4RAQ7403-ND02	Tiny Tot	10:10AM	10:40AM	\$32
#4RAQ7404-ND02	Adv. Tiny Tot	10:45AM	11:30AM	\$36
#4RAQ0501-ND02	Level 1	12:30PM	1:20PM	\$36
#4RAQ0502-ND02	Level 2	1:30PM	2:20PM	\$36

Pulaski HS

Saturday, Mar 25 - May 20

Class#	Level	Start Time	End Time	Price
#4RAQ0506-PK01	Level 6	10:50AM	11:40AM	\$36
#4RAQ0505-PK01	Level 5	12:30PM	1:20PM	\$36
#4RAQ0504-PK02	Level 4	1:30PM	2:20PM	\$36
#4RAQ0503-PK01	Level 3	2:30PM	3:20PM	\$36

South Division HS

Monday, Mar 27 - May 22

Class#	Level	Start Time	End Time	Price
#4RAQ0503-SD02	Level 3	5:00PM	5:50PM	\$36

Tuesday, Mar 28 - May 23

Class#	Level	Start Time	End Time	Price
#4RAQ0504-SD01	Level 4	5:00PM	5:50PM	\$36

Thursday, Mar 30 - May 25

Class#	Level	Start Time	End Time	Price
#4RAQ0505-SD01	Level 5	5:00PM	5:50PM	\$36

Saturday, Mar 25 - May 20

Class#	Level	Start Time	End Time	Price
#4RAQ0501-SD01	Level 1	9:30AM	10:20AM	\$36
#4RAQ0502-SD01	Level 2	10:30AM	11:20AM	\$36
#4RAQ0503-SD01	Level 3	1:30PM	2:20PM	\$36
#4RAQ0501-SD03	Level 1	2:30PM	3:20PM	\$36
#4RAQ7404-SD01	Adv. Tiny Tot	3:30PM	4:15PM	\$36

Vincent HS

Monday, Mar 27 - May 22

Class#	Level	Start Time	End Time	Price
#4RAQ7401-VN01	Infant	5:00PM	5:30PM	\$32
#4RAQ7401-VN02	Level 1	5:45PM	6:35PM	\$36
#4RAQ0502-VN02	Level 2	6:45PM	7:35PM	\$36

Saturday, Mar 25 - May 20

Class#	Level	Start Time	End Time	Price
#4RAQ7404-VN01	Adv. Tiny Tot	8:30AM	9:15AM	\$36
#4RAQ0503-VN01	Level 3	9:20AM	10:10AM	\$36
#4RAQ0502-VN01	Level 2	10:20AM	1:10AM	\$36
#4RAQ0501-VN01	Level 1	11:20AM	12:10PM	\$36
#4RAQ0504-VN01	Level 4	3:30PM	4:20PM	\$36

Swim Lesson Age Groupings

CLASS

AGES

Infant	6mo - 18mo
Lil' Squirts	18mo - 3yrs
Tiny-Tot	3 - 4yrs
Adv. Tots	4-5yrs
Lil' Lv. 1/2	4-6yrs
Levels 1-6	6-16yrs

* See level description on page 23 for ages.

EVERYONE PLAYS!

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

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

ADULT SWIM

Adult Swim Lessons

If you are a beginner swimmer, this class will orient you to swimming essentials so you will feel comfortable in and around water. You will learn basic swim strokes and water safety techniques. Intermediate swimmers will work on refining swimming strokes. Swimming caps are required.

Activity Code: 4RAQ0401
(Section codes listed below)

Hamilton (Ages 17 & up) HA01
Tue, Mar 28-May 23, 7:30PM- 8:30PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall (Ages 17 & up) ... MR01
Mon, Mar 27-May 22, 7:40PM- 8:40PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall (Ages 17 & up) ... MR02
Thu, Mar 30-May 25, 7:40PM- 7:30PM
\$36 Residents/\$54 Non-Residents

North Division (Ages 17 & up) ND01
Thu, Mar 23-May 25, 6:30PM- 7:30PM
\$36 Residents/\$54 Non-Residents

North Division (Ages 17 & up) ND02
Sat, Mar 25-May 20, 2:30PM- 3:30PM
\$36 Residents/\$54 Non-Residents

Pulaski (Ages 17 & up) PK01
Sat, Mar 25-May 20, 9:40AM-10:40AM
\$36 Residents/\$54 Non-Residents

Pulaski (Ages 17 & up) PK02
Thu, Mar 30-May 25, 7:00PM- 8:00PM
\$36 Residents/\$54 Non-Residents

Vincent (Ages 17 & up) VN01
Sat, Mar 25-May 20, 1:10PM- 2:10PM
\$36 Residents/\$54 Non-Residents

Vincent (Ages 17 & up) VN02
Mon, Mar 27-May 22, 7:45PM- 8:45PM
\$36 Residents/\$54 Non-Residents



Fear Factor SP Adult Swim

If the reason you avoid situations that involve water is due to 'aqua-phobia' this is the class for you. You and 3 other students will receive specialized instruction to overcome your fear of water and even get you swimming!

Activity Code: 4RAQ0402
(Section codes listed below)

Bay View (Ages 17 & up) BV01
Tue, Mar 28-May 23, 7:30PM- 8:30PM
\$60 Residents/\$90 Non-Residents

Beginner Adult Lesson

If you are a beginner 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)

Milw HS of Arts (Ages 17 & up) ..MH01
Sat, Mar 25-May 20, 8:45AM- 9:45AM
\$36 Residents/\$48 Non-Residents

North Division (Ages 17 & up) ND01
Wed, Mar 29-May 24, 7:00PM- 8:00PM
\$36 Residents/\$48 Non-Residents

AQUA FITNESS

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)

Madison MA01
Tue, Mar 28-May 23, 5:00PM- 6:00PM
\$36 Residents/\$54 Non-Residents

Milw High Sch of Arts MH01
Sat, Mar 25-May 20, 3:10PM- 4:10PM
\$36 Residents/\$54 Non-Residents

South Division SD01
Sat, Mar 25-May 20, 8:30AM- 9:20AM
\$36 Residents/\$54 Non-Residents

Cardio Splash

Converting fat into lean muscle as you work against the powerful resistance of water is only the beginning of this high energy session. Fitness studies show that fat loss is expedited through interval training. You will work in sets of higher intensity intervals with periods of active rest. Endurance and intensity build each week for maximum results. Bring water bottle and hand weights to each class.

Activity Code: 4RAQ0304
(Section codes listed below)

Hamilton HA01
Thu, Mar 30-May 25, 5:00PM- 6:00PM
\$36 Residents/\$54 Non-Residents

Milw High Sch of Arts MH01
Thu, Mar 30-May 25, 5:00PM- 6:00PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall MR01
Mon, Mar 27-May 22, 5:00PM- 6:00PM
\$36 Residents/\$54 Non-Residents

North Division ND03
Sat, Mar 25-May 20, 8:30AM- 9:30AM
\$36 Residents/\$54 Non-Residents

North Division ND02
Tue, Mar 28-May 23, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

Deep Water Aerobics

Changing the medium in which you workout challenges the body, building muscle in places you may not have felt before. In the gym trainers use Bosu platforms and exercise balls to destabilize the environment; in the water, we take the floor away! Participants will be provided a floatation belt.

Activity Code: 4RAQ0305
(Section codes listed below)

Hamilton HA02
Sat, Mar 25-May 20, 9:00AM-10:00AM
\$36 Residents/\$54 Non-Residents

Hamilton HA01
Wed, Mar 29-May 24, 7:35AM- 8:35PM
\$36 Residents/\$54 Non-Residents

Water Aerobics - Adult

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

Activity Code: 4RAQ0306
(Section codes listed below)

Hamilton HA03
Mon, Mar 27-May 22, 7:30PM- 8:30PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall MR01
Wed, Mar 29-May 24, 7:30PM- 8:30PM
\$36 Residents/\$54 Non-Residents

North Division ND01
Mon, Mar 27-May 22, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

North Division ND02
Wed, Mar 29-May 24, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

North Division ND03
Fri, Mar 31-May 26, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

YoQUA Fusion

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

Activity Code: 4RAQ0307
(Section codes listed below)

Milwaukee Marshall MR11
Tue, Mar 28-May 23, 5:00PM- 6:00PM
\$36 Residents/\$54 Non-Residents

Glide Fit

Come experience a wet and wild workout! Through combining the power of water, waves, your force, strength resistance and movement we've created a fun, yet challenging class. We use a floating fitness mat tethered between lane lines to build your strength, stamina and mobility. Being comfortable in water deeper than 5 feet, and being able to fully submerge your body (when you fall off your board - you will!) is required.

Activity Code: 4RAQ0310
(Section codes listed below)

North Division ND01
Thu, Apr 6-May 25, 7:40PM- 8:40PM
\$36 Residents/\$54 Non-Residents

H2O FLOW

NEW Feel balanced in mind and body with H2O FLOW, 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 join us to experience the healing power of water.

Activity Code: 4RAQ0311
(Section codes listed below)

North Division ND01
Wed, Mar 29-May 24, 5:45PM- 6:45PM
\$36 Residents/\$54 Non-Residents

AQUATICS TRAINING

Lifeguard Training

Ages 15 and above. American Red Cross Lifeguard Training will give you the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes: water rescue skills, first aid and CPR. Prerequisites include: Swim 300 yards NON-STOP (using breaststroke and front crawl) , Submerge 10-12 feet to retrieve a 10 pound brick and tread 2 minutes without hands. Ask how you can enroll for FREE, by training for hire. All classes MUST be attended in full. If you have potential conflicts, need to schedule an alternative pre-test, or have any questions or need for accommodation, reach out to the aquatics office immediately at 414.647.6076
Instructor: Denzel Shareef

Activity Code: 4RAQ0601
(Section codes listed below)

South Division (Ages 15-79) SD02
(Scheduled mandatory Pre-test will be held: Sat. March 11th, available from 8:45am - 10:15am @ South Division. If you need to reschedule, please reach out to the Aquatics office ASAP. Approximately 7 hours of on-line learning must be completed before attending the first day of class.)
Mon-Fri, Apr 3-Apr 7, 8:45AM- 4:45PM
\$100 Residents/\$300 Non-Residents

LGI Course

The American Red Cross Lifeguard Instructor will prepare qualified candidates to teach Lifeguarding, CPR, AED, First Aid and other modules available with the Red Cross. Qualified candidates must be 17 years of age and have a proficient background in Lifeguarding, CPR, AED and First Aid. Candidates will have to complete a 7 hour pre-course ON-LINE before the course start date. Serious inquiries only should contact the aquatics office for additional information at 414.647.6076.

Activity Code: 4RAQ0603
(Section codes listed below)

North Division ND01
(Candidates MUST attend the entirety of this course. if there is a need for an accommodation or you would like us to consider any conflicts.)
Sat, Apr 29-May 20, 8:45AM- 4:45PM
\$240 Residents/\$240 Non-Residents

WSI - Water Safety Instructor

Age 16 & Up. Red Cross Water Safety Instructor (WSI) course trains candidates to teach a variety of swim classes including: Learn To Swim levels 1 - 6 for youth, multiple levels of parent-child aquatics, 3 levels of swimming for adults and MORE! Prerequisites: 25 yards of proficient: Front Crawl, Back Crawl, Breaststroke, Sidestroke, Elementary Backstroke and Butterfly. Additional information available: 414-647-6053 or www.mkerec.net/swim

Activity Code: 4RAQ0604
(Section codes listed below)

South Division (Ages 16-80) SD02
(MUST attend a pre-course session. We have one designated on Wednesday, March 18th at South Division from 8:00AM- 9:00AM, to gain eligibility for the course. If this date does not work, call the aquatics office to establish an alternative option. Bring suit and goggles to pre-course session. Materials will be issued after pre-course swim to successful candidates. This is a blended learning course and participants will need to complete around 7 hours of online content that will be provided upon the completion of your pre-test.)
Tue-Thu, Apr 4-Apr 6, 8:00AM- 5:00PM
\$160 Residents/\$240 Non-Residents



Aqua Fit Instructor 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. Previous experience as a participant in aqua fitness a plus. All 3 sessions include an IN-WATER workout experience - please bring appropriate fitness attire for in-water activity. Successful candidates will be considered for employment opportunities with Milwaukee Recreation.

Activity Code: 4RAQ0608
(Section codes listed below)

South DivisionSD01

Fri, May 5-May 19, 5:30PM- 8:30PM
\$60 Residents/\$60 Non-Residents

LG PREP

Interested in getting your lifeguard certification but unsure if you are ready for the course? Sign up for this section to review all swimming skills needed to be successful in the Lifeguard Training program. Course is FREE, but registration is required. Please bring goggles to the class - or contact us if needed: swim@mkerec.net

Activity Code: 4RAQ0611
(Section codes listed below)

Milw HS of Arts (Ages 14 & up) ...MH01

Sat, Mar 25-May 20, 2:00PM- 3:00PM
FREE

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

Fri, Mar 31-May 26, 6:30PM- 7:30PM
FREE

POOL	Height Requirement	Pool Temperature
Arts	48"	78° - 82°
Hamilton	48"	78° - 82°
Madison	48"	78° - 82°
Marshall	48"	86° - 89°
North Division	48"	86° - 89°
Pulaski	54"	78° - 82°
Riverside	48"	78° - 82°
South Division	48"	78° - 82°
Vincent	48"	86° - 89°

Join us for Twilight Swim!

Twilight swim is a **FREE** program, hosted by Milwaukee Recreation Twilight Centers, that is available for individuals age 12-18. Spring Twilight swim available until 5/24/23. We hope to see you in the pool! Locations/times listed below:

- **Madison High School**
 - » Wednesdays from 6:00pm - 8:30pm
- **North Division High School**
 - » Mondays and Wednesdays from 6:00pm - 8:30pm
- **Pulaski High School**
 - » Mondays and Wednesdays from 6:00pm - 8:30pm

FAMILY CLASSES**Family Aqua-FIT**

Make working out a family affair at the pool! Class is appropriate for families of every make up, with children ages 10 & up. Pool exercise has many benefits: cardiovascular, respiratory, increased flexibility. Bring a water bottle to class. Each member of the family should register; up to 3 children per adult.

Activity Code: 4RAQ3303
(Section codes listed below)

North Division (Ages 10 & up).....ND01

Thu, Mar 30-May 25, 4:30PM- 5:30PM
\$ Residents/\$20 Non-Residents

Family Swim Lesson

Children ages 9 and up with their parent/caregiver can all learn to swim together! Make it a family affair and come learn all the basics of swimming at a pool near you. Up to 3 children per adult in the class. Each family member should enroll and pay the course fee.

Activity Code: 4RAQ3305
(Section codes listed below)

Bay ViewBV01

Thu, Mar 30-May 25, 7:15PM- 8:15PM
\$ Residents/\$20 Non-Residents

HamiltonHA01

Sat, Mar 25-May 20, 3:20PM- 4:20PM
\$ Residents/\$20 Non-Residents

MadisonMA01

Tue, Mar 28-May 23, 7:05PM- 8:05PM
\$ Residents/\$20 Non-Residents

Milw High Sch of ArtsMH01

Sat, Mar 25-May 20, 11:00AM-12:00PM
\$ Residents/\$20 Non-Residents

Milwaukee MarshallMR01

Tue, Mar 28-May 23, 7:40PM- 8:40PM
\$ Residents/\$20 Non-Residents

North DivisionND01

Tue, Mar 28-May 23, 7:20PM- 8:20PM
\$ Residents/\$20 Non-Residents

PulaskiPK01

Thu, Mar 30-May 25, 7:10PM- 8:10PM
\$ Residents/\$20 Non-Residents

South DivisionSD01

Sat, Mar 25-May 20, 11:30AM-12:30PM
\$ Residents/\$20 Non-Residents

VincentVN01

Sat, Mar 25-May 20, 2:20PM- 3:20PM
\$ Residents/\$20 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)

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

(Monday Early)
Mon, Mar 27-May 22, 5:15AM- 6:15AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)..... JU11

(Monday Early)
Mon, Mar 27-May 22, 6:25AM- 7:25AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)..... JU02

(Tuesday Early)
Tue, Mar 28-May 23, 5:15AM- 6:15AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)..... JU22

(Tuesday Early)
Tue, Mar 28-May 23, 6:25AM- 7:25AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)..... JU03

(Wednesday Early)
Wed, Mar 29-May 24, 5:15AM- 6:15AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)..... JU33

(Wednesday Early)
Wed, Mar 29-May 24, 6:25AM- 7:25AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)..... JU04

(Thursday Early)
Thu, Mar 30-May 25, 5:15AM- 6:15AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)..... JU44

(Thursday Early)
Thu, Mar 30-May 25, 6:25AM- 7:25AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)..... JU05

(Friday Early)
Fri, Mar 31-May 26, 5:15AM- 6:15AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)..... JU55

(Friday Early)
Fri, Mar 31-May 26, 6:25AM- 7:25AM
\$28 Residents/\$42 Non-Residents

Milw HS of Arts (Ages 14 & up) ..MH01

(Tuesday Evening Option)
Tue, Mar 28-May 23, 7:45PM- 8:45PM
\$28 Residents/\$42 Non-Residents

Pulaski (Ages 14 & up).....PK02

Tue, Mar 28-May 23, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Pulaski (Ages 14 & up).....PK01

Thu, Mar 30-May 25, 6:00PM- 7:00PM
\$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

Sat, Mar 25-May 20, 7:25AM- 8:25AM
\$28 Residents/\$42 Non-Residents

Triathlon Cross Training

Coach Paul wants this to be the year you conquer your first triathlon! Triathlon specific swim techniques and tips will only be the beginning. Utilize the adjacent, newly expanded bike trails and improve running both on an outdoor track for drills and through the nearby parks for distance. Minimum recommended fitness level to be comfortable in class include: 50 yards of nonstop swim ability, 20 minute of jogging stamina and comfortable on your own bike. Participants should come prepared to swim, bike/spin and run for every class, unless instructed otherwise.

Activity Code: 4RCS0704
(Section codes listed below)

Milw HS of Arts (Ages 14 & up) ...MH01

Tue, Mar 28-May 23, 6:00PM- 7:30PM
\$42 Residents/\$63 Non-Residents

ARC TRAINING

CPR with AED

The American Red Cross Lay Responder CPR with AED course will prepare you to respond to emergencies and administer chest compressions and ventilations until emergency medical responders can arrive to the scene. You will also learn how to use an automated external defibrillator (AED). These lifesaving measures are a mandatory skill set for many, both personal and professional. Health care workers should verify the lay responder course is appropriate training per job title. Refunds must be made one full week before class date. Certificate valid for 2 years. Instructor: Dr. DeSilva

Activity Code: 4RAE0202
(Section codes listed below)

OASIS (Ages 16 & up) 5501

Thurs, Mar 30, 8:45AM- 12:15PM
\$54 Residents/\$81 Non-Residents

OASIS (Ages 16 & up) 5502

Fri, Mar 31, 4:45PM- 8:15PM
\$54 Residents/\$81 Non-Residents



LAP SWIM INFORMATION

Participants can register for individual lap swim opportunities by visiting mkerec.net/aquatics using **activity code: 4RCS0705**. Cost is \$3/swim. Lap swim is available at the following locations:

- **Hamilton High School**
 - » Thursdays, 3/30 - 5/25, 7:30PM - 8:30PM
- **MacDowell**
 - » Saturdays, 3/25 - 5/20, 11:15AM - 12:30PM

To reserve your lap swim session or for more information visit mkerec.net/aquatics or call **414.647.6067**.

YOUTH COMP SWIM

Piranhas Swim Team

The Milwaukee Piranhas Age-Group Swim Club is for experienced swimmers who have been recommended by a coach to participate at the highest level of competition. New members should seek the approval of a coach by setting up a placement session at the pool. Swimmers on this team may be recruited for USA SWIMMING opportunities. No swimmers allowed to participate without proof of enrollment. Not eligible for reduced fees. Additional family members enrolling in Competitive Swim pay 50% of the listed fees.

Activity Code: 4RCS0808
(Section codes listed below)

MacDowell (Ages 4-19).....JU11

(SAT EXTRA PRACTICE - ADV. Family Discount not available for this section)

Sat, Mar 25-May 20, 8:30AM-10:00AM
\$18 Residents/\$27 Non-Residents

MacDowell (Ages 4-19).....JU22

(SAT EXTRA PRACTICE - INT. Family Discount not available for this section)

Sat, Mar 25-May 20, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

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

(Intermediate Group)

Mon-Thu, Mar 27-May 25, 5:15PM- 6:15PM
\$54 Residents/\$81 Non-Residents

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

Mon-Thu, Mar 27-May 25, 6:15PM- 7:45PM
\$72 Residents/\$108 Non-Residents

Tidal Waves Swim Team

The Tidal Waves Age Group Swim Team offers a recreational competitive atmosphere. Seasonal swim meets will be held with local age-group clubs and allow for swimmers to be introduced to competition with those of similar ability levels. Participant should have completed Level 3 of the Learn to Swim program or be able to swim 25 continuous yards. Swimmers are not allowed to participate without proof of enrollment. Not eligible for reduced fees. Additional family members enrolling in Competitive Swim pay 50% of the listed fees.

Activity Code: 4RCS0809
(Section codes listed below)

Pulaski (Ages 4-19)PK22

(SAT EXTRA PRACTICE - ADV. Family Discount not available)

Sat, Mar 25-May 20, 8:00AM- 9:30AM
\$18 Residents/\$27 Non-Residents

South Division (Ages 4-19)SD02

(INTERMEDIATE GROUP)

Mon/Tue/Thu, Mar 27-May 25, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

South Division (Ages 4-19)SD03

(PRE-COMP GROUP)

Mon/Wed, Mar 27-May 24, 6:00PM- 6:45PM
\$18 Residents/\$27 Non-Residents

South Division (Ages 4-19)SD05

(INTERMEDIATE GROUP)

Mon/Tue/Thu, Mar 27-May 25, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

South Division (Ages 4-19)SD04

(ADV-COMP GROUP)

Mon-Thu, Mar 27-May 25, 6:45PM- 8:00PM
\$18 Residents/\$27 Non-Residents

South Division (Ages 4-19)SD06

(PRE-COMP GROUP)

Tue/Thu, Mar 28-May 25, 6:00PM- 6:45PM
\$18 Residents/\$27 Non-Residents

Krakens Swim Team

The Krakens Age Group Swim Team offers a recreational competitive atmosphere. Seasonal swim meets will be held with local age-group clubs and allow for swimmers to be introduced to competition with those of similar ability levels. Participant should have completed Level 3 of the Learn to Swim program or be able to swim 25 continuous yards. Swimmers are not allowed to participate without proof of enrollment. Not eligible for reduced fees. Additional family members enrolling in Competitive Swim pay 50% of the listed fees.

Activity Code: 4RCS0810
(Section codes listed below)

Milw HS of Arts (Ages 4-19).....MH03

(PRE-COMP GROUP)

Mon/Wed/Thu, Mar 27-May 25, 5:30PM- 6:15PM
\$36 Residents/\$54 Non-Residents

Milw HS of Arts (Ages 4-19).....MH01

(ADVANCED GROUP)

Mon/Wed/Thu, Mar 27-May 24, 6:15PM- 7:45PM
\$24 Residents/\$36 Non-Residents

Milw HS of Arts (Ages 4-19).....MH02

(INTERMEDIATES)

Mon/Wed/Thu, Mar 27-May 25, 6:15PM- 7:15PM
\$48 Residents/\$72 Non-Residents



OPEN SWIM + WARM WATER WALK

OPEN SWIM

SATURDAYS, 3/25 - 5/20 AT MACDOWELL - 11:15AM - 12:30PM

MONDAYS AND WEDNESDAYS, 3/27 - 5/24 AT NORTH DIVISION HIGH SCHOOL- 6:00PM - 8:30PM

Members of your household may reserve a single session of open pool time. 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. Each member of household wanting to swim should register to reserve adequate space. Swim caps are required. Open swim is FREE. Visit mkerec.net/aquatics for availability. **ACTIVITY CODE: 4RAQ1032**

WARM WATER WALK

FRIDAYS, 3/31 - 5/26 AT NORTH DIVISION HS - 6:30PM - 7:30PM

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. This is a **FREE** program, registration is required. **ACTIVITY CODE: 4RAQ1034.**

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
- » Use coupon code: *Lifeguard Training* to save \$65
- » 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
- » Use coupon code: *Lifeguard Training* to save \$65
- » 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 Krakens at Riverside HS
- The Tidal Waves at South Division HS

Adult programs available:

- Masters Swim at MacDowell, Riverside HS, or Pulaski HS (adults)

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 and get a cardio workout while exploring Milwaukee with us! Each week you will start at the location listed, walk 3-4 miles, and end back at the same spot. Wednesday walks may include a historical component/tour with brief pausing on the route. Contact Erica@mkerec.net with questions.

Activity Code: 4PL59003
(Section codes listed below)

Anodyne WN01
(2920 S Kinnickinnic Ave)
Tue, Apr 4, 10:00AM-11:15AM
FREE

South Shore Park WN02
(2900 S Shore Dr)
Wed, Apr 5, 5:30PM- 6:30PM
FREE

Greendale Public Library WN03
(5647 Broad Street)
Thu, Apr 6, 10:00AM-11:15AM
FREE

Mitchell Park Domes WN04
(524 S Layton Blvd)
Tue, Apr 11, 10:00AM-11:15AM
FREE

Veterans Park Kite Store WN05
(1300 N Lincoln Memorial Dr)
Wed, Apr 12, 5:30PM- 6:30PM
FREE

Rainbow Park WN06
(700 S 112th Street)
Thu, Apr 13, 10:00AM-11:15AM
FREE

Rochambo WN07
(1317 E Brady St)
Tue, Apr 18, 10:00AM-11:15AM
FREE

Vendetta Coffee Bar WN08
(7613 W State St)
Wed, Apr 19, 5:30PM- 6:30PM
FREE

Frommings Park WN09
(8801 S 51st St)
Thu, Apr 20, 10:00AM-11:15AM
FREE

Klode Park WN10
(5960 N Lake Drive)
Tue, Apr 25, 10:00AM-11:15AM
FREE

Humboldt Park - Milw. County Parks ... WN11
(3000 S Howell Ave)
Wed, Apr 26, 5:30PM- 6:30PM
FREE

MOR Bakery and Cafe WN12
(2018 1st Street)
Thu, Apr 27, 10:00AM-11:15AM
FREE

Simmas Bakery WN13
(817 N 68th Street)
Tue, May 2, 10:00AM-11:15AM
FREE

Fiddleheads Coffee WN14
(4334 N Oakland Ave)
Wed, May 3, 5:30PM- 6:30PM
FREE

KK Archery Range WN15
(W Kinnickinnic River Pkwy)
Thu, May 4, 10:00AM-11:15AM
FREE

Warnimont Park WN16
(5400 S Lake Dr)
Tue, May 9, 10:00AM-11:15AM
FREE

Pillcrow Coffee WN17
(416 W Walnut St)
Wed, May 10, 5:30PM- 6:30PM
FREE

Richard E. Maslowski Park WN18
(2200 W Bender Rd.)
Thu, May 11, 10:00AM-11:15AM
FREE

Urban Ecology Ctr Riverside Park WN19
(1500 E Park Place)
Tue, May 16, 10:00AM-11:15AM
FREE

Colectivo WN20
(170 S 1st St)
Wed, May 17, 5:30PM- 6:30PM
FREE

Konkel Park WN21
(5151 W Layton Ave)
Thu, May 18, 10:00AM-11:15AM
FREE

Havenwoods State Forest WN22
(6141 N Hopkins)
Tue, May 23, 10:00AM-11:15AM
FREE

Hi-Fi Cafe WN23
(2640 S Kinnickinnic Ave)
Wed, May 24, 5:30PM- 6:30PM
FREE

Aggies Bakery WN24
(7328 W Greenfield Ave)
Thu, May 25, 10:00AM-11:15AM
FREE

Colectivo Coffee Lakefront WN25
(1701 N Lincoln Memorial Dr)
Tue, May 30, 10:00AM-11:15AM
FREE

Anodyne WN26
(224 W Bruce St)
Wed, May 31, 5:30PM- 6:30PM
FREE

Havenwoods State Forest WN27
(6141 N Hopkins)
Thu, Jun 1, 10:00AM-11:15AM
FREE

Hawthorne Coffee Roasters WN28
(4177 S Howell)
Tue, Jun 6, 10:00AM-11:15AM
FREE

Hoyt Park WN29
(1800 N Swan Blvd.)
Wed, Jun 7, 5:30PM- 6:30PM
FREE

Bender Park WN30
(4503 E Ryan Rd)
Thu, Jun 8, 10:00AM-11:00AM
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 14-May 26, 10:45AM-11:30AM
FREE

Hawthorn Glen WN01
Tue, Apr 11-May 23, 5:30PM- 6:15PM
FREE

Tiefenthaler Park TF01
(2480 W Cherry Street)
Tue, Apr 4-May 23, 10:00AM-11:00AM
FREE

Fitness in the Park Bootcamp

Join us for an outdoor bootcamp class to challenge your entire body! Each class will include some strength, cardio and stretching exercises to give you a total body workout. Class is geared towards all fitness levels. Bring an exercise mat and water. Contact Erica@mkerec.net with questions.

Activity Code: 4PL59007
(Section codes listed below)

Custer Playfield WN01

(4001 W Custer Ave.)
Mon, Apr 17-May 22, 4:00PM- 4:45PM
FREE

Wick Playfield WN02

(Meet at Playground)
Wed, Apr 19-May 24, 4:00PM- 4:45PM
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. Classes meet twice a week. The first meeting includes interactive fun focused on health promotion, your lifestyle (including cooking!) and group fitness. The second weekly meeting is a group fitness class. Total Wellness is for all fitness levels - we meet you where you are. ***Special Opportunity For Registered Participants*** You may be eligible to take part in program feedback activities and receive a gift card. Call 414-955-8104 today to learn more.

Activity Code: 4PL59015
(Section codes listed below)

Hamilton HA01

Sat, Mar 18-May 13, 10:30AM-12:00PM
\$8 Residents/\$8 Non-Residents

Milwaukee Marshall MR01

Sat, Mar 18-May 13, 9:45AM-11:15AM
\$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 & etiquette followed by a 60-90 minute group ride led by our ride leaders. Participants must provide their own bike & helmet. Contact Erica@mkerec.net with questions.

Activity Code: 4PL59016
(Section codes listed below)

Greenfield Park (Ages 16 & up) WN02

(Mother's Day Ride!)
Sat, May 13, 10:00AM-11:30AM
FREE

Hawthorn Glen (Ages 16 & up) WN01

(Meet in Parking Lot)
Sat, May 6, 10:00AM-11:30AM
FREE

Riverside (Ages 16 & up) WN05

Sat, Jun 3, 10:00AM-11:30AM
FREE

South Shore Park (Ages 16 & up) WN04

(Memorial Day Ride)
Sat, May 27, 10:00AM-11:30AM
FREE

Vincent (Ages 16 & up) WN03

Sat, May 20, 10:00AM-11:30AM
FREE

Community Bike Rides - Social Slow Roll

Join us for a casual, fun & family friendly bike ride as we roll through different parts of Milwaukee! Ride may include stops along the route to share outdoor experiences or rest at a local coffee shop for a break. Children should be able to ride independently for at least 5 miles. Participants must provide their own bike & helmet. Contact Erica@mkerec.net with questions.

Activity Code: 4PL59017
(Section codes listed below)

Escuela Verde Newline Cafe WN02

(3618 W Pierce St.)
Wed, May 3-Jun 7, 9:30AM-11:30AM
FREE

United Community Center WN01

(1028 S 9th Street)
Sat, Jun 10, 10:00AM-12:30PM
FREE

Community Bike Rides - Good Morning Hank

Spring into riding shape as you explore Milwaukee's iconic Hank Aaron State Trail. Enjoy a variety of environments ranging from urban, to river views to prairie and wooded surroundings. All rides will focus on bike trails with some street riding and will start/end at the same location. Rides are suitable for beginners to intermediate riders. Participants must provide their own bike & helmet. Ages 16 and up. Contact Erica@mkerec.net with questions.

Activity Code: 4PL59018
(Section codes listed below)

Juneau Playfield (Ages 16 & up)... WN01

(6500 W Mt Vernon Ave)
Tue, May 2, 8:00AM-11:00AM
FREE

Community Bike Ride - Training Rides

Discover the joy of group bike rides on Milwaukee's best trails! This ride series is for beginner/intermediate cyclists looking to train for cycling events, build endurance and muscle strength. Rides will be two hours long using various routes with occasional stops to regroup. Participants must provide their own bike and helmet. Contact Erica@mkerec.net with questions.

Activity Code: 4PL59019
(Section codes listed below)

Valentine WN01

(5918 W Vliet Street)
Wed, May 3-Jun 7, 6:00PM- 8:00PM
FREE

DID YOU KNOW?

87% of U.S. adults are interested in having access to low or no cost recreation opportunities
nrpa.org/parkpulse



Nordic Walking for Beginners

Nordic Walking uses specially designed poles to enhance your natural walking experience. With a technique that is a cross between cross-country skiing and power walking, Nordic Walking is an efficient total body cardiovascular exercise that can be enjoyed by all ages & fitness levels. Class is geared towards beginners and poles will be provided. Led by Alisa, Certified Nordic Walking Instructor. Please email Erica@mkerec.net with questions.

Activity Code: 4PL59021
(Section codes listed below)

Urban Ecology Ctr Riverside Park ... WN01

(1500 E Park Place)
Sat, Apr 1-May 20, 8:30AM- 9:30AM
FREE

Urban Ecology Ctr Riverside Park WN02

(1500 E Park Place)
Sat, Apr 1-May 20, 10:00AM-11:00AM
FREE

Fitness in the Park Zumba

Join us for a Zumba class in the park! Zumba is a fun and easy way to work-out 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 and suitable for beginners. Contact Erica@mkerec.net with questions.

Activity Code: 4PL59027
(Section codes listed below)

Burnham Playfield WN01

Tue, Apr 4-May 23, 7:00PM- 7:55PM
FREE

Community Bike Rides - Bike Touring

NEW Come learn the basics for bike touring as you build up your endurance with bi-weekly long distance rides. Participants should be comfortable in the saddle for 2 hours with the expectation of increasing ride time as the session progresses. Participants must provide a bike & helmet. Contact Erica@mkerec.net with questions.

Activity Code: 4PL59028
(Section codes listed below)

Riverside (Ages 16 & up) WN01

Sun, May 7, 12:00PM- 3:00PM
FREE

Riverside (Ages 16 & up) WN02

Sun, May 21, 12:00PM- 3:00PM
FREE

Riverside (Ages 16 & up) WN03

Sun, Jun 4, 12:00PM- 3:00PM
FREE

Shifting & Bike Handling Workshop

NEW Whether you ride a mountain or a road bike, knowing a few basic skills can help you feel more comfortable and confident allowing for a smoother, more fun ride! This interactive workshop will focus on some core essentials like getting going, braking, navigating hills, looking, and signaling. Participants must provide a bike and helmet. Contact Erica@mkerec.net with questions.

Activity Code: 4PL59029
(Section codes listed below)

Doyle Golf Course WN01

(5300 W Wells Street)
Sat, May 20, 1:00PM- 3:00PM
FREE

Functional Strength Fitness

NEW Functional fitness is a type of strength training that prepares your body for daily activities. These exercises equip you for important types of physical fitness, the kind that prepares you for real life like bending, twisting, lifting, pushing, pulling and squatting. Bring your own exercise mat and water. Contact Erica@mkerec.net with questions.

Activity Code: 4PL59031
(Section codes listed below)

Beulah Brinton BN01

Fri, Apr 14-May 26, 8:30AM- 9:30AM
FREE



ACTIVE OLDER ADULTS

Bring in Spring

Spring is on the way and what better way to welcome the new season than enjoying breakfast and sharing in a spring craft with your family and your community. The OASIS Community Center invites you to come and enjoy a morning with us getting to know what we do and how we can better serve our community through recreation programming.

Activity Code: 4R550113
(Section codes listed below)

OASIS (Ages 0 & up) 5501

Sat, Apr 22, 9:00AM-11:00AM
\$5 Residents/\$5 Non-Residents



IN PARTNERSHIP WITH



MILWAUKEE
PUBLIC SCHOOLS



Run Back to School

August 26th | Wick Playfield (4929 W Vliet Street)

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

All event proceeds support youth recreation programs.

More information will be available soon at mkerec.net/rbts.

WEAVING AND FIBER ARTS



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

Not Your Grandma's Knitting

Learn to knit and make cool contemporary accessories with your first project! This group includes continuing students and beginners.

Activity Code: 4RAE6903
(Section codes listed below)

GaenslenGS01
 (Instructor: Sandra Schmidt)
 Thu, Mar 30-May 25, 4:00PM- 6:00PM
 \$45 Residents/\$45 Non-Residents



Weaving Basics and Beyond

Weavers continue the learning process by developing more advanced weaving skills and planning more complex projects such as rugs, overshot, multi harness patterns, etc. Supply fee is based on materials used. Participants must have completed at least one weaving basics class at ABK.

Activity Code: 4RAE6905
(Section codes listed below)

GaenslenGS01
 (Instructor: Naomi Holthaus)
 Mon, Mar 27-May 22, 9:30AM-12:30PM
 \$58 Residents/\$58 Non-Residents

GaenslenGS03
 (Instructor: Jacquie Crema)
 Tue, Mar 28-May 23, 6:00PM- 8:30PM
 \$56 Residents/\$56 Non-Residents

GaenslenGS07
 (Instructor: Judy Larsen)
 Wed, Mar 29-May 17, 11:00AM- 2:00PM
 \$58 Residents/\$58 Non-Residents

GaenslenGS05
 (Instructor: Lynn Sbonik)
 Wed, Mar 29-May 24, 6:00PM- 8:30PM
 \$56 Residents/\$56 Non-Residents

GaenslenGS04
 (Instructor: Lynn Sbonik)
 Thu, Mar 30-May 25, 6:00PM- 8:30PM
 \$56 Residents/\$56 Non-Residents

Bobbin Lace

Bobbin lace is a form of weaving that dates back to the 16th century. New students will learn how to wind the bobbins (warp), the 3 basic stitches, and read a pattern. Supplies for this class are provided by the instructor. A refundable supply fee of \$55 is due to the instructor at the first class and will be refunded when the supplies are returned.

Activity Code: 4RAE6911
(Section codes listed below)

GaenslenGS02
 (Instructor: Naomi Holthaus)
 Mon, Mar 27-May 22, 1:00PM- 4:00PM
 \$58 Residents/\$58 Non-Residents

Tapestry Weaving

Tapestry weaving is the ideal way to create visual impact using the warp as your canvas and yarn as your paint. This class will be tailored both for those who have no tapestry experience and for those who know the basics but need assistance in translating their skills into a woven design piece. 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 28-May 23, 10:00AM-12:30PM
 \$56 Residents/\$56 Non-Residents

Bead Loom Weaving

Weaving beads with a loom is a beautiful and traditional Native American art form that is easy to learn. This class will teach the basics of seed based weaving. A \$8 (cash only) supply fee is due to the instructor at the first class.

Activity Code: 4RAE6949
(Section codes listed below)

GaenslenGS01
 (Instructor: Kallia Walkowiak)
 Wed, Apr 12-May 10, 6:00PM- 8:00PM
 \$29 Residents/\$29 Non-Residents

Zen Stitch

Stitching by hand is a way to stimulate your inner creativity and become present in the moment. In this class we will explore Zen stitchery through hand sewing, embroidering, and embellishing with beads, buttons and baubles as a way to transform materials while relaxing and letting go of everyday worries.

Activity Code: 4RAE6956
(Section codes listed below)

GaenslenGS01
 (Instructor: MaryLee Knowlton)
 Wed, Mar 29-May 24, 4:00PM- 6:00PM
 \$45 Residents/\$45 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 as well as project planning. Returning beginners will be able to hone their skills by making a scarf or table runner. Weavers are able to repeat this class as many times as they like but will be limited to these three projects. Samplers supply fee \$10 cash only due to the instructor at the first class.

Activity Code: 4RAE6959
(Section codes listed below)

GaenslenGS01
(Instructor: Kallia Walkowiak)
Mon, Mar 27-May 22, 6:00PM- 8:30PM
\$56 Residents/\$56 Non-Residents

GaenslenGS04
(Instructor: Carly Neil)
Tue, Mar 28-May 23, 9:30AM-12:00PM
\$56 Residents/\$56 Non-Residents

GaenslenGS02
(Instructor: Jacquie Crema)
Tue, Mar 28-May 23, 3:00PM- 5:30PM
\$56 Residents/\$56 Non-Residents

GaenslenGS03
(Instructor: Judy Larsen)
Wed, Mar 29-May 17, 9:30AM-12:30PM
\$56 Residents/\$56 Non-Residents

GaenslenGS05
(Instructor: Kallia Walkowiak)
Thu, Mar 30-May 25, 6:00PM- 8:30PM
\$56 Residents/\$56 Non-Residents

Advanced Bobbin Lace

Students need to know the basic movement of the threads and the terminology associated with bobbin lace weaving. Students will also need their own pillow and bobbins and have a project or pattern ready to go. The instructor will be there to help with problems such as reading a pattern and understanding new techniques. Instructor: Naomi Holthaus

Activity Code: 4RAE6968
(Section codes listed below)

GaenslenGS01
Wed, Mar 29-May 24, 1:00PM- 3:30PM
\$17 Residents/\$17 Non-Residents

Hemstitch Weaving

Learn techniques for creating woven finishes. Varieties of hemstitching may be used to secure the warp and fringe or to decorate a scarf, mat and more. Bring a warped, simple loom such as a frame loom, small tapestry or table loom or cardboard loom, matching yarn, scissors, ruler, curved tapestry needle, and lunch. Instructor: Judy Larsen

Activity Code: 4RAE6969
(Section codes listed below)

GaenslenGS01
Fri, Apr 28, 9:00AM- 3:00PM
\$24 Residents/\$24 Non-Residents

Advanced Techniques with Rigid Heddle Looms

Explore the possibilities beyond plain weave using pickup sticks, supplemental heddle rods, inlay, and more. Prior experience direct warping and weaving on a rigid heddle loom required. Cricket rigid heddle looms will be available for use in class. A \$5 (cash only) supply fee due to instructor at the beginning of class. Instructor: Sue Knorr

Activity Code: 4RAE6970
(Section codes listed below)

GaenslenGS01
Thu, Apr 20-May 4, 10:00AM-12:00PM
\$14 Residents/\$14 Non-Residents

ARTS & CRAFTS

Drawing & Painting

Whether you are a beginner or a pro, join us for adventures in all types of drawing and painting. Work independently or follow weekly lessons and challenges to grow your artistic skills. Above all, have fun! Basic supplies will be provided.

50+ **Activity Code: 4R550902**
(Section codes listed below)

Enderis Playfield.....EF01
Tue, Mar 7-May 2, 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 (cash only) supply fee is due to the instructor at the first class.

50+ **Activity Code: 4R550903**
(Section codes listed below)

Enderis Playfield.....EF01
Tue, Mar 7-May 2, 9:00AM-12:00PM
\$15 Residents/\$23 Non-Residents



Acrylic Painting

In this course you will have fun learning painting techniques such as recognizing shapes, light sources, and most importantly, values. Beginners to advanced will improve at their own pace. We will start with working from photographs along with professional guidance from award-winning artist, Laura Easey-Jones. Please bring your supplies and a photo on the first day of class.

Activity Code: 4R550913
(Section codes listed below)

OASIS5501
Mon, Apr 3-May 1, 9:30AM-11:30AM
\$23 Residents/\$35 Non-Residents

OASIS5502
Mon, May 8-Jun 12, 9:30AM-11:30AM
\$23 Residents/\$35 Non-Residents

Explore Mixed Media

Make a beautiful collage with paper, torn magazine pages, texture paste, stamps, paint, matte medium, mod podge, and much more. Each project is uniquely your own. Class is for all skill levels. Basic supplies will be provided.

Activity Code: 4R550914
(Section codes listed below)

OASIS5501
Mon, Apr 3-May 1, 12:30PM- 2:30PM
\$23 Residents/\$35 Non-Residents

OASIS5502
Mon, May 8-Jun 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 (cash only) tool and supply fee will be due to the instructor at the first class.

Activity Code: 4RAE0902
(Section codes listed below)

Milwaukee MarshallMR01
Sat, Mar 18-May 13, 10:00AM-11:30AM
\$31 Residents/\$47 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, Apr 3-May 22, 10:30AM-11:30AM
\$24 Residents/\$36 Non-Residents

Sewing the Standard Pillow

We will be sewing one or two pillowcases in classes. If you would like to sew one pillowcase you will need 3/4 yard of main fabric and 1/3 yard of a contrasting fabric (top part of the pillowcase). Two pillows will need 1 & 1/2 yards of main fabric and 2/3 yard of contrasting fabric. Please bring a seam ripper, scissors, and sewing pins to class.

Activity Code: 4RAE0906
(Section codes listed below)

Hamilton HA01
Sat, Apr 15-Apr 22, 1:30PM- 3:30PM
\$13 Residents/\$20 Non-Residents

Create with Alcohol Inks II

A continuation to our basic Alcohol Inks class. We will explore using paint brushes to create pieces of art. The supply fee of \$8 in cash to the instructor on the first day of class. Prerequisite: Alcohol Inks I.

Activity Code: 4RAE0908
(Section codes listed below)

Hamilton HA01
Thu, Apr 13-Apr 20, 6:30PM- 8:30PM
\$13 Residents/\$20 Non-Residents

Rubber Stamping

Do you want to learn how to make your own beautiful cards to send to your friends for their birthday, anniversary, or just as a note to say hello? In this course we can teach you how to make your own cards with rubber stamps, ink, paper, and miscellaneous tools. Rubber stamps, paper, and all the necessary items to make the cards will be provided. A \$5 (cash only) supply fee will be due to the instructor.

Activity Code: 4RAE0913
(Section codes listed below)

Hamilton HA01
Wed, Apr 19-May 24, 6:30PM- 8:00PM
\$27 Residents/\$41 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 ClassSG01
(Orb)
Sat, May 13, 10:00AM-12:00PM
\$50 Residents/\$75 Non-Residents

Square One Art ClassSG02
(Bowl)
Sat, May 20, 10:00AM-12:00PM
\$60 Residents/\$90 Non-Residents

Square One Art ClassSG04
(Pumpkin)
Wed, Jun 7, 5:30PM- 7:30PM
\$70 Residents/\$105 Non-Residents

Square One Art ClassSG10
(Orb)
Wed, Jun 14, 5:30PM- 7:30PM
\$50 Residents/\$75 Non-Residents

Square One Art ClassSG11
(Pumpkin)
Wed, Jun 21, 5:30PM- 7:30PM
\$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 HA01
Tue, Apr 25-May 2, 6:00PM- 8:00PM
\$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
Wed, Apr 19, 6:30PM- 8:00PM
\$25 Residents/\$38 Non-Residents

Riverside RS01
Wed, May 17, 6:30PM- 8:00PM
\$25 Residents/\$38 Non-Residents

Paper Folding Arts for Seniors

With various papers, learners can make flowers, birds, butterflies, and more. Participants will be able to socialize while engaging in the fine-motor activity of origami. A \$20 supply fee is due to the instructor on the first day of class.

Activity Code: 4RAE0950
(Section codes listed below)

Hamilton (Ages 55 & up) HA01
Tue, Apr 25-May 23, 6:30PM- 8:30PM
\$29 Residents/\$44 Non-Residents

Open Cricut

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

Activity Code: 4RAE0952
(Section codes listed below)

Hamilton HA01
Sat, Mar 18-May 13, 11:30AM- 1:30PM
\$40 Residents/\$60 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 18-May 13, 9:00AM-11:00AM
\$40 Residents/\$60 Non-Residents

Abstract Painting With Melva*

Abstracts Painting is a class designed for beginners and for seasoned artists by visual artist. Class is taught by Melva. A \$10 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 4RAE0962
(Section codes listed below)

Milwaukee Marshall MR01
Thu, Apr 20-May 11, 6:00PM- 8:00PM
\$35 Residents/\$53 Non-Residents

Decoupage on Glass I

Can't draw stick figures? No problem! Anyone can be an artist using the age-old art form of decoupage. Learn how to create separate inside and outside designs with paper on a small glass bowl so the inside design is visible through the glass. All supplies included. Class taught by Donna Eigen.

Activity Code: 4RAE0965
(Section codes listed below)

Hamilton HA01
Mon, May 1, 6:00PM- 8:00PM
\$35 Residents/\$53 Non-Residents

Decoupage on Glass II

This workshop takes the age-old art form of decoupage to the next level by using a variety of materials such as napkins, tissue paper and alcohol inks to create separate inside and outside designs on a glass bowl or vase. Prior Decoupage on Glass I recommended. All materials provided. Class taught by Donna Eigen.

Activity Code: 4RAE0967
(Section codes listed below)

Hamilton HA01
Mon, May 8, 6:00PM- 8:00PM
\$35 Residents/\$53 Non-Residents

Shadow Lanterns

This workshop uses decoupage techniques to transform glass vases into enchanting lanterns. Students will learn to prepare materials and layer papers to create hidden scenes with animals, trees, marine life or whatever your imagination desires. All materials provided. Class taught by Donna Eigen.

Activity Code: 4RAE0968
(Section codes listed below)

Hamilton HA01
Mon, May 15, 6:00PM- 8:00PM
\$35 Residents/\$53 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, Mar 23-May 18, 6:00PM- 8:30PM
\$56 Residents/\$84 Non-Residents

Milwaukee Marshall MR02
Sat, Mar 18-May 13, 10:00AM-12:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall MR01
Wed, Mar 22-May 17, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Creating a 9-Square Pillow

Utilize a quilting ruler to cut strips of material to create a patched pillow. Materials needed: 3 or 4 fabrics (100% cotton, 1/2 yard each), basic sewing supplies such as pins, scissor, thread, seam ripper. Sewing machines are provided, but you are welcome to bring your own.

Activity Code: 4RAE0996
(Section codes listed below)

Hamilton HA01
Wed, Apr 12-Apr 26, 6:30PM- 8:30PM
\$13 Residents/\$20 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 20-May 15, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Survival Sewing

Learn the basics of operating a sewing machine by sewing straight and curved lines and turning corners on paper. This class is for beginners and those who want to be able to utilize a sewing machine or fixing sewing problems at home.

Activity Code: 4RAE1208
(Section codes listed below)

Hamilton HA01
Sat, May 6-May 20, 1:30PM- 3:30PM
\$19 Residents/\$29 Non-Residents



Knitting

Develop the techniques needed to complete your beautiful projects. Learn or gather new ideas and visit with fellow crafters. Bring a skein of yarn and knitting needles.

Activity Code: 4RAE1210
(Section codes listed below)

Hamilton HA01
Tue, Mar 21-May 16, 6:30PM- 8:30PM
\$45 Residents/\$68 Non-Residents

Crocheting

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: 4RAE1211
(Section codes listed below)

Hamilton HA01
Mon, Mar 20-May 15, 6:30PM- 8:30PM
\$45 Residents/\$68 Non-Residents

Landscape Painting

This relaxing class will explore landscape painting in the comfort of the classroom. We will use acrylics and work from photos. The goal of the class is to develop your own interpretation. Class starts with a short demonstration to get you started. Learn to paint and change the way you see the world.

Activity Code: 4RAE2003
(Section codes listed below)

Riverside RS01
Tue, Mar 21-May 9, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Painting Portraits from Photos

Painting in acrylic or oil we will learn to see others in an artistic way. Realizing your own approach will be the goal of this class. We will start with a drawing and progress onto painting. Bone structure, muscles and anatomy will be covered. Each class starts with a short demonstration to get you started.

Activity Code: 4RAE2006
(Section codes listed below)

Riverside RS01
Mon, Mar 20-May 8, 6:00PM- 8:00PM
\$45 Residents/\$68 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
(Adv.)
Thu, May 11-May 25, 6:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Explore Painting with Acrylics

Learn how to apply, blend, and layer and the correct way of mixing colors. We will discuss how colors of light affects the colors of the object when it is lit. Students are encouraged to bring photographs they would like to paint within each class. Students must have completed a beginner level class to be enrolled in an advanced level. A \$10.00 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 4RAE2023
(Section codes listed below)

Hamilton HA03
(Adv.)
Tue, Mar 21-May 16, 6:00PM- 8:00PM
\$49 Residents/\$74 Non-Residents

Hamilton HA01
(Beg Level 1)
Thu, Apr 13-Apr 27, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Hamilton HA02
(Beg Level 2)
Thu, May 4-May 18, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Expressive, Flowing Watercolor Portrayals

Create dramatic, dynamic color and composition. Discover exuberant and sculptural brush-play. Explore flowing watercolor imagery as you initiate, glaze or blend this magical, transparent media. Instructor offers demos and enthusiastic, personal guidance. Bring supplies to all sessions (call Brinton for supply list 414-481-2494).

Activity Code: 4RAE2026
(Section codes listed below)

Beulah Brinton BN01
Thu, May 11-May 25, 3:15PM- 5:15PM
\$19 Residents/\$29 Non-Residents

CATE'S COOKERY**Spring Faerie Garden Luncheon (Not Just for Women)**

As spring greens are starting to sprout, Cate will plant the seeds of a wonderful lunch, brunch, or even dinner menu. Cate will share her secrets to making her "Slam the Door" soufflé, Asparagus with Hollandaise Sauce, and Tangerine & Candied Almond Spring Mix Salad. Cate will also guide you on making an authentic, home-made Hollandaise sauce that won't separate, and making delicious candied almonds for multiple applications. Bon Appetit!

Activity Code: 4RAE1901
(Section codes listed below)

Hamilton HA01
Sat, May 20, 12:00PM- 2:30PM
\$24 Residents/\$36 Non-Residents

Thats Just How I Roll Sushi

Cate shares techniques to make traditional sushi rolls with the roasted seaweed sheets (nori) on the outside and California Rolls with the rice on the outside. She provides a bountiful buffet of veggies, surimi crab and Cate's own Hotsi Totsi Smoked Salmon filling so that participants can customize each of their two rolls. It's all gluten free, fresh and healthy. Enjoy her Loaded Miso Soup while learning history and etiquette.

Activity Code: 4RAE1936
(Section codes listed below)

Hamilton HA01
(Sushi mat included.)
Sat, Apr 22, 12:00PM- 2:30PM
\$24 Residents/\$36 Non-Residents

**COOKING****Swedish Meatballs & Mashed Potatoes**

This Scandinavian dish is so full of flavor! We will be combining chicken, pork and spices together to make for a hearty meatball. Then we will simmer the meatballs in a creamy sauce while we prepare the mashed potatoes to complete the dish. This meal is quick to make and can be an easy weeknight dinner. Fee includes food cost and is non-refundable.

50+ **Activity Code: 4R551613**
(Section codes listed below)

OASIS 5501
Wed, Apr 12, 11:00AM- 1:00PM
\$25 Residents/\$38 Non-Residents

Chicken Pesto Pasta

This dish incorporates flavors of the Mediterranean. Working with fresh basil, pine nuts, garlic and olive oil we will assemble a fresh pesto and incorporate that into spaghetti pasta and add some freshly cooked chicken to round out this dish. Fee includes food cost and is non-refundable.

50+ **Activity Code: 4R551614**
(Section codes listed below)

OASIS 5501
Wed, May 3, 11:00AM- 1:00PM
\$25 Residents/\$38 Non-Residents

Sweet Potato Pie

This screams comfort as we use sweet potatoes and assemble a pie crust from scratch. In this dish marshmallows are optional. Fee includes food cost and is non-refundable.

50+ **Activity Code: 4R551615**
(Section codes listed below)

OASIS 5501
Wed, May 17, 11:00AM- 1:00PM
\$25 Residents/\$38 Non-Residents

Chicken Tikka Masala

Using a variety of Indian spices we will cook a nice tomato sauce base and these flavors will then simmer the chicken. Combine this dish with a basmati rice. Fee includes food cost and is non-refundable.

50+ **Activity Code: 4R551616**
(Section codes listed below)

OASIS 5501
Wed, Jun 7, 11:00AM- 1:00PM
\$25 Residents/\$38 Non-Residents

Food Preservation

In this class, Annie Wegner LeFort of EatMoveMKE, will explain the benefits and challenges of various food preservation techniques with an emphasis on hot-water-bath canning. The class will provide a lecture and demonstration with handouts, recipes, and helpful tips. This is an instructional class only.

Activity Code: 4RAE1600
(Section codes listed below)

Beulah Brinton BN01
Wed, Jun 7, 5:30PM- 7:00PM
\$7 Residents/\$11 Non-Residents

Charcuterie 101

Charcuterie, in the broadest terms, is a display of cooked meats. This informative interactive course will guide you through how build an aesthetic presentation through the selection of meats, cheeses, fruits, nuts and other accompaniments to serve at a variety of occasions.

Activity Code: 4RAE1601
(Section codes listed below)

Hamilton HA01
Tue, Mar 28, 6:00PM- 7:30PM
\$21 Residents/\$32 Non-Residents

Korean Cooking: Bulgogi

Bulgogi (Korean Barbecue) is a dish of thinly sliced beef that is pre-marinated with various seasonings and grilled over high heat. Bulgogi has been popular since the 1950's due to it's unique flavor and quick cooking times.

Activity Code: 4RAE2400
(Section codes listed below)

Hamilton HA01
Wed, May 10, 6:30PM- 8:30PM
\$21 Residents/\$32 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.

Activity Code: 4RAE2401
(Section codes listed below)

Hamilton HA01
Wed, May 3, 6:30PM- 8:30PM
\$21 Residents/\$32 Non-Residents

Korean Cooking: Jjimdak (Korean Braised Chicken with Vegetables)

Jjimdak is a braised chicken dish. It generally refers to dishes that are steamed, stewed, and braised in a sauce, with "dak" meaning chicken.

Activity Code: 4RAE2402
(Section codes listed below)

Hamilton HA01
Wed, May 17, 6:30PM- 8:30PM
\$21 Residents/\$32 Non-Residents

Korean Cooking: Spicy Rice Cake with Fishcake Soup

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

Activity Code: 4RAE2405
(Section codes listed below)

Hamilton HA01
Wed, Apr 26, 6:30PM- 8:30PM
\$21 Residents/\$32 Non-Residents

Korean Culture: Bibim Guksu (Spicy Mixed Noodles)

Bibim guksu is a light and delicious cold noodle salad dish. It is seasoned with spicy, sweet and tangy Korean chili dressing.

Activity Code: 4RAE2406
(Section codes listed below)

Hamilton HA01
Wed, Apr 19, 6:30PM- 8:30PM
\$21 Residents/\$32 Non-Residents

International Spring Salads

NEW 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, Apr 17, 6:00PM- 8:00PM
\$21 Residents/\$32 Non-Residents

Slovenia--It's All About The Crepes

NEW 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, May 1, 6:00PM- 8:00PM
\$21 Residents/\$32 Non-Residents

Greek Yogurt--A Healthy Food

NEW Greek Yogurt is one of the most healthy foods you can eat. But, you can only eat so much plain Greek yogurt. This class will introduce you to a variety of ways to use Greek yogurt including: appetizer, dips, salad dressing, side dish, main dish, and a dessert. Fee includes food cost and is non-refundable.

Activity Code: 4RAE2269
(Section codes listed below)

Hamilton HA01
Mon, May 15, 6:00PM- 8:00PM
\$21 Residents/\$32 Non-Residents

DANCE

Adult Ballet

Through traditional ballet class structure of barre work, center exercise and traveling across the floor, adult ballet classes help you dance your way to stronger, longer muscles, improve posture, flexibility, agility, balance and core strength in a supportive and upbeat environment.

Activity Code: 4RAE2901
(Section codes listed below)

Milwaukee Marshall MR01
Mon, Mar 20-May 15, 6:00PM- 7:30PM
\$35 Residents/\$53 Non-Residents



African Dance

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

Activity Code: 4RAE2902
(Section codes listed below)

Riverside RS01
Sat, Apr 2-May 21, 1:00PM-2:00PM
\$24 Residents/\$36 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, Mar 21-May 16, 7:00PM-8:00PM
\$22 Residents/\$33 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 27-May 8, 7:00PM-8:00PM
\$24 Residents/\$36 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, Apr 3-Jun 5, 10:15AM-11:15AM
\$21 Residents/\$32 Non-Residents

OASIS 5502
Thu, Apr 6-Jun 1, 10:15AM-11:15AM
\$21 Residents/\$32 Non-Residents

Shechem at Hope Street..... 5503
Tue, Apr 4-Jun 6, 10:15AM-11:15AM
\$21 Residents/\$32 Non-Residents

Senior Fitness Class

You CAN Do This Fitness Class is about dynamic muscle and toning exercises that include stretching, cardio, strength training, and abdominal work. This fit camp is designed to teach techniques that will improve and maintain muscle tone, functional strength, and overall cardiovascular health.

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

OASIS 5501
Wed, Apr 12-May 31, 12:30PM-1:30PM
\$19 Residents/\$29 Non-Residents

Shechem at Hope Street 5503
Thu, Apr 13-Jun 1, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents

T'ai Chi & Qijong

T'ai Chi & Qigong are human movement systems created by the Chinese. Learn how to use movement to relax and balance your energy system. Wear comfortable clothing and flat soled shoes or stocking feet. Seniors and those with health limitations are encouraged to participate, as the movements can be adjusted to fit any fitness level.

Activity Code: 4R553512
(Section codes listed below)

OASIS 5501
50+ Tue, Apr 11-May 30, 9:45AM-10:45AM
\$19 Residents/\$29 Non-Residents

Activity Code: 4RAE3601
(Section codes listed below)

Hamilton HA01
Wed, Mar 22-May 17, 6:30PM-7:30PM
\$28 Residents/\$42 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+ (Class content geared toward 50+ age group)
Tue, Apr 4-May 23, 9:00AM-9:50AM
\$15 Residents/\$23 Non-Residents

OASIS 5502
(Intermediate/Advanced)
Tue, Apr 4-May 23, 10:00AM-10:50AM
\$15 Residents/\$23 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 5503
50+ Fri, Mar 31-May 26, 12:15PM-12:45PM
\$10 Residents/\$15 Non-Residents

OASIS 5501
50+ Tue, Apr 4-May 23, 11:00AM-11:30AM
\$10 Residents/\$15 Non-Residents

OASIS 5502
(Intermediate/Advanced)
Tue, Apr 4-May 23, 11:40AM-12:10PM
\$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.

Activity Code: 4R553519
(Section codes listed below)

OASIS 5501
(Advanced)
Fri, Mar 31-May 26, 2:10PM-3:00PM
\$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.

Activity Code: 4R553520
(Section codes listed below)

OASIS 5501
(Advanced)
Fri, Mar 31-May 26, 1:00PM-1:50PM
\$15 Residents/\$23 Non-Residents

TRX

TRX is a revolutionary workout method that 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 5501
Fri, Mar 31-May 26, 11:30AM-12:00PM
\$10 Residents/\$15 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 4-May 23, 7:15PM- 8:15PM
\$28 Residents/\$42 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, Apr 3-May 22, 6:10PM- 7:10PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02

Wed, Apr 5-May 24, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Belly Dance Aerobics

Belly dance aerobics involves exercises designed to tighten and tone your waist, hips and abdominal muscles through easy-to-follow isometric movements. This class will help to enhance your overall flexibility and general conditioning. Bring a hip scarf or purchase one from the instructor for \$10.

Activity Code: 4RAE3504
(Section codes listed below)

Hamilton HA01

Mon, Mar 20-May 15, 7:00PM- 8:00PM
\$28 Residents/\$42 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 BN03

Sat, Apr 1-May 20, 9:15AM-10:15AM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN01

Tue, Apr 4-May 23, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02

Thu, Apr 6-May 25, 6:00PM- 7:00PM
\$28 Residents/\$42 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 BN02

Sat, Apr 1-May 20, 8:00AM- 9:00AM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN01

Thu, Apr 6-May 25, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Cardio Plus

Like any fitness class, go at your own pace, but the instructor will make sure you leave with a good work out. Experience the health benefits of cardio exercises along with the muscle toning/building that comes with weight lifting. Wear comfortable clothing and tennis shoes.

Activity Code: 4RAE3510
(Section codes listed below)

Milwaukee Marshall MR01

Wed, Mar 22-May 17, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Cardio-Kickboxing

Get ready for a very popular workout. This musically-engaging activity will provide the opportunity to lose weight, tone your body, and have fun while incorporating components of self-defense. Do it for your health or just do it for 'kicks'. Wear comfortable clothing and tennis shoes. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 4RAE3511
(Section codes listed below)

Beulah Brinton BN01

Mon, Apr 3-May 22, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02

Wed, Apr 5-May 24, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Hoop Dance Workout

Hoop dancing is not just for kids! Today hula hooping has evolved into an exciting dance form called 'hoopdance', which has amazing benefits for the body and mind. Plus, it's fun! Hooping is for EVERY BODY. Hoops will be available to borrow or for purchase at sites. Cost range is \$20-\$35 per hoop.

Activity Code: 4RAE3518
(Section codes listed below)

Beulah Brinton BN01

(Beg.)
Wed, Apr 5-May 24, 8:30AM- 9:30AM
\$28 Residents/\$42 Non-Residents

Riverside RS01

(Beg.)
Sat, Mar 18-May 6, 11:00AM-12:00PM
\$28 Residents/\$42 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 5-May 24, 7:35PM- 8:35PM
\$28 Residents/\$42 Non-Residents

Cooper CP01

Thu, Apr 6-May 25, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Hamilton HA01

Thu, Mar 23-May 18, 6:00PM- 7:00PM
\$28 Residents/\$42 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, Apr 3-May 22, 5:00PM- 6:00PM
\$28 Residents/\$42 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 20-May 15, 6:00PM- 6:45PM
\$22 Residents/\$33 Non-Residents

Milwaukee Marshall MR02
Thu, Mar 23-May 18, 6:30PM- 7:15PM
\$22 Residents/\$33 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, Apr 2-May 21, 9:00AM-10:00AM
\$25 Residents/\$38 Non-Residents

Cooper CP01
Thu, Apr 6-May 25, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Couch Potato to 5k

Have you ever wanted to run a 5K? Don't know where to start? Do you need a little push and positive motivation? Then this is the class for you! Bring your running shoes, towel, water bottle and an exercise mat. Adult and Youth classes are combined.

Activity Code: 4RAE3569
(Section codes listed below)

Hamilton HA01
Wed, Apr 19-May 24, 6:00PM- 7:00PM
\$22 Residents/\$33 Non-Residents

MacDowell JU01
Mon, Apr 17-May 22, 6:00PM- 7:00PM
\$22 Residents/\$33 Non-Residents

Riverside RS01
Thu, Apr 20-May 25, 6:00PM- 7:00PM
\$22 Residents/\$33 Non-Residents

Hip Hop Cardio

Join us for this fun, new fitness class disguised as a dance party! Participants will use cardio and strength training choreographed to hip hop to get in a fun workout. All body types are welcome to come get your positive groove on and break a sweat.

Activity Code: 4RAE3587
(Section codes listed below)

Bryant BY01
Thu, Mar 23-May 18, 6:00PM- 6:45PM
\$22 Residents/\$33 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 BN01
Sat, Apr 1-May 20, 7:45AM- 8:45AM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN02
Mon, Apr 3-May 22, 8:00AM- 9:00AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN03
Mon, Apr 3-May 22, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN04
Mon, Apr 3-May 22, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN05
Mon, Apr 3-May 22, 7:30PM- 8:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN06
Tue, Apr 4-May 23, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN08
Tue, Apr 4-May 23, 6:30PM- 7:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN10
Wed, Apr 5-May 24, 6:30PM- 7:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN11
Thu, Apr 6-May 25, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN12
Thu, Apr 6-May 25, 5:45PM- 6:45PM
\$28 Residents/\$42 Non-Residents

Cooper CP01
Tue, Apr 4-May 23, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Gaenslen GS03
Wed, Mar 22-May 10, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Hamilton HA01
Mon, Mar 20-May 15, 6:00PM- 7:00PM
\$24 Residents/\$36 Non-Residents

MacDowell JU02
Sat, Mar 18-May 13, 10:15AM-11:15AM
\$28 Residents/\$42 Non-Residents

MacDowell JU01
Tue, Mar 21-May 16, 7:10PM- 8:10PM
\$28 Residents/\$42 Non-Residents

Milwaukee Marshall MR01
Tue, Mar 21-May 16, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

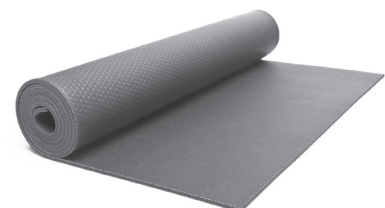
Milwaukee Marshall MR02
Tue, Mar 21-May 16, 7:05PM- 8:05PM
\$28 Residents/\$42 Non-Residents

Riverside RS05
Sat, Mar 18-May 6, 9:00AM- 9:55AM
\$28 Residents/\$42 Non-Residents

Riverside RS03
Mon, Mar 20-May 8, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Riverside RS01
Wed, Mar 22-May 17, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Riverside RS02
Thu, Mar 23-May 11, 7:00PM- 8:00PM
\$28 Residents/\$42 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 BN01
Sat, Apr 1-May 20, 10:00AM-11:00AM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN02
Sun, Apr 2-May 21, 12:00PM- 1:00PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN03
Mon, Apr 3-May 22, 12:00PM- 1:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN04
Mon, Apr 3-May 22, 1:10PM- 2:10PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN05
Tue, Apr 4-May 23, 10:30AM-11:30AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN06
Tue, Apr 4-May 23, 7:45PM- 8:45PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN07
Wed, Apr 5-May 24, 12:00PM- 1:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN08
Thu, Apr 6-May 25, 1:30PM- 2:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN09
Thu, Apr 6-May 25, 7:00PM- 8:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN10
Fri, Apr 14-May 26, 8:00AM- 9:00AM
\$25 Residents/\$38 Non-Residents

Cooper CP01
Tue, Apr 4-May 23, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

MacDowell JU01
Sat, Mar 18-May 13, 9:00AM-10:00AM
\$28 Residents/\$42 Non-Residents

MacDowell JU02
Tue, Mar 21-May 16, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

MacDowell JU03
Wed, Mar 22-May 17, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Riverside RS02
Wed, Mar 22-May 10, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Riverside RS01
Thu, Mar 23-May 11, 6:00PM- 7:00PM
\$28 Residents/\$42 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 BN01
Wed, Apr 5-May 24, 4:30PM- 5:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Thu, Apr 6-May 25, 4:45PM- 5:45PM
\$28 Residents/\$42 Non-Residents

Gaenslen GS01
Wed, Mar 22-May 10, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Riverside RS02
Sat, Mar 18-May 6, 10:00AM-11:00AM
\$28 Residents/\$42 Non-Residents

Riverside RS01
Mon, Mar 20-May 8, 6:00PM- 7:00PM
\$28 Residents/\$42 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 own exercise mat or purchase at site for \$10.

Activity Code: 4RAE3614
(Section codes listed below)

Beulah Brinton BN01
(Slow Flow)
Tue, Apr 4-May 23, 2:30PM- 3:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
(Slow Flow)
Wed, Apr 5-May 24, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN03
(Slow Flow)
Fri, Apr 14-May 26, 9:15AM-10:15AM
\$25 Residents/\$38 Non-Residents

Yoga for Women's Health

This is a beginner level class that will focus on strengthening work specific to the female body. Class taught by certified yoga instructor, Annie Wegner LeFort.

Activity Code: 4RAE3618
(Section codes listed below)

Beulah Brinton BN01
Tue, Apr 4-May 23, 3:45PM- 4:45PM
\$28 Residents/\$42 Non-Residents

Yoga for Runners

This class is not strictly for runners. Course will offer threefold focus: 1) stretching the muscles we use most in running 2) encourage participants to explore different planes of the body to diversify their movements 3) build and strengthen the core muscles that runners need to maintain a strong, healthy form. Taught by Annie Wegner LeFort.

Activity Code: 4RAE3619
(Section codes listed below)

Beulah Brinton BN01
Thu, Apr 6-May 25, 4:00PM- 5:00PM
\$28 Residents/\$42 Non-Residents

Nordic Walking

Improve your overall level of conditioning by learning various exercises to improve your overall strength, flexibility, and core using walking poles. Learn the proper technique while walking with poles to work almost every muscle in your body. Led by Marty Malin, a Certified Nordic Walking Instructor.

Activity Code: 4RAE3623
(Section codes listed below)

Hamilton HA01
Wed, May 3-May 24, 7:00PM- 8:00PM
\$16 Residents/\$24 Non-Residents

MacDowell JU01
Mon, May 1-May 22, 7:00PM- 8:00PM
\$16 Residents/\$24 Non-Residents

Riverside RS01
Thu, May 4-May 25, 7:00PM- 8:00PM
\$16 Residents/\$24 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: 4R553508
(Section codes listed below)

OASIS (Ages 50 & up) 5501
50+ Mon/Wed/Fri, Apr 3-Jun 21, 9:00AM-10:00AM
\$15 Residents/\$25 Non-Residents

Activity Code: 4RAE3628
(Section codes listed below)

Beulah Brinton BN01
Thu, Apr 6-May 25, 10:30AM- 11:30AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Fri, Apr 14-May 26, 12:00PM- 1:00PM
\$25 Residents/\$38 Non-Residents

HEALTH AND WELLNESS

Dementia 101

In this presentation you will learn what is dementia and the different types of dementia, basic statistics, basic information about the brain, the early warning signs and the importance of early detection. The meeting is virtual and a link to the course will be emailed prior to the start date. This class is free but you must pre-register.

50+

Activity Code: 4R550109
(Section codes listed below)

Online 5501
Tue, Apr 4, 10:00AM-11:00AM
FREE

5 Secrets to Permanent Weight Loss

Recent research has shown that metabolism and hormones may be the key to effective, permanent weight loss. Learning the '5 secrets' can lead to improved metabolism, permanent weight loss, and improved health and vitality. Participants will learn why fat doesn't make you fat, and why you must eat real butter and eggs (even if you are overweight). Class is presented by Dr. John P. Corsi, D.C. Chiropractic Company. Class fee is non-refundable.

Activity Code: 4RAE4101
(Section codes listed below)

Milwaukee Marshall MR01
Tue, May 9, 6:35PM- 8:00PM
\$7 Residents/\$11 Non-Residents

Arthritis: Alternative Approaches

Over 50 million Americans suffer from joint disease. This presentation educates the audience about arthritis, who is susceptible, what causes it, how to relieve it, and steps to help prevent joint disease. Presented by Dr. John P. Corsi, D.C. Chiropractic Company. Class fee is non-refundable.

Activity Code: 4RAE4103
(Section codes listed below)

Milwaukee Marshall MR01
Wed, May 17, 6:35PM- 8:00PM
\$7 Residents/\$11 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 HA01
Thu, May 4-May 11, 7:15PM- 8:15PM
\$8 Residents/\$12 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 4-May 23, 5:00PM- 5:30PM
\$16 Residents/\$24 Non-Residents

Chakra Energy and Balance

Join us for Chakra Healing - an ancient philosophy and now a hot trend! This class will help you balance your body and mind using this ancient Eastern wellness belief based on seven energy centers that govern your organs and work together as one system yet independently. Take time to improve your well-being. Class fee is non-refundable.

Activity Code: 4RAE4117
(Section codes listed below)

Hamilton HA01
Thu, Apr 13-Apr 20, 7:15PM- 8:15PM
\$6 Residents/\$9 Non-Residents

Fairy Gardens & Folklore

Discover some tales, myths, and explore a bit of folklore behind these fantastical creatures. Are they spirits, sprites, or do they really exist? Get a little spritely yourself and learn how to design and plant your own fairy garden. A \$5.00 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 4RAE4119
(Section codes listed below)

Hamilton HA01
Tue, May 23, 6:00PM- 8:00PM
\$8 Residents/\$12 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 9, 6:00PM- 8:00PM
\$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 29, 12:30PM- 2:00PM
\$7 Residents/\$11 Non-Residents



Exploring the Benefits of Ear Reflexology

Your ears contain a wealth of nerve endings. When these nerve endings are touched by your fingers and thumbs, you can release stress, tension and pain. Learn about the map of the ears and how your whole body can positively benefit from your efforts. Class taught by Gail Vella, of Compassionate Reflexology. Class fee is non-refundable.

Activity Code: 4RAE4153
(Section codes listed below)

Riverside RS01
Wed, May 3, 6:00PM- 7:30PM
\$7 Residents/\$11 Non-Residents

Hand Reflexology for a Happier You!

How would you like to learn easy techniques to help relieve anxiety, stress, and pain to bring yourself back to being in balance? Hand Reflexology might be a good fit for you. 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 \$8 for supplies used in the class. Class fee is non-refundable.

Activity Code: 4RAE4155
(Section codes listed below)

Riverside RS01
Wed, May 10, 6:00PM- 7:30PM
\$7 Residents/\$11 Non-Residents

Foot Reflexology is Good for Your Soles!

Do you have tired, achy feet? Learn techniques to bring comfort to your feet that may benefit your entire body. Are you ready for change? Please bring a towel, water to drink and \$8 for supplies used in class. Class taught by Gail Vella of Compassionate Reflexology. Class fee is non-refundable.

Activity Code: 4RAE4156
(Section codes listed below)

Riverside RS01
Wed, May 17, 6:00PM- 7:30PM
\$7 Residents/\$11 Non-Residents

Taming the Sweet Tooth

While sugar tastes good, too much of it can be harmful to our heart and body. A registered dietitian from The Karen Yontz Women's Cardiac Awareness Center and Advocate Aurora Health will bring eye-opening displays to show how much added sugar Americans consume and explain why it's so important to keep sweet stuff in check. Instruction on reading food labels for sugar and learn the top three ways to retrain your taste buds so you don't go overboard on sugar. A healthy sweet treat will be provided. Class fee is non-refundable.

Activity Code: 4RAE4164
(Section codes listed below)

Hamilton HA01
Tue, May 2, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Vegan Living 101

Are you interested in finding out more about plant-based living? Have you thought about exploring veganism but don't know where to begin? Whether you're interested in health, ethics, the environment, shopping or cooking tips, we have info to share with you! We will also have tips on transitioning to a plant-based lifestyle, recipes, resources. Get your questions answered. Class fee is non-refundable.

Activity Code: 4RAE4171
(Section codes listed below)

Hamilton HA01
Mon, May 8, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Clearing Up the Carb Confusion

Confused over which carbohydrates to eat and how much of them eat? Join registered dietitian, Heather Klug, Med, RD from the Karen Yontz Cardiac Awareness Center for an informative and engaging talk about carbohydrates and how they affect your heart and overall health. We'll discuss the difference between "healthy" and "not so healthy" carbs from a nutrition, digestion, and health standpoint. Class fee is non-refundable.

Activity Code: 4RAE4172
(Section codes listed below)

Hamilton HA01
Tue, Apr 18, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Maximize Your Health with the Mediterranean Diet

The Mediterranean Diet has been hailed as one of the healthiest ways of eating in the world. Extensive research shows it can help promote good health and longevity. Registered Dietitian, Heather Klug from the Karen Yontz Cardiac Awareness Center will: discuss the foods that make up the Mediterranean Diet, explain health benefits of the diet and provide tips for creating Mediterranean kitchen in your home. Class fee is non-refundable.

Activity Code: 4RAE4173
(Section codes listed below)

Hamilton HA01
Tue, Apr 25, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Simple Lifestyle Changes to Lower Blood Pressure

Blood pressure is called the "silent killer" because there's often no warning signs, yet it can drastically increase risk of heart disease and other chronic health problems. Join registered Dietitian Heather Klug from the Karen Yontz Cardiac Awareness Center, to learn more about high blood pressure and simple lifestyle changes to lower your blood pressure and keep it there! Class fee is non-refundable.

Activity Code: 4RAE4174
(Section codes listed below)

Hamilton HA01
Tue, May 9, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents



4 Keys to Healthy Eating Out

Want to know what to eat when eating out at fast food places or restaurants? Registered Dietitian Heather Klug from the Karen Yontz Cardiac Awareness Center, will share helpful tips for healthy eating at both fast food places and restaurants. You'll learn behavioral strategies and be presented an interactive fat demonstration that is eye-opening and will have you rethinking what you choose when eating out. Class fee is non-refundable.

Activity Code: 4RAE4175
(Section codes listed below)

Hamilton HA01
Tue, May 16, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents



LANGUAGE SKILLS

Spanish

Learn appropriate Spanish words for: greetings, health, household, daily activities, weather, and much more. The textbook used for the class is 'Spanish made Simple' and can be purchased for \$14 on the first day of the class.

50+ **Activity Code: 4R554401**
(Section codes listed below)

OASIS 5501
(Beginner)
Fri, Mar 31-May 26, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents

OASIS 5502
(Intermediate)
Fri, Mar 31-May 26, 12:30PM- 1:30PM
\$19 Residents/\$29 Non-Residents

Korean History: Drama and Language

Are you interested in Korean movies, TV dramas, and culture? This course will analyze and discuss different Korean shows and movies and their impact on culture today.

Activity Code: 4RAE4406
(Section codes listed below)

Hamilton HA01
Sat, Apr 15-May 20, 11:45AM- 1:30PM
\$27 Residents/\$41 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, Apr 3-May 22, 6:30PM- 7:30PM
\$24 Residents/\$36 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 20-May 15, 6:00PM- 7:30PM
\$35 Residents/\$53 Non-Residents

Spanish Conversation

The ability to communicate in Spanish is necessary for many professions and is key to a greater enjoyment of travel south of the border. Receive instruction on pronunciation and essential grammar, through reading, writing and conversational practice. You can purchase the textbook for \$14 (cash or check only) on the first day of the class. Level 2 and 3 Spanish conversation requires working knowledge of general Spanish phrases and vocabulary.

Activity Code: 4RAE4801
(Section codes listed below)

MacDowell JU01
(Level 1)
Wed, Mar 22-May 17, 6:00PM- 7:30PM
\$35 Residents/\$53 Non-Residents

Riverside RS01
(Level 1)
Mon, Mar 20-May 8, 6:00PM- 7:30PM
\$35 Residents/\$53 Non-Residents

Riverside RS02
(Level 2)
Mon, Mar 20-May 8, 7:30PM- 9:00PM
\$35 Residents/\$53 Non-Residents

Riverside RS03
(Level 3)
Tue, Mar 22-May 10, 6:00PM- 7:30PM
\$35 Residents/\$53 Non-Residents

Juegos y Conversacion 5 (El Cuerpo y la Salud)

Prerequisite: Working knowledge of basic spoken and written Spanish. En esta clase vamos a conversar en español, usando vocabulario y gramática relacionados con el tema indicado. Vamos a emplear juegos y actividades para practicar el vocabulario y después, crear "Dialogos Dirigidos" (Directed Dialogs) con una pareja o en un grupo pequeño. Los participantes deben saber hablar español básico. Esta clase es para PRACTICAR; no para APRENDER! Las dos secciones son diferentes e independientes. Se puede registrarse en una o dos secciones.

Activity Code: 4RAE4809
(Section codes listed below)

Hamilton HA01
Tue, Apr 18, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Juegos y Conversacion 6 (Da Vacaciones con Amigos)

Prerequisite: Working knowledge of basic spoken and written Spanish. En esta clase vamos a conversar en español, usando vocabulario y gramática relacionados con el tema indicado. Vamos a emplear juegos y actividades para practicar el vocabulario y después, crear "Dialogos Dirigidos" (Directed Dialogs) con una pareja o en un grupo pequeño. Los participantes deben saber hablar español básico. Esta clase es para PRACTICAR; no para APRENDER! Las dos secciones son diferentes e independientes. Se puede registrarse en una o dos secciones.

Activity Code: 4RAE4810
(Section codes listed below)

Hamilton HA01
Tue, May 16, 6:00PM- 8:00PM
\$8 Residents/\$12 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 20-May 15, 6:30PM- 7:30PM
\$24 Residents/\$36 Non-Residents

MacDowell JU02
(ADVANCED ONLY)
Mon, Mar 20-May 15, 7:30PM- 8:30PM
\$27 Residents/\$41 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 20-May 17, 6:00PM- 7:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall (Ages 15 & up)... MR01
Mon, Mar 20-May 15, 6:00PM- 7:00PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall MR02
Wed, Mar 22-May 17, 6:00PM- 7:00PM
\$24 Residents/\$36 Non-Residents

Riverside (Ages 15 & up)..... RS04
(All ranks and ages)
Sat, Mar 18-May 13, 11:45AM-12:30PM
\$24 Residents/\$36 Non-Residents

Riverside (Ages 15 & up)..... RS01
(Beg. white-yellow belts, combined with youth class)
Mon/Wed, Mar 20-May 10, 6:15PM- 7:00PM
\$45 Residents/\$68 Non-Residents

Riverside (Ages 15 & up)..... RS05
(Int./Adv., Camo-Purple Belts)
Mon/Wed, Mar 20-May 10, 7:00PM- 7:45PM
\$49 Residents/\$74 Non-Residents

Riverside (Ages 15 & up)..... RS10
(Adv., Blue-Black Belts)
Mon/Wed, Mar 20-May 10, 7:45PM- 8:30PM
\$49 Residents/\$74 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 22-May 17, 7:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

MUSIC

Songwriting 101

Are you an aspiring songwriter? Got a melody stuck in your head, or maybe a clever lyric? No matter what age, anyone can write a song. Youth and adult classes are combined. Instructor: Mr. D.

Activity Code: 4RAE4601
(Section codes listed below)

Hamilton HA01
Wed, Mar 22-May 17, 7:45PM- 8:45PM
\$24 Residents/\$36 Non-Residents

Bass Guitar

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

Activity Code: 4RAE4602
(Section codes listed below)

Beulah Brinton BN01
Fri, Apr 14-May 26, 7:15PM- 8:15PM
\$22 Residents/\$33 Non-Residents

Drums

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

Activity Code: 4RAE4603
(Section codes listed below)

Beulah Brinton BN01
Fri, Apr 14-May 26, 6:00PM- 7:00PM
\$22 Residents/\$33 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.

Activity Code: 4RAE4604
(Section codes listed below)

Beulah Brinton BN01
(Beg.)
Sat, Apr 1-May 20, 2:00PM- 3:30PM
\$31 Residents/\$47 Non-Residents

Hamilton HA01
(Beg.)
Thu, Mar 23-May 18, 6:00PM- 7:30PM
\$35 Residents/\$53 Non-Residents

Riverside RS01
(Beg. Semi-Private)
Mon, Mar 20-May 8, 6:30PM- 8:00PM
\$80 Residents/\$120 Non-Residents

Riverside RS02
(Adv. Semi-Private)
Mon, Mar 20-May 8, 8:15PM- 9:00PM
\$44 Residents/\$66 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 1-May 20, 10:30AM-12:00PM
\$31 Residents/\$47 Non-Residents

Beulah Brinton BN02
(Int.)
Sat, Apr 1-May 20, 12:15PM- 1:45PM
\$31 Residents/\$47 Non-Residents

Hamilton HA01
(Beg.)
Wed, Mar 22-May 17, 6:00PM- 7:30PM
\$24 Residents/\$36 Non-Residents

Rock Band

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

Activity Code: 4RAE4608
(Section codes listed below)

Beulah Brinton BN01
Sat, Apr 1-May 20, 4:00PM- 6:00PM
\$40 Residents/\$60 Non-Residents

Sing Out!

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

Activity Code: 4RAE4609
(Section codes listed below)

Hamilton HA01
Thu, Mar 23-May 18, 7:45PM- 8:45PM
\$24 Residents/\$36 Non-Residents

Introduction to Harmonica

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

Activity Code: 4RAE4611
(Section codes listed below)

Hamilton HA01
Tue, Mar 21-May 16, 6:00PM- 7:00PM
\$24 Residents/\$36 Non-Residents

ORGANIZATION

Declutter before Moving and Selling Your Home

Discussing what to do when these big events are fast approaching; declutter, organize, downsizing pre-packing and so much more. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing.

Activity Code: 4RAE2602
(Section codes listed below)

Hamilton HA01

Tue, Apr 18, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents



Declutter/Organize Your Home

The first step to getting organized is to declutter. Discussion will include different ways to find the one that work best for you. Topics will include which style of organization works best for you and your family. Class taught by Tamara Starr, Sweet Simplicity Professional Organizing.

Activity Code: 4RAE2607
(Section codes listed below)

Hamilton HA01

Mon, Apr 24, 6:30PM- 8:30PM
\$8 Residents/\$12 Non-Residents

ORGANIZED GAMES

Bid Whist

Come join the weekly Bid Whist extravaganza! This popular African-American card game will challenge your intellect and give you the opportunity to have fun and meet new people. Open to those with experience playing the game. Register with a partner or singles will be partnered up if possible. Class play is for entertainment purposes only. Gambling for money is not permitted during class. Program supervised by Mark Lawrence.

Activity Code: 4RAE4907
(Section codes listed below)

Milwaukee Marshall MR01

Tue, Mar 21-May 16, 6:00PM- 8:00PM
\$10 Residents/\$15 Non-Residents

Spades

NEW

Come join the weekly Spades challenge extravaganza! This popular African-American card game is a descendant of Bid Whist and will give you the opportunity to have fun and meet new people. Open to those with experience playing the game. Register with a partner or singles will be partnered up if possible. Class play is for entertainment purposes only. Gambling for money is not permitted during class. Program supervised by Mark Lawrence.

Activity Code: 4RAE4909
(Section codes listed below)

Milwaukee Marshall MR01

Thu, Mar 23-May 18, 6:00PM- 8:00PM
\$10 Residents/\$15 Non-Residents



OUTDOOR EDUCATION

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). Membership is valid for one year from purchase date.

50+

Activity Code: 4R555011
(Section codes listed below)

OASIS 5501

Wed, Apr 12-May 31, 10:30AM-12:30PM
\$10 Residents/\$15 Non-Residents



Easter Egg Natural Dyes

Dye your Easter eggs naturally this year with colorful plants and fibers. Adult must register, pay, and attend with a child. Fee is per person. Eggs, dyes and decorating materials are provided. 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). Membership is valid for one year from purchase date.

Activity Code: 4R555015
(Section codes listed below)

OASIS (Ages 6 & up) 5501

Thu, Apr 6, 12:45PM- 2:15PM
\$5 Residents/\$8 Non-Residents

Stepping Stones

Grandparents & their grandkids are encouraged to spend this day off school together at OASIS. Join a naturalist from Hawthorn Glen in making your own stepping stone using nature's raw materials. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4R555016
(Section codes listed below)

OASIS (Ages 6 & up) 5501

Mon, Jun 5, 12:15PM- 2:15PM
\$5 Residents/\$8 Non-Residents



Please like us on Facebook!
fb.com/MilwaukeeRecreation

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 trail season at the 2023 Spring Ride with Melissa Cook. This is a fun, family-friendly, leisurely group ride on a flat, paved trail that can be done at your own pace! Questions? Contact Jen at Info@hankaaronstatetrail.org.

Activity Code: 4RAE5016
(Section codes listed below)

Menomonee Valley Community Park ... RS01
(212 S 36th St.)
Sat, May 6, 1:00PM- 3:00PM
FREE

PERSONAL SKILLS

You Have Pictures in Your Camera - Now What?

We have hundreds - if not thousands - of pictures in our camera, smartphones and computers. Now what...? This two-hour seminar teaches techniques to save and organize pictures from cameras and smartphones to external devices and to "the Cloud." Instructor is C.T. Kruger. Class fee is non-refundable.

Activity Code: 4RAE5402
(Section codes listed below)

Hamilton HA03
Thu, May 25, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents



Herbs, Crystals, and Stones

Humans have used plants for thousands of years in many different ways. Learn about the top 10 herbs and their benefits to your daily life. Find out what rocks are associated with love, success, happiness, and health. This workshop will help you explore ancient folklore and show you how to put these practices to work for you. A \$5 (cash only) supply fee is due to the instructor at class. Class fee is non-refundable.

Activity Code: 4RAE5405
(Section codes listed below)

Hamilton HA01
Thu, May 18, 7:15PM- 8:15PM
\$6 Residents/\$9 Non-Residents

The Camera in Your Smartphone

It's a camera, it's a photo album, it's a television - it's your phone. Learn about the apps, tips, tricks and limitations for pictures and video from iPhone and Android smartphone and tablets. This class will cover your device's camera, home and Cloud storage options, printing and more. Instructor is C.T. Kruger. Class fee is non-refundable.

Activity Code: 4RAE5423
(Section codes listed below)

Hamilton HA02
Thu, May 11, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

No Power Tools Necessary- Tips for Getting Your Security Deposit Back

NEW Learn to identify easy fixes that you can do yourself and when it's time to call the landlord. In this class, tools and materials for repairs will be introduced along with strategies and resources that can help to get your deposit returned. Class taught by Brian Hunt, a certified Dwelling Contractor through the state of Wisconsin Department of safety and Professional Services, with over 20 years of experience in remodeling and new home construction. Class fee is non-refundable.

Activity Code: 4RAE5429
(Section codes listed below)

Hamilton HA01
Sat, May 13, 9:00AM-11:00AM
\$16 Residents/\$24 Non-Residents

Hamilton RS01
Sat, May 13, 12:00PM- 2:00PM
\$16 Residents/\$24 Non-Residents

Being Mindful of Your Emotions: Emotional Intelligence Workshop

Who is in control you or your emotions? Emotions are powerful. In order to be mindful, it helps to know what we are feeling when we are feeling it. In this two-hour workshop, you will be guided through a four step process: Self Awareness, Self-Management, Social Awareness and Relationship Management that will put you on the path of responding instead of reacting to the world around you. Class fee is non-refundable.

Activity Code: 4RAE5432
(Section codes listed below)

Hamilton HA01
Wed, Apr 26, 6:00PM- 8:00PM
\$16 Residents/\$12 Non-Residents

Vital Communications

Everything starts with a conversation. When conflict arises, do you go into fight, flight or freeze mode? We avoid important conversations for a variety of reasons. Develop the courage to have these tough conversations. Join us for a two-hour workshop on improving your critical conversational skills. Class fee is non-refundable.

Activity Code: 4RAE5440
(Section codes listed below)

Hamilton HA01
Wed, May 3, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

CHECK THIS OUT!

Milwaukee Recreation offers activities specifically for individuals with disabilities ages three and up. Therapeutic recreation classes are offered throughout the year (see pages 55 - 56) at various locations in the city of Milwaukee. Participants are given the opportunity to recreate in a wide variety of activities, including summer day camps, evening classes in the fall, winter, and spring, arts & crafts, swim instruction, cooking classes, bowling, and more. Visit mkerec.net/therapeutic or scan the QR code to learn more.



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 4, 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 26, 6:00PM- 7:00PM
FREE

Online VR02
Tue, May 16, 6:00PM- 7:00PM
FREE

Smartphone Video and Editing

Whether a parent, an instructor, a business professional or just a creative soul, shooting and editing video with your smartphone is an efficient way to produce spectacular videos of your family, a lesson or a marketing message. This 2 hour workshop covers smartphone video shooting techniques and how to combine video clips, photos, narration and music into a single video using smartphone apps iMovie for iPhones or FilmoraGo for Android. Instructor is C. T. Kruger. Class fee is non-refundable.

Activity Code: 4RAE5449
(Section codes listed below)

Hamilton HA01
Thu, May 18, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Braids, Twists, Curls, OH MY! Hair Care

Are you interested in learning hair techniques to enhance your natural tresses? Explore the many ways to create unique styles, while learning about basic hair care maintenance. Class taught by Melodie Brown, Amani Natural, 6111 W. Blue Mound Rd. Class fee includes supply cost, is non-refundable and not eligible for reduced fees.

Activity Code: 4RAE5465
(Section codes listed below)

Milwaukee Marshall MR01
(Not eligible for reduced fees)
Sat, Apr 15-May 20, 2:15PM- 3:15PM
\$30 Residents/\$45 Non-Residents



Interested in receiving SMS Text updates from Milwaukee Recreation? See page 61!



Fun Things to Do On Your Day Off: Grand Family Days!



Easter Egg Natural Dyes

Thursday, April 6, 2023 from 12:45pm - 2:15pm

Activity Code: 4R55015 (5501)

\$5 residents/ \$8 non-residents



Stepping Stones

Monday, June 5, 2023 from 12:15pm - 2:15pm

Activity Code: 4555016 (5501)

\$5 residents/ \$8 non-residents



SPORTS AND RECREATION

Pickleball

Pickleball is the fastest-growing sport in America - join us to find out why! Played with a short paddle and a wiffle ball, pickleball is similar to a cross between tennis and ping pong. Our friendly group welcomes players of all levels for open play, and basic instruction is provided if needed. Bring your own paddle or borrow one of ours!

Activity Code: 4R550101
(Section codes listed below)

Pulaski PK01
(Open Play)
Sat, Apr 1-May 20, 9:00AM-12:00PM
\$18 Residents/\$27 Non-Residents

Pulaski PK02
(Open Play)
Wed, Apr 5-May 24, 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 17-Jun 12, 6:00PM-8:30PM
\$35 Residents/\$53 Non-Residents

Pickleball 101

Learn the rules and basic fundamentals of the increasingly popular sport of pickleball. After we cover the basics, we'll have some open play. Rackets and pickleballs will be provided, but feel free to bring your own.

Activity Code: 4RAE6203
(Section codes listed below)

Beulah Brinton BN01
Tue, Jun 6, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Beulah Brinton BN02
Tue, Jun 6, 7:15PM- 8:15PM
\$6 Residents/\$9 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
(Beg.)
Sat, Mar 18-May 13, 8:45AM- 9:45PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall MR02
(Int.)
Sat, Mar 18-May 13, 9:50AM-10:50PM
\$24 Residents/\$36 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 18-May 13, 3:00PM- 4:00PM
\$24 Residents/\$36 Non-Residents

MIDNIGHT LEAGUES

MEN'S AND WOMEN'S BASKETBALL



LOCK IN YOUR FREE SPOT

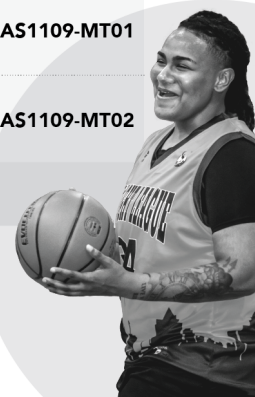
Join players of all skill levels and enjoy the exciting game of basketball through Milwaukee Recreation's Adult Midnight Sports Basketball Men's league and Women's open gym.

Midnight league is open to ages 17-29
(enrolled high school students not eligible)

Games are played at 7:30pm, 8:30pm, 9:30 pm.



LOCATION	START DATE	ACTIVITY CODE
Men's Obama H.S. 5075 N. Sherman Blvd.	Draft Night & League Start Date: March 16 (Doors open at 7:00pm)	4RAS1109-CT01
Men's Bradley Tech H.S. 700 S. 4th St.	Draft Night & League Start Date: March 15 (Doors open at 7:00pm)	4RAS1109-MT01
Women's Open Gym Bradley Tech H.S. 700 S. 4th St.	Open Gym Start Date: March 13 (Doors open at 7:00pm, ends 10:00pm)	4RAS1109-MT02
Please Note: Registering online does not secure you on a team. Individual participants must come to draft night with ID .		



Online registration is now open! Limited space available.

Register now at mkerec.net/midnight

SPRING 2023 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 MEN'S SOFTBALL LEAGUES

Play 1 night/week in our men's softball leagues. All recreational leagues are 13 weeks + playoffs unless noted. Our 14-week tournament eligible league play starts the week of April 24. Our only 9 weeks + playoffs league (MS-385) play starts the week of May 8. Team registration only. Team registration fee for 13/14-week leagues is \$450 (resident) and \$500 (non-resident). Team registration fee for 9-week leagues is \$395 (resident) and \$445 (non-resident).

SPRING/SUMMER COED SOFTBALL LEAGUES

Play 1 night/week in our coed softball leagues. All Coed leagues are 13 weeks + playoffs. 13-week league play starts the week of April 24. Team registration only. Team registration fee for 13-week leagues is \$450 (resident) and \$500 (non-resident).

SPRING/SUMMER COED KICKBALL LEAGUES

Play 1 night/week in our coed kickball leagues. Thursdays @ Wick. Spring league play starts April 27 and runs for 8 weeks. Summer league play starts June 29 and runs for 8 weeks. Team registration fee is \$307 (resident) and \$357 (non-resident).

SPRING/SUMMER COED SOCCER LEAGUES

Play 1 night/week in our men's or coed social soccer leagues. League play starts the week of June 5 and runs for 6-8 weeks. Team registration fee is \$330 (resident) and \$380 (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 5 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 22 and runs for 6 weeks. Summer league play starts the week of June 3 and runs for 8 weeks. Team and individual registration available. Spring registration fee is \$90. Summer registration fee is \$80 or \$115 depending on the league.

SUMMER ABOVE PAR GOLF INSTRUCTION

Lessons are 1 night/week (Mondays or Tuesdays) at Hansen Golf Course. Lessons start the week of June 5 and run for 6 weeks. Registration fee is \$21 (resident) and \$31.50 (non-resident).



SUMMER TENNIS LESSONS WITH MTEF

Lessons are 1 day/week. Mondays @ Wick, Wednesdays @ Lincoln, Thursdays @ Milwaukee School of Languages, or Saturday mornings @ Wick. Lessons start the week of June 5 and run for 6 weeks. Registration fee is \$35 (resident) and \$50 (non-resident).

INDIVIDUAL PLAYERS/FREE AGENTS

Looking to join a team? You can register as a free agent with Milwaukee Recreation. If enough free agents register for a sport, Milwaukee Recreation will create a new team in a league for that sport. 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 a new Free Agent sign-up process for each season. Visit mkerec.net/adultsports for your desired sport to submit your name today.

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! If you are interested, please contact the Adult Sports Office at 414.647.6046 or adultsports@mkerec.net.



ACTIVE OLDER ADULTS - 50+ SPORTS

Our Active Older Adults program promotes health and vitality for adults age 50+. No matter your age, staying active and involved in the community is crucial to your physical, mental, social, and emotional well-being! Our program provides information and opportunities in sports leagues, health, and wellness throughout the city of Milwaukee. For registration information, please contact Brandon Sweet in the Adult Sports/50+ Sports office at 414.647.6070 or email: Brandon@mkerec.net.

SPORTS FOR LIFE! 50+ SPORTS

Meet new friends, join recreational activities, learn a new game, brush up on your skills and socialize. Our organized sports leagues, open play (non-league), and drop-in sporting activities aim to provide Milwaukee and beyond athletes, age 50 and above, with an opportunity to continue pursuing the sport they love year-round. **Volleyball * Softball * Pickleball * Cornhole**

50+ Volleyball Leagues

These morning senior leagues play two times each week (Tuesday & Thursday) for 14-weeks. The start date for our fall league is Tuesday, September 19, 2023. Players of all skill levels are encouraged to join as we offer both a competitive league and a social league. All games are played at Beulah Brinton Community Center (2555 S. Bay St.) which is located in the southeast corner of Milwaukee in the Bay View neighborhood. Please contact Brandon Sweet at 414.647.6070 for a registration form!

- Tue/Thur, Sept. 19 – Dec 14. 30, 2023 from 9:15am-12:15pm
- Fee: \$15 Resident / \$30 Non-Resident. Activity Code: 2R556801, Section: BN01 (Competitive) & BN02 (Social)

50+ Fall Softball League

Register now for our 50+ Fall Softball League! This Wednesday morning softball league will begin play on September 6, 2023 and continue over a 5-week regular season, followed by a single elimination playoff and consolation game. All games will be played at Burnham/Rogers Playfield (1755 S. 32nd St.). Please contact Brandon Sweet at 414.647.6070 for a registration form!

- Wed, Sept. 6 – Oct. 11, 2023. Game Times: 9:30am & 10:40am.
- Fee: \$15 Resident / \$30 Non-Resident. Activity Code: 2R558101, Section: B203



Pickleball Open Play (ages 18+)

Pickleball is the fastest-growing sport in America - join us to find out why! Played with a short paddle and a wiffle ball, pickleball is similar to a cross between tennis and ping pong. The game is easy to learn and offers a fast-paced workout for more experienced pickleballers. Our friendly group welcomes players of all levels for open play, and basic instruction is provided if needed. Bring your own paddle or borrow one of ours! Join us for these pickleball offerings at Pulaski High School (2500 W. Oklahoma Ave.). Contact Megan Frey at 414.647.6057 with any questions.

- Sat, Apr. 1 – May 20, 2023 from 9:00am-12:00pm. Fee: \$18 Resident / \$27 Non-Resident. Activity Code: 4R550101, Section PK01
- Wed, Apr. 5 – May 24, 2023 from 6:30pm-9:00pm. Fee: \$18 Resident / \$27 Non-Resident. Activity Code: 4R550101, Section PK02



PARTICIPATION COST:

- League Play Fee: \$15 resident / \$30 non-resident
- Open Play (non-league) Fee: \$18 resident / \$23 non-resident
- Drop-In Play Fee: \$2 resident / \$4 non-resident

YEARLY SPORTS SCHEDULE:

- **Fall Season (Sept-Dec):** Softball league, volleyball leagues, drop-in volleyball, pickleball open.
- **Winter Season (Jan-Mar):** Cornhole league, volleyball leagues, drop-in volleyball, pickleball open.
- **Spring/Summer Season (Apr-Aug):** Softball leagues, drop-in volleyball, pickleball open.

To sign up, see page 2 • Centers are closed May 27 - 29.

THERAPEUTIC RECREATION

Splash, Splash, Swim

The wave of the future begins with specialized swim instruction for individuals with disabilities. We provide 1 instructor per 4 students. Swimmers must be at least 3 years old. Due to physical distancing, assistance from a household member (age 16 or older) will be required in the water if the participant is not totally independent in water. Fee for participant only. Swimmers must be at least 4 feet tall to go in the pool without a parent/adult. Family members and non-disabled participants are not eligible for lessons. Participants must provide their own towel, suit, and swim cap (caps available for \$2). This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR0501
(Section codes listed below)

Hamilton (Ages 3 & up) HA01

Tue, Mar 28-May 23, 6:30PM- 7:30PM
\$36 Residents/\$54 Non-Residents

North Division (Ages 3 & up).....ND02

Thu, Mar 30-May 25, 6:30PM- 7:30PM
\$36 Residents/\$54 Non-Residents

Alley Cats

Bring your friends and family; create your own bowling team. Cost includes three games of bowling, shoes, and special events. Agencies must provide support staff. You must be a registered club member to bowl. An additional \$7.75 is due at the alley each week for bowling fees. Meet at AMF West Lanes. Transportation is not provided. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

Activity Code: 4RTR6601
(Section codes listed below)

AMF West (Ages 6 & up).....AM01

Sat, Apr 15-May 20, 9:00AM-11:00AM
\$8 Residents/\$12 Non-Resident



Awesome Appetizers and Desserts Too!

Like to cook and socialize with friends? Each week we will make either a dessert or an appetizer for all to enjoy. Great ideas for entertaining at home! An \$8 (cash only) supply fee is due at the first class. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6602
(Section codes listed below)

Hamilton (Ages 10 & up) HA01

Wed, Apr 12-May 17, 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 (Ages 13 & up) 5501

Fri, Apr 14-May 19, 4:00PM- 5:00PM
\$13 Residents/\$20 Non-Residents

Culture Cafe

Culture Cafe has been a long time favorite cooking class and one you don't want to miss! Join us as we cook and enjoy delicious dishes from all over the world in addition to learning fun facts about the countries they originate from. An \$8 (cash only) supply fee is due at the first class. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6605
(Section codes listed below)

Hamilton (Ages 10 & up) HA01

Thu, Apr 13-May 18, 7:00PM- 8:30PM
\$26 Residents/\$39 Non-Residents

Diner's Club

Good friends and great food is what you'll find on Friday nights. We'll create a delicious dinner each Friday evening. Feel free to bring a favorite recipe to share and your appetite. An \$8 (cash only) supply fee is due at the first gathering. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6606
(Section codes listed below)

OASIS (Ages 13 & up) 5501

Fri, Apr 14-May 19, 5:00PM- 7:00PM
\$23 Residents/\$35 Non-Residents

Friday Night Combo with Boot Camp!

Our Friday Night Combo with Boot Camp includes T.R. Boot Camp, Diner's Club, and Movers & Shakers. An \$8 (cash only) supply fee is due at the first gathering. An additional \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6607
(Section codes listed below)

OASIS (Ages 13 & up) 5501

Fri, Apr 14-May 19, 4:00PM- 9:00PM
\$33 Residents/\$50 Non-Residents

Friday Night Combo with Computers!

Our Friday Night Combo with Computers includes Computer Club, Diner's Club, and Movers & Shakers. An \$8.00 (cash only) supply fee is due at the first gathering. An additional \$2.00 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6608
(Section codes listed below)

OASIS (Ages 13 & up) 5501

Fri, Apr 14-May 19, 4:00PM- 9:00PM
\$33 Residents/\$50 Non-Residents

Friday Night Combo with Games!

Our Friday Night Combo with Games includes Game and Card Night, Diner's Club, and Movers & Shakers. An \$8 (cash only) supply fee is due at the first gathering. An additional \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6609
(Section codes listed below)

OASIS (Ages 13 & up) 5501

Fri, Apr 14-May 19, 4:00PM- 9:00PM
\$33 Residents/\$50 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

Fri, Apr 14-May 19, 4:00PM- 5:00PM
\$13 Residents/\$20 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 13-May 18, 6:00PM- 7:00PM
\$15 Residents/\$23 Non-Residents

Moviers and Shakers

If you enjoy movies, music and friends, then join us. This program alternates between a large screen movie and a hip-hoppin' dance party. A \$2 (cash only) fee is due each week upon entry. 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
Fri, Apr 14-May 19, 7:00PM- 9:00PM
\$8 Residents/\$12 Non-Residents

Scrapbooking

Do you have photos at home waiting to be assembled in an album? We will show examples and help you create an artistic memory album. Supplies are included. Bring your favorite photos. This is a Therapeutic Recreation Program for Individuals with disabilities.

Activity Code: 4RTR6613
(Section codes listed below)

Hamilton (Ages 10 & up) HA01
Wed, Apr 12-May 17, 6:00PM- 7:30PM
\$26 Residents/\$39 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 non-refundable. 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
(Locations will be announced at a later date. Fab 3 dates: 4/23, 4/30, & 5/14)
Sun, Apr 23-May 14, 12:00AM-12:00AM
\$8 Residents/\$12 Non-Residents

Sunday Movie Madness

Love movies? So do we, so let's enjoy them together! On various Sundays, we will enjoy an afternoon matinee at South Shore Cinema, 7261 S.13th St., Oak Creek. You will be notified by mail of specific movies and times after registration. The one-time \$8 registration fee does not include the cost of the movie. 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 13-99) . VL01
(Sunday Movie dates: 4/16 & 5/7)
Sun, Apr 16-May 7, 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
Sat, Apr 15-May 20, 12:30PM- 4:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall (Ages 6-99)... MR01
Sat, Apr 15-May 20, 12:30PM- 4:00PM
\$45 Residents/\$68 Non-Residents

T.R. Boot Camp

Working out with friends is the best way to stay motivated!! Join our TR boot camp to help get you in a routine. We will try a variety of work-outs to keep it exciting and work various muscle groups. As always, we will adapt activities so all can participate. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6617
(Section codes listed below)

OASIS (Ages 13-99) 5501
Fri, Apr 14-May 19, 4:00PM- 5:00PM
\$13 Residents/\$20 Non-Residents

Thursday Night Combo at Hamilton

Our Thursday Night Combo at Hamilton includes Let's Get Moving and Culture Cafe. An \$8 (cash only) supply fee is due to the instructor at the first class. This is a Therapeutic Recreation program for individuals with disabilities.

Activity Code: 4RTR6618
(Section codes listed below)

Hamilton (Ages 10-99) HA01
(Let's Get Moving & Culture Cafe.)
Thu, Apr 13-May 18, 6:00PM- 8:30PM
\$36 Residents/\$54 Non-Residents

Wednesday Night Combo

Our Wednesday Night Combo includes Scrapbooking and Awesome Appetizers & Desserts Too. An \$8 (cash only) supply fee is due at the first gathering. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6620
(Section codes listed below)

Hamilton (Ages 10-99) HA01
(Scrapbooking and Awesome Appetizers & Desserts Too!)
Wed, Apr 12-May 17, 6:00PM- 8:30PM
\$36 Residents/\$54 Non-Residents

Game Night SWITCHed Up

Join us for Tuesday nights full of gaming fun! We will have Nintendo Switch available with favorite games like Mario Kart, Mario Party, and Nintendo Switch Sports Resort. There will still be Wii's available for those that love the classics like bowling. And we will have a karaoke option as well for those that may be more of a singer than a gamer. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6621
(Section codes listed below)

OASIS (Ages 8-99) 5501
Tue, Apr 11-May 16, 6:00PM- 8:00PM
\$28 Residents/\$42 Non-Residents



TEAM MILWAUKEE SPECIAL OLYMPICS

Team Milwaukee is a registered agency with Special Olympics Wisconsin

This year-round sports program offers both adults and youth with intellectual disabilities the opportunity to learn and improve skills through training and competition in various sports. These programs will encourage participants to become more physically fit, socialize with others, and increase self-confidence. To participate in area/state Special Olympics competitions, individuals must be 8 years or older and have completed the required Special Olympics forms. Come join the fun!

Summer Season (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 active fitness, educational and recreational offerings for senior adults, fifty years and older. In addition to travel, classes, clubs and leagues, various services and volunteer opportunities are available. Activities are held indoors and outdoors, daytime, and some weekends.

INCLUDED WITH OASIS MEMBERSHIP

Membership cards are available at the OASIS Senior Center for \$15 for city of Milwaukee residents and \$25 for non-residents. Membership fee is good for one year from purchase date.

CHAIR YOGA	<ul style="list-style-type: none"> • Offered Monday, Wednesday, and Friday • Class Hours: 9:00am –10:00am
OUTDOOR EDUCATION CLASSES	<ul style="list-style-type: none"> • Offered on Thursdays - once a month • Class Hours: 12:15pm –1:45pm
COMPUTER LAB	<ul style="list-style-type: none"> • Offered Monday - Friday • Computer Lab Hours: 8:00am – 3:00pm
FITNESS CENTER	<ul style="list-style-type: none"> • Fitness Center equipment includes compressed air resistance machines, treadmills, ellipticals, exercise bikes, rowing machines, and free weights. • Fitness Center Hours: Monday - Friday, 8:00am – 3:00pm

Wisconsin Adaptive Sports Association

WASA provides adaptive sports and fitness opportunities for those with physical disabilities and/or visual impairments for those from 6 to 60 years old. All abilities are welcome. From the beginner to the Paralympian and everything in between, WASA provides an outlet to be fit and healthy. Join us whether you want to play locally at a recreation level or travel competitively on a team. WASA has a place for you! Come join the fun and try adaptive basketball, bowling, bocce, football, lacrosse, rugby, sled hockey, softball, tennis/pickleball, or goalball for those with visual impairments. WASA provides all necessary equipment including sports wheelchairs.

To sign up register online at wasa.org.

For questions, email info@wasa.org or call 262.366.6426.

Wisconsin Adaptive Sports Association, Inc.
501(c)(3) tax exempt, non-profit organization



Milwaukee Recreation is NOW HIRING!

Interested in joining Milwaukee Recreation? Apply for our part-time positions today! Milwaukee Recreation is now hiring for a variety of paid, part-time positions, **including with our Community Centers team**. Visit mkerec.net/jobopenings for more information or scan the QR code.



¡Hay muchas maneras de registrarse para los programas de Milwaukee Recreation!

Las formas de registro incluyen:

- En línea a través de <https://milwaukeeerecreation.net/>
- Por teléfono llamando al 414.475.8180
- En persona 5225 W. Vilet 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.

Share Today. Shape Tomorrow.

Mentor a child. Share your wisdom. Make a difference.

As a volunteer, your experience, abilities and skills can positively shape the lives of children in our community. The Social Development Commission is looking for older adults (55+) to volunteer one-on-one with elementary school children in Milwaukee Public Schools.

Improve a child's life by:

- Tutoring in reading, math and other subjects
- Showing interest, encouragement and compassion
- Developing self-esteem

Volunteers receive:

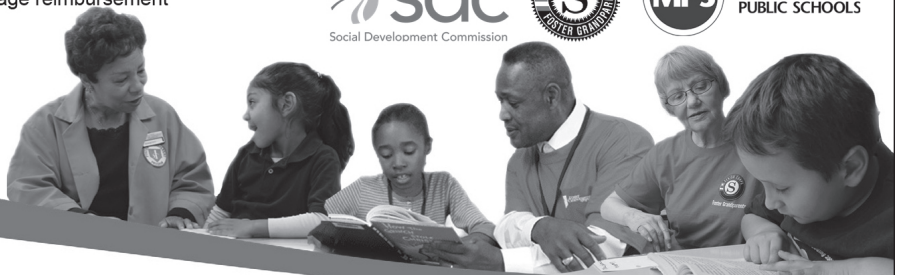
- Paid training
- Hourly stipend
- Mileage reimbursement

The Foster Grandparent Program serves Milwaukee Public Schools. When you volunteer, you leave a lasting legacy. Help a child create pathways to success.

For additional information about SDC's Foster Grandparent Program, please call **414.906.4608** or visit us at **cr-sdc.org**



**MILWAUKEE
PUBLIC SCHOOLS**



Social Development Commission • 1730 W. North Avenue • Milwaukee, WI 53205 • 414.906.2700 • cr-sdc.org

Sign up to receive SMS texts from Milwaukee Recreation



In an effort to better serve you, Milwaukee Recreation is making it easier than ever to communicate important updates, activity cancellations, facility closings, and program changes!

As a patron of Milwaukee Recreation programs, you can now receive and reply to real-time text message notifications when these changes happen.

The opt-in process is simple! Just scan the QR code to login and choose your phone numbers. You will receive a confirmation message upon opting in.



You can opt-out at any time.

For more information, contact us at 414-475-8180.



IN PARTNERSHIP WITH



MILWAUKEE
PUBLIC SCHOOLS

MKEREĆ
A department of MPS

Run Back to School

August 26th | Wick Playfield (4929 W Vliet Street)

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

All event proceeds support youth recreation programs.

More information will be available soon at mkerec.net/rbts.

EVERYONE PLAYS!

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

Apply today! Please call 414.475.8180 or visit mkerec.net/scholarship to learn more and complete our short application.

Milwaukee County Senior Dining Program

For more information on
grab and go locations,
please call 414-289-6995.



NOW HIRING!

Child Care Camps: Instructors & Directors

- ☐ Do you enjoy and have experience working with children?
- ☐ Are you available to work before and/or after school at an MPS site?
- ☐ Are you creative and experienced in creating a positive environment for children?

If you answered "Yes" Milwaukee Recreation has an opportunity for you. Employees receive free uniforms, paid training, flexible schedules, and professional development.

APPLY TODAY!
mkerec.net

MKE REC
A department of MPS

PLEASE NOTE...

Masks for participants and staff in all Milwaukee Recreation facilities is subject to change based on current conditions.

Procedures to reduce the spread of COVID-19 will remain in place and participants are encouraged to continue taking steps to stay safe and healthy. Should there be a change in the mask policy, this information will be communicated to customers as soon as possible. We appreciate your cooperation!

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.



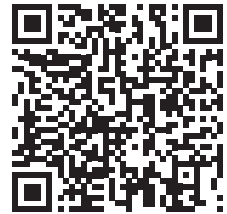
Collaborations/ Partnerships

Fostering and maintaining partnerships with individuals and organizations that benefit the community



Milwaukee Recreation strives to promote healthy lifestyles, personal development, and fun by offering recreational and educational programs for people of all ages and abilities.

Interested in joining our team? Learn more and apply for open positions at mkerec.net or scan the QR code!



TOTAL WELLNESS

A PROGRAM FOCUSED ON PHYSICAL HEALTH, WELLNESS, AND CANCER PREVENTION

BIENESTAR TOTAL: UN PROGRAMA ENFOCADO EN LA SALUD FÍSICA, EL BIENESTAR Y LA PREVENCIÓN DEL CÁNCER



MEET TWICE A WEEK TO FOCUS ON:

REÚNASE DOS VECES POR SEMANA PARA CONCENTRARSE EN:



PHYSICAL HEALTH
SALUD FÍSICA



WELLNESS
BIENESTAR



HEALTHY COOKING
COCINA SALUDABLE



Register today!
mkerec.net/totalwellness
¡Regístrate hoy!

MARSHALL HS COMMUNITY CENTER

When: Wednesdays & Saturdays, Mar 18 - May 13

Times: Weds. 5:30 - 7:30 p.m. / Sat. 9:45-11:15 a.m.

Cost: \$8 for city of Milwaukee residents & non-residents

Activity Code: 4PL59015-MR01

HAMILTON HS COMMUNITY CENTER

When: Wednesdays & Saturdays, Mar 18 - May 13

Times: Weds. 6-7 p.m. / Sat. 10:30 a.m. - 12 p.m.

Cost: \$8 for city of Milwaukee residents & non-residents

Activity Code: 4PL59015-HA01



Milwaukee Public Schools
Recreation Department
P.O. Box 2181
Milwaukee, WI 53201-2181

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RESIDENTIAL CUSTOMER



A department of MPS

SPRING

Recreation Guide

2023

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

Rohingya zuban ot modot ollá: (414) 475-8182

မြန်မာအတွက် အကူအညီ: (414) 475-8182

லாதீனம் கனடா - (414) 475-8182

للمساعدة باللغة العربية: (414) 8182-475

Wixii caawin Af- Somali ah: (414) 475-8182

Xav tau kev pab hais ua lus Hmoob hu: (414) 475-8182