

Registration begins February 29, 2024 | 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**

Milwaukee Recreation is here for springtime fun!



We are pleased to present you with the Spring 2024 Recreation Guide, your roadmap to a season filled with fun, fitness, and learning. An exciting line-up of activities for individuals of all ages and interests awaits you this spring. How about trying Sunrise Yoga; International Salads and Soups; Sporty Sprouts; or the Little Naturalists Nature Club? Whether you enjoy sports, nature, cooking, aquatics, art, or music, this booklet has something special in store for everyone.



We also invite you to join us on April 14th, Milwaukee Day, to take part in one or more of our free wellness programs throughout the 4-1-4. See page 31 for more information.

We look forward to celebrating the arrival of spring with you through our diverse and enriching recreation activities and wish you a season filled with discovery, personal growth, and unforgettable moments!

Sincerely,

Dr. Keith P. Posley
Superintendent of Schools



A department of MPS

**FIND
YOUR
PASSION • WELLNESS • CONNECTION**



mkerec.net



Missy Zombor At Large

Para ayuda en español: 475-8180

Registration begins on February 29 • mkerec.net

Ways to Register

Priority registration is given to city of Milwaukee residents beginning **February 29, 2024 at 10AM**. Non-city of Milwaukee residents may register beginning **March 7, 2024 at 10AM** through the dates listed below.

1. ONLINE REGISTRATION

Deadline: one week before your class begins.

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

SAVE YOUR USERNAME AND PASSWORD HERE:

2. 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 Monday, April 1, 2024 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 Monday, April 1, 2024

1. Checks and credit card information will be accepted. **NO CASH** via mail-in registration.

2. Make check payable to: Milwaukee Recreation. Please **DO NOT** send cash via mail.

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

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

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

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

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

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

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

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

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

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

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

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

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

MILWAUKEE RECREATION CLASS/ACTIVITY REGISTRATION FORM

MAIN CONTACT

LAST NAME

FIRST NAME

MIDDLE INITIAL

DATE OF BIRTH

RECEIPT # (OFFICE USE ONLY)

ADDRESS

(NO PO BOX #s, PLEASE)

APT. #

CITY

ZIP CODE

PHONE ()

E-MAIL

CHECK BOX IF ADDRESS IS NEW

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

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

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

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

X
Signature required for all registrations

☐ CASH

☐ MONEY ORDER

☐ CHECK (#)

CHECKS PAYABLE TO MILWAUKEE RECREATION

CREDIT CARD #

CARDHOLDER NAME

PHONE NUMBER ()

SIGNATURE: _____

EXP. DATE ____/____/____

SECURITY CODE: _____

NEW: DEMOGRAPHIC INFORMATION (MAIN CONTACT)

1. Which race or ethnicity best describes you?

Hispanic/Latino (1) _____ Native Hawaiian or other Pacific Islander (5) _____

American Indian or Alaska Native (2) _____ White (6) _____

Asian (3) _____ Two or more races (7) _____

Black or African American (4) _____ Prefer not to answer (8) _____

2. Which of the following most accurately describes you?

Male (M) _____ Non-binary (N) _____

Female (F) _____ Prefer not to answer (P) _____

Transgender (T) _____

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

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

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

PO Box 2181 Milwaukee, WI, 53201 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.

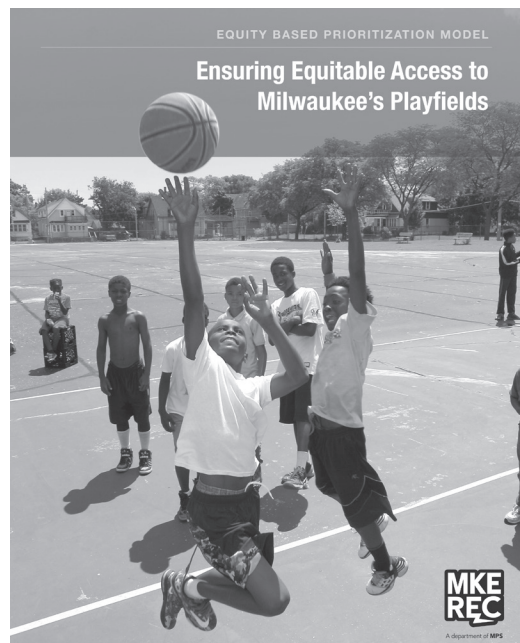
POLICY GOALS: The Inclusion Services Policy outlines Milwaukee Recreation's approach to ensuring inclusive environments and equitable opportunities for all community members in local parks and recreation.

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.



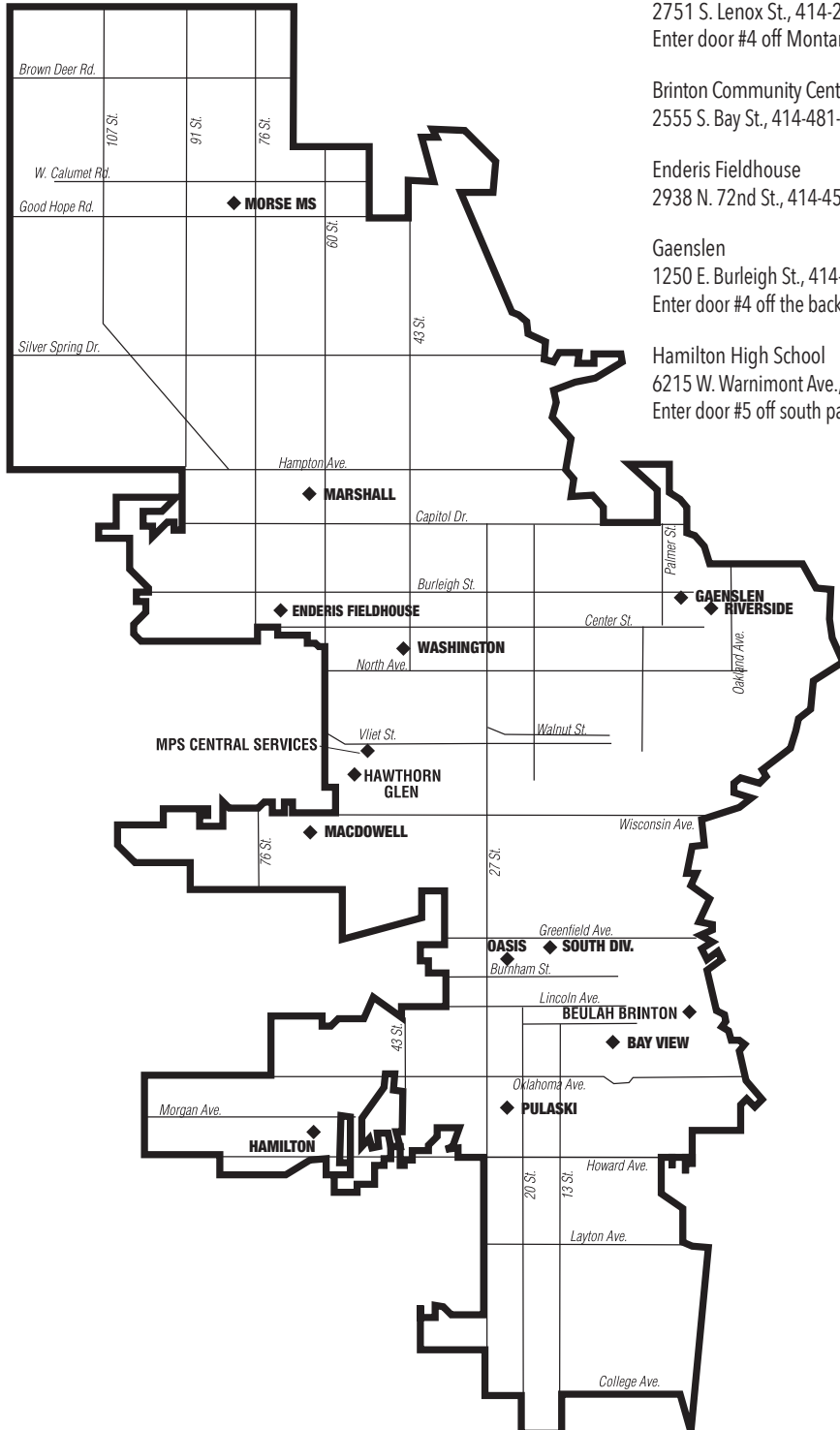
EVERYONE PLAYS!



Program Locations

5

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Milwaukee Direct Admit

MPS high school juniors — apply for college in one easy step!

Apply to MATC or UWM for Fall 2025 with one simple form in less than 5 minutes! **Apply by June 14, 2024!**

Milwaukee Direct Admit is a streamlined application that connects your MPS transcript directly to the schools of your choice and takes the stress out of applying to college. The application is **free**. Fill out a simple form that needs only a student's name and MPS student ID number.

Have questions or need help? Visit mpsmke.com/directadmit or contact your MPS school counselor or College and Career Center staff.

Milwaukee Direct Admit is sponsored by M³ (pronounced M-Cubed), a partnership among Milwaukee's three largest public education institutions—Milwaukee Public Schools, Milwaukee Area Technical College, and the University of Wisconsin–Milwaukee.

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EVERYONE PLAYS!

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

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

BAKING

Apple Crisp

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

Activity Code: 4RCE2509
(Section codes listed below)

Hamilton (Ages 4-12)..... HA01
Sat, Apr 6, 1:00PM- 2:00PM
\$24 Residents/\$36 Non-Residents

Classic Chocolate Chip Cookies

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

Activity Code: 4RCE2511
(Section codes listed below)

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

Cake Pops

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

Activity Code: 4RCE2512
(Section codes listed below)

Hamilton (Ages 4-12)..... HA01
Sat, May 18, 1:00PM- 2:00PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 4-12)... MR01
Sat, Mar 16, 1:00PM- 2:00PM
\$24 Residents/\$36 Non-Residents

BATON

Baton

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

Activity Code: 4RCE7901
(Section codes listed below)

Beulah Brinton (Ages 5-17)..... BN01
Sat, Apr 6-May 18, 10:30AM-11:30AM
\$16 Residents/\$24 Non-Residents

CYCLING AND BIKE MAINTENANCE

Bike Maintenance with Billie

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

Activity Code: 4RCE2807
(Section codes listed below)

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

Riverside (Ages 11-17)..... RS01
Sat, May 4, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

DANCE

African Dance

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

Activity Code: 4RCE2901
(Section codes listed below)

Riverside (Ages 6-17)..... RS01
Sat, Mar 23-May 11, 11:00AM-12:00PM
\$19 Residents/\$29 Non-Residents

Disney® Dance

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

Activity Code: 4RCE2906
(Section codes listed below)

Hamilton (Ages 4-11)..... HA01
Sat, Mar 16-May 11, 10:45AM-11:45AM
\$19 Residents/\$29 Non-Residents

Hip Hop

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

Activity Code: 4RCE2908
(Section codes listed below)

Hamilton (Ages 8-14)..... HA01
Sat, Mar 16-May 18, 11:45AM-12:45PM
\$12 Residents/\$18 Non-Residents

Hamilton (Ages 8-14)..... HA02
Thu, Apr 4-May 23, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents



Pre-Ballet

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

Activity Code: 4RCE2911
(Section codes listed below)

Hamilton (Ages 3-5).....HA01
(Not eligible for reduced fees)
Sat, Mar 16-May 11, 9:15AM- 9:45AM
\$10 Residents/\$15 Non-Residents

Hamilton (Ages 3-5).....HA02
(Not eligible for reduced fees)
Sat, Mar 16-May 11, 9:50AM-10:35AM
\$14 Residents/\$21 Non-Resident

FAMILY CLASSES

Celebrate Spring Desserts!

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

Activity Code: 4RCE3312
(Section codes listed below)

Riverside (Ages 4 & up)..... RS01
(Parent/guardian must register & attend with child.)
Sat, Apr 6, 10:00AM-12:00PM
\$13 Residents/\$20 Non-Residents

Riverside (Ages 8-12)..... RS02
Sat, Apr 13, 10:00AM-12:00PM
\$13 Residents/\$20 Non-Residents

Paper Folding Arts for Children and Parents

Enhance fine motor skills through origami! Parents register for the adult section, and their child for the youth section. \$18 supply fee due to the instructor on the first day of class.

Activity Code: 4RCE3316
(Section codes listed below)

Hamilton HA01
(Adults)
Tue, Apr 23-May 21, 5:30PM- 6:20PM
\$13 Residents/\$20 Non-Residents

Hamilton (Ages 4-8)..... HA02
(Youth)
Tue, Apr 23-May 21, 5:30PM- 6:20PM
\$13 Residents/\$20 Non-Residents

FITNESS

Yoga for Kids

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

Activity Code: 4RCE3503
(Section codes listed below)

Beulah Brinton (Ages 7-11)..... BN02
Mon, Apr 1-May 20, 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 13-May 18, 10:00AM-11:30AM
\$21 Residents/\$32 Non-Residents

MAD SCIENCE

Mad Science Slime Time

Dive into a gooey hour of sliming fun! Create slime with the Mad Science recipe, enter the Slime Olympics, and take home your Mad Science Slime creation. Children should bring their 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 4, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Mad Science Mineral Mania

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

Activity Code: 4RCE7639
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, Mar 16, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

Mad Science Life in the Sea

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

Activity Code: 4RCE7640
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, Apr 6, 11:15AM-12:45PM
\$18 Residents/\$27 Non-Residents

Mad Science Energy Burst!

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

Activity Code: 4RCE7641
(Section codes listed below)

Riverside (Ages 5-12)..... RS01
Sat, Mar 23, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

Mad Science Fun-damental Forces

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

Activity Code: 4RCE7642
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, May 18, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

Mad Science Optical Illusions

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

Activity Code: 4RCE7643
(Section codes listed below)

Riverside (Ages 5-12)..... RS01
Sat, Apr 20, 11:15AM-12:15PM
\$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.)
Wed, Mar 20-May 15, 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 5-May 24, 7:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Drums

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

Activity Code: 4RCE4603
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01
Fri, Apr 5-May 24, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents





Guitar

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

Activity Code: 4RCE4604
(Section codes listed below)

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

Sat, Apr 6-May 18, 2:00PM- 3:30PM
\$24 Residents/\$36 Non-Residents

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

(Beg. Instructor Mr. D)
Thu, Mar 21-May 16, 6:00PM- 7:30PM
\$19 Residents/\$29 Non-Residents

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

(Beg. Semi-Private/Instructor Mr. D)
Mon, Mar 18-May 6, 6:30PM- 8:00PM
\$54 Residents/\$81 Non-Residents

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

(Adv. Semi-Private/Instructor Mr. D)
Mon, Mar 18-May 6, 8:15PM- 9:00PM
\$36 Residents/\$54 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 6-May 18, 10:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

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

(Int.)
Sat, Apr 6-May 18, 12:15PM- 1:45PM
\$24 Residents/\$36 Non-Residents

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

(Beg.)
Wed, Mar 20-May 15, 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 6-May 18, 4:00PM- 6:00PM
\$31 Residents/\$47 Non-Residents

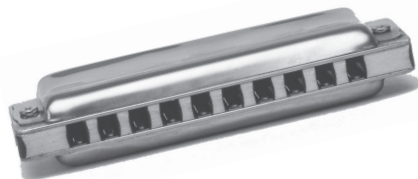
Sing Out!

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 21-May 16, 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 19-May 14, 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 create our own craft using seeds. Adult must register, pay, and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P124702
(Section codes listed below)

Hamilton (Ages 3 & up)..... HA01

Tue, May 14, 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)

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

Thu, Apr 25, 6:00PM- 7:00PM
\$4 Residents/\$6 Non-Residents

ORGANIZED GAMES

Beginner Chess

Don't be intimidated! Join this eight-week chess class focusing on fundamentals. Cover opening strategy, basic checkmates, and tactics like Forks, Pins, and Discovered Check. Balance of play and instruction includes a tournament with trophies and medals. Open to students in grades 2-8.

Activity Code: 4RCE4906
(Section codes listed below)

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

Sat, Mar 16-May 11, 11:00AM-12:00PM
\$86 Residents/\$129 Non-Residents



OUTDOOR EDUCATION

Kid's Caterpillar Hour

NEW

Join bug enthusiast Omakayas in taking a closer look at the often under appreciated caterpillar. This bug loving hour includes a knowledge filled activity and craft. If you like it we just might "bug" you with more bug classes!

Activity Code: 4RCE5001
(Section codes listed below)

Hamilton (Ages 5-12)..... JU01
Sat, Apr 27, 10:00AM-11:00AM
\$4 Residents/\$6 Non-Residents

OUTDOOR SKILLS

Cricket: An Introduction

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

Activity Code: 4RCE5101
(Section codes listed below)

MacDowell (Ages 7 & up)..... JU01
Sat, Apr 6-Apr 27, 2:00PM- 4:00PM
\$50 Residents/\$75 Non-Residents

PERFORMING ARTS

Children's Playhouse

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

Activity Code: 4RCE5301
(Section codes listed below)

MacDowell (Ages 8-11)..... JU01
Tue, Apr 2-May 21, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents

MacDowell (Ages 12-15)..... JU02
Tue, Apr 2-May 21, 6:45PM- 7:45PM
\$16 Residents/\$24 Non-Residents

PLAY GROUPS

Tot Time with Aimee

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

Activity Code: 4RCE5502
(Section codes listed below)

Beulah Brinton (Ages 2-4)..... BN01
Mon, Apr 1-May 20, 9:00AM- 9:45AM
\$14 Residents/\$21 Non-Residents

Beulah Brinton (Ages 2-4)..... BN02
Tue, Apr 2-May 21, 11:00AM-11:45AM
\$14 Residents/\$21 Non-Residents

Beulah Brinton (Ages 2-4)..... BN03
Wed, Apr 3-May 22, 10:00AM-10:45AM
\$14 Residents/\$21 Non-Residents

Beulah Brinton (Ages 2-4)..... BN04
Thu, Apr 4-May 23, 11:00AM-11:45AM
\$14 Residents/\$21 Non-Residents

Beulah Brinton (Ages 2-4)..... BN05
Fri, Apr 5-May 24, 10:00AM-10:45AM
\$14 Residents/\$21 Non-Residents

Regulation Station

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

Activity Code: 4RCE5511
(Section codes listed below)

Beulah Brinton (Ages 1.5-4)..... BN01
Tue, Apr 2-May 21, 4:00PM- 4:45PM
\$14 Residents/\$21 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02
Thu, Apr 4-May 23, 4:00PM- 4:45PM
\$14 Residents/\$21 Non-Residents

Thomas and Friends

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

Activity Code: 4RCE5513
(Section codes listed below)

Beulah Brinton (Ages 1.5-4)..... BN01
Mon, Apr 1-May 20, 11:00AM-11:45AM
\$14 Residents/\$21 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02
Fri, Apr 5-May 24, 9:00AM- 9:45AM
\$14 Residents/\$21 Non-Residents

Fidgity Foodies

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

Activity Code: 4RCE5514
(Section codes listed below)

Beulah Brinton (Ages 1.5-4)..... BN01
Mon, Apr 1-May 20, 10:00AM-10:45AM
\$14 Residents/\$21 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02
Fri, Apr 5-May 24, 11:00AM-11:45AM
\$14 Residents/\$21 Non-Residents

Sporty Sprouts

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

Activity Code: 4RCE5515
(Section codes listed below)

Beulah Brinton (Ages 1.5-4)..... BN01
Tue, Apr 2-May 21, 10:00AM-10:45AM
\$14 Residents/\$21 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02
Wed, Apr 3-May 22, 11:00AM-11:45AM
\$14 Residents/\$21 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN03
Thu, Apr 4-May 23, 10:00AM-10:45AM
\$14 Residents/\$21 Non-Residents



Sensory Social

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

Activity Code: 4RCE5516
(Section codes listed below)

Beulah Brinton (Ages 1.5-4)..... BN01
Wed, Apr 3-May 22, 12:00PM-12:30PM
\$10 Residents/\$15 Non-Residents

RED CROSS BABYSITTING CERTIFICATION

Babysitting Workshop

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

Activity Code: 4RCE5601
(Section codes listed below)

Hamilton (Ages 11 & up) HA01

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

Hamilton (Ages 11 & up) HA02

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

MacDowell (Ages 11 & up) JU01

Sat, May 18, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

Riverside (Ages 11 & up) RS01

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

SCIENCE



Discover Archaeology

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

Activity Code: 4RCE5809
(Section codes listed below)

Hamilton (Ages 7-14) HA01

Sat, Apr 13, 11:00AM-12:00PM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 7-14) RS01

Sat, Apr 20, 11:00AM-12:00PM
\$8 Residents/\$12 Non-Residents

Ocean Exploration

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

Activity Code: 4RCE5810
(Section codes listed below)

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

Sat, Apr 13, 12:30PM- 2:00PM
\$8 Residents/\$12 Non-Residents

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

Sat, Apr 13, 2:30PM- 4:00PM
\$8 Residents/\$12 Non-Residents



Rainforest Exploration

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, May 11, 12:30PM- 2:00PM
\$8 Residents/\$12 Non-Residents

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

Sat, May 11, 2:30PM- 4:00PM
\$8 Residents/\$12 Non-Residents



SPACE SCIENCE

May The 4th

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

Activity Code: 4RCE6001
(Section codes listed below)

Beulah Brinton (Ages 3-13)..... BN01

Sat, May 4, 12:00PM- 1:00PM
\$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, Apr 1-May 20, 5:00PM- 6:00PM
\$24 Residents/\$24 Non-Residents



BASKETBALL

Mighty Mite Basketball

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

Activity Code: 4RCE1101
(Section codes listed below)

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

(Not eligible for reduced fees)
Wed, Apr 3-May 22, 5:30PM- 6:00PM
\$10 Residents/\$15 Non-Residents

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

Sat, Mar 16-May 11, 12:00PM-12:45PM
\$14 Residents/\$21 Non-Residents

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

(Not eligible for reduced fees)
Sat, Mar 16-May 11, 9:00AM-9:30AM
\$10 Residents/\$15 Non-Residents

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

(Not eligible for reduced fees)
Sat, Mar 16-May 11, 9:35AM-10:05AM
\$10 Residents/\$15 Non-Residents

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

Sat, Mar 23-May 11, 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)

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

Wed, Apr 3-May 22, 6:45PM- 7:30PM
\$24 Residents/\$36 Non-Residents

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

Sat, Mar 16-May 11, 9:30AM-10:30AM
\$19 Residents/\$29 Non-Residents

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

Sat, Mar 16-May 11, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

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

Sat, Mar 16-May 11, 11:00AM-12:00PM
\$24 Residents/\$36 Non-Residents

Riverside (Ages 7-9)..... RS01

Sat, Mar 23-May 11, 3:00PM- 3:55PM
\$19 Residents/\$29 Non-Residents

Bitty Basketball

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

Activity Code: 4RCE1103
(Section codes listed below)

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

Wed, Apr 3-May 22, 6:00PM- 6:45PM
\$14 Residents/\$21 Non-Residents

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

Sat, Mar 16-May 11, 8:30AM- 9:15AM
\$14 Residents/\$21 Non-Residents

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

Sat, Mar 16-May 11, 9:30AM-10:15AM
\$14 Residents/\$21 Non-Residents

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

Sat, Mar 16-May 11, 10:10AM-10:55AM
\$14 Residents/\$21 Non-Residents

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

Sat, Mar 23-May 11, 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 16-May 11, 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 16-May 11, 10:45AM-11:45AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 10-12).MR01

Sat, Mar 16-May 11, 12:15PM- 1:15PM
\$19 Residents/\$29 Non-Residents

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

Sat, Mar 23-May 11, 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 16-May 11, 2:00PM- 3:00PM
\$19 Residents/\$29 Non-Residents

GYMNASTICS

Gymnastics

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

Activity Code: 4RCE3901
(Section codes listed below)

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

Thu, Mar 21-May 9, 6:00PM- 6:55PM
\$23 Residents/\$35 Non-Residents

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

Thu, Mar 21-May 9, 7:00PM- 7:55PM
\$23 Residents/\$35 Non-Residents

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

Sat, Mar 23-May 11, 10:00AM-10:55AM
\$23 Residents/\$35 Non-Residents

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

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

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

Sat, Mar 23-May 11, 12:00PM-12:55PM
\$23 Residents/\$35 Non-Residents

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

Sat, Mar 23-May 11, 1:00PM- 1:55PM
\$23 Residents/\$35 Non-Residents



Tumbling Teddy Bears

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

Activity Code: 4RCE3902
(Section codes listed below)

Riverside (Ages 2.5-3)..... RS01
Sat, Mar 23-May 11, 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 20-May 15, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents



Judo

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

Activity Code: 4RCE4503
(Section codes listed below)

MacDowell (Ages 7-17)..... JU01
Mon, Mar 18-May 13, 6:30PM- 7:30PM
\$19 Residents/\$29 Non-Residents

MacDowell (Ages 7-17)..... JU02
(ADVANCED ONLY)
Mon, Mar 18-May 13, 7:30PM- 8:30PM
\$19 Residents/\$29 Non-Residents

Tae Kwon Do

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

Activity Code: 4RCE4506
(Section codes listed below)

Beulah Brinton (Ages 6-17)..... BN03
(Beg. - White - Yellow Belts)
Mon/Wed/Fri, Apr 1-May 24, 4:00PM- 4:45PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 6-17)..... BN04
(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Apr 1-May 24, 4:45PM- 5:30PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 6-17)..... BN05
(Adv. - Red/Black & Blacks Belts)
Mon/Wed/Fri, Apr 1-May 24, 5:30PM- 6:15PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 3-5)..... BN01
(Not eligible for reduced fees)
Sat, Apr 6-May 18, 8:00AM- 8:30AM
\$9 Residents/\$14 Non-Residents

Beulah Brinton (Ages 6-14)..... BN02
Sat, Apr 6-May 18, 8:30AM- 9:30AM
\$16 Residents/\$24 Non-Residents

Hamilton (Ages 10-14)..... HA01
Mon/Wed, Apr 1-May 22, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

Hamilton (Ages 3-6)..... HA02
Tue/Thu, Apr 2-May 23, 6:30PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Hamilton (Ages 7-14)..... HA03
(Combined with adult class)
Tue/Thu, Apr 2-May 23, 7:10PM- 8:00PM
\$35 Residents/\$53 Non-Residents

MacDowell (Ages 6-17)..... JU03
(Beg. - White - Yellow Belts)
Tue/Thu, Mar 19-May 16, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

MacDowell (Ages 6-17)..... JU02
(Advanced/Intermediate class only)
Tue/Thu, Mar 19-May 16, 7:15PM- 8:15PM
\$35 Residents/\$53 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR03
(Beg.-White, Orange, & Yellow Belt)
Sat, Mar 16-May 11, 9:00AM-10:00AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR04
(Beg.-White, Orange, & Yellow Belt)
Sat, Mar 16-May 11, 10:10AM-11:10AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR05
(Int./Adv., Camo-Red/Black Belts)
Sat, Mar 16-May 11, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR01
(Beg.-White, Orange, & Yellow Belt)
Mon/Wed, Apr 1-May 22, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR02
(Int./Adv., Camo-Red/Black Belts)
Mon/Wed, Apr 1-May 22, 7:05PM- 8:05PM
\$35 Residents/\$53 Non-Residents

Riverside (Ages 6-14)..... RS01
(Beg., white-yellow belt)
Mon/Wed, Mar 18-May 8, 6:15PM- 7:00PM
\$35 Residents/\$53 Non-Residents

Riverside (Ages 6-14)..... RS02
(Int./Adv., Camo-Purple Belts)
Mon/Wed, Mar 18-May 8, 7:00PM- 7:45PM
\$37 Residents/\$56 Non-Residents

Riverside (Ages 6-14)..... RS10
(Adv., Blue-Black Belts)
Mon/Wed, Mar 18-May 8, 7:30PM- 8:15PM
\$37 Residents/\$56 Non-Residents

Riverside (Ages 3-5)..... RS07
(Beg.)
Sat, Mar 23-May 11, 9:00AM- 9:30AM
\$11 Residents/\$17 Non-Residents

Riverside (Ages 3-5)..... RS08
(Int./Adv., Ara Belt & Higher)
Sat, Mar 23-May 11, 9:30AM-10:00AM
\$11 Residents/\$17 Non-Residents

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

Riverside (Ages 6-14)..... RS05
(Int./Adv., Camo-Black Belt)
Sat, Mar 23-May 11, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents



SOCCER

Just for Kicks Soccer

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

Activity Code: 4RCE5901
(Section codes listed below)

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

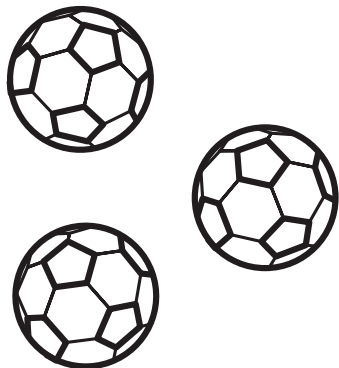
Sat, Apr 13-May 18, 9:15AM-10:30AM
\$11 Residents/\$17 Non-Residents

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

Sat, Mar 16-May 11, 10:40AM-11:25AM
\$14 Residents/\$21 Non-Residents

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

Sat, Mar 16-May 11, 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

(Not eligible for reduced fees)
Wed, Apr 3-May 22, 4:00PM- 4:30PM
\$10 Residents/\$15 Non-Residents

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

Sat, Apr 13-May 18, 8:30AM- 9:15AM
\$11 Residents/\$17 Non-Residents

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

(Not eligible for reduced fees)
Sat, Mar 16-May 11, 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 16-May 11, 9:35AM-10:35AM
\$19 Residents/\$29 Non-Residents

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

Sat, Mar 16-May 11, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents

SPORTS AND RECREATION

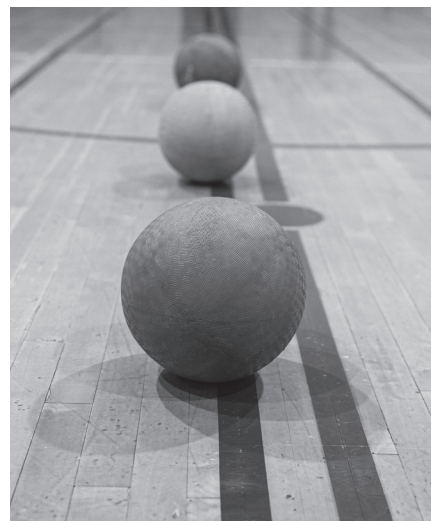
Dodgeball

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 2-May 21, 4:30PM- 5:30PM
\$19 Residents/\$29 Non-Residents



MILWAUKEE RECREATION IS HIRING PART-TIME YOUTH SPORTS STAFF!

Qualified adults and MPS & non-MPS high school students (ages 15+) are encouraged to apply for youth sports positions.

mkerec.net/YSjobs

For more information contact Youthsports@mkerec.net

MKE REC
A department of MPS

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, Apr 13-May 18, 10:55AM-11:55AM
\$14 Residents/\$21 Non-Residents

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

(Beg.)
Sat, Apr 13-May 18, 12:10PM- 1:10PM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 10-17).MR03

(Int./Adv.)
Sat, Apr 13-May 18, 1:15PM- 2:15PM
\$15 Residents/\$23 Non-Residents

TRACK

Mini Track

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

Activity Code: 4RCE6703
(Section codes listed below)

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

Sat, Apr 13-May 18, 2:00PM-3:00PM
\$14 Residents/\$21 Non-Residents

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

Sat, Apr 13-May 18, 3:00PM-4:00PM
\$14 Residents/\$21 Non-Residents

VOLLEYBALL

Volleyball Academy

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

Activity Code: 4RCE6801
(Section codes listed below)

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

Wed, Apr 3-May 22, 4:00PM- 5:00PM
\$19 Residents/\$29 Non-Residents

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

Wed, Apr 3-May 22, 5:00PM- 6:00PM
\$19 Residents/\$29 Non-Residents

GET YOUR GAME ON

ELEMENTARY AND MIDDLE SCHOOL SUMMER SPORTS OPPORTUNITIES AVAILABLE!

ALL SPORTS ARE FOR GRADES 4-8 AND COED UNLESS STATED OTHERWISE.

Speak to your school's sport coordinator today about joining youth sports or visit mkerec.net/youthsports



MKE REC
A department of MPS

Registration begins on February 29 • mkerec.net

MILWAUKEE RECREATION TWILIGHT CENTERS

FREE DROP-IN PROGRAM

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

MIDDLE SCHOOL SITES (ages 10 - 14)

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

HIGH SCHOOL SITES (ages 12 - 18)

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



Driver Education MPS Drive & Community-Based Classes

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

MPS Drive will have sessions available in June and July. Community-Based classes will have sessions available in July only.

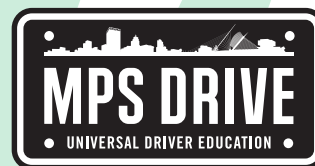
All in-person classes:

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

**Class start times vary depending on location.*

Please keep in mind:

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



Going places.

Congratulations and Thank You, Priscilla Struck!



Priscilla Struck, Clerical Staff Member at the OASIS Community Center, is retiring after 47 years of service with Milwaukee Public Schools (MPS), 22 of which were spent serving Milwaukee Recreation.

Priscilla was a crucial part of the OASIS team and worked hard every day to help her coworkers and customers. "Priscilla is the definition of dedicated," said Stacy Witters, Coordinator – Milwaukee Recreation Citywide Programs. "She strived to provide the most

comprehensive solutions to our customers, whether they were external or internal. She truly believes in what our department does and that is displayed in the effort she puts into her role."

One of Priscilla's favorite memories was assisting with registrations at the annual Run Back to School event. She enjoyed seeing the entire Milwaukee Recreation team working together to make sure the event went smoothly. She has also enjoyed working with the Outdoor Education team at Hawthorn Glen. "I've thoroughly enjoyed seeing our Outdoor Education sites and participants that we serve enjoying a fun day with naturalists, students, and teachers," said Priscilla.

Priscilla is also proud of how the Milwaukee Recreation team stepped up during the COVID-19 pandemic. She remembers how hard the team worked to ensure programs could still run virtually and participated in a few Milwaukee Recreation virtual programs herself in 2020.

"We are so grateful for Priscilla's support and commitment to Milwaukee Recreation. She is an exceptional employee and goes above and beyond to deliver quality work. She values our programs and always strives to meet the needs of all of our customers and staff. She will be missed by many and we wish her the best in retirement!" said Nicole Sponholtz, Manager - Citywide Programs.

During her retirement, Priscilla will be traveling, spending more time with friends, gardening, and volunteering. She also plans to join Milwaukee Recreation programs like yoga, wellness, and more!

"I have appreciated my job with Milwaukee Recreation at the OASIS and have worked with a fantastic leadership staff. I started my career at MPS on a good note and am ending on a great note," says Priscilla.

Congratulations, Priscilla, and thank you for all your hard work and service over the years!

OUTDOOR EDUCATION



Friday Night Tales for Tots

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

Activity Code: 4P125004
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG02

("My Friend Earth," by Patricia MacLachlan)
Fri, Apr 19, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG03

("Two Days in May," by Harriet Peck Taylor)
Fri, May 3, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG04

("A Little Fox," by Rosalee Wren)
Fri, May 17, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG06

("Little Owl's Night," by Divya Srinivasan)
Fri, May 31, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Gardening

Learn how to grow and care for herbs and vegetable plants in the home garden, from choosing plants to gardening design. Topics will include: perennial plants vs. annuals, composting and rain barrels, and how to keep pests out of gardens. 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 4, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Native Landscaping

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

Activity Code: 4P125008
(Section codes listed below)

Hawthorn Glen (Ages 13 & up) HG01

Sat, Apr 27, 1:00PM- 2:30PM
\$5 Residents/\$8 Non-Residents

Mother's Day Hike

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

Activity Code: 4P125009
(Section codes listed below)

Hawthorn Glen (Ages 5 & up) HG01

Sat, May 11, 1:30PM- 3:00PM
\$5 Residents/\$8 Non-Residents

Marvelous Messy Mud

Let's face it; we all love to play in the mud. Join our naturalist for a morning of messy fun. We might also discover the creatures that call mud their home. Adult must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125022
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

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

Slugs, Snails & Slime

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

Activity Code: 4P125023
(Section codes listed below)

Hawthorn Glen HG01

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

May Day Celebration

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

Activity Code: 4P125024
(Section codes listed below)

Hawthorn Glen (Ages 0 & up) HG01

Sat, May 4, 12:00PM- 2:00PM
\$6 Residents/\$9 Non-Residents

Hawthorn Glen (Ages 0 & up) HG02

Sat, May 4, 2:00PM- 4:00PM
\$6 Residents/\$9 Non-Residents

**Visit page 9 for Nature in
Your Neighborhood!**

Hawthorn Glen Junior Actors**NEW**

Calling all actors! Learn fun theatre games like vocal warmups, tongue twisters, movement, and improv techniques to create memorable characters. Class will perform assigned scenes for each other with feedback for the final session. Hawthorn Glen's Junior Actors will have the opportunity to perform as a station at Halloween Glen on Saturday, October 5. Dress rehearsal for the event will be held on Tuesday, September 24 at 5:30pm. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125025
(Section codes listed below)

Hawthorn Glen (Ages 8-12)..... HG01

Tue, Aug 6-Aug 27, 5:30PM- 7:30PM
\$14 Residents/\$21 Non-Residents

Hawthorn Glen (Ages 13-15)..... HG02

Thu, Aug 8-Aug 29, 5:30PM- 7:30PM
\$14 Residents/\$21 Non-Residents

Spring Hike at Lapham Peak**NEW**

Celebrate National Trails Day at the Lapham Peak Ice Age Trail with a Hawthorn Glen naturalist & an Ice Age Trail Alliance guide by taking a 2 mile hike at Lapham Peak (W329 N846, County Trunk Hwy C, Delafield, WI 53018). Adult must register, pay and attend with child. Fee is per person. Class is non-refundable & not eligible for reduced fees.

Activity Code: 4P125026
(Section codes listed below)

Hawthorn Glen (Ages 0 & up) HG01

Sat, Jun 1, 9:00AM- 12:00PM
\$6 Residents/\$9 Non-Residents

Little Naturalists Nature Club**NEW**

Nature-based educators believe the surrounding environment makes the best classroom. Join us for an introduction to outdoor, nature-based exploratory play during this outdoor, Reggio-Emilia style inspired class. Children will be guided through imaginative play throughout Hawthorn Glen, sparking curiosity and instilling a love of nature play from an early age. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125027
(Section codes listed below)

Hawthorn Glen (Ages 4-5)..... HG01

Wed, Apr 24-May 22, 4:00PM- 5:00PM
\$12 Residents/\$18 Non-Residents

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

Thu, Apr 25-May 23, 4:00PM- 5:00PM
\$12 Residents/\$18 Non-Residents

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

Activity Code: 4P125028
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sat, May 18, 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 13, 10:00AM-11:30AM
FREE

Hawthorn Glen HG02

Sat, Jun 1, 10:00AM-11:30AM
FREE

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



Join us for...

EARTH DAY CLEAN UP AT HAWTHORN GLEN
SATURDAY, APRIL 20 AT HAWTHORN GLEN (1130 N 60TH ST.) FROM 9:00AM - 12:00PM

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

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

Activity Code: 4P125030
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

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

Nature Journaling

Deepen your connection to nature through nature journaling. Exploring different sites at Hawthorn Glen, we'll use different techniques to record our observations in our nature journals. Bring your own journal and pencil, we'll provide the guide and beautiful natural surroundings. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125032
(Section codes listed below)

Hawthorn Glen (Ages 5-12) HG01

Wed, Apr 24-May 22, 5:30PM- 6:30PM
\$12 Residents/\$18 Non-Residents

Hawthorn Glen (Ages 12 & up) HG02

Thu, Apr 25-May 23, 5:30PM- 6:30PM
\$12 Residents/\$18 Non-Residents

SPACE SCIENCE

Visit Milwaukee's Stars

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

Activity Code: 4P126002
(Section codes listed below)

Hamilton (Ages 6 & up) HA01

Thu, Apr 18, 6:30PM- 7:45PM
\$4 Residents/\$6 Non-Residents

THE LITTLE NATURE MUSEUM AT HAWTHORN GLEN



LOCATED AT 1130 NORTH 60TH ST.

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

Attendance is **FREE!**

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

HAWTHORN GLEN RENTALS

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

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

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

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



EARTH DISCOVERY CAMPS 2024

Encourage your kids to get out of the house and enjoy nature at Hawthorn Glen! We will explore the natural world through many exciting educational activities. Each day will focus on a different nature theme(s) and campers 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 their name written on the bottle. Children arrive at 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.**

WONDER BUGS | Let their inherent sense of wonder about nature be the context for learning! Preschoolers will explore Hawthorn Glen with all of their senses and share their discoveries with those around them through play, songs & crafts. No camp 6/19.

Activity Code: 4P125016

Hawthorn Glen (Age 4).... HG01
Monday, Tuesday, Thursday, and Friday June 17-June 21, 9:00AM-11:30AM
\$23 Residents/\$35 Non-Residents

Hawthorn Glen (Ages 5-6).... HG02
Monday, Tuesday, Thursday, and Friday, June 17-June 21, 1:00PM-3:30PM
\$23 Residents/\$35 Non-Residents

Hawthorn Glen (Age 4)....HG03
Monday through Friday, July 29-August 2, 9:00AM-11:30AM
\$28 Residents/\$42 Non-Residents

Hawthorn Glen (Ages 5-6)....HG04
Monday through Friday, July 29-August 2, 1:00PM-3:30PM
\$28 Residents/\$42 Non-Residents



EXPLORERS | Get up close and personal during a week of exploration of our natural world. Campers 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 24-June 28, 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 24-June 28.
\$25 Residents/\$50 Non-Residents



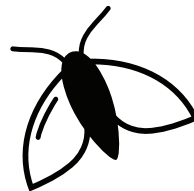
ADVENTURERS | If you have participated in our summer camps before and are ready to enhance your investigation of nature; then come join us as an Adventurer! Our naturalists will reinforce concepts related to the human connection to our local environment through entertaining and challenging activities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

Activity Code: 4P125002

Hawthorn Glen (Ages 8-9).... HG01
Monday through Friday, July 8-July 12, 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 8-Jul 12,
\$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.

Activity Code: 4P125010

Hawthorn Glen (Ages 10-12).... HG01
Monday through Friday, July 15 -July 19, 9:00AM- 4:00PM
\$100 Residents/\$150 Non-Residents

GENERAL SWIM INFORMATION

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

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

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

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

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

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

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

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

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

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

PARENT/ADULT AQUATICS PARTICIPATION

When is Parent/Adult involvement REQUIRED?

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

Parent/Adult IN WATER:

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

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

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

Parent NOT in Pool Area or in water:

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

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

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

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

GENERAL SWIM CLASSES

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

American Red Cross



Bay View Girls

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

Monday, Mar 18 - May 13

Class#	Level	Start Time	End Time	Price
#4RAQ7404-BV02	Adv. Tiny Tot	4:30PM	5:15PM	\$36
#4RAQ0501-BV01	Level 1	5:30PM	6:20PM	\$36
#4RAQ0502-BV01	Level 2	6:30PM	7:20PM	\$36
#4RAQ0505-BV01	Level 5	7:30PM	8:20PM	\$36
#4RAQ0506-BV01	Level 6	7:30PM	8:20PM	\$36

Tuesday, Mar 19 - May 14

Class#	Level	Start Time	End Time	Price
#4RAQ7401-BV01	Infant	4:30PM	5:00PM	\$32
#4RAQ0501-BV03	Level 1	5:10PM	6:00PM	\$36
#4RAQ0502-BV02	Level 2	6:10PM	7:00PM	\$36

Wednesday, Mar 20 - May 15

Class#	Level	Start Time	End Time	Price
#4RAQ7402-BV01	Lil' Squirts	4:30PM	5:00PM	\$32
#4RAQ0502-BV03	Level 2	5:10PM	6:00PM	\$36
#4RAQ0503-BV02	Level 3	6:10PM	7:00PM	\$36
#4RAQ0504-BV01	Level 4	7:10PM	8:00PM	\$36

Thursday, Mar 21 - May 16

Class#	Level	Start Time	End Time	Price
#4RAQ7403-BV01	Tiny Tot	4:30PM	5:00PM	\$32
#4RAQ0503-BV01	Level 3	5:10PM	6:00PM	\$36
#4RAQ0501-BV02	Level 1	6:10PM	7:00PM	\$36

Saturday, Mar 23 - May 18

Class#	Level	Start Time	End Time	Price
#4RAQ7402-BV02	Lil' Squirts	8:00AM	8:30AM	\$32
#4RAQ7404-BV01	Adv. Tiny Tot	8:40AM	9:25AM	\$36
#4RAQ0501-BV04	Level 1	9:30AM	10:20AM	\$36
#4RAQ0502-BV04	Level 2	10:30AM	11:20AM	\$36
#4RAQ0503-BV03	Level 3	12:10PM	1:00PM	\$36
#4RAQ0504-BV02	Level 4	1:10PM	2:00PM	\$36
#4RAQ0501-BV05	Level 1	3:25PM	4:15PM	\$36

Gaenslen

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

Monday, Mar 18 - May 13

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

Tuesday, Mar 19 - May 14

Class#	Level	Start Time	End Time	Price
#4RAQ7403-GS03	Tiny Tot	5:35PM	6:05PM	\$32
#4RAQ7402-GS03	Lil' Squirts	6:10PM	6:40PM	\$32
#4RAQ0501-GS03	Level 1	6:45PM	7:35PM	\$36
#4RAQ0504-GS02	Level 4	7:45PM	8:35PM	\$36

Wednesday, Mar 20 - May 15

Class#	Level	Start Time	End Time	Price
#4RAQ7402-GS01	Lil' Squirts	5:35PM	6:05PM	\$32
#4RAQ7403-GS04	Tiny Tot	6:10PM	6:40PM	\$32
#4RAQ0505-GS01	Level 5	7:40PM	8:30PM	\$36

Thursday, Mar 21 - May 16

Class#	Level	Start Time	End Time	Price
#4RAQ0501-GS02	Level 1	5:40PM	6:30PM	\$36

Friday, Mar 22 - May 17

Class#	Level	Start Time	End Time	Price
#4RAQ0502-GS02	Level 2	5:40PM	6:30PM	\$36

Saturday, Mar 16 - May 11

Class#	Level	Start Time	End Time	Price
#4RAQ7401-GS02	Infant	8:00AM	8:30AM	\$32
#4RAQ0511-GS01	Lt. Level 1	8:35AM	9:20AM	\$36
#4RAQ7403-GS01	Tiny Tot	9:30AM	10:00AM	\$32
#4RAQ7404-GS02	Adv. Tiny Tot	10:15AM	11:00AM	\$36
#4RAQ0501-GS01	Level 1	12:00PM	12:50PM	\$36
#4RAQ0502-GS01	Level 2	1:00PM	1:50PM	\$36
#4RAQ0503-GS01	Level 3	2:00PM	2:50PM	\$36
#4RAQ0501-GS04	Level 1	3:00PM	3:50PM	\$36

Please note, no programs will occur during spring break (3/25 - 3/30). All programs will resume 4/1. Only trainings will occur during spring break.

GENERAL SWIM CLASSES

Marshall

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

Monday, Mar 18 - May 13

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 19 - May 14

Class#	Level	Start Time	End Time	Price
#4RAQ7401-MR02	Infant	6:05PM	6:35PM	\$32
#4RAQ0502-MR02	Level 2	6:40PM	7:30PM	\$36
#4RAQ0505-MR02	Level 5	7:40PM	8:30PM	\$36

Wednesday, Mar 20 - May 15

Class#	Level	Start Time	End Time	Price
#4RAQ7402-MR02	Lil' Squirts	5:00PM	5:30PM	\$32
#4RAQ0511-MR01	Lt. Level 1	5:40PM	6:25PM	\$36
#4RAQ0503-MR03	Level 3	6:30PM	7:20PM	\$36

Thursday, Mar 21 - May 16

Class#	Level	Start Time	End Time	Price
#4RAQ7404-MR01	Adv. Tiny Tot	5:00PM	5:45PM	\$36
#4RAQ0501-MR03	Level 1	5:50PM	6:40PM	\$36
#4RAQ0502-MR03	Level 2	6:45PM	7:35PM	\$36

Saturday, Mar 23 - May 18

Class#	Level	Start Time	End Time	Price
#4RAQ7404-MR02	Adv. Tiny Tot	8:00AM	8:45AM	\$36
#4RAQ7402-MR01	Lil' Squirts	8:50AM	9:20AM	\$32
#4RAQ0502-MR01	Level 2	9:30AM	10:20AM	\$36
#4RAQ0501-MR01	Level 1	10:30AM	11:20AM	\$36
#4RAQ0503-MR01	Level 3	12:10PM	1:00PM	\$36
#4RAQ0504-MR01	Level 4	1:10PM	2:00PM	\$36
#4RAQ0501-MR02	Level 1	2:10PM	3:00PM	\$36
#4RAQ0502-MR04	Level 2	3:10PM	4:00PM	\$36

Riverside

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

Monday, Mar 18 - May 13

Class#	Level	Start Time	End Time	Price
#4RAQ0504-RS01	Level 4	5:00PM	5:50PM	\$36

Wednesday, Mar 20 - May 15

Class#	Level	Start Time	End Time	Price
#4RAQ0503-RS02	Level 3	5:00PM	5:50PM	\$36

Thursday, Mar 21 - May 16

Class#	Level	Start Time	End Time	Price
#4RAQ0505-RS01	Level 5	5:00PM	5:50PM	\$36
#4RAQ0506-RS01	Level 6	5:00PM	5:50PM	\$36

Saturday, Mar 23 - May 18

Class#	Level	Start Time	End Time	Price
#4RAQ0502-RS01	Level 2	12:20PM	1:10PM	\$36
#4RAQ0501-RS02	Level 1	1:20PM	2:10PM	\$36
#4RAQ0503-RS01	Level 3	2:20PM	3:10PM	\$36

South Division

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

Tuesday, Mar 19 - May 14

Class#	Level	Start Time	End Time	Price
#4RAQ0503-SD01	Level 3	5:00PM	5:50PM	\$36

Wednesday, Mar 20 - May 15

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

Saturday, Mar 23 - May 18

Class#	Level	Start Time	End Time	Price
#4RAQ0505-SD01	Level 5	8:45AM	9:35AM	\$36
#4RAQ0506-SD01	Level 6	8:45AM	9:35AM	\$36
#4RAQ0501-SD01	Level 1	10:00AM	10:50AM	\$36
#4RAQ0502-SD02	Level 2	11:00AM	11:50AM	\$36
#4RAQ7403-SD01	Tiny Tot	12:45PM	1:15PM	\$32
#4RAQ0501-SD02	Level 1	2:30PM	3:20PM	\$36
#4RAQ0503-SD02	Level 3	3:30PM	4:20PM	\$36

Please note, no programs will occur during spring break (3/25 - 3/30). All programs will resume 4/1. Only trainings will occur during spring break.

ADULT SWIM

Adult Swim Lessons

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

Activity Code: 4RAQ0401
(Section codes listed below)

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

Thu, Mar 21-May 16, 7:15PM- 8:15PM
\$36 Residents/\$54 Non-Residents

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

Thu, Mar 21-May 16, 7:30PM- 8:30PM
\$36 Residents/\$54 Non-Residents

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

Mon, Mar 18-May 13, 7:40PM- 8:40PM
\$36 Residents/\$54 Non-Residents

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

Sat, Mar 23-May 18, 10:30AM-11:30AM
\$36 Residents/\$54 Non-Residents

Beginner Adult Lesson

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

Activity Code: 4RAQ0403
(Section codes listed below)

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

Tue, Mar 19-May 14, 7:15PM- 8:15PM
\$36 Residents/\$48 Non-Residents

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

Sat, Mar 23-May 18, 2:15PM- 3:15PM
\$36 Residents/\$48 Non-Residents

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

Sat, Mar 23-May 18, 1:20PM- 2:20PM
\$36 Residents/\$48 Non-Residents

MarshallMR01

Tue, Mar 20-May 15, 7:30PM-8:30PM
\$36 Residents/\$48 Non-Residents

AQUA FITNESS

Aqua Boot Camp

Make your muscles burn so that your metabolic engine will stay lit, scorching calories long after your swimsuit has dried. A powerful class for men and women, you will need to bring hand-held weights between 3-5 pounds and a water bottle to stay hydrated. Water shoes recommended. Training tactics may not be appropriate for beginning exercisers, persons with special needs or those who wish not to get their hair wet.

Activity Code: 4RAQ0301
(Section codes listed below)

Riverside RS01

Sat, Mar 23-May 18, 9:10AM-10:20AM
\$36 Residents/\$54 Non-Residents

Aqua Zumba®

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

Activity Code: 4RAQ0302
(Section codes listed below)

South DivisionSD01

Sat, Mar 23-May 18, 8:45AM- 9:45AM
\$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)

GaenslenGS01

Tue, Mar 19-May 14, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

GaenslenGS02

Thu, Mar 21-May 16, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

Milwaukee MarshallMR11

Mon, Mar 18-May 13, 5:00PM- 6:00PM
\$36 Residents/\$54 Non-Residents

H2Flow

Feel balanced in mind and body with H2fOw, a warm water class that works on movement, flotation, meditation and stretching to find a deeper connection to self, soothe pain and relieve stress. Let go of fear, balance your nervous system and experience the healing power of water.

Activity Code: 4RAQ0311
(Section codes listed below)

Gaenslen (Ages 17 & up)GS01

Wed, Mar 20-May 15, 6:40PM- 7:40PM
\$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!

Activity Code: 4RAQ0306
(Section codes listed below)

GaenslenGS01

Mon, Mar 18-May 20, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

GaenslenGS02

Wed, Mar 20-May 15, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

GaenslenGS03

Fri, Mar 22-May 17, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

Milwaukee MarshallMR01

Thu, Mar 21-May 16, 7:40PM- 8:40PM
\$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)

South DivisionSD01

Mon, Mar 18-May 13, 7:15PM-8:15PM
\$36 Residents/\$54 Non-Residents

South DivisionSD02

Tue, Mar 19-May 14, 7:15PM-8:15PM
\$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 MarshallMR11

Tue, Mar 19-May 14, 5:00PM- 6:00PM
\$36 Residents/\$54 Non-Residents

ARC TRAINING

CPR with AED

American Red Cross CPR with AED course equips you to respond to emergencies, perform chest compressions, and use an AED until professional help arrives. Vital for personal and professional contexts, healthcare workers should ensure its suitability for their role. Refunds require one-week notice. Certificate valid for 2 years. Instructor: Dr. DeSilva

Activity Code: 4RAE0202
(Section codes listed below)

OASIS 5501

Thu, Mar 21, 9:00AM-12:30PM
\$54 Residents/\$81 Non-Residents

OASIS (Ages 16 & up) 5502

Fri, Mar 22, 5:00PM-8:30PM
\$54 Residents/\$81 Non-Residents

AQUATICS TRAINING

Lifeguard Training

Lifeguard Training Ages 15 & up. Red Cross Lifeguard Training includes: water rescue, first aid and CPR. Prerequisites: Swim 300 yards NON-STOP, submerge 10-12 feet to retrieve a 10 pound brick and tread 2 minutes without hands. Online content required outside of class schedule. All hours of class required for certification. Aquatics Office: 414.647.6076 or mkerec.net/aquatics for more information.

Activity Code: 4RAQ0601
(Section codes listed below)

South Division (Ages 15 & up).....SD01

(Mandatory Pre-Course session on March 9 at South Division from 8:00 - 9:00AM. Call 414.647.6075 to schedule an alternate pre-test date.)
Mon, Mar 25 -Mar 28, 8:00AM- 4:00PM
\$100 Residents/\$300 Non-Residents

Riverside (Ages 15 & up)..... RS01

(Mandatory Pre-Course session on Apr. 13 at Riverside from 8:00 - 9:00AM. Call 414.647.6075 to schedule an alternate pre-test date.)
Sat, Apr 27 -May 18, 8:45AM- 4:45PM
\$100 Residents/\$300 Non-Residents

South Division (Ages 15 & up).....SD02

(Mandatory Pre-Course session on May 18 at South Division from 8:00 - 9:00AM. Call 414.647.6075 to schedule an alternate pre-test date.)
Mon, Jun 28 -Jun 31, 8:45AM- 4:45PM
\$100 Residents/\$300 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)

Gaenslen (Ages 14 & up)GS01

Fri, Mar 22 -May 24, 6:40PM- 7:40PM
FREE

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 mkerec.net/swim.

Activity Code: 4RAQ0604
(Section codes listed below)

South DivisionSD01

(Mandatory Pre-Course session on March 9 at South Division from 8:00 - 9:00AM. Call 414.647.6075 to schedule an alternate pre-test date if needed.)
Tue, Mar 26-Mar 28, 8:45AM- 4:15PM
\$100 Residents/\$300 Non-Residents



FAMILY CLASSES

Iron Tiger Triathlon

This late Spring triathlon sprint, for adults and kids, guarantees you a warm pool swim with a beautiful scenic river bike ride followed by a paved trail run through the woods, ending on the soft running surface on the new RUHS track. The whole triathlon is off street except for two guarded crossings. The sanctioned sprint distance triathlon features a 825yd pool swim (17 lengths), followed by a 12.4 mile paved bike path single loop ride finishing with a 3.1 mile run. For younger participants a super sprint will be established with pool distanced between 100- 200 yards (4 or 8 lengths, depending on skill level), an 8 mile bike and 1 mile run. Both the bike path and track are 40 yards from the pool giving triathletes short fast transitions. All participants are required to have a valid USAT membership in order to participate. The day of the race athletes must either bring proof of an annual USAT membership, or \$10 fee to purchase a one day USAT membership on site.

Activity Code: 4RAQ0611
(Section codes listed below)

Riverside (Ages 8 & up) RS01

Sat, Jun 1, 9:00AM-10:00AM
\$16 Adult Residents/\$8 Youth Residents
\$24 Adults Non-Residents/\$12 Youth Non-Residents

Riverside (Ages 8 & up) RS02

Sat, Jun 1, 9:30AM-10:30AM
\$16 Adult Residents/\$8 Youth Residents
\$24 Adults Non-Residents/\$12 Youth Non-Residents

Riverside (Ages 8 & up) RS03

Sat, Jun 1, 10:00AM-11:00AM
\$16 Adult Residents/\$8 Youth Residents
\$24 Adults Non-Residents/\$12 Youth Non-Residents

Riverside (Ages 8 & up) RS04

Sat, Jun 1, 10:30AM-11:30AM
\$16 Adult Residents/\$8 Youth Residents
\$24 Adults Non-Residents/\$12 Youth Non-Residents

Riverside (Ages 8 & up) RS05

Sat, Jun 1, 11:00AM-12:00PM
\$16 Adult Residents/\$8 Youth Residents
\$24 Adults Non-Residents/\$12 Youth Non-Residents

ADULT COMP SWIM**Master's Swim - Weekdays**

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

Activity Code: 4RCS0701
(Section codes listed below)

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

Mon, Mar 18-May 20, 5:10AM- 6:10AM
\$28 Residents/\$42 Non-Residents

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

Mon, Mar 18-May 20, 6:15AM- 7:15AM
\$28 Residents/\$42 Non-Residents

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

Tue, Mar 19-May 21, 7:40PM- 8:40PM
\$28 Residents/\$42 Non-Residents

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

Wed, Mar 20-May 22, 5:10AM- 6:10AM
\$28 Residents/\$42 Non-Residents

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

Wed, Mar 20-May 22, 6:15AM- 7:15AM
\$28 Residents/\$42 Non-Residents

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

Fri, Mar 22-May 24, 5:10AM- 6:10AM
\$28 Residents/\$42 Non-Residents

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

Fri, Mar 22-May 24, 6:15AM- 7:15AM
\$28 Residents/\$42 Non-Residents

South Division (Ages 14 & up)..... SD01

Mon, Mar 18-May 20, 4:55PM- 5:55PM
\$28 Residents/\$42 Non-Residents

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

Tue, Mar 19-May 21, 5:15AM- 6:15AM
\$28 Residents/\$42 Non-Residents

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

Tue, Mar 19-May 21, 5:25AM- 6:25AM
\$28 Residents/\$42 Non-Residents

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

Thu, Mar 21-May 23, 5:15AM- 6:15AM
\$28 Residents/\$42 Non-Residents

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

Thu, Mar 21-May 23, 5:25AM- 6:25AM
\$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)

South Division (Ages 14 & up)..... SD01

Sat, Mar 23-May 18, 7:30AM- 8:30AM
\$24 Residents/\$36 Non-Residents

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

(Saturday)
Sat, Mar 23-May 18, 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)

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

Tue, Mar 19-May 21, 6:00PM- 7:30PM
\$42 Residents/\$63 Non-Residents

YOUTH COMP SWIM**Competitive Swim - Extra Practice**

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

Activity Code: 4RCS0804
(Section codes listed below)

Washington (Ages 4-19) WA01

Sat, Mar 23-May 18, 8:30AM-10:00AM
\$24 Residents/\$48 Non-Residents

Teen TRI Training

Teen Triathlon Training will give youth ages 11-18 the opportunity to have FUN biking, swimming and running in Milwaukee's beautiful Riverside Park. Coaches have more than 40 years experience training in triathlon sports. Participants should be comfortable in deep water and be comfortable on a bike. Limited number of bikes available to use for this course. Come on the first day ready to swim and run. Instructions for biking will be issued.

Activity Code: 4RCS0807
(Section codes listed below)

Riverside (Ages 11-18)..... RS01

Tue/Thu, Apr 2-May 23, 3:45PM- 5:45PM
\$36 Residents/\$54 Non-Residents

OPEN + LAP SWIM INFORMATION

Open / lap swim is available at the following locations:

- **Washington High School**
 - » Saturdays, 3/23 - 5/18, 11:15AM - 12:30PM
- **Riverside High School**
 - » Saturdays, 3/23 - 5/18, 8:00AM - 9:00AM
- **Gaenslen School (no lap option)**
 - » Fridays, 3/22-5/17, 7:30PM - 8:30PM

Children under the age of 7 must be accompanied in the water by an adult who will remain within arm's reach of the child. Swim caps are required. Two lap swim lanes will be available on a first come, first served basis. Open / lap swim is a **FREE** program and pre-registration is not required.
ACTIVITY CODE: 4RAQ1032.

Piranhas Swim Team

The Milwaukee Piranhas Age-Group Swim Club offers youth interested in competitive swimming to join a friendly, learner-focused environment. Swimmers must be able to kick one full length (25 yards) of the pool on their back and stomach and be comfortable in deep water to join. Seasonal swim meets will be held with local age-group clubs and allow for swimmers to be introduced to competition with those of similar ability levels. Swimmers are not allowed to participate without proof of enrollment. Swimmers unable to complete prerequisite swim at first practice may be referred to a lesson program to develop swim ability. Not eligible for reduced fees.

Activity Code: 4RCS0808
(Section codes listed below)

Washington (Ages 4-19)WA02
(Intermediate Group)
Mon-Thu, Mar 18-May 23, 5:30PM- 6:30PM
\$48 Residents/\$75 Non-Residents

Washington (Ages 4-19)WA01
Mon-Thu, Mar 18-May 23, 6:30PM- 8:00PM
\$64 Residents/\$90 Non-Residents

Tidal Waves Swim Team

The Tidal Waves Age-Group Swim Team offers youth interested in competitive swimming to join a friendly, learner-focused environment. Swimmers must be able to kick one full length (25 yards) of the pool on their back and stomach and be comfortable in deep water to join. Seasonal swim meets will be held with local age-group clubs and allow for swimmers to be introduced to competition with those of similar ability levels. Swimmers are not allowed to participate without proof of enrollment. Swimmers unable to complete prerequisite swim at first practice may be referred to a lesson program to develop swim ability. Not eligible for reduced fees.

Activity Code: 4RCS0809
(Section codes listed below)

Pulaski (Ages 4-19)SD22
Sat, Mar 23-May 18, 7:30AM- 8:30AM
\$24 Residents/\$48 Non-Residents

South Division (Ages 4-19)SD02
(INTERMEDIATE GROUP)
Mon-Thu, Mar 18-May 20, 6:00PM- 7:00PM
\$48 Residents/\$75 Non-Residents

South Division (Ages 4-19)SD01
(PRE-COMP GROUP)
Mon/Wed, Mar 18-May 22, 6:00PM- 6:45PM
\$36 Residents/\$55 Non-Residents

South Division (Ages 4-19)SD04
(ADV-COMP GROUP)
Mon-Thu, Mar 18-May 23, 6:45PM- 8:15PM
\$64 Residents/\$90 Non-Residents

South Division (Ages 4-19)SD05
(INTERMEDIATE GROUP)
Mon-Thu, Mar 18-May 23, 7:00PM- 8:00PM
\$48 Residents/\$75 Non-Residents

South Division (Ages 4-19)SD03
(PRE-COMP GROUP)
Tue/Thu, Mar 19-May 23, 6:00PM- 6:45PM
\$36 Residents/\$55 Non-Residents

Krakens Swim Team

The Krakens Age Group Swim Team offers youth interested in competitive swimming to join a friendly, learner-focused environment. Swimmers must be able to kick one full length (25 yards) of the pool on their back and stomach and be comfortable in deep water to join. Seasonal swim meets will be held with local age-group clubs and allow for swimmers to be introduced to competition with those of similar ability levels. Swimmers are not allowed to participate without proof of enrollment. Swimmers unable to complete prerequisite swim at first practice may be referred to a lesson program to develop swim ability. Not eligible for reduced fees.

Activity Code: 4RCS0810
(Section codes listed below)

Riverside (Ages 4-19).....RS02
(Intermediate group)
Mon/Wed-Fri, Mar 18-May 24, 6:00PM- 7:00PM
\$48 Residents/\$75 Non-Residents

Riverside (Ages 4-19).....RS03
(Pre-Comp group)
Mon/Thu, Mar 18-May 23, 6:00PM- 6:45PM
\$36 Residents/\$55 Non-Residents

Riverside (Ages 4-19).....RS01
(Advanced group)
Mon/Wed-Fri, Mar 18-May 24, 6:30PM- 8:00PM
\$64 Residents/\$90 Non-Residents

Riverside (Ages 4-19).....RS22
(Intermediate group)
Mon/Wed-Fri, Mar 18-May 24, 7:00PM- 8:00PM
\$48 Residents/\$75 Non-Residents

Riverside (Ages 4-19).....RS23
(Pre-Comp group)
Wed/Fri, Mar 20-May 24, 6:00PM- 6:45PM
\$36 Residents/\$55 Non-Residents



WARM WATER WALK INFORMATION

FRIDAYS, 3/22 - 5/17 AT GAENSLEN - 6:30PM - 7:30PM

Cost is \$3 residents/\$5 non-res

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

ACTIVITY CODE: 4RAQ1034.

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 Piranhas
- The Krakens
- The Tidal Waves

Adult programs available:

- Masters Swim and Tri Training

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

COMMUNITY WELLNESS

Mil"WALK"ee

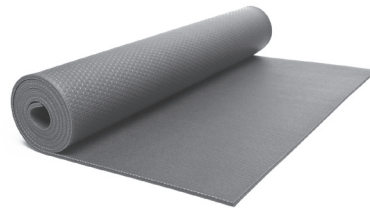
Join our walking club for a cardio workout while exploring Milwaukee! Each week, walk up to 4 miles in a group setting. Walk locations can be found at www.mkerec.net/wellness. Attendance at every walk is not required. Wednesday walks may include historical highlights or brief pauses along the route.

Activity Code: 4PL59003
(Section codes listed below)

Various WN01
Tue, Apr 2-Jun 4, 10:00AM-11:15AM
FREE

Various WN02
Wed, Apr 3-Jun 5, 5:30PM-6:30PM
FREE

Various WN03
Thu, Apr 4-Jun 6, 10:00AM-11:15AM
FREE



Yoga

Release some stress in your life with the calming ritual of yoga. Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, and meditation. Wear comfortable clothing. Individuals with medical conditions should be cleared by a physician prior to participation.

Activity Code: 4PL59004
(Section codes listed below)

Beulah Brinton BN01
Fri, Apr 5-May 24, 10:45AM-11:30AM
FREE

Hawthorn Glen WN01
Tue, Apr 2-May 21, 5:15PM-6:00PM
FREE

Tiefenthaler Park TF01
(2480 W Cherry Street)
Tue, Apr 2-May 21, 10:00AM-11:00AM
FREE



Fitness in the Park Bootcamp

Join us for a fun & high energy outdoor bootcamp to challenge your entire body! Each class will include strength, cardio and stretching exercises to give you a total body workout. Class is geared towards all fitness levels - beginners welcome! Please bring an exercise mat and water.

Activity Code: 4PL59007
(Section codes listed below)

Wick Playfield WN02
(Meet at Playground)
Wed, May 1-May 29, 4:00PM-4:45PM
FREE

Milwaukee Wellness Day

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

Activity Code: 4PL59014
(Section codes listed below)

Beulah Brinton BN01
(Yoga: Beulah Brinton 2555 S. Bay St.)
Sun, Apr 14, 8:30AM-9:30AM
FREE

Veterans Park Kite Store WN01
(Mil"WALK"ee walk at Veteran's Park: 1300 N. Lincoln Ave)
Sun, Apr 14, 10:00AM-11:00AM
FREE

Havenwoods State Forest WN02
(Mil"WALK"ee walk at Havenwoods State Forest: 6141 N. Hopkins St.)
Sun, Apr 14, 10:00AM-11:00AM
FREE

Beulah Brinton WN03
(Healthy Cooking Demo)
Sun, Apr 14, 11:45AM-12:45PM
FREE

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

Brown Deer Golf Course WN04
(Community Bike Ride: Brown Deer Park 7625 N. Range Line Rd.)
Sun, Apr 14, 2:30PM-4:00PM
FREE

Tiefenthaler Park WN05
(Family Boot Camp: Tiefenthaler Park 2480 W. Cherry St.)
Sun, Apr 14, 3:00PM-3:45PM
FREE

Tiefenthaler Park WN06
(Family Walk: Tiefenthaler Park 2480 W. Cherry St.)
Sun, Apr 14, 4:00PM-5:00PM
FREE

Beulah Brinton BN03
(Body Sculpting: Beulah Brinton 2555 S. Bay St.)
Sun, Apr 14, 5:30PM-6:30PM
FREE

Total Wellness

Build muscle, get fit, and learn to cook to help prevent cancer and other health problems! Total Wellness meets twice a week and teaches easy ways to live a healthy lifestyle. The first weekly meeting includes interactive fun focused on health promotion, your lifestyle (including cooking!) and a group fitness class. The second weekly meeting is a group fitness class. Total Wellness is for all fitness levels - we meet you where you are. Contact Erica@mkerec.net with questions.

Activity Code: 4PL59015
(Section codes listed below)

Hamilton HA01
Wed/Sat, Mar 16-May 11, 9:00AM-10:30AM
\$8 Residents/\$8 Non-Residents

Milwaukee Marshall MR01
Wed/Sat, Mar 16-May 11, 9:00AM-10:30AM
\$8 Residents/\$8 Non-Residents



Community Bike Rides - Beginner

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

Activity Code: 4PL59016
(Section codes listed below)

Doyme Golf

Course (Ages 16 & up) WN01
(5300 W Wells St)
Sat, Apr 27, 10:00AM-11:30AM
FREE

Greenfield Park (Ages 16 & up)... WN02
(2028 S 124th St)
Sat, May 4, 10:00AM-11:30AM
FREE

Hart Park (Ages 16 & up) WN03
(7300 W Chestnut)
Sat, May 11, 10:00AM-11:30AM
FREE

Estabrook Park - Milw.

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

Wick Playfield WN05
(4929 W Vliet St)
Sat, May 18, 10:00AM-11:30AM
FREE

South Shore Park WN06
(2900 S Shore Drive)
Thu, May 30, 6:00PM- 7:30PM
FREE

Whitnall Park WN07
(8831 N Root River Pkwy)
Sat, Jun 1, 10:00AM-11:30AM
FREE

Brown Deer Golf Course WN08
(7835 N Green Bay Ave)
Sat, Jun 1, 10:00AM-11:30AM
FREE

Various WN09
(South Shore Park/Kulwicki Park)
Wed, May 1-Jun 5, 9:30AM-11:30AM
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, Apr 30-Jun 4, 8:00AM-11:00AM
FREE

Nordic Walking for Beginners

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

Activity Code: 4PL59021
(Section codes listed below)

South Shore Park WN02
(2900 S Shore Dr)
Sun, Apr 7-May 26, 8:30AM- 9:30AM
FREE

Urban Ecology

Center Riverside Park WN01
(1500 E Park Place)
Sat, Apr 6-May 25, 9:30AM-10:30AM
FREE

Fitness in the Park Zumba

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

Activity Code: 4PL59027
(Section codes listed below)

Burnham Playfield WN01
Tue, Apr 2-May 21, 7:00PM- 7:55PM
FREE

Community Bike Rides - Tour De Oak

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

Activity Code: 4PL59028
(Section codes listed below)

Riverside WN01

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

Hartung Park WN02

Sun, May 5, 12:00PM- 3:00PM
FREE

Oak Leaf Trail (Root River Line Parking Lot) WN03

Sun, May 19, 12:00PM- 3:00PM
FREE

Doyne Park WN04

Sun, Jun 2, 12:00PM- 3:00PM
FREE

Introduction to Biking

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

Activity Code: 4PL59029
(Section codes listed below)

Doyne Golf Course WN01

(5300 W Wells Street)
Sat, Apr 27, 9:00AM-10:00AM
FREE

Hart Park WN02

(7300 W Chestnut St)
Sat, May 11, 9:00AM-10:00AM
FREE



Functional Strength Fitness

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

Activity Code: 4PL59031
(Section codes listed below)

Beulah Brinton BN01

Wed, Apr 3-May 22, 8:30AM- 9:30AM
FREE

Beulah Brinton BN02

Fri, Apr 5-May 24, 8:30AM- 9:30AM
FREE

Sunrise Meditation on the Lake

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

Activity Code: 4PL59033
(Section codes listed below)

Cupertino Park WN01

(2000 E Iron Street)
Fri, May 3-May 31, 7:30AM- 8:00AM
FREE

Sunrise Yoga on the Lake

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

Activity Code: 4PL59034
(Section codes listed below)

Cupertino Park WN01

(2900 E Iron Street)
Fri, May 3-May 31, 8:00AM- 8:45AM
FREE



Health is Wealth: Cancer Survivorship Program

This program focuses on healthy eating and active living for cancer survivors and their caregivers. Our goal is to teach ways to live a healthy lifestyle to individuals and families with culturally tailored community education about the link between healthy eating and active living to reduce cancer risk. Class meets twice a week and consists of nutrition & healthy lifestyle education, healthy cooking demos, and physical activity. Class taught by Leonard Wilson, Divine Intervention Fitness.

Activity Code: 4PL59040
(Section codes listed below)

OASIS 5501

Mon/Wed, Mar 4-Apr 24, 6:00PM- 8:00PM
FREE

DID YOU KNOW?

93 percent of U.S. adults are prioritizing four top activities in the new year. The activities include: being physically active, improving mental health and self-care, being in nature, and learning a new skill.

via nrpa.org/parkpulse



WEAVING AND FIBER ARTS



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

Not Your Grandma's Knitting

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

Activity Code: 4RAE6903
(Section codes listed below)

GaenslenGS01
 (Instructor: Meridith Berghauer)
 Thu, Apr 4-May 23, 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. Weavers will choose their own projects, try out and work with instructors on floor looms and more advanced equipment. Instructors will demonstrate advanced weaving techniques and skills. Supply fee is based on materials used. Weavers will supply their own scissors, measuring tapes, and other sewing notions. Participants must have completed at least one beginning weaving class at ABK and know how to warp a loom.

Activity Code: 4RAE6905
(Section codes listed below)

GaenslenGS01
 (Instructor: Naomi Holthaus)
 Mon, Apr 1-May 20, 10:00AM-12:30PM
 \$58 Residents/\$58 Non-Residents

GaenslenGS06
 (Instructor: Carly Neil)
 Mon, Apr 1-May 20, 6:00PM- 8:30PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS03
 (Instructor: Jacquie Crema)
 Tue, Apr 2-May 21, 6:00PM- 8:30PM
 \$56 Residents/\$56 Non-Residents

GaenslenGS07
 (Instructor: Judy Larsen)
 Wed, Apr 3-May 15, 11:00AM- 2:00PM
 \$58 Residents/\$58 Non-Residents

GaenslenGS05
 (Instructor: Lynn Sbonik)
 Wed, Apr 3-May 22, 6:00PM- 8:30PM
 \$56 Residents/\$56 Non-Residents

GaenslenGS04
 (Instructor: Lynn Sbonik)
 Thu, Apr 4-May 23, 6:00PM- 8:30PM
 \$56 Residents/\$56 Non-Residents

Tapestry Weaving

This class is open to those with no tapestry experience, those who know the basics but want to learn more, and advanced weavers wanting to gather with like-minded weavers to share tapestry experience. Bring a small tapestry loom to class or rent one from the ABK Weaving Center. A \$5 (cash only) supply fee is due to the instructor at the first class. Instructor: Peggy MacArthur

Activity Code: 4RAE6919
(Section codes listed below)

GaenslenGS01
 (Instructor: Peggy MacArthur)
 Tue, Apr 2-May 21, 9:30AM-12:00PM
 \$56 Residents/\$56 Non-Residents

Zen Stitch

In this class we will explore Zen stitchery through hand sewing, embroidering, and embellishing with beads, buttons, and baubles as a way to transform materials while relaxing and letting go of everyday worries. You can stitch away for the sheer pleasure of doing so or work toward a creative project to tell your personal story through a pillow, book cover, bag, or even a small quilt. Instructor: MaryLee Knowlton.

Activity Code: 4RAE6956
(Section codes listed below)

GaenslenGS01
 (Instructor: MaryLee Knowlton)
 Wed, Apr 3-May 22, 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. They will be introduced to pattern and draft weaving as well as project planning. Returning beginners will be able to hone their skills by making a scarf or table runner. Weavers are able to repeat this class as many times as they like but will be limited to these three projects. Samplers supply fee \$10 cash only is due to the instructor at the first class.

Activity Code: 4RAE6959
(Section codes listed below)

GaenslenGS01
 (Instructor: Kallia Walkowiak)
 Mon, Apr 1-May 20, 6:00PM- 8:30PM
 \$56 Residents/\$56 Non-Residents

GaenslenGS02
 (Instructor: Jacquie Crema)
 Tue, Apr 2-May 21, 3:00PM- 5:30PM
 \$56 Residents/\$56 Non-Residents

GaenslenGS03
 (Instructor: Judy Larsen)
 Wed, Apr 3-May 15, 9:30AM-12:30PM
 \$56 Residents/\$56 Non-Residents

GaenslenGS05
 (Instructor: Kallia Walkowiak)
 Thu, Apr 4-May 23, 6:00PM- 8:30PM
 \$56 Residents/\$56 Non-Residents



Beginner Viking Wire Knit

In this class you will learn how to do Viking wire knit in a variety of weaves, complete two projects, learn the history of the knit, use a drawplate and how to design your own pieces. Also discussed will be finishing techniques and the myriad variations that are possible. A \$30 (cash only) materials fee is due to the instructor at the first class.

Activity Code: 4RAE6965
(Section codes listed below)

GaenslenGS01

(Instructor: Lane Burns)
Wed, Apr 3-May 8, 6:00PM- 7:30PM
\$27 Residents/\$27 Non-Residents

Hemstitch Weaving

Learn techniques for creating woven finishings. 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 26, 9:00AM- 3:00PM
\$24 Residents/\$24 Non-Residents

Advanced Techniques with Rigid Heddle Looms

Explore the possibilities beyond plan 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

(Instructor: Sue Knorr)
Thu, May 2-May 16, 10:00AM-12:30PM
\$14 Residents/\$14 Non-Residents

Beginner Knitting

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

Activity Code: 4RAE6972
(Section codes listed below)

GaenslenGS01

(Instructor: Erin Arnevik)
Mon, Apr 1-Apr 15, 6:00PM- 8:00PM
\$24 Residents/\$24 Non-Residents

ARTS & CRAFTS**Drawing & Painting**

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

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

Enderis Playfield.....EF01

Tue, Mar 5-Apr 30, 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 5-Apr 30, 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. You will be given a supply list at the point of registration. Please bring your supplies and a photo on the first day of class.

Activity Code: 4R550913
(Section codes listed below)

OASIS5501

Mon, Apr 29-Jun 10, 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 29-Jun 10, 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 16-May 11, 10:00AM-11:30AM
\$35 Residents/\$53 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 BrintonBN01

Mon, Apr 1-May 20, 10:30AM-11:30AM
\$24 Residents/\$36 Non-Residents



Glass Blowing

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

Activity Code: 4RAE0928
(Section codes listed below)

Square One Art ClassSG01
(Orb)
Sat, Apr 13, 9:00AM-11:00AM
\$50 Residents/\$75 Non-Residents

Square One Art ClassSG02
(Bowl)
Sat, Apr 27, 9:00AM-11:00AM
\$60 Residents/\$90 Non-Residents

Square One Art ClassSG03
(Orb)
Sat, May 4, 9:00AM-11:00AM
\$50 Residents/\$75 Non-Residents

Square One Art ClassSG04
(Bowl)
Sat, May 18, 9:00AM-11:00AM
\$70 Residents/\$105 Non-Residents

Square One Art ClassSG10
(Orb)
Sat, Jun 1, 9:00AM-11:00AM
\$50 Residents/\$75 Non-Residents

Square One Art ClassSG11
(Paperweight)
Sat, Jun 15, 9:00AM-11:00AM
\$70 Residents/\$105 Non-Residents

Runes and Rock Painting

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

Activity Code: 4RAE0929
(Section codes listed below)

HamiltonHA01
Tue, Apr 23-Apr 30, 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)

HamiltonHA01
Thu, Apr 4, 6:30PM- 8:00PM
\$25 Residents/\$38 Non-Residents

HamiltonHA02
Thu, May 23, 6:30PM- 8:00PM
\$25 Residents/\$38 Non-Residents

RiversideRS01
Wed, Apr 17, 6:30PM- 8:00PM
\$25 Residents/\$38 Non-Residents

RiversideRS02
Wed, May 8, 6:30PM- 8:00PM
\$25 Residents/\$38 Non-Residents

Paper Folding Arts

Discover the art of paper folding and prevent aging and memory loss through interactive activities. Create stunning flowers, birds, butterflies, and more using various papers. Unleash your creativity while enhancing cognitive skills in this engaging course. A \$20 supply fee is due to the instructor on the first day of class.

Activity Code: 4RAE0950
(Section codes listed below)

HamiltonHA01
Tue, Apr 23-May 21, 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)

HamiltonHA01
Sat, Mar 16-Apr 27, 11:30AM- 1:30PM
\$35 Residents/\$53 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)

HamiltonHA01
Sat, Mar 16-Apr 27, 9:00AM-11:00AM
\$35 Residents/\$53 Non-Residents



Abstract Painting with Melva*

Abstracts Painting is a class designed for beginners and for seasoned artists. Class is taught by Melva. A \$15 (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 MarshallMR01
Thu, Apr 18-May 9, 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)

HamiltonHA01
Wed, Apr 3, 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)

RiversideRS01
Wed, Apr 17, 6:00PM- 8:00PM
\$35 Residents/\$53 Non-Residents

Sewing the Standard Pillow

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

Activity Code: 4RAE0906
(Section codes listed below)

HamiltonHA01
Sat, Apr 6-Apr 13, 1:30PM- 3:30PM
\$13 Residents/\$20 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 21-May 16, 6:00PM- 8:30PM
\$56 Residents/\$84 Non-Residents

Milwaukee Marshall MR02

Sat, Mar 16-May 11, 11:00AM- 1:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall MR01

Wed, Apr 3-May 22, 6:00PM- 8:00PM
\$45 Residents/\$68 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, Apr 1-May 20, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Beginners Crocheting

Are you interested in a relaxing and satisfying pastime? Join us in learning the basics of crocheting. Seriously, we're not just spreading yarns! You'll be delighted with what you'll learn and what you can create! Please bring your own crochet hooks and a skein of yarn.

Activity Code: 4RAE1219
(Section codes listed below)

Hamilton HA01

Tue, Apr 2-May 21, 6:30PM- 8:30PM
\$45 Residents/\$68 Non-Residents

Crochet Club

Join us for socializing, conversation and some hardcore crocheting. Bring your projects to work on and share ideas and techniques in a friendly community atmosphere. Remember to show off your progress and finished projects with pride!

Activity Code: 4RAE1220
(Section codes listed below)

Hamilton HA01

Mon, Apr 1-May 20, 6:30PM- 8:30PM
\$45 Residents/\$68 Non-Residents

Knitting in the Round

NEW

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

Activity Code: 4RAE1221
(Section codes listed below)

Hamilton HA01

Wed, Mar 20-Apr 17, 7:00PM- 8:30PM
\$11 Residents/\$17 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 4-May 18, 1:30PM- 3:30PM
\$19 Residents/\$29 Non-Residents

Landscape Painting

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

Activity Code: 4RAE2003
(Section codes listed below)

Riverside RS01

Tue, Mar 19-May 7, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Painting Portraits from Photos

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

Activity Code: 4RAE2006
(Section codes listed below)

Riverside RS01

Mon, Mar 18-May 6, 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 BN03

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

Beulah Brinton BN04

(Adv.)
Thu, May 9-May 23, 6:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Explore Painting with Acrylics

Master color application, blending, and layering techniques, including proper color mixing. Explore the impact of light on object colors. Bring your photos for painting. Prerequisite: completion of a beginner-level class. \$10 cash supply fee due at the first class, non-refundable class fee.

Activity Code: 4RAE2023
(Section codes listed below)

Hamilton HA03

(Painting Club)
Thu, Mar 21-May 16, 6:00PM- 8:00PM
\$49 Residents/\$74 Non-Residents

Hamilton HA01

(Beginner)
Tue, Apr 9-Apr 23, 6:00PM- 8:00PM
\$19 Residents/\$29 Non-Residents

Hamilton HA02

(Intermediate)
Tue, Apr 30-May 14, 6:00PM- 8:00PM
\$19 Residents/\$29 Non-Residents

Expressive, Flowing Watercolor Portrayals

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

Activity Code: 4RAE2026
(Section codes listed below)

Beulah Brinton BN02

Thu, Apr 11-Apr 25, 3:15PM- 5:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN01

Thu, May 9-May 23, 3:15PM- 5:15PM
\$19 Residents/\$29 Non-Residents

CATE'S COOKERY

Mediterranean Magic

NEW

Indulge in the Mediterranean diet with Cate's menu: Red Lentil Soup, Tabouli, Baba Ganouj, Marinated Olives, and Sumac Chicken Masakhan with Couscous. Quench your thirst with Rosewater Lemonade. Class fee includes the cost of food and is non-refundable.

Activity Code: 4RAE1937
(Section codes listed below)

Hamilton HA01

Sat, May 21, 12:00PM- 3:00PM
\$26 Residents/\$39 Non-Residents

Souperlative Global Soups

NEW

Savor diverse soups from Cate's collection. Try Chicken Tortilla Soup with customizable toppings, Matzo Ball Soup inspired by Benji's, aromatic Tom Ka Gai Thai Coconut Chicken Soup, and the lush African Peanut Soupa a creamy vegan delight. Class fee includes food costs and is non-refundable.

Activity Code: 4RAE1938
(Section codes listed below)

Hamilton HA01

Sat, Apr 6, 12:00PM- 3:00PM
\$26 Residents/\$39 Non-Residents

Gluten Free and Fabulous

NEW

Discover the joy of gluten-free baking with Cate's hands-on class. Learn to make a versatile gluten-free flour blend and create delightful treats like Peanut Butter Cookies, GF Black Bean Brownies, breakfast pancakes, dinner pizza, and Cate's choice of gluten-free cakes. Indulge in the delicious results! Class fee includes food cost and is non-refundable.

Activity Code: 4RAE1661
(Section codes listed below)

Hamilton HA01

Sat, Apr 27, 12:00PM- 3:00PM
\$26 Residents/\$39 Non-Residents

COOKING

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 26, 6:00PM- 7:30PM
\$21 Residents/\$32 Non-Residents

Calling all Tomato Lovers!

Are tomatoes your favorite food? They are a Super Food because they contain Vitamin A, B, C, potassium and antioxidants. We will be making some International food dishes with Tomatoes: Including France (salad), India (spicy dip, chutney rice), Scotland (pie), South America (soup), South Africa (stuffed). Fee includes food cost and is non-refundable.

Activity Code: 4RAE1659
(Section codes listed below)

Hamilton HA01

Mon, May 13, 6:00PM- 8:00PM
\$21 Residents/\$32 Non-Residents

French Bistro Cafe

French Bistro food is simple French home style cooking. Nutritious fresh food is a major part of the French cuisine. Please join us for an evening of delicious French Bistro food. We will be making: garlic & onion con fit, champignons a la bordelaise (mushrooms with garlic), Garlic & black peppercorn green beans, potage parmentier (potato & leek soup), salade de tomates oranges (tomato & orange salad), poulet basquaise (basque chicken dish), and a French bistro dessert. Fee includes food cost and is non-refundable.

Activity Code: 4RAE1661
(Section codes listed below)

Hamilton HA01

Mon, Apr 22, 6:00PM- 8:00PM
\$21 Residents/\$32 Non-Residents

Calling all Strawberry Lovers!

Strawberries are delicious and healthy for you. They provide you with Vitamin C and A, fiber and antioxidants. Come and make some delicious recipes using strawberries. We will be making: strawberry jalapeno salsa, strawberry spinach salad, strawberry & avocado salad, strawberry basil chicken, honey roasted strawberry muffins, and a strawberry pizza dessert. Fee includes food cost and is non-refundable.

Activity Code: 4RAE1683
(Section codes listed below)

Riverside RS01

Sat, May 18, 10:30AM- 1:00PM
\$24 Residents/\$36 Non-Residents

International Salads and Soups

Let's go around the World and make a variety of international salads and soups. The countries will be: Africa (Cote d'Ivoire -- Ivory Coast, Sierra Leone & Tanzania), Bhutan, India, Madagascar and Malta. Come join us! We will be making: Africa (Cote d'Ivoire) avocado & peanut salad (Bhutan) Jaju "milk & vegetables soup," (India) Safed Gajar Ka Sharba -- spicy parsnip soup, (Madagascar) lasary voatabia "tomato & onion salad" (Malta) insalata tal-fazola u cicri," salad with chickpeas & lima beans, Africa (Sierra Leone) lemony chicken & okra soup, and Africa (Tanzania) pineapple salad. Fee includes food cost and is non-refundable.

Activity Code: 4RAE2248
(Section codes listed below)

Riverside RS01

Sat, May 4, 10:30AM- 1:00PM
\$24 Residents/\$36 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, Apr 17, 6:30PM- 8:30PM
\$21 Residents/\$32 Non-Residents

Korean Cooking: Gimhap- Korean Rolls with Seaweed

NEW

Experience the flavors of Korea with Gimhap, a delightful dish of rice, vegetables, fish, and meat rolled in seaweed. Perfect for picnics or a light lunch, it's a popular take-out option known for its portability. Class fee includes food cost and is non-refundable.

Activity Code: 4RAE2420
(Section codes listed below)

Hamilton HA01

Wed, Mar 27, 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 3, 6:30PM-8:30PM
\$21 Residents/\$32 Non-Residents

Korean Culture: Bibimbap and Soy Paste Soup

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

Activity Code: 4RAE2406
(Section codes listed below)

Hamilton HA01
Wed, May 15, 6:30PM-8:30PM
\$21 Residents/\$32 Non-Residents

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

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

Activity Code: 4RAE2409
(Section codes listed below)

Hamilton HA02
Wed, May 1, 6:30PM-8:30PM
\$21 Residents/\$32 Non-Residents

CYCLING AND BIKE MAINTENANCE

Bike Maintenance with Billie

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

Activity Code: 4RAE2807
(Section codes listed below)

Hamilton HA01
Sat, May 11-May 20, 10:00AM-11:30AM
\$7 Residents/\$11 Non-Residents

Riverside RS01
Sat, May 4, 10:00AM-11:30AM
\$7 Residents/\$11 Non-Residents



DID YOU KNOW?

84 percent of U.S. adults have activities they enjoy to **stay healthy during the colder months**. Top activities include: gym workouts, indoor fitness classes, indoor/outdoor sports, running/walking outdoors, and hiking.

via nrpa.org/parkpulse

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, Apr 1-May 20, 7:00PM-8:30PM
\$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, Mar 23-May 11, 11:00AM-12:00PM
\$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, Apr 2-May 21, 7:00PM-8:00PM
\$22 Residents/\$33 Non-Residents

Urban Line Dance

Are you tired of trying to learn the latest line dances or trying to learn them at social gatherings? Join us and you'll no longer have to worry about catching up; you'll already know all the latest dances. All skill levels welcome. Wear comfortable shoes and clothing.

Activity Code: 4RAE2912
(Section codes listed below)

Milwaukee Marshall MR01
Thu, Apr 4-May 23, 7:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents



Salsa & Bachata Dance

Learn the two most popular Latin club dances in world! Learn the basics of "lead and follow", Latin body movement, musicality, and dance etiquette. No partner or experience required! Dancers rotate partners.

Activity Code: 4RAE2920
(Section codes listed below)

Riverside RS01
Mon, Mar 25-May 6, 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 8-Jun 10, 10:15AM-11:15AM
\$21 Residents/\$32 Non-Residents

OASIS 5502
Thu, Apr 11-Jun 13, 10:15AM-11:15AM
\$21 Residents/\$32 Non-Residents

Chair Yoga

People of all abilities experience greater health and well-being in this chair yoga plus strength, exercise class. Poses are done while sitting in or standing by a chair. Benefits include increased muscle strength, greater range of motion, improved posture, balance, and breathing, and an overall sense of greater well-being. This class is ONLY available to OASIS Members (annual membership fee is \$15/Res and \$25/Non-Res). Membership is valid for one year from purchase date. Online registration is not available for this class.

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

OASIS 5501
(OASIS Membership Required. See fees above.)
Mon/Wed/Fri, Apr 1-Jun 14, 9:00AM-10:00AM
FREE

Fit Over 50

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 10-May 29, 12:30PM- 1:30PM
\$19 Residents/\$29 Non-Residents

Enderis Playfield EF01
Thu, Apr 11-May 30, 11:30PM- 12:30PM
\$19 Residents/\$29 Non-Residents

T'ai Chi & Qijong

Experience the Chinese arts of T'ai Chi & Qigong for relaxation and energy balance. Wear comfortable clothing and flat-soled shoes or stocking feet. Suitable for all fitness levels, including seniors and those with health limitations, with adjustable movements.

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

OASIS 5501
Tue, Apr 9-May 28, 9:45AM-10:45AM
\$19 Residents/\$29 Non-Residents

Building Strength

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

Activity Code: 4R553517
(Section codes listed below)

OASIS 5501
(Class content geared toward 50+ age group)
50+ Tue, Apr 2-May 21, 9:00AM- 9:50AM
\$19 Residents/\$29 Non-Residents

OASIS 5502
(Intermediate/Advanced)
Tue, Apr 2-May 21, 10:00AM-10:50AM
\$19 Residents/\$29 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 (Ages 50 & up) 5501
(Class content geared towards 50+ age group)
50+ Tue, Apr 2-May 21, 11:00AM-11:30AM
\$10 Residents/\$15 Non-Residents

OASIS 5502
(Intermediate/Advanced)
Tue, Apr 2-May 21, 11:40AM-12:10PM
\$10 Residents/\$15 Non-Residents

OASIS (Ages 50 & up) 5503
(Class content geared towards 50+ age group)
50+ Fri, Apr 5-May 24, 12:15PM-12:45PM
\$10 Residents/\$15 Non-Residents

Interval Training

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

Activity Code: 4R553519
(Section codes listed below)

OASIS 5501
(Advanced)
Fri, Apr 5-May 24, 2:10PM- 3:00PM
\$19 Residents/\$29 Non-Residents

Bootcamp

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

Activity Code: 4R553520
(Section codes listed below)

OASIS 5501
(Advanced)
Fri, Apr 5-May 24, 1:00PM- 1:50PM
\$19 Residents/\$29 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 5502
Tue, Apr 2-May 21, 12:20PM-12:50PM
\$10 Residents/\$15 Non-Residents

OASIS 5501
Fri, Apr 5-May 24, 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 2-May 21, 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 abdominal muscles. 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 1-May 20, 6:10PM- 7:10PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Wed, Apr 3-May 22, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Belly Dance Aerobics

Tighten and tone with Belly Dance Aerobics! Isometric movements target the waist, hips, and abs for flexibility and conditioning. Bring a hip scarf or buy one from the instructor for \$10.

Activity Code: 4RAE3504
(Section codes listed below)

Hamilton HA01
Mon, Mar 18-May 13, 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 BN01
Tue, Apr 2-May 21, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Thu, Apr 4-May 23, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN03
Sat, Apr 6-May 18, 9:15AM-10:15AM
\$25 Residents/\$38 Non-Residents

Yoga Sculpt

This class is a unique combination of power yoga and strength training, designed to create a full-body workout. You will leave feeling stronger, fresher, and uplifted.

Activity Code: 4RAE3508
(Section codes listed below)

Beulah Brinton BN01
Mon, Apr 1-May 20, 3:30PM- 4:30PM
\$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 BN01
Thu, Apr 4-May 23, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Sat, Apr 6-May 18, 8:00AM- 9:00AM
\$25 Residents/\$38 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, Apr 3-May 22, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Cardio-Kickboxing

Join a popular and engaging workout that combines weight loss, toning, and fun with self-defense elements. Wear comfortable clothing and tennis shoes. Bring your exercise mat or purchase on-site for \$10. Boost your health and enjoy the 'kicks'.

Activity Code: 4RAE3511
(Section codes listed below)

Beulah Brinton BN01
Mon, Apr 1-May 20, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Wed, Apr 3-May 22, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Flow Art of Poi

NEW Dive into the captivating world of flow arts, a unique blend of object manipulation, dance, and martial arts. Explore Poi, the art of swinging tethered balls in beautiful patterns. Master fundamental movements like Pinwheel, Butterfly, Weave, Corkscrew, and more. Discover how to integrate these elements into your personal expression of dance, meditation, or exercise. Free poi sets provided for class use.

Activity Code: 4RAE3519
(Section codes listed below)

Riverside RS01
Wed, Apr 3-May 8, 6:00PM- 7:00PM
\$22 Residents/\$33 Non-Resident

Hoop Dance Workout

Discover 'hoopdance,' an exciting dance form with body and mind benefits. Hooping is for everyone! Borrow or buy hoops at sites, costing \$20-\$35 each. Fun, fitness, and relaxation for all bodies.

Activity Code: 4RAE3518
(Section codes listed below)

Riverside RS01
(Beg.)
Sat, Mar 23-May 11, 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 3-May 22, 7:35PM- 8:35PM
\$28 Residents/\$42 Non-Residents

Cooper CP01
Thu, Apr 11-May 30, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Hamilton HA01
Thu, Mar 21-May 16, 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 1-May 20, 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, Apr 1-May 20, 6:00PM- 6:45PM
\$22 Residents/\$33 Non-Residents

TCB Yoga (Taking Care of Backs)

This is a beginner and continuing level class taught by Annie Wegner LeFort, RYT, for those who are interested in gaining strength and flexibility in their backs. We welcome you whether you are healing from an injury or hoping to prevent strain and pain from lifestyle-related movement or lack thereof.

Activity Code: 4RAE3536
(Section codes listed below)

Beulah Brinton BN01
Mon, Apr 1-May 20, 1:10PM- 2:10PM
\$28 Residents/\$42 Non-Residents

Yoga for Active Women Adventurers

This is a continuing level class taught by Annie Wegner LeFort, RYT, for women of all ages who want to stay active and progress with a physical hobby or practice. Along with asana practice, we will practice pranayama (mindful breathing exercises).

Activity Code: 4RAE3537
(Section codes listed below)

Beulah Brinton BN01
Tue, Apr 2-May 21, 3:45PM- 4:45PM
\$28 Residents/\$42 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 7-May 19, 9:00AM-10:00AM
\$25 Residents/\$38 Non-Residents

Cooper CP01
Thu, Apr 11-May 30, 7:00PM- 8:00PM
\$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 3-May 22, 6:00PM- 7:00PM
\$22 Residents/\$33 Non-Residents

MacDowell JU01
Mon, Apr 1-May 20, 6:00PM- 7:00PM
\$22 Residents/\$33 Non-Residents

Riverside RS01
Thu, Apr 4-May 23, 6:00PM- 7:00PM
\$22 Residents/\$33 Non-Residents

Yoga Alignment Workshop

Explore yoga postures and flows in this all-levels workshop with Annie Wegner LeFort, RYT. Enhance alignment and deepen understanding of your practice. Ideal complement to vinyasa classes. Hands-on adjustments are optional.

Activity Code: 4RAE3583
(Section codes listed below)

Beulah Brinton BN01
Wed, Apr 3-May 22, 10:20AM-11:05AM
\$22 Residents/\$33 Non-Residents

Hip Hop Cardio

Join us for this fun class disguised as a dance party! Participants will use cardio and strength training choreographed to hip hop!.

Activity Code: 4RAE3587
(Section codes listed below)

Bryant BY01

Thu, Apr 4-May 23, 6:00PM- 6:45PM
\$22 Residents/\$33 Non-Residents

Milwaukee Marshall MR01

Tue, Apr 2-May 21, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Chakra Alignment Slow Flow

NEW Discover the 7 main chakras in this beginner to intermediate class with Annie Wegner LeFort, Health Coach, and 200RYT. Activate energy centers through yoga postures and mindful breathing. Explore associated elements, colors, sounds, and themes.

Activity Code: 4RAE3594
(Section codes listed below)

Beulah Brinton BN01

Wed, Apr 3-May 22, 8:00AM- 9:00AM
\$28 Residents/\$42 Non-Residents

T'ai Chi & Qigong

Experience the Chinese arts of T'ai Chi & Qigong for relaxation and energy balance. Wear comfortable clothing and flat-soled shoes or stocking feet. Suitable for all fitness levels, including seniors and those with health limitations, with adjustable movements.

Activity Code: 4RAE3601
(Section codes listed below)

Hamilton HA01

Wed, Mar 20-May 15, 6:30PM- 7:30PM
\$28 Residents/\$42 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 BN02

Mon, Apr 1-May 20, 8:00AM- 9:00AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN03

Mon, Apr 1-May 20, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN04

Mon, Apr 1-May 20, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN05

Mon, Apr 1-May 20, 7:30PM- 8:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN06

Tue, Apr 2-May 21, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN08

Tue, Apr 2-May 21, 6:30PM- 7:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN10

Wed, Apr 3-May 22, 5:30PM- 6:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN11

Wed, Apr 3-May 22, 6:30PM- 7:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN12

Thu, Apr 4-May 23, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN07

Thu, Apr 4-May 23, 5:45PM- 6:45PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN01

Sat, Apr 6-May 18, 7:45AM- 8:45AM
\$25 Residents/\$38 Non-Residents

Cooper CP01

Tue, Apr 9-May 28, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Gaenslen GS03

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

Hamilton HA01

Mon, Mar 18-May 13, 6:00PM- 7:00PM
\$24 Residents/\$36 Non-Residents

MacDowell JU02

Sat, Mar 16-May 11, 10:15AM-11:15AM
\$28 Residents/\$42 Non-Residents

MacDowell JU03

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

MacDowell JU01

Tue, Mar 26-May 14, 6:00PM- 7:00PM
\$25 Residents/\$38 Non-Residents

Milwaukee Marshall MR01

Tue, Apr 2-May 21, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Riverside RS01

Tue, Mar 19-May 7, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Riverside RS02

Thu, Mar 21-May 9, 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 BN03

Mon, Apr 1-May 20, 12:00PM- 1:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN05

Tue, Apr 2-May 21, 10:30AM-11:30AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN06

Tue, Apr 2-May 21, 7:45PM- 8:45PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN07

Wed, Apr 3-May 22, 12:30PM- 1:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN08

Thu, Apr 4-May 23, 1:30PM- 2:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN09

Thu, Apr 4-May 23, 7:00PM- 8:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN10

Fri, Apr 5-May 24, 8:00AM- 9:00AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN01

Sat, Apr 6-May 18, 10:00AM-11:00AM
\$25 Residents/\$38 Non-Residents

Beulah Brinton BN02

Sun, Apr 7-May 19, 12:00PM- 1:00PM
\$25 Residents/\$38 Non-Residents

Cooper CP01

Tue, Apr 9-May 28, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

MacDowell JU01

Sat, Mar 16-May 11, 9:00AM-10:00AM
\$28 Residents/\$42 Non-Residents

MacDowell JU03

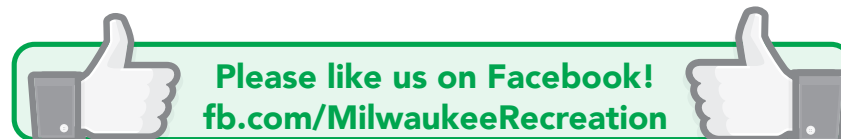
Wed, Mar 20-May 15, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

MacDowell JU02

Tue, Mar 26-May 14, 7:10PM- 8:10PM
\$25 Residents/\$38 Non-Residents

Riverside RS01

Thu, Mar 21-May 9, 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 3-May 22, 4:30PM- 5:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02

Thu, Apr 4-May 23, 4:45PM- 5:45PM
\$28 Residents/\$42 Non-Residents

Gaenslen GS01

Wed, Mar 20-May 8, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Riverside RS01

Tue, Mar 19-May 7, 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 2-May 21, 2:30PM- 3:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02

(Slow Flow)
Wed, Apr 3-May 22, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN03

(Slow Flow)
Fri, Apr 5-May 24, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Yoga for Runners

Open to all, not just runners! This class focuses on: 1) stretching key running muscles, 2) exploring diverse body planes for varied movements, and 3) building core strength crucial for runners. Taught by Annie Wegner LeFort.

Activity Code: 4RAE3619
(Section codes listed below)

Beulah Brinton BN01

Thu, Apr 4-May 23, 4:00PM- 5:00PM
\$28 Residents/\$42 Non-Residents

Nordic Walking

Enhance strength, flexibility, and core with Nordic Walking! Learn proper techniques using poles to engage nearly every muscle. Led by Certified Instructor Marty Malin. Boost your overall conditioning with these exercises.

Activity Code: 4RAE3623
(Section codes listed below)

Hamilton HA01

Wed, May 1-May 22, 7:00PM- 8:00PM
\$16 Residents/\$24 Non-Residents

MacDowell JU01

Mon, Apr 29-May 20, 7:00PM- 8:00PM
\$16 Residents/\$24 Non-Residents

Riverside RS01

Thu, May 2-May 23, 7:00PM- 8:00PM
\$16 Residents/\$24 Non-Residents

**NEW SPRING PROGRAMS!**

See below for exciting new programs happening this March, April and May.

Women's Workshop

March is Women's History Month. Join us for a 3-day workshop with experienced yoga and journaling instructor, Annie Wegner LeFort. She will lead participants in a journey of yoga, meditation, and journaling. All with a focus on women and women's wellness.

Activity Code: 4R550001 (Section codes listed below)

OASIS (Ages 18-99).....5501

Tue, Mar 5-Mar 19, 1:00PM- 2:00PM
\$8 Residents/\$12 Non-Residents

Earth Day Rally

Celebrate Earth Day by making a positive impact in your local community park. Join us at Burnham Playfield and help us clean up as we raise awareness of the need to protect the Earth and its natural resources. In addition to litter-picking, we will also plant trees in the park. No fee but please preregister.

Activity Code: 4R550002 (Section codes listed below)

Burnham Playfield (Ages 0-99).....B201

Tue, Apr 23, 9:00AM-11:00AM
FREE

Mental Health with NAMI

May is Mental Health Awareness Month. Join us for a dynamic and interactive presentation by NAMI (National Alliance of Mental Health) introducing NAMI Southeast Wisconsin's missions, values, and comprehensive range of services. Participants will learn about collaboration opportunities, volunteer roles, and how NAMI's programs can benefit their communities. Tailored to fit the unique interests of each participant.

Activity Code: 4R550003 (Section codes listed below)

OASIS (Ages 18-99).....5501

Tue, May 21, 11:00AM-12:00PM
\$5 Residents/\$5 Non-Residents

Yoga - Chair

This chair yoga class is for people of all ages. Poses are done while sitting in or standing by a chair. Benefits include increased muscle strength, greater range of motion, improved posture, balance, and breathing.

Activity Code: 4RAE3628
(Section codes listed below)

Beulah Brinton BN03
Mon, Apr 1-May 20, 2:15PM- 3:15PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN01
Thu, Apr 4-May 23, 10:30AM-11:30AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Fri, Apr 5-May 24, 12:00PM- 1:00PM
\$28 Residents/\$42 Non-Residents



Blindfold Yoga

Experience Blindfold Yoga for deeper pratyahara (sense control). Explore balance, interpretation of cues, and private practice. Slow flow style. Non-refundable class fee.

Activity Code: 4RAE3629
(Section codes listed below)

Beulah Brinton BN01
Mon, Mar 18, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

HEALTH AND WELLNESS

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
Tue, May 7, 6:35PM- 8:00PM
\$7 Residents/\$11 Non-Residents

Boosting Self-Control & Willpower to Reach Heart-Health

NEW

Do you ever feel like your brain is fighting you and preventing you from reaching your health goals? In this class, we'll discuss the two minds of the brain, the willpower challenge, and explore lifestyle strategies that help boost self-control and willpower to help you reach your heart-health goals.

Activity Code: 4RAE4138
(Section codes listed below)

Hamilton HA01
Tue, Apr 23, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

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 presentation is virtual via the Microsoft Teams platform and a link to the presentation will be emailed prior to the start date. This class is free but you must pre-register.

Activity Code: 4R550109
(Section codes listed below)

Online 5501
Tue, Apr 2, 10:00AM-11:00AM
FREE

5 Secrets to Permanent Weight Loss

Unlock the '5 secrets' for effective, permanent weight loss with insights into metabolism and hormones. Discover why fat isn't the enemy and the importance of real butter and eggs. Presented by Dr. John P. Corsi, D.C. of Chiropractic Company. Non-refundable class fee.

Activity Code: 4RAE4101
(Section codes listed below)

Milwaukee Marshall MR01
Tue, May 7, 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 2-May 9, 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 2-May 21, 5:00PM- 5:30PM
\$16 Residents/\$24 Non-Residents

Chakra Energy and Balance

Explore Chakra Healing, blending ancient philosophy with a modern twist. Balance body and mind through Eastern wellness principles, focusing on seven energy centers. Enhance overall well-being. Non-refundable class fee.

Activity Code: 4RAE4117
(Section codes listed below)

Hamilton HA01
Thu, Apr 11-Apr 18, 7:15PM- 8:15PM
\$6 Residents/\$9 Non-Residents

Fairy Gardens & Folklore

Uncover tales, myths, and folklore of fantastical creatures. Explore whether they're spirits or real. Design and plant your fairy garden. \$5 cash supply fee due at the first class. Non-refundable class fee. Embrace the enchantment!

Activity Code: 4RAE4119
(Section codes listed below)

Hamilton HA01
Tue, May 21, 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 7, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Foot Reflexology Part 1

Explore the science and art of reflexology, focusing on reflex points in feet. Learn self-help techniques for pain and stress relief. Bring a dry washcloth and water. Discover how to balance the parasympathetic nervous system for stress reduction. If unable to reach your feet, bring a friend for assistance. Taught by Gail Vella of Compassionate Reflexology. A \$7 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 4RAE4150
(Section codes listed below)

Hamilton HA01
Tue, Apr 30, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Foot Reflexology Part 1

During this class we will continue to address your personal issues to help relieve pain and stress through your feet. This class is the second part of Foot Reflexology. Please bring a dry washcloth, drinking water, and lotion. Class taught by Gail Vella of Compassionate Reflexology. Class fee is non-refundable.

Activity Code: 4RAE4151
(Section codes listed below)

Hamilton HA01
Tue, May 7, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Face Reflexology

NEW Unlock natural well-being and balance through ancient facial manipulations. Discover how ancestral practices on the face can promote overall health and restore vital balances. Explore reflex zones connecting to the entire body. Bring a desk-standing mirror, remove makeup, and open your mind to Gail Vella's insightful facial techniques. Class fee is non-refundable.

Activity Code: 4RAE4152
(Section codes listed below)

Hamilton HA01
Tue, Apr 9, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Enhancing Physical and Sports Performance

Explore causes of athlete injuries, learn injury prevention basics, and discover the benefits of chiropractic care for both athletes and everyday individuals in this workshop by Dr. Garrett A. Panno, D.C. Chiropractic Company. Class fee is non-refundable.

Activity Code: 4RAE4133
(Section codes listed below)

Milwaukee Marshall MR01
Tue, Apr 2, 6:30PM- 8:00PM
\$7 Residents/\$11 Non-Residents

Add Flavor & Boost Health with Herbs & Spices

NEW Elevate the taste of healthy food with the power of herbs and spices. Join a class by registered dietitian Heather Klug from the Karen Yontz Cardiac Awareness Center. Explore the health benefits, essential varieties, and cooking tips. Take home sample packets of herbs, spices, and heart-healthy recipes to savor the goodness.

Activity Code: 4RAE4184
(Section codes listed below)

Hamilton HA01
Tue, May 14, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

The Ins and Outs of Intermittent Fasting

In this workshop, registered Dietitian Heather Klug, MEd, RD will take a deep-dive into intermittent fasting. She'll discuss the health benefits and review the different types of intermittent fasting. The workshop will also discuss good candidates for trying intermittent fasting and who should steer clear. Class fee is non-refundable.

Activity Code: 4RAE4176
(Section codes listed below)

Hamilton HA01
Tue, May 21, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Improv Your Brain

NEW Yes, you read that correctly - improve your brainpower with Improv Comedy taught by Joe and Gail Vella. This class will encourage creative play and challenge your imagination. Not just good for comedy but for improving your critical thinking skills and feeling comfortable being put on the spot. Warning: Laughter will ensue! Wear loose clothing and bring a bottle of water.

Activity Code: 4RAE4182
(Section codes listed below)

Hamilton HA01
Sat, Apr 6-Apr 13, 10:00AM-11:00AM
\$8 Residents/\$12 Non-Residents



Natural Solutions: Vertigo & Dizziness

Do you feel light headed when getting up quickly? Feel like the room is spinning? Do you get dizzy or off balance during daily activities? The focus will be on the causes, triggers and natural solutions for treating dizziness and vertigo. Class by Dr. John Corsi, D.C. Chiropractic Company. Class fee is non-refundable.

Activity Code: 4RAE4108
(Section codes listed below)

Milwaukee School of Languages MR01
Tue, May 21, 6:35PM- 8:00PM
\$7 Residents/\$11 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 27, 12:30PM- 2:00PM
\$7 Residents/\$11 Non-Residents

Hand Reflexology for a Happier You!

Discover easy Hand Reflexology techniques to relieve anxiety, stress, and pain, restoring balance. Taught by Gail Vella, Compassionate Reflexology. Bring a towel, water, and \$8 for supplies. Non-refundable class fee.

Activity Code: 4RAE4155
(Section codes listed below)

Riverside RS01
Wed, May 8, 6:00PM- 7:30PM
\$7 Residents/\$11 Non-Residents

Simple Lifestyle Changes to Lower Blood Pressure

Discover insights into high blood pressure and simple lifestyle changes to lower and maintain healthy levels with Registered Dietitian Heather Klug from the Karen Yontz Cardiac Awareness Center. Non-refundable class fee.

Activity Code: 4RAE4174
(Section codes listed below)

Hamilton HA01
Tue, May 7, 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 5502

(Intermediate)

Wed, Apr 3-May 22, 12:30PM- 1:30PM

\$19 Residents/\$29 Non-Residents

OASIS 5501

(Beginner)

Wed, Apr 3-May 22, 11:30AM-12:30PM

\$19 Residents/\$29 Non-Residents

Inglés como segunda lengua

Este curso de inglés como segunda lengua (ESL) es para mejorar el escuchar, hablar, leer y escribir de la lengua. Las actividades se enfocarán en el desarrollo de vocabulario, pronunciación y gramática encontrados en las interacciones diarias. Se usará el español para clarificar diferencias entre la gramática y la pronunciación de los idiomas. In this beginning ESL (English as a Second Language) course, students will improve their English listening, speaking, reading, and writing skills. Activities will focus on developing the vocabulary, pronunciation and grammar needed in everyday interactions. Spanish will be used for the clarification of grammar and pronunciation differences.

Activity Code: 4R554402
(Section codes listed below)

OASIS 5501

Tue, Apr 23-Jun 4, 9:00AM-11:30AM

\$35 Residents/\$53 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 6-May 18, 11:45AM- 1:15PM

\$31 Residents/\$47 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 1-May 20, 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 18-May 13, 6:00PM- 7:30PM

\$35 Residents/\$53 Non-Residents

Spanish Conversation

Master essential Spanish communication for professions and travel. Learn pronunciation, grammar, reading, writing, and conversation. Textbook available for \$14 (cash or check) on the first day. Level 2 and 3 Spanish Conversation require basic Spanish knowledge.

Activity Code: 4RAE4801
(Section codes listed below)

MacDowell JU01

(Level 1)

Wed, Mar 20-May 15, 6:00PM- 7:30PM

\$35 Residents/\$53 Non-Residents

Riverside RS01

(Level 1)

Mon, Mar 18-May 6, 6:00PM- 7:30PM

\$35 Residents/\$53 Non-Residents

Riverside RS02

(Level 2)

Mon, Mar 18-May 6, 7:30PM- 9:00PM

\$35 Residents/\$53 Non-Residents

Riverside RS03

(Level 3)

Tue, Mar 19-May 7, 6:00PM- 7:30PM

\$35 Residents/\$53 Non-Residents

The Partnership for the

ARTS + HUMANITIES SHOWCASE

Coming May 2024

Calling all young ARTISTS, MAKERS and DREAMERS!

Join the Partnership for the Arts & Humanities network to learn about arts and humanities programs in our community, experience live performances and engage in hands-on activities.

Stay up to date at mkerec.net/pahshowcase

LOW INTENSITY FITNESS

Yin Yoga

Experience deep stretching in this class with poses held for 2-7 minutes. Enhance flexibility in fascia/connective tissue, reducing pain, stress, and anxiety. Improve overall well-being. Bring a blanket or towel; blocks and straps are provided.

Activity Code: 4RAE3617
(Section codes listed below)

Beulah Brinton BN02

Tue, Apr 2-May 21, 8:00AM- 9:00AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN01

Sat, Apr 6-May 18, 8:55AM- 9:55AM
\$25 Residents/\$38 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 18-May 13, 6:30PM- 7:30PM
\$24 Residents/\$36 Non-Residents

MacDowell JU02

(ADVANCED ONLY)
Mon, Mar 18-May 13, 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, Apr 1-May 22, 6:00PM- 7:00PM
\$45 Residents/\$68 Non-Residents

Hamilton (Ages 15 & up) HA02

Tue/Thu, Apr -May 23, 7:10PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall (Ages 15 & up)... MR01

Mon, Apr 1-May 20, 6:00PM- 7:00PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall MR02

Wed, Apr 3-May 22, 6:00PM- 7:00PM
\$24 Residents/\$36 Non-Residents

Riverside (Ages 15 & up) RS01

(Beg. white-yellow belts, combined w/ youth class)
Mon/Wed, Mar 18-May 8, 6:15PM- 7:00PM
\$45 Residents/\$68 Non-Residents

Riverside (Ages 15 & up) RS05

(Int./Adv., Camo-Purple Belts)
Mon/Wed, Mar 18-May 8, 7:00PM- 7:45PM
\$49 Residents/\$74 Non-Residents

Riverside (Ages 15 & up) RS10

(Adv., Blue-Black Belts)
Mon/Wed, Mar 18-May 8, 7:45PM- 8:30PM
\$49 Residents/\$74 Non-Residents

Riverside (Ages 15 & up) RS04

(All ranks and ages)
Sat, Mar 23-May 11, 11:45AM-12:30PM
\$24 Residents/\$36 Non-Residents

Women's Self-Defense

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

Activity Code: 4RAE4504
(Section codes listed below)

MacDowell (Ages 14 & up) JU01

Wed, Mar 20-May 15, 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 20-May 15, 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 5-May 24, 7:15PM- 8:15PM
\$24 Residents/\$36 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 5-May 24, 6:00PM- 7:00PM
\$24 Residents/\$36 Non-Residents





Guitar

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

Activity Code: 4RAE4604
(Section codes listed below)

Beulah Brinton BN01
(Beg.)

Sat, Apr 6-May 18, 2:00PM- 3:30PM
\$31 Residents/\$47 Non-Residents

Hamilton HA01
(Beg.)

Thu, Mar 21-May 16, 6:00PM- 7:30PM
\$35 Residents/\$53 Non-Residents

Riverside RS01
(Beg. Semi-Private)

Mon, Mar 18-May 6, 6:30PM- 8:00PM
\$80 Residents/\$120 Non-Residents

Riverside RS02
(Adv. Semi-Private)

Mon, Mar 18-May 6, 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 6-May 18, 10:30AM-12:00PM
\$31 Residents/\$47 Non-Residents

Beulah Brinton BN02
(Int.)

Sat, Apr 6-May 18, 12:15PM- 1:45PM
\$31 Residents/\$47 Non-Residents

Hamilton HA01
(Beg.)

Wed, Mar 20-May 15, 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 6-May 18, 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 21-May 16, 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 19-May 14, 6:00PM- 7:00PM
\$24 Residents/\$36 Non-Residents

ORGANIZATION

Senior Downsizing

Proactively downsize with ease! Learn steps and decisions for a stress-free process in this class by professional organizer Tamara Starr of Sweet Simplicity Professional Organizing. Don't wait until the last moment. Start early to simplify and preserve cherished items..

Activity Code: 4RAE2601
(Section codes listed below)

Hamilton HA01

Thu, Apr 4, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

Declutter before Moving and Selling Your Home

Discussing what to do when these big events are 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

Thu, Apr 18, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

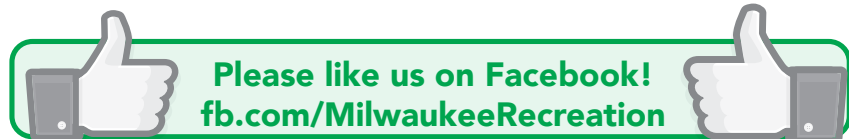
Declutter/Organize Your Home

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

Thu, Apr 25, 6:30PM- 8:30PM
\$8 Residents/\$12 Non-Residents



ORGANIZED GAMES

Bid Whist

Weekly Bid Whist Extravaganza! Join this African-American card game for fun, challenges, and socializing. Open to experienced players. Register with a partner or be paired with singles. Entertainment-focused play; no gambling allowed during class. Come and enjoy the game!

Activity Code: 4RAE4907
(Section codes listed below)

Milwaukee Marshall MR01
Tue, Apr 2-May 21, 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). OASIS members must register in person or over the phone.

50+ **Activity Code: 4R555011**
(Section codes listed below)

OASIS (Ages 50 & up) 5501
Wed, Apr 10-May 29, 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. This offering is open to anyone between the ages of 6-99. An 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). OASIS members must register in person or over the phone.

Activity Code: 4R555015
(Section codes listed below)

OASIS 5501
Wed, Mar 27, 10:30AM- 12:00PM
\$5 Residents/\$8 Non-Residents

Stepping Stones

Join a naturalist from Hawthorn Glen in making your own stepping stone using nature's raw materials. This offering is open to anyone between the ages of 6-99. An adult must register, pay, and attend with a child. Fee is per person. All stepping stone 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). OASIS members must register in person or over the phone.

Activity Code: 4R555016
(Section codes listed below)

OASIS 5501
Mon, Jun 17, 12:15PM- 2:15PM
\$5 Residents/\$8 Non-Residents

Spring Ride with Melissa Cook on the Hank Aaron State Trail

The Friends of Hank Aaron State Trail invite you to kick off the spring trail season at the 2023 Spring Ride with Melissa Cook. This is a fun, family-friendly, leisurely group ride 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
Sat, May 4, 1:00PM- 3:00PM
FREE

PERFORMING ARTS

Intro to Acting/Community Theater

Explore your abilities to imagine, create, and present with this beginner acting class. Learn the basic skills, concepts and methods of acting. Develop articulation and timing as you work with monologues and build confidence as you perform in front of your peers.

Activity Code: 4RAE5301
(Section codes listed below)

MacDowell JU01
Thu, Apr 4-May 23, 6:00PM- 7:30PM
\$31 Residents/\$47 Non-Residents

PERSONAL SKILLS

You Have Pictures in Your Camera - Now What?

Organize and save your multitude of pictures! Learn techniques for managing photos from cameras and smart-phones, transferring to external devices and 'the Cloud' in this two-hour seminar with instructor C.T. Kruger. Non-refundable class fee.

Activity Code: 4RAE5402
(Section codes listed below)

Hamilton HA03
Thu, May 30, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Herbs, Crystals, and Stones

Discover the benefits of the top 10 herbs and the significance of rocks in love, success, happiness, and health. Explore ancient folklore and practical applications. \$5 cash supply fee due at class. Non-refundable class fee.

Activity Code: 4RAE5405
(Section codes listed below)

Hamilton HA01
Thu, May 16, 7:15PM- 8:15PM
\$6 Residents/\$9 Non-Residents

No Power Tools Necessary (Basic Home Repairs)

Join a quick Tool School to learn DIY electrical repairs. Identify tasks you can handle and when to call a professional. Hands-on class covers switch replacement, outlet updates, and light fixture installation. Cost includes tools to take home. Taught by certified instructor Brian Hunt with 15+ years of experience. Non-refundable class fee.

Activity Code: 4RAE5412
(Section codes listed below)

Hamilton HA03
Sat, Apr 13, 9:00AM-11:00AM
\$50 Residents/\$75 Non-Residents

Riverside RS04
Sat, Apr 13, 12:00PM- 2:00PM
\$50 Residents/\$75 Non-Residents



iPad/iPhone-Tips, Tricks, and Techniques

This class is specific to Apple iPhone, iPad and iPad Mini devices. Learn tips, tricks, and techniques to navigate, organize, backup and add apps to your iPhone, iPad, or iPad mini device. Instructor is C.T. Kruger. Class fee is non-refundable.

Activity Code: 4RAE5422
(Section codes listed below)

Hamilton HA01
Thu, May 16, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

The Camera in Your Smartphone

Unleash the power of your phone! Discover apps, tips, and tricks for capturing and managing photos and videos on iPhone and Android devices. Explore camera features, storage options, printing, and more in this informative class with instructor C.T. Kruger. Non-refundable class fee.

Activity Code: 4RAE5423
(Section codes listed below)

Hamilton HA02
Thu, May 23, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents



Nail Workshop

In this 2 hour workshop, you will be introduced to the exciting nail industry! Students will work with mannequin fingers to create works of art for the present and future. Workshop will include the following supplies: mannequin fingers, polish, full coverage nail tips, mini-nail art supply kit, nail glue, and a full presson Care kit. Workshop taught by Jeronica Brister of JB Nails, certified nail technician.

Activity Code: 4RAE5471
(Section codes listed below)

Riverside RS01
Sat, Mar 23, 1:00PM- 3:00PM
\$110 Residents/\$165 Non-Residents

Riverside RS02
Sat, May 18, 1:00PM- 3:00PM
\$110 Residents/\$165 Non-Residents

Being Mindful of Your Emotions: Emotional Intelligence Workshop

Take control of your emotions! Join a two-hour workshop to enhance mindfulness. Explore a four-step process: Self Awareness, Self-Management, Social Awareness, and Relationship Management. Learn to respond, not react, to the world. Non-refundable class fee.

Activity Code: 4RAE5432
(Section codes listed below)

Hamilton HA01
Wed, Apr 24, 6:00PM- 8:00PM
\$16 Residents/\$12 Non-Residents

Cutting the Cords-Controlling Cable and Internet Costs

Fees for cable television, home internet, smartphones and streaming services quickly add up to hundreds of dollars. This seminar reviews your options to cut costs and still watch television programs and have internet access on all devices. Instructor C.T. Kruger. Class fee is non-refundable.

Activity Code: 4RAE5443
(Section codes listed below)

Hamilton HA02
Thu, May 9, 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 10, 6:00PM- 7:00PM
FREE

Online VR02
Wed, May 15, 6:00PM- 7:00PM
FREE

Air Conditioning Refrigeration and Heating Technology

Students are introduced to the career opportunities and responsibilities in the air conditioning, heating and refrigeration industry. This course offers an orientation to the different duties, educational requirements and specialty areas within the HVAC industry. Taught by an MATC instructor in a lab outfitted in partnership with Johnson Controls.

Activity Code: 4RAE5470
(Section codes listed below)

Obama CT01
Thu, Feb 29-May 16, 5:30PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Vital Communications

Everything starts with a conversation. When conflict arises, do you go into fight, flight or freeze mode? We avoid important conversations for a variety of reasons, but develop the courage to have them. Join us for a two-hour workshop on improving your critical conversational skills. Class fee is non-refundable.

Activity Code: 4RAE5440
(Section codes listed below)

Hamilton HA01
Tue, Apr 2, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Hamilton HA02
Tue, Apr 23, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

DID YOU KNOW?

84 percent of U.S. adults look to indoor activities provided by recreation agencies to promote physical and mental well-being in times of inclement weather.

via nrpa.org/parkpulse

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. There is no formal instruction component - true beginners are encouraged to complete an instructional course prior. Bring your own paddle or borrow one of ours. The format is open play - participants may come anytime during the session and do not need to stay the whole time. Sorry, no drop-ins.

Activity Code: 4R550101
(Section codes listed below)

Morse MS01
(Open Play - sorry, no drop-ins)
Thu, Apr 4-May 23, 6:30PM- 9:00PM
\$18 Residents/\$27 Non-Residents

Pulaski PK02
(Open Play - sorry, no drop-ins)
Wed, Apr 3-May 22, 6:30PM- 9:00PM
\$18 Residents/\$27 Non-Residents

Pulaski PK01
(Open Play - sorry, no drop-ins)
Sat, Apr 6-May 18, 9:00AM-12:00PM
\$18 Residents/\$27 Non-Residents

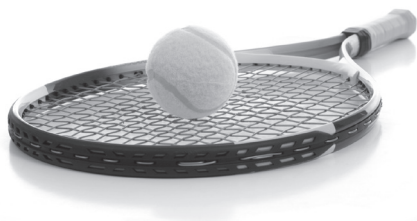


30+ Basketball

Enjoy a good workout and great competition in this open basketball play for people 30 years and over. Teams will be formed each night. Do not bring children under 12 years old; supervision will not be provided. Fee is based on 1.5 hours of play per night.

Activity Code: 4RAE6201
(Section codes listed below)

Beulah Brinton (Ages 30 & up) BN01
Mon, Apr 15-Jun 10, 6:00PM- 8:30PM
\$35 Residents/\$53 Non-Residents



Tennis Lessons

Prepare for the next match. Lessons will teach you the proper forehand, backhand, ground strokes and serving technique. Wear athletic clothing.

Activity Code: 4RAE6204
(Section codes listed below)

Milwaukee Marshall MR01
(Beg.)
Sat, Apr 13-May 18, 8:45AM- 9:45AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR02
(Int.)
Sat, Apr 13-May 18, 9:50AM-10:50AM
\$19 Residents/\$29 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 16-May 11, 3:00PM- 4:00PM
\$24 Residents/\$36 Non-Residents



SPRING 2024 ADULT TEAM SPORTS

TEAM REGISTRATION NOW OPEN! Visit mkerec.net/adultsports or contact the Adult Sports office at 414.647.6046 or adultsports@mkerec.net for more information and to register your team. League schedules, scores, and standings are available on teamsideline.com/sites/MilwaukeeRecreation.

SPRING/SUMMER MEN'S SOFTBALL LEAGUES

Play 1 night/week in our men's softball leagues. All leagues are 14 weeks unless noted. 14-week league play starts the week of April 22 and 10-week league play starts the week of May 6. Team registration only. Team registration fee for 14-week leagues is \$450 (resident) and \$500 (non-resident). Team registration fee for 10-week leagues is \$395 (resident) and \$445 (non-resident).

SPRING/SUMMER COED SOFTBALL LEAGUES

Play 1 night/week in our coed softball leagues. All leagues are 14 weeks unless noted. 14-week league play starts the week of April 22. Team registration only. Team registration fee for 14-week leagues is \$450 (resident) and \$500 (non-resident).

SPRING/SUMMER COED KICKBALL LEAGUES

Play 1 night/week in our coed kickball leagues. Spring league play starts the week of April 22 and runs for 8 weeks. Summer league play starts the week of June 24 and runs for 8 weeks. Team registration fee is \$307 (resident) and \$357 (non-resident).

SUMMER MEN'S AND COED SOCCER LEAGUES

Play 1 night/week in our men's or coed social soccer leagues. League play starts the week of June 3 and runs for 6-8 weeks. Team registration fee is \$330 (resident) and \$380 (non-resident).

SPRING WOMEN'S AND COED VOLLEYBALL LEAGUES

Play 1 night/week in our women's (Tuesdays) coed (Wednesdays) volleyball leagues at Wedgewood. League play starts the week of April 22 and runs for 6 weeks. Team registration only. Team registration fee is \$252 (resident) and \$302 (non-resident).

2024 SPRING FUTSAL

Play 1 night/week in our coed social futsal league. League play starts the week of April 22 and runs for 6 weeks. Team registration fee is \$250 (resident) and \$300 (non-resident).

SUMMER MEN'S AND WOMEN'S BASKETBALL LEAGUES

Play 1 night/week in our men's or women's basketball leagues. League play starts the week of June 3 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 20 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 \$100. Summer registration fee is \$90 or \$125 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 3 and run for 6 weeks. Registration fee is \$21 (resident) and \$31.50 (non-resident).

SUMMER TENNIS AND PICKLEBALL LESSONS WITH MTEF

Tennis and Pickleball lessons with MTEF will be coming in Summer 2024. We will release times and locations as soon as we get more information.

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 those sports. 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, with volleyball and soccer in particular this Spring! If you are interested, please contact the Adult Sports Office at 414.647.6046 or adultsports@mkerec.net

WANTED: PART TIME BUILDING STAFF & MONITORS FOR ADULT LEAGUES

If you have interest in working in the evenings during the week for our indoor or outdoor sports as a field attendant, building monitor/director, or event staff, please contact Brent Landon @ 414.647.3858 or Brandon Sweet @ 414.647.6070. Hours are typically between 5:30 PM – 10:00 PM Monday-Thursday.

ACTIVE OLDER ADULTS - 50+ SPORTS

Meet new friends, join recreational activities, learn a new game, brush up on your skills and socialize. Our organized sports leagues, open play (non-league), and drop-in sporting activities aim to provide Milwaukee and beyond athletes, age 50 and above, with an opportunity to continue pursuing the sport they love year-round. For registration information, please contact Brandon Sweet in the Adult Sports/50+ Sports office at 414.647.6070 or email: Brandon@mkerec.net. **Volleyball * Softball * Pickleball ***

50+ Volleyball Leagues (Competitive & Social)

These morning senior leagues play two times each week (Tuesday & Thursday) for 14-weeks. The start date is Tuesday, Sept. 17, 2024. Players of all skill levels are encouraged to join. All games are played at Beulah Brinton Community Center (2555 S. Bay St.). Please contact Brandon Sweet at 414.647.6070 for a registration form.

- Tue/Thur, Sep. 17 – Dec. 12, 2024
- Social League: 9:15am-10:15am / Competitive League: 9:15am-11:15pm
- Fee: \$15 Resident / \$30 Non-Resident
- Activity Code: 2R556801, Section: BN03 (Competitive) & BN04 (Social)

50+ Fall Softball League

This Wednesday morning 50+ softball league will begin play on Sep. 4 and continue over a 5-week regular season, followed by a single elimination playoff and consolation tournament. All games will be played at Burnham/Rogers Playfield (1755 S. 32nd St.). Please contact Brandon Sweet @ 414.647.6070 for a registration form!

- Wed, Sep. 4 – Oct. 9, 2024 / Game Times: 9:30am & 10:40am
- Fee: \$15 Resident / \$30 Non-Resident
- Activity Code: 2R558101, Section: B203



Pickleball Open Play (ages 18+)

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. There is no formal instruction component - true beginners are encouraged to complete an instructional course prior. Bring your own paddle or borrow one of ours. Please contact Megan Frey @ 414.647.6057 with any questions. Registration opens February 29, 2024. Online registration recommended. SORRY, NO DROP-INS.

- Wed, April 3-May 22, 6:30pm-9:00pm at Pulaski HS (2500 W. Oklahoma Ave).
Fee: \$18 Residents / \$27 Non-Residents. Activity Code: 4R550101, Section PK02
- Thurs, April 4-May 23, 6:30pm-9:00pm at Morse Middle School (6700 N. 80th St).
Fee: \$18 Residents / \$27 Non-Residents. Activity Code: 4R550101, Section MS01
- Sat, April 6-May 18, 9:00am-12:00pm at Pulaski High School (2500 W. Oklahoma Ave).
Fee: \$18 Residents / \$27 Non-Residents. Activity Code: 4R550101, Section PK01



YEARLY SPORTS SCHEDULE:

- **FALL SEASON (Sep-Dec):** Softball League, Volleyball Leagues, Drop-In Volleyball, Pickleball Open Play
- **WINTER SEASON (Jan-Mar):** Cornhole League, Volleyball Leagues, Drop-In Volleyball, Pickleball Open Play
- **SPRING/SUMMER SEASON (Apr-Aug):** Softball Leagues, Drop-In Volleyball, Pickleball Open Play

To sign up, see page 2 • Centers are closed May 25 – 27.

THERAPEUTIC RECREATION

Splash, Splash, Swim

NEW

Join us for Open Swim. Enjoy the pool with your family member/friend/aid. Practice your skills, play games, and have fun in the water. Swimmers must be at least three years of age. All participants are REQUIRED to have assistance in the water from a household member or guardian (age 16 or older). Upon request, an instructor (if available) can assess the participant in the water to see if the required assistance can be waived. We encourage additional family members and friends of the participant to join in on the fun! Participants provide their own towel, suit, and swim cap. Children five years of age and under may accompany their parent/guardian/aid in the locker room. Children ages six and above should use the locker rooms that correspond with their gender identity. Swimmers who need assistance in the locker room must provide their own attendant. All participants who will be in the water MUST enroll.

Activity Code: 4RTR0501
(Section codes listed below)

Gaenslen (Ages 3 & up).....GS01
Thu, Mar 21-May 16, 6:35PM- 7:25PM
\$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 6-May 18, 9:00AM-11:00AM
\$8 Residents/\$12 Non-Residents

Awesome Appetizers and Desserts Too!

Like to cook and socialize with friends? Each week we will make either a dessert or an appetizer for all to enjoy. Great ideas for entertaining at home! An \$8 (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 3-May 15, 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 5-May 17, 4:30PM- 5:30PM
\$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 4-May 16, 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 \$8.00 (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 5-May 17, 5:30PM- 7:30PM
\$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 5-May 17, 4:30PM- 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 (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: 4RTR6608
(Section codes listed below)

OASIS (Ages 13 & up) 5501
Fri, Apr 5-May 17, 4:30PM- 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 5-May 17, 4:30PM- 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 5-May 17, 4:30PM- 5:30PM
\$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 4-May 16, 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 5-May 17, 7:30PM- 9:00PM
\$8 Residents/\$12 Non-Residents

Scrapbooking

Do you have photos at home waiting to be assembled in an album? We will show examples and help you create an artistic memory album. Supplies are included. Bring your favorite photos. This is a Therapeutic Recreation Program for Individuals with disabilities.

Activity Code: 4RTR6613
(Section codes listed below)

Hamilton (Ages 10 & up) HA01
Wed, Apr 3-May 15, 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 nonrefundable. Fee does not include weekly cost of each event. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

Activity Code: 4RTR6614
(Section codes listed below)

Various (Ages 13 & up)..... VL01
(Locations will be announced at a later date.
Feb 3 dates: 4/14, 4/21, & 5/12)
Sun, Apr 14-May 12, TIME VARIES
\$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 & up) ...VL01
(Sunday Movie dates: 4/7 & 5/5)
Sun, Apr 7-May 5, TIME VARIES
\$8 Residents/\$12 Non-Residents



Super Saturday

Are you ready to have a Super Saturday?! Every Saturday afternoon we will have new and exciting things to do! From creating fantastic art projects and delicious snacks to exciting gym activities, there's something for everyone to enjoy! Don't forget the awesome field trips and special events we will have planned as well! This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 4RTR6616
(Section codes listed below)

Manitoba (Ages 6 & up) MB01
Sat, Apr 6-May 18, 12:30PM- 4:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall (Ages 6 & up)MR01
Sat, Apr 6-May 18, 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 & up) 5501
Fri, Apr 5-May 17, 4:30PM- 5:30PM
\$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 & up) HA01

(Let's Get Moving & Culture Cafe.)
Thu, Apr 4-May 16, 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 & up) HA01

(Scrapbooking and Awesome Appetizers & Desserts Too!)
Wed, Apr 3-May 15, 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 & up) 5501

Tue, Apr 2-May 14, 6:00PM- 8:00PM
\$28 Residents/\$42 Non-Residents



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



TEAM MILWAUKEE SPECIAL OLYMPICS

Team Milwaukee is a registered agency with Special Olympics Wisconsin

This year-round sports program offers both adults and youth with intellectual disabilities the opportunity to learn and improve skills through training and competition in various sports. These programs will encourage participants to become more physically fit, socialize with others, and increase self-confidence. To participate in area/state Special Olympics competitions, individuals must be eight (8) years or older and have completed the required Special Olympics forms. Come join the fun!

Summer Season (June – September)

Softball
Tee Ball
Bocce Ball
Flag Football

Winter Season (December – April)

Basketball
Competitive Swimming

Fall Season (September – December)

Bowling
Volleyball
Strength Training

Spring Season (March – June)

Track & Field
Soccer
Cornhole
Strength Training

For additional information please contact Team Milwaukee Special Olympics at Specialolympics@mkerec.net or call 414.647.6041.





OASIS

COMMUNITY CENTER

2414 W. Mitchell Street, Milwaukee, WI 53204

Open Monday - Friday, 8am - 3pm

ACTIVE OLDER ADULTS PROGRAM

Make your life more fulfilling by joining the Active Older Adults Program! The program provides adults 50 years and older opportunities in arts and crafts, fitness, health and wellness, language skills, outdoor education, sports and recreation, special events, and more. Whether you're looking for a good workout or to learn a new language, this close-knit community provides a fun, social, and supportive environment for all. Those interested can register for individual classes online, over the phone, or in-person. OASIS memberships are also available for those who are looking to get even more out of their experience.

BECOME AN OASIS MEMBER

Become an OASIS Community Center member for \$15 for city of Milwaukee residents and \$25 for non-residents. Membership fee is good for one year from purchase date. Register for a membership in-person at the OASIS or online. Must be 50 years or older to purchase a membership.

Included with OASIS membership:

Chair Yoga	<ul style="list-style-type: none"> Offered Monday, Wednesday, and Friday, 9:00am – 10:00am.
Outdoor Education Classes	<ul style="list-style-type: none"> Offerings vary by season (Urban Gardening, Winter Snowman Pallet, Fall Mandala, and more).
Computer Lab	<ul style="list-style-type: none"> Offered Monday - Friday, 8:00am – 3:00pm Surf the web, check email, word process, and printing services are available.
Fitness Center	<ul style="list-style-type: none"> Open Monday - Friday, 8:00am – 3:00pm Fitness Center equipment includes compressed air resistance machines, treadmills, elliptical machines, exercise bikes, rowing machines, and free weights.

Questions? Contact Megan Frey - Supervisor, Active Older Adults at Megan@mkerec.net / 414.647.6057, or visit mkerec.net/OASIS.

Registration begins on February 29 • mkerec.net

60 Wisconsin Adaptive Sports • Información de Registro



WISCONSIN ADAPTIVE SPORTS ASSOCIATION
Be Bold. Belong. Become.

SCAN ME



Sign up to play adaptive sports! WASA provides adaptive sports & fitness opportunities for those with physical disabilities and/or visual impairments, ages 6 and up.

- Recreational or Competitive
- All ability levels welcome
- Adaptive equipment, including sports chairs provided
- Scan the QR code and select "register" or sign up online at: www.wasa.org



Questions: email info@wasa.org or call 414-310-7051.

WASA is a 501(c)3 tax exempt, non-profit organization.

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

Las formas de registro incluyen:

- En línea a través de <https://milwaukeeerecreation.net/>
- Por teléfono llamando al 414.475.8180
- En persona 5225 W. Vliet St. o OASIS Community Center, 2414 W. Mitchell St. Horarios: Lunes -Viernes 8:15am – 4:30pm
- Fax al 414-475-8183
- Por correo: Envíe la forma a Milwaukee Recreation, P.O. Box 2181, Milwaukee, WI 53201-2181

Para obtener más información en español sobre la guía, los plazos de inscripción, la confirmación, los reembolsos, el seguro, las tarifas, los métodos de pago, la accesibilidad del programa, la ley de estadounidenses con discapacidades o las regulaciones de A.H.E.R.A, llame al 414.475.8180.

Todd Jackson named 2023 Barbara Leszczynski Customer Service Award Winner!

Todd Jackson, a longtime aquatics professional with Milwaukee Recreation, has been named the 2023 Barbara Leszczynski Customer Service Award winner!

Todd is a dedicated member of the department, and served Milwaukee's aquatics community on pool decks well before he joined Milwaukee Recreation as a certified swim instructor in 2005. Todd generously spends his time, spirit, and charm with each of the valued members of Milwaukee Recreation swim programs, especially the adult Masters swimmers and older adult aqua exercisers.

"The energy Todd brings to any space he occupies lightens the room," Milwaukee Recreation Manager, Nicole E. Jacobson

said. "He is always a team player, and his work ethic knows no boundaries."

During the pandemic, with Milwaukee Recreation's aquatics programming temporarily shut down while city officials determined the safest course of action in our pools, Todd asked, "What can I do? How can I pivot my role to 'keep the ship afloat?'" Todd instantly agreed to become Milwaukee Recreation's COVID-19 Safety Supply Resource, a temporary deviation from his typical pool-only tasks. Todd worked with our warehouse supply team to ensure the department maintained high safety standards by constantly transferring all needed supplies, including personal protective equipment, sanitizer, and signage, to any active Milwaukee Recreation program. His warm, welcoming personality was the perfect fit for making new acquaintances, even in unconventional times.

In 2013, Todd fell ill with stage four throat cancer. Swimmers from across the region rallied together to provide a space of healing energy for Todd, and miraculously, Todd beat his cancer. Doctors were able to repair half of one vocal cord allowing him to speak with a gentle rasp. All who know and work with him are more than happy to give him a careful ear.

"His relationships with patrons, part-time novice coaches, tenured coaches, and full-time engineer team members exceed all measures of customer service. Mr. Jackson is more than polite; his nature is to elevate everyone in his presence," Jacobson said.

Todd's humble, mild-mannered personality makes him a natural fit for this award, as his heart of servitude matches the gentle disposition of the award's namesake, Barbara Leszczynski.

Congratulations, Todd, on receiving the 2023 Barbara Leszczynski Customer Service Award!

Congratulations and Thank You, James “Jimbo” Ovokaityts!

James “Jimbo” Ovokaityts, Groundskeeper for Milwaukee Recreation, retired on January 31st after 28 years of service.

A proud graduate of Milwaukee Public Schools’ (MPS) Pulaski High School, Jimbo began working for MPS in 1996 as a

Seasonal Laborer and was promoted to the position of Groundskeeper in 2015. Throughout the years, Jimbo was instrumental in ensuring Milwaukee Recreation’s outdoor facilities were kept safe and enjoyable for everyone.

“Jimbo was a dedicated employee, always willing to lend a helping hand no matter how busy he was. He provided exemplary customer service, was dependable, and had a strong work ethic. Jimbo was an invaluable member of the Milwaukee Recreation team,” said Lynn Greb – Recreation Director.

During retirement Jimbo plans to spend more time at home completing his list of household projects (which grew while he was working) and pursuing his hobby as a wood craftsman.

Congratulations, Jimbo, and thank you for all your hard work and service over the years!



Milwaukee County Senior Dining Program



For more information on grab and go locations, please call 414.289.6995.



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.



EVERYONE PLAYS!

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

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

OUR MISSION, VISION, AND VALUES

MISSION

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

VISION

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

VALUES

The following are the core values that drive the work and interactions with the team and customers:



Equity

Ensuring access to recreation services for all.



Accountability

Taking individual and collective responsibility.



Memorable Experiences

Creating special, distinctive recreation experiences.



Professional Staff

Employing staff who possesses the core competencies of the department.



Quality Service Delivery

Exceeding customer expectations through responsive and respectful service delivery.



Sense of Community

Providing services that encourage personal connections and relationships.



Collaborations/ Partnerships

Fostering and maintaining partnerships with individuals and organizations that benefit the community

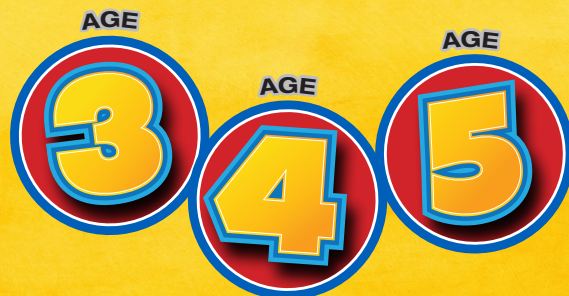


Milwaukee Recreation strives to promote healthy lifestyles, personal development, and fun by offering recreational and educational programs for people of all ages and abilities.

Interested in joining our team? Learn more and apply for open positions at mkerec.net or scan the QR code!



KINDERGARTEN ENROLLMENT



NOW THROUGH
MARCH 4, 2024



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PUBLIC SCHOOLS

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Recreation Department
P.O. Box 2181
Milwaukee, WI 53201-2181

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ECRWSS

RESIDENTIAL CUSTOMER



A department of MPS

2024 Recreation Guide

Register online at mkerec.net. Call 414.475.8180 with any questions.

If you live in the city of Milwaukee and this booklet was NOT delivered directly to your mailbox or this booklet was delivered after registration opened, please visit mkerec.net/mail to complete our mailing survey.

Para obtener ayuda en español: (414) 475-8180

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