

Registration begins December 4, 2025 | Para ayuda en español: 414.475.8180

WINTER

Recreation Guide



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

mkerec.net



A department of **MPS**

Milwaukee Recreation is ready to welcome winter!



Recreation holds a special place in my heart. Growing up in public housing, camp programs and sports were an important part of my childhood and have remained important in my adult life. I know how valuable opportunities like these are for the community.

It is truly a privilege to support Milwaukee Recreation as the superintendent of Milwaukee Public Schools and we continue to invest in these meaningful programs. This fall, we broke ground on a new community center that will fill a recreation gap near 76th Street and Silver Spring Drive on the city's northwest side.

While the new center is scheduled to open in 2027, you don't have to wait to explore exciting Milwaukee Recreation events:

Sparkle & Shine | Nov. 22, 1-3pm & 4-6pm: Enjoy holiday crafts, seasonal treats, and view beautifully decorated trees at our fourth annual event.

Winter Wonder Woods | Dec. 10-13, 5-8pm: Experience the winter beauty of Hawthorn Glen with nature-inspired displays.

Daddy Daughter Dance | Feb. 28, 5-8pm: Join us at the Baird Center for an evening of fun and memories on the dance floor as we celebrate over two decades of tradition and strengthening family connections.

Beyond these community traditions, we are launching new program options alongside our regular offerings in aquatics, arts & crafts, fitness, cooking and more. There are programs for all ages and ability levels. The next class you take at Milwaukee Recreation can build a new skill, strengthen learning, and help make busy life easier or simply bring joy.

I encourage you to find what moves you in this season's guide.

Brenda Cassellius, EdD
Superintendent of Schools

MILWAUKEE RECREATION'S NEW COMMUNITY CENTER IS UNDER CONSTRUCTION



We are working hard to **BUILD** your **DREAM** community center!

We are currently building the new Milwaukee Recreation Community Center (MRCC) at N. 76th St. & W. Silver Spring Dr. It's scheduled to open in 2027. We're constructing a vibrant space for learning, recreation, and connection. Learn more at mkerec.net/mrcc.

Get an exclusive look at our progress and be the first to know about grand opening details: scan the QR code to subscribe to the Rec Reader newsletter to stay in the loop!





**MILWAUKEE
PUBLIC SCHOOLS**

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

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Milwaukee Recreation

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Para ayuda en español: 475-8180

Important Dates — See page 2 for details.

- Dec. 2** Registration for Driver Education 10AM
- Dec. 4** Priority registration for city of Milwaukee residents begins at 10AM
- Dec. 11** Non-city of Milwaukee residents' registration begins at 10AM

A NOTE REGARDING WINTER 2026 REGISTRATION:

Registration will be available online and in-person for the winter 2026 season. See page 2 for more details.

OUR MISSION:

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

OUR VISION:

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

WAYS TO REGISTER

- **Driver Education registration begins: Tuesday, Dec. 2.**
- **Priority registration (city of Milwaukee residents) begins: Thursday, Dec. 4.**
- **Non-city of Milwaukee resident registration begins: Thursday, Dec. 11.**
- **Registration opens at 10:00AM on Dec. 2, Dec. 4, and Dec. 11.**

1. ONLINE REGISTRATION

DEADLINE: ONE WEEK BEFORE YOUR CLASS BEGINS.

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

Save your username and password here:

2. IN-PERSON REGISTRATION

DEADLINE: ONE WEEK BEFORE YOUR CLASS BEGINS.

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

1. Milwaukee Recreation Central Office: 5225 W Vliet St.
Hours: Mon - Fri, 8:15AM - 4:30PM
2. Citywide Programs Office: 2414 W Mitchell St.
Hours: Mon- Fri, 8:15AM - 4:30PM

3. MAIL-IN REGISTRATION

REGISTRATION MUST BE RECEIVED BY MONDAY, JAN. 5, 2026.

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

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

Important Registration Information

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

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

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

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

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

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

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

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

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

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

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

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

MAIN CONTACT

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

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

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

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

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

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

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

X

Signature required for all registrations

Date

CASH MONEY ORDER CREDIT CARD # EXP. DATE / /

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

CHECKS PAYABLE TO MILWAUKEE RECREATION

NEW: DEMOGRAPHIC INFORMATION (MAIN CONTACT)

1. Which race or ethnicity best describes you?

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

2. Which of the following most accurately describes you?

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

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

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

TOTAL FEES \$

REDUCED ACTIVITY FEE \$

SCHOOL NAME: \$1 DONATION?

TOTAL PAYMENT DUE \$

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

REDUCED ACTIVITY FEE (17 YEARS & UNDER)

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

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

MILWAUKEE RECREATION INCLUSION SERVICES POLICY

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

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

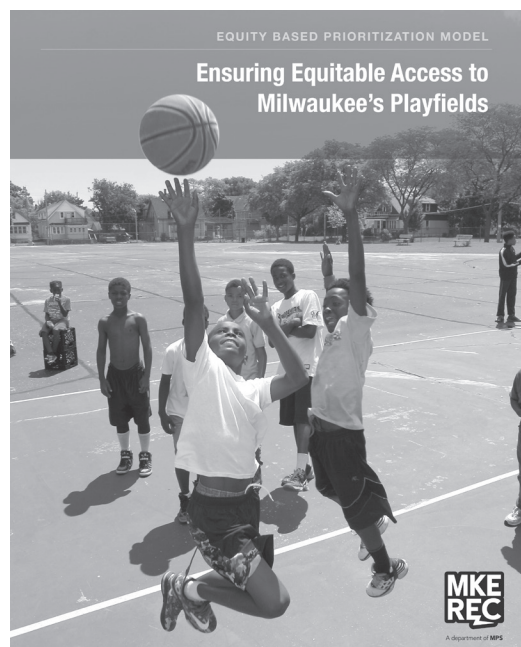
POLICY GOALS: The Inclusion Services Policy outlines Milwaukee Recreation's approach to ensuring inclusive environments and equitable opportunities for all community members in local parks and recreation.

THIS POLICY ENSURES THAT:

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

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

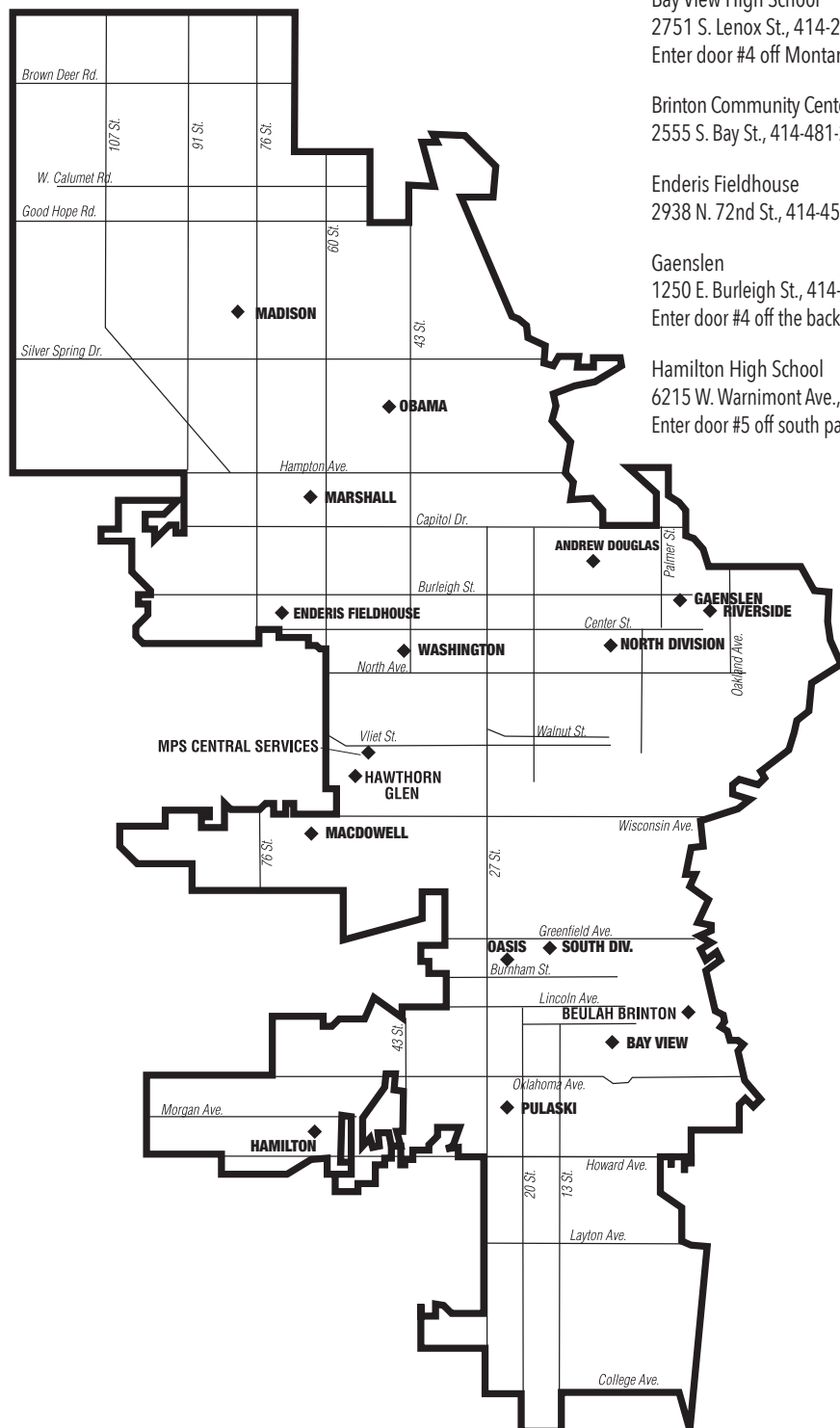
Need accommodations? Submit an ADA Accommodation Request electronically by visiting mkerec.net/inclusion and a member of the recreation team will contact you for further details.



EVERYONE PLAYS!



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



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

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

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

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

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

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

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

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

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

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

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

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

Obama High School
5075 N. Sherman Blvd., 414-647-6041

Pulaski High School
2500 W. Oklahoma Ave., 414-393-4900

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.



Now hiring!

**Competitive pay. Great benefits.
Full- and part-time positions available.**

- ▶ Teachers
- ▶ Substitute Teachers
- ▶ Para-professionals
- ▶ School Nurses
- ▶ Children's Health Assistants
- ▶ Food Service Managers
- ▶ Facilities & Maintenance

Apply today!
mpsmke.com/jobs

For questions, call (414) 475-8224.

EVERYONE PLAYS!

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

Scholarship applications for *Everyone Plays!* **open on Monday, November 17, 2025.** Each eligible child can be awarded one scholarship per year. **A limited number of scholarships are available. Early applications are encouraged.** Questions? Please call 414.475.8180. Visit mkerec.net/scholarship to learn more about this program. Thank you!

ARTS & CRAFTS

Lego Open Build

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

Activity Code: 3RCE0916
(Section codes listed below)

MacDowell (Ages 3-99) JU01

Thu, Jan 22-Mar 12, 5:30PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (3-99)..... MR01

Tue, Jan 27-Mar 10, 5:30PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Lego Adventures

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

Activity Code: 3RCE0963
(Section codes listed below)

MacDowell (Ages 7-99)..... JU01

Mon, Jan 26-Mar 9, 5:30PM- 7:00PM
\$19 Residents/\$29 Non-Residents



Candle Making

In this workshop, you will select your own scent, design and create your very own soy-wax candle to take home! Students will receive an overview of the candle making process provided by an experienced chandler. Workshop provided by Blossom Candle Co. Class fee includes supply costs and is non-refundable.

Activity Code: 3RCE0964
(Section codes listed below)

Hamilton (Ages 7-15) HA01

(Not eligible for reduced fees)
Sat, Mar 14, 10:00AM-11:30AM
\$25 Residents/\$38 Non-Residents

Riverside (Ages 7-15) RS01

(Not eligible for reduced fees)
Sat, Feb 14, 10:00AM-11:30AM
\$25 Residents/\$38 Non-Residents

BAKING

Signature Red Velvet Cookies

Your Little Bakers will have a blast as they prepare the BEST red velvet cookies ever. Our recipe produces a very soft and chewy cookie loaded with white chocolate chips! Students will be introduced to baking vocabulary, techniques, cooking tools, and kitchen safety. Class is taught by Geneva Byrd from Little Bakers Association. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

Activity Code: 3RCE2507
(Section codes listed below)

Hamilton (Ages 4-12) HA01

Sat, Feb 21, 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: 3RCE2512
(Section codes listed below)

Hamilton (Ages 4-12) HA01

Sat, Mar 7, 1:00PM- 2:00PM
\$24 Residents/\$36 Non-Residents

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

Sat, Jan 17, 1:00PM- 2:00PM
\$24 Residents/\$36 Non-Residents

BATON

Baton

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

Activity Code: 3RCE7901
(Section codes listed below)

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

Sat, Jan 31-Mar 21, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

DANCE

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: 3RCE2908
(Section codes listed below)

MacDowell (Ages 7-14)..... JU01

Tue, Jan 27-Mar 10, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Tumbling Ballerinas

The art of Ballet and the fun of Tumbling go hand-in-hand in this class! Dancers will learn the fundamentals of ballet and to move creatively and expressively while incorporating fun tumbling activities. Posture, positions, rhythm, hand eye coordination and balance will all be covered in this course. Leotards and ballet shoes are recommended.

Activity Code: 3RCE2912
(Section codes listed below)

MacDowell (Ages 3-5)..... JU01

Thu, Feb 5-Mar 12, 6:00PM- 7:00PM
\$14 Residents/\$21 Non-Residents

DRAWING & PAINTING ARTS

Kid's Watercoloring

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: 3RCE2026
(Section codes listed below)

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

Thu, Jan 8-Jan 22, 2:00PM- 3:00PM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 5-17)..... BN02

Thu, Feb 12-Feb 26, 2:00PM- 3:00PM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 5-17)..... BN03

Thu, Mar 12-Mar 26, 2:00PM- 3:00PM
\$15 Residents/\$23 Non-Residents



Please like us on Facebook!
fb.com/MilwaukeeRecreation



FAMILY CLASSES

Paper Folding Arts for Children

Using paper folding skills, students can learn mathematical concepts such as twodimensional and three dimensional definitions and characteristics. During this class, they will make hexagon, octagon, hexahedron, dodecahedron, and more. And they calculate the angle from multigons. That will be the basic course of geometry. A \$20 cash only supply fee due to instructor on first day of class.

Activity Code: 3RCE3308
(Section codes listed below)

Hamilton HA01
(Adults)
Tue, Feb 17-Mar 17, 5:30PM- 6:30PM
\$15 Residents/\$23 Non-Residents



Family & Friends Volleyball League

NEW

If you have ever watched youth volleyball, you know that the ball doesn't spend much time in the air. The main goal of this fun volleyball league is skill development. Youth players will have more opportunities to work on their skills by way of the adults assisting in keeping the ball in the air. For the purpose of this league, adults are those ages 14 and up. At least three players ages 8-13 (youth) must be on the court at all time. Adult players are not allowed to hit, block, jump, or serve overhand. The net will be at junior height and the volleyballs will be Volley-Lites. If there is more than one hit, then one of those hits must be from a youth player. There is no co-ed rule. Cost is per player. With any questions, email Joel@mkerec.net

Activity Code: 3RCE3367
(Section codes listed below)

Beulah Brinton (Ages 8-99)..... BN01
Sun, Jan 18-Feb 22, 10:00AM-12:00PM
\$15 Residents/\$23 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: 3RCE3505
(Section codes listed below)

Beulah Brinton (Ages 7-11)..... BN01
Mon, Jan 26-Mar 16, 4:45PM- 5:45PM
\$19 Residents/\$29 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: 3RCE4405
(Section codes listed below)

Hamilton (Ages 8-12)..... HA01
Sat, Jan 17-Mar 7, 10:00AM-11:30AM
\$24 Residents/\$36 Non-Residents

MAD SCIENCE

Mad Science: Digging for Dinosaurs

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

Activity Code: 3RCE7604
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, Feb 21, 9:30AM-10:30AM
\$18 Residents/\$27 Non-Residents



Mad Science Slime: Time

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

Activity Code: 3RCE7615
(Section codes listed below)

Hamilton (Ages 5-12)..... HA02
Sat, Mar 14, 9:30AM-10:30AM
\$18 Residents/\$27 Non-Residents

Mad Science: Radical Robots

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

Activity Code: 3RCE7622
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, Feb 7, 9:30AM-10:30AM
\$18 Residents/\$27 Non-Residents

Mad Science: Mineral Mania

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

Activity Code: 3RCE7639
(Section codes listed below)

Riverside (Ages 5-12)..... RS01
Sat, Mar 7, 9:30AM-10:30AM
\$18 Residents/\$27 Non-Residents

Mad Science: Life in the Sea

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

Activity Code: 3RCE7640
(Section codes listed below)

Riverside (Ages 5-12)..... RS01
Sat, Jan 24, 9:30AM-10:30AM
\$18 Residents/\$27 Non-Residents

MUSIC

Bass Guitar

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

Activity Code: 3RCE4602
(Section codes listed below)

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

Fri, Jan 30-Mar 20, 7:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Drums

Ready to rock? Mr. D will help aspiring drummers learn rhythms, rides, rolls, and styles. Bring a pair of drumsticks and a practice drum pad (available at most music stores). Adult and Youth Classes are combined.

Activity Code: 3RCE4603
(Section codes listed below)

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

Fri, Jan 30-Mar 20, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Guitar

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

Activity Code: 3RCE4604
(Section codes listed below)

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

(Beg.)
Sat, Jan 31-Mar 21, 2:00PM- 3:30PM
\$27 Residents/\$41 Non-Residents

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

(Beg.)
Thu, Jan 22-Mar 12, 6:00PM- 7:30PM
\$27 Residents/\$41 Non-Residents

Hamilton HA02

Sat, Jan 17-Mar 7, 10:30AM-11:15AM
\$14 Residents/\$21 Non-Residents

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

(Beg./Semi-Private)
Mon, Jan 12-Mar 2, 6:00PM- 7:30PM
\$54 Residents/\$81 Non-Residents

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

(Int./Semi-Private)
Mon, Jan 12-Mar 2, 7:45PM- 8:45PM
\$37 Residents/\$56 Non-Residents



Piano

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

Activity Code: 3RCE4606
(Section codes listed below)

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

(Beg.)
Sat, Jan 31-Mar 21, 10:30AM-12:00PM
\$27 Residents/\$41 Non-Residents

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

(Int.)
Sat, Jan 31-Mar 21, 12:15PM- 1:45PM
\$27 Residents/\$41 Non-Residents

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

(Beg.)
Wed, Jan 21-Mar 11, 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: 3RCE4607
(Section codes listed below)

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

Sat, Jan 31-Mar 21, 4:00PM- 6:00PM
\$35 Residents/\$53 Non-Residents

Sing Out!

Do you want to learn to sing or improve your confidence and control? Work on basic vocal techniques with Mr. D. Learn proper breathing, voice inflection, range, and ear training. Adult and Youth Classes are combined.

Activity Code: 3RCE4609
(Section codes listed below)

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

Wed, Jan 21-Mar 11, 7:45PM- 8:45PM
\$19 Residents/\$29 Non-Residents

Introduction to Harmonica

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

Activity Code: 3RCE4611
(Section codes listed below)

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

(This class is combined with adult class)
Tue, Jan 20-Mar 10, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Ukulele For You

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

Activity Code: 3RCE4620
(Section codes listed below)

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

(This class is combined with adult class)
Thu, Jan 22-Mar 12, 7:45PM- 8:45PM
\$19 Residents/\$29 Non-Residents



MUSIC IN MPS

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

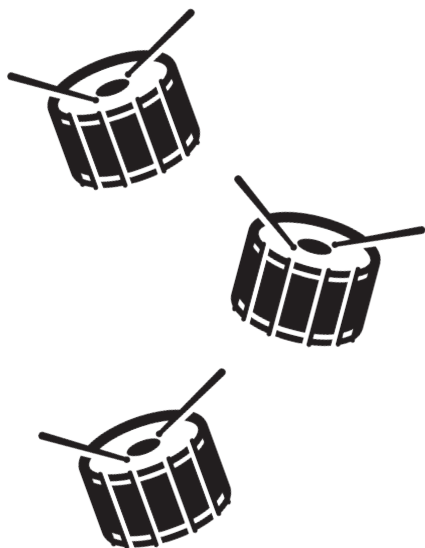
Drumline

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

Activity Code: 3RCE3206
(Section codes listed below)

Hamilton (Ages 7-17)..... HA01
Sat, Jan 24-Apr 25, 11:30AM-12:00PM
\$24 Residents/\$48 Non-Residents

MacDowell (Ages 7-17)..... JU01
Thu, Jan 29-Apr 23, 5:30PM- 6:00PM
\$24 Residents/\$48 Non-Residents



Piano/Keyboard

This course provides students the opportunity to learn and develop their skills on a piano in a small group setting. Students will work on melodies in right and left hands, independence, scales, basic chords and arpeggios. Focus on manual dexterity; rhythmic expression and correct hand positions will assist students in their daily practice. Lessons will take place in the keyboard lab in the school. Please register for the Piano/Keyboard classes using the following guidelines: Beginner - No experience Intermediate/Advance - Completed Beginner course. Books are required and will be available at the first session for \$10 (cash only).

Activity Code: 3RCE3207
(Section codes listed below)

Hamilton (Ages 7-17)..... HA01
(Beg.)
Sat, Jan 24-Apr 25, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 7-17)..... HA02
(Int./Adv.)
Sat, Jan 24-Apr 25, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 7-17)..... HA03
(Int./Adv.)
Sat, Jan 24-Apr 25, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 7-17)..... HA04
(Beg.)
Sat, Jan 24-Apr 25, 11:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 7-17)... MR01
(Beg.)
Sat, Jan 24-Apr 25, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 7-17)... MR02
(Beg.)
Sat, Jan 24-Apr 25, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 7-17)... MR03
(Int./Adv.)
Sat, Jan 24-Apr 25, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents

Drums/Percussion

This course provides students the opportunity to learn and develop their skills in drums and percussion in a small group setting. Please indicate on your registration form if you need a percussion kit. Please register for classes following the guidelines below: Beginning - no experience required; Intermediate/Advance - 1-2 years experience in drumming/percussion playing. Books are required and will be available at the first session for \$10 (cash only).

Activity Code: 3RCE3230
(Section codes listed below)

Hamilton (Ages 7-17)..... HA01
(Beg.)
Sat, Jan 24-Apr 25, 10:30AM-11:00AM
\$24 Residents/\$36 Non-Residents

MacDowell (Ages 7-17)..... JU01
(Beg.)
Thu, Jan 29-Apr 23, 6:15PM- 6:45PM
\$24 Residents/\$36 Non-Residents

Beginning Drum Set

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

Activity Code: 3RCE3233
(Section codes listed below)

MacDowell (Ages 7-17)..... JU01
Thu, Jan 29-Apr 23, 7:00PM- 7:30PM
\$24 Residents/\$36 Non-Residents

Indoor Percussion

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

Activity Code: 3RCE3234
(Section codes listed below)

Hamilton (Ages 10-17)..... HA01
Sat, Jan 24-Apr 25, 12:15PM- 2:00PM
\$24 Residents/\$36 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: 3RCE9201
(Section codes listed below)

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

Sat, Jan 24-Feb 14, 12:00PM- 2:00PM
\$50 Residents/\$75 Non-Residents



PLAY GROUPS

Regulation Station

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

Activity Code: 3RCE5511
(Section codes listed below)

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

(Taught by Ms. Aimee)
Tue, Jan 27-Mar 17, 12:00PM-12:45PM
\$15 Residents/\$23 Non-Residents

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

(Taught by Coach Ed)
Thu, Jan 29-Mar 19, 4:00PM- 4:45PM
\$15 Residents/\$23 Non-Residents

Tot Time With Aimee

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

Activity Code: 3RCE5512
(Section codes listed below)

Beulah Brinton (Ages 1.5-4)..... BN01

Mon, Jan 26-Mar 16, 9:00AM- 9:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02

Tue, Jan 27-Mar 17, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN03

Wed, Jan 28-Mar 18, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN04

Thu, Jan 29-Mar 19, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN05

Fri, Jan 30-Mar 20, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Thomas and Friends

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

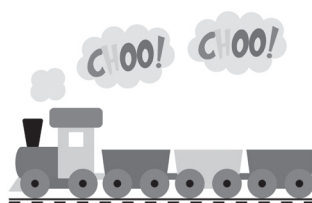
Activity Code: 3RCE5513
(Section codes listed below)

Beulah Brinton (Ages 1.5-4)..... BN01

Mon, Jan 26-Mar 16, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02

Fri, Jan 30-Mar 20, 9:00AM- 9:45AM
\$15 Residents/\$23 Non-Residents



Fidgity Foodies

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

Activity Code: 3RCE5514
(Section codes listed below)

Beulah Brinton (Ages 1.5-4)..... BN01

Mon, Jan 26-Mar 16, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02

Fri, Jan 30-Mar 20, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents



Sporty Sprouts

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

Activity Code: 3RCE5515
(Section codes listed below)

Beulah Brinton (Ages 1.5-4)..... BN01

Tue, Jan 27-Mar 17, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN02

Wed, Jan 28-Mar 18, 11:00AM-11:45AM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 1.5-4)..... BN03

Thu, Jan 29-Mar 19, 10:00AM-10:45AM
\$15 Residents/\$23 Non-Residents

Mini Mixed Media Marvels

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

Activity Code: 3RCE5530
(Section codes listed below)

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

Mon, Jan 26-Mar 16, 12:00PM-12:45PM
\$15 Residents/\$23 Non-Residents

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

Thu, Jan 29-Mar 19, 12:00PM-12:45PM
\$15 Residents/\$23 Non-Residents

Mighty Small Moments Playgroup

Let's educate families about brain development and inspire them to see even brief moments as opportunities to help children grow. This group creating learning zones in places where families spend time and celebrating them as their child's first teacher! Talking, reading, singing, and playing with children builds their brains and prepares them for learning! Class geared towards children ages 0-6. Parent must register/attend with child.

Activity Code: 3RCE5532
(Section codes listed below)

Gaenslen GA01

Sat, Mar 7, 12:00PM- 3:00PM
FREE

Hamilton HA01

Sat, Jan 31, 12:00PM- 3:00PM
FREE

RED CROSS BABYSITTING CERTIFICATION

Babysitting Workshop

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: 3RCE5601
(Section codes listed below)

Hamilton (Ages 11-17)..... HA02
Sat, Jan 31, 9:00AM- 2:00PM
\$80 Residents/\$120 Non-Residents

Milwaukee Marshall (Ages 11-17)... MR01
Sat, Mar 8, 9:00AM- 2:00PM
\$80 Residents/\$120 Non-Residents

Riverside (Ages 11-17)..... RS01
Sat, Feb 21, 9:00AM- 2:00PM
\$80 Residents/\$120 Non-Residents

SCIENCE

The Ultimate Fizz Factory

Join us in a hands-on class, we use simple kitchen ingredients (baking soda and vinegar) to create amazing things. We will make things: Fizz (like the Fizzing Hands experiment), Erupt (with a classic Volcano), and dancing popcorn. You'll discover the secrets of chemical reactions and even learn how to grow your own sparkling crystals to take home. It's science, but way more exciting!

Activity Code: 3RCE5815
(Section codes listed below)

Milwaukee Marshall (Ages 6-12)... MR01
Sat, Jan 31, 12:30PM- 2:00PM
\$10 Residents/\$15 Non-Residents

Egg-sports in Science

Get ready for some Egg-speriments of science where we turn a raw egg into a bouncy, using chemistry, then defy gravity by making an egg float! We'll mash up science with cool engineering as you design a parachute to save your egg from a high-flying crash, and explore dazzling fizzy reactions and "no-heat cooking" using rubbing alcohol!

Activity Code: 3RCE5816
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Feb 28, 12:30PM- 2:00PM
\$10 Residents/\$15 Non-Residents

SPORTS AND RECREATION

Very Much Double Dutch

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

Activity Code: 3RCE6208
(Section codes listed below)

Milwaukee Marshall (Ages 7-99)... MR04
(Beg.)
Thu, Jan 22-Mar 12, 6:15PM- 7:15PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 7-99)... MR03
(Adv.)
Thu, Jan 22-Mar 12, 7:15PM- 8:15PM
\$19 Residents/\$29 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: 3RCE1101
(Section codes listed below)

Hamilton (Ages 3-4)..... HA01
Sat, Jan 17-Mar 7, 8:30AM- 9:15AM
\$14 Residents/\$21 Non-Residents

MacDowell (Ages 3-4)..... JU01
(Not eligible for reduced fees)
Sat, Jan 17-Mar 7, 9:00AM- 9:30AM
\$10 Residents/\$15 Non-Residents

Milwaukee Marshall (Ages 3-4)..... MR01
(Not eligible for reduced fees)
Sat, Jan 17-Mar 7, 9:35AM-10:05AM
\$10 Residents/\$15 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: 3RCE1102
(Section codes listed below)

MacDowell (Ages 7-9)..... JU01
Sat, Jan 17-Mar 7, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR01
Sat, Jan 17-Mar 7, 10:15AM-11:00AM
\$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: 3RCE1103
(Section codes listed below)

Beulah Brinton (Ages 5-6)..... BN01
Tue, Jan 27-Mar 17, 4:00PM- 4:45PM
\$15 Residents/\$23 Non-Residents

Beulah Brinton (Ages 5-6)..... BN02
Fri, Jan 30-Mar 20, 4:00PM- 4:45PM
\$15 Residents/\$23 Non-Residents

Hamilton (Ages 5-6)..... HA01
Sat, Jan 17-Mar 7, 9:30AM-10:30AM
\$16 Residents/\$24 Non-Residents

MacDowell (Ages 5-6)..... JU01
Sat, Jan 17-Mar 7, 9:30AM-10:15AM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR01
Sat, Jan 17-Mar 7, 11:15AM-12:00PM
\$15 Residents/\$23 Non-Residents

All-American Basketball

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

Activity Code: 3RCE1106
(Section codes listed below)

Hamilton (Ages 10-12)..... HA01
Sat, Jan 17-Mar 7, 10:45AM-11:45AM
\$16 Residents/\$24 Non-Residents

Milwaukee Marshall (Ages 10-12.. MR01
Sat, Jan 17-Mar 7, 12:15PM- 1:15PM
\$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. This camp is a great way to build a solid foundation in the sport. Golfers need to bring their own clubs.

Activity Code: 3RCE3801
(Section codes listed below)

Milwaukee Marshall (Ages 8-17)... MR01

Sat, Jan 17-Mar 7, 2:30PM- 3:30PM
\$19 Residents/\$29 Non-Residents

GYMNASTICS

Gymnastics

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

Activity Code: 3RCE3901
(Section codes listed below)

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

Thu, Jan 15-Mar 5, 6:30PM- 7:30PM
\$23 Residents/\$35 Non-Residents

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

Thu, Jan 15-Mar 5, 7:30PM- 8:30PM
\$23 Residents/\$35 Non-Residents

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

Sat, Jan 17-Mar 7, 10:05AM-10:55AM
\$23 Residents/\$35 Non-Residents

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

Sat, Jan 17-Mar 7, 11:00AM-11:55AM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 8-9)..... RS03

Sat, Jan 17-Mar 7, 12:00PM-12:55PM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 10-12)..... RS04

Sat, Jan 17-Mar 7, 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: 3RCE3902
(Section codes listed below)

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

Sat, Jan 17-Mar 7, 9:00AM- 9:45AM
\$18 Residents/\$27 Non-Residents

MARTIAL ARTS

Judo

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

Activity Code: 3RCE4503
(Section codes listed below)

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

(Beg.)
Mon/Wed, Jan 26-Mar 18, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

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

(Beg.)
Mon/Wed, Jan 26-Mar 18, 7:00PM- 8:00PM
\$36 Residents/\$54 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: 3RCE4506
(Section codes listed below)

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

(Beg. - White - Yellow Belts)
Mon/Wed/Fri, Jan 26-Mar 20, 4:00PM- 4:45PM
\$39 Residents/\$59 Non-Residents

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

(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Jan 26-Mar 20, 4:45PM- 5:30PM
\$39 Residents/\$59 Non-Residents

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

(Adv. - Red/Black & Blacks Belts)
Mon/Wed/Fri, Jan 26-Mar 20, 5:30PM- 6:15PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 3-5)..... BN01

(Not eligible for reduced fees)
Sat, Jan 31-Mar 21, 8:00AM- 8:30AM
\$10 Residents/\$15 Non-Residents

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

Sat, Jan 31-Mar 21, 8:30AM- 9:30AM
\$19 Residents/\$29 Non-Residents

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

(Blue belt and higher only)
Mon/Wed, Jan 21-Mar 16, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

Hamilton (Ages 4-6)..... HA05

(all ranks)
Tue/Thu, Jan 27-Mar 17, 5:30PM- 6:00PM
\$26 Residents/\$39 Non-Residents

Hamilton (Ages 7 & up)..... HA03

(youth/adult combined) (beginner ranks white belt-yellow belt)
Tue/Thu, Jan 27-Mar 17, 6:05PM- 6:45PM
\$19 Residents/\$29 Non-Residents

Hamilton (Ages 7 & up)..... HA07

Tue/Thu, Jan 27-Mar 17, 6:50PM- 7:30PM
\$25 Residents/\$38 Non-Residents

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

(Beg., White, Orange, & Yellow Belts)
Mon/Wed, Jan 12-Mar 16, 6:00PM- 7:00PM
\$39 Residents/\$59 Non-Residents

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

(Int./Adv., Camo-Red/Black Belts)
Mon/Wed, Jan 12-Mar 16, 7:15PM- 8:15PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR07

(White, Orange, & Yellow Belts)
Tue/Thu, Jan 13-Mar 12, 6:00PM- 7:00PM
\$39 Residents/\$59 Non-Residents

Milwaukee Marshall (Ages 9-17)... MR08

(Int./Adv., Camo-Red/Black Belts)
Tue/Thu, Jan 13-Mar 12, 7:00PM- 8:00PM
\$39 Residents/\$59 Non-Residents

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

(Beg., White, Orange, & Yellow Belts)
Sat, Jan 17-Mar 7, 9:00AM-10:00AM
\$19 Residents/\$29 Non-Residents

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

(Beg., White, Orange & Yellow Belts)
Sat, Jan 17-Mar 7, 10:15AM-11:15AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR06

(Int./Adv., Camo-Red/Black Belts)
Sat, Jan 17-Mar 7, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents

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

(Beg., white-yellow belt)
Mon/Wed, Jan 12-Mar 4, 6:15PM- 7:15PM
\$27 Residents/\$41 Non-Residents

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

(Int./Adv., Camo/Black Belts)
Mon/Wed, Jan 12-Mar 4, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

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

(Beg. Not eligible for reduced fees)
Sat, Jan 17-Mar 7, 9:00AM- 9:30AM
\$10 Residents/\$15 Non-Residents

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

(Int./Adv., Ara Belt & Higher - Not eligible for reduced fees)
Sat, Jan 17-Mar 7, 9:30AM-10:00AM
\$10 Residents/\$15 Non-Residents

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

(Beg., White-Yellow Belt)
Sat, Jan 17-Mar 7, 10:15AM-11:00AM
\$15 Residents/\$23 Non-Residents

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

(Int./Adv., Camo-Black Belt)
Sat, Jan 17-Mar 7, 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: 3RCE5901
(Section codes listed below)

Hamilton (Ages 5-6)..... HA01
Sat, Jan 17-Mar 7, 9:15AM-10:00AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR01
Sat, Jan 17-Mar 7, 9:35AM-10:20AM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR02
Sat, Jan 17-Mar 7, 11:35AM-12:20PM
\$15 Residents/\$23 Non-Residents

Mighty Mite Soccer

Quit kicking your brother or sister and kick a soccer ball instead! Learn the basics of soccer and how to play as part of a team. This class will teach dribbling, passing, and kicking. Take this opportunity to use the motor skills your child already has and focus them on an organized sport. Not eligible for reduced fees

Activity Code: 3RCE5902
(Section codes listed below)

Beulah Brinton (Ages 3-4)..... BN01
(Not eligible for reduced fees)
Thu, Jan 29-Mar 19, 4:15PM- 4:45PM
\$10 Residents/\$15 Non-Residents

Hamilton (Ages 3-4)..... HA01
Sat, Jan 17-Mar 7, 8:30AM- 9:15AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 3-4)..... MR01
(Not eligible for reduced fees)
Sat, Jan 17-Mar 7, 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: 3RCE5903
(Section codes listed below)

Milwaukee Marshall (Ages 7-9)..... MR01
Sat, Jan 17-Mar 7, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR02
Sat, Jan 17-Mar 7, 12:30PM- 1:30PM
\$19 Residents/\$29 Non-Residents

TENNIS

Tennis

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

Activity Code: 3RCE6501
(Section codes listed below)

Milwaukee Marshall (Ages 4-8)..... MR01
(Beg.)
Sat, Jan 17-Mar 7, 11:00AM-12:00PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 6-12)... MR02
(Beg.)
Sat, Jan 17-Mar 7, 12:05PM- 1:05PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 10-17)... MR03
(Int./Adv.)
Sat, Jan 17-Mar 7, 1:15PM- 2:15PM
\$19 Residents/\$29 Non-Residents



Milwaukee Recreation Tennis Lessons (Semi-Private)

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

Activity Code: 3RYS6507
(Section codes listed below)

Hi-Mount (Ages 9-11)HI01
(Grades 4th-5th)
Sat, Jan 24-Feb 21, 9:30AM-10:20AM
\$22 Residents/\$33 Non-Residents

Hi-Mount (Ages 9-11)HI02
(Grades 4th-5th)
Sat, Jan 24-Feb 21, 10:30AM-11:20AM
\$22 Residents/\$33 Non-Residents

Hi-Mount (Ages 11-14)HI03
(Grades 6th-8th)
Sat, Jan 24-Feb 21, 11:30AM-12:20PM
\$22 Residents/\$33 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: 3RCE6801
(Section codes listed below)

Beulah Brinton (Ages 7-10)..... BN01
Wed, Jan 28-Mar 18, 4:00PM- 5:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton (Ages 11-16)..... BN03
Wed, Jan 28-Mar 18, 5:00PM- 6:00PM
\$19 Residents/\$29 Non-Residents

MacDowell (Ages 7-10)..... JU01
Sat, Jan 24-Mar 7, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents



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

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

MIDDLE SCHOOL SITES (ages 10 - 14)

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

**HIGH SCHOOL SITES (ages 12 - 18)**

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



SAVE THE DATE

Daddy ♥ Daughter Dance

Saturday, Feb 28, 2026

5:00 p.m. - 8:00 p.m.

LOCATION: Baird Center (400 W. Wisconsin Ave.)

We look forward to seeing you all on the dance floor in February - it's time to groove!

DINNER & DANCE OPTION: \$30 per adult, \$10 first child, \$5 each additional child.

Doors open at 5:00 p.m. for pre-registered dinner & dance guests only.

Dinner will be served from 5:15 p.m. - 6:15 p.m.

DANCE ONLY OPTION: \$20 per adult, \$5 each child.

Doors open at 6:15 p.m. for dance guests only.

Stay up to date on all information at mkerec.net/daddydaughter

MKE REC
A department of MPS

CELEBRATING OUR
21TH
ANNIVERSARY!

Driver Education | General Information

SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION BEGINS ON TUESDAY, DECEMBER 2 AT 10AM!

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

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

MPS DRIVE

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

COMMUNITY-BASED DRIVER EDUCATION

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

HOW TO REGISTER:

MPS DRIVE

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

COMMUNITY-BASED DRIVER EDUCATION

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

Waitlist:

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

Class Format:

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

IN-PERSON	ONLINE
• See specific class dates for the days class will meet. • 30 hours in-person. • 2 hours per class, for 15 classes.	• 30 hours online. • Work at your own pace. • Maximum of 2 hours per day.

MPS Drive | Activity Code: 3UDE3005

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



IN-PERSON CLASS OPTIONS (MEETS MON/WED/THURS):

DATES: 1/7/26-2/11/26 (no class 1/19/26)

LOCATION	TIMES	SECTION CODE
Hamilton	5:30 - 7:30 PM	HA01
King	4:00 - 6:00 PM	RK01
MHSA	5:30 - 7:30 PM	MH01
MSL	4:15 - 6:15 PM	ML01
Reagan	4:00 - 6:00 PM	TL01
South	5:30 - 7:30 PM	SD01

DATES: 3/9/26-4/20/26 (no class 3/30/26-4/3/26 & 4/15)

LOCATION	TIMES	SECTION CODE
Bradley Tech	4:30 - 6:30 PM	MT02
Marshall	5:30 - 7:30 PM	MR02
Pulaski	4:15 - 6:15 PM	PK02
Riverside	4:15 - 6:15 PM	RS02
South	5:30 - 7:30 PM	SD02
Vincent	4:30 - 6:30 PM	VN02

HYBRID CLASS OPTIONS:

DATES: 2/23/26-3/5/26 (no class 3/4/26)

LOCATION	TIMES	SECTION CODE
Bay View	5:30 - 7:30 PM	BV53
Pulaski	4:15 - 6:15 PM	PK53
MHSA	5:30 - 7:30 PM	MH53
Vincent	4:30 - 6:30 PM	VN53

DATES: 5/4/26-5/13/26

LOCATION	TIMES	SECTION CODE
King	4:00 - 6:00 PM	RK54
Marshall	5:30 - 7:30 PM	MR54
MSL	4:15 - 6:15 PM	ML54
Reagan	4:00 - 6:00 PM	TL54

ONLINE CLASS OPTIONS

LOCATION	START DATE	SECTION CODE
Online	January 26, 2026	DE10

LOCATION	START DATE	SECTION CODE
Online	March 23, 2026	DE11

Community-Based Driver Ed | Activity Code: 3DRD3005

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

IN-PERSON CLASS OPTIONS

DATES: 1/7/26-2/16/26 (no class 1/19/26)

LOCATION	CLASS TIME	SECTION CODE
Marshall	5:30 - 7:30 PM	MR03

DATES: 3/9/26-4/23/26 (no class 3/30-4/3)

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

ONLINE OPTION

LOCATION	START DATE	SECTION CODE
Online	February 2, 2026	DE20

**SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION
BEGINS ON TUESDAY, DECEMBER 2 AT 10AM!**

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: 3P125004
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

("Winter: A Solstice Story," Kelsey E. Gross)
Fri, Jan 16, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG02

("The Snowy Day," Ezra Jack Keats)
Fri, Feb 20, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG03

("Bear Snores On," Karma Wilson and Jane Chapman)
Fri, Mar 13, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents



Slide & Glide - Learn How to Cross-Country Ski

Learn to ski at Hawthorn Glen! This course includes two 2-hour sessions, mostly on the snow. Ski equipment is available if needed. Fees cover both sessions. Adult must register, pay, and attend with their child. Fee is per person, non-refundable, and not eligible for discounts.

Activity Code: 3P125006
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG05

(Family Class)
Sat, Feb 14-Feb 21, 10:00AM-12:00PM
\$15 Residents/\$20 Non-Residents

Hawthorn Glen HG03

(Adult Class)
Sat, Feb 14-Feb 21, 1:00PM- 3:00PM
\$15 Residents/\$20 Non-Residents

Maple Sugaring

Discover traditional and modern maple syrup-making methods, a time-honored food source. Adult must register, pay, and attend with the child. Fee is per person, non-refundable, and not eligible for discounts. Please dress for an outdoor hike.

Activity Code: 3P125007
(Section codes listed below)

Hawthorn Glen (Ages 5 & up) HG01

Sat, Mar 7, 11:00AM-12:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 5 & up) HG02

Sat, Mar 7, 1:00PM- 2:30PM
\$5 Residents/\$8 Non-Residents

Winter Scavenger Hunt

Join us for a self-paced winter scavenger hunt at Hawthorn Glen and connect with nature! Adult must register, pay, and attend with child. Fee is per person, non-refundable, and not eligible for discounts.

Activity Code: 3P125008
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

Sat, Feb 28, 9:30AM-11:00AM
\$5 Residents/\$8 Non-Residents



Toboggan Rentals

Saturdays this winter at Hawthorn Glen



Cross Country Ski Rentals

Sundays this winter at Hawthorn Glen



See page 19 for more information!



DID YOU KNOW?

Nearly 60 percent of U.S. adults have had their healthcare provider recommend **moving their body daily.**

via nrpa.org/parkpulse

Winter Bird Feeding

Discover winter birds in Wisconsin and how they survive on dried fruits and seeds. Learn to identify them by their songs, listen to bird calls, and create your own feeders and hanging bird buffets. Adult must register, pay, and attend with child. Class fee is non-refundable and not eligible for discounts.

Activity Code: 3P125011
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

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

Winter Tracks

Join our naturalists this winter to discover who's leaving footprints in the snow! Enjoy an animal-tracking slideshow, then head outside to search for tracks. Snow conditions are helpful but not necessary. Adult must register, pay, and attend with child. Fee is per person, non-refundable, and not eligible for discounts.

Activity Code: 3P125012
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

Sat, Feb 7, 9:30AM-11:00AM
\$5 Residents/\$8 Non-Residents

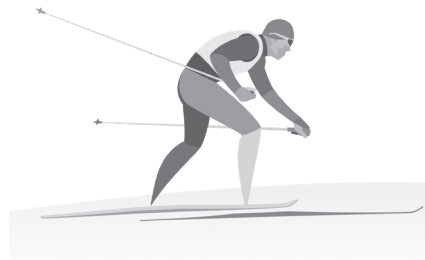
Cross Country Ski Rental at Hawthorn Glen

Come to Hawthorn Glen to rent cross-country skis (boots, skis, and poles provided) when snow conditions permit! A Wisconsin state ID or driver's license is required as a deposit. No reservation; first come, first served. Equipment must stay on-site. For snow conditions, call 414.647.6050. Adult must register, pay, and attend with a child. Fee is per rental and non-refundable.

Activity Code: 3P125016
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sun, Jan 4-Feb 22, 11:00AM-4:00PM
\$5 Residents/\$8 Non-Residents

**Toboggan Rentals**

Enjoy the outdoors with your family by renting a toboggan to slide down our kid-friendly berm! A Wisconsin driver's license is required as a deposit. No reservation; first come, first served. Call ahead for snow conditions at 414.647.6050. Adult must register, pay, and attend with child. Fee is per hour; on-site registration only. No rentals 1/18 and 1/25.

Activity Code: 3P125075
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

Sat, Jan 3-Feb 7, 1:00PM-4:00PM
\$3 Residents/\$3 Non-Residents

**Visit page 48
for 50+ outdoor
education offerings!**



Hawthorn Glen Winter Wonder Woods

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

Explore the winter beauty of Hawthorn Glen Outdoor Education Center with an evening walk through the woods, featuring nature-inspired displays that gently illuminate the path and your understanding of the natural world. This year, we're scaling back some of our lighting to allow Hawthorn Glen's natural beauty to take center stage.

COME EXPERIENCE



Festive
Lights on
Display



Festive
Selfie
Station



Hiking
Santa
Trail



Fun Facts
Along
The Trail



Complimentary
cookies &
warm drinks



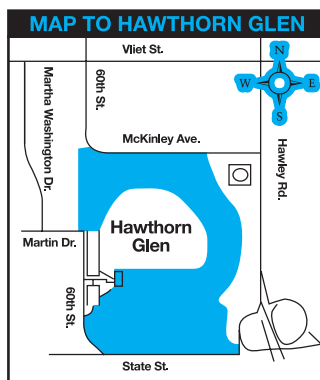
A department of MPS

THE LITTLE NATURE MUSEUM AT HAWTHORN GLEN

LOCATED AT 1130 NORTH 60TH ST.

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

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



HAWTHORN GLEN RENTALS

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



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

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

Scan QR code to apply for a permit.



This winter join us for...

POP UP SNOW SPORTS!



New at Hawthorn Glen this winter, join us for pop up snow sports. Learn how to snowshoe, cross-country ski or toboggan during a snow sports pop up event!



Scan the QR code below to check for availability on snowy days. One hour sessions available. Register onsite: \$5/resident, \$8/non-resident.



GENERAL SWIM INFORMATION

What to Bring — Swimsuit, towel, and swim cap. Swim caps are required for competitive swim, highly suggested for level lessons (to keep hair out of participants face while they learn to swim), and optional for fitness and parent/child classes. If available, one (1) swim cap will be distributed per season. Additional caps may be purchased with activity code 5RAQSWIMCAP.

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

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

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

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

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

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

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

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

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

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

PARENT/ADULT AQUATICS PARTICIPATION

When is Parent/Adult involvement REQUIRED?

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

Parent/Adult IN WATER:

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

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

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

Parent NOT in Pool Area or in water:

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

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

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

Level	Requirements	Course Description
Infant	Ages 6 mos. to 18 mos. An adult must accompany the child in the water. Swim diapers required.	The infant program introduces the child to water in a friendly environment. The program's focus is exploration and includes songs and games. Parents will gain tips in water safety for their infants.
Lil' Squirt	Ages 18 mos. to 36 mos. An adult must accompany the child in the water. Swim diapers required.	Lil' Squirt swim lessons acquaint the child with water through a combination of songs, games and basic water skills such as kicking and floating. Water safety practices will also be included.
Tiny-Tot	Ages 3-4 yrs. Previous pool experience NOT necessary. An adult must accompany the child in the water. Swim diapers recommended.	Tiny-tots build elementary aquatic skills including independent floating, breath control and rudimentary paddling techniques. Safety skills include "breaking" the over-confident toddler to allow your child to realize what it takes to swim independently in water.
Advanced Tiny-Tot	Ages 4-5 yrs. Previous enrollment in Tiny-Tots OR ability to submerge entire body and kick across pool with a flotation device. An adult must accompany the child in the water.	Participants are introduced to elementary swimming skills such as kicking in a variety of ways and floating. This course serves as an appropriate transition to Level One. Parents will elaborate on safety skills, including swimming with their tot in tow.
Little Lv. 1 OR Little Lv. 2	Ages 4-6 yrs. Previous enrollment in Advanced Tots OR ability to submerge entire body and kick across pool with a kick board.	In the Lil' Level 1/2 classes, the same elementary aquatic skills from Level One/Two are taught (see descriptions below.) In addition to meeting minimum 42" height requirement, your youngster should be able to be in class without you for the 45 minute class period. Instructors will advise promotion options based on age & skill.
Level One Water Exploration	Ages 6-14 yrs. None (Please see the height requirements noted under each swim location).	In Level 1, elementary aquatic skills are taught, which children will build on as they progress through the six Learn-to-Swim levels. In addition to rhythmic breathing and floating, skills include various kicks and arm strokes. At this level, children also start to develop positive attitudes and safe practices around the water.
Level Two Fundamental Aquatic Skills	Ages 6-14 yrs. Passed Level 1 or can demonstrate completion of all requirements in Level 1.	The objective of Level 2 is to give children success with fundamental skills. Children learn: floating without support and recovering to a vertical position, exploring simultaneous and alternating arm and leg motion to lay the foundations for future strokes. An introduction to deep water is included in this course.
Level Three Stroke Development	Ages 6-14 yrs. Passed Level 2 or can demonstrate completion of all requirements in Level 2.	Level 3 builds on the skills learned in Level 2 by providing additional guided practice. Children learn: coordinating the front crawl, elementary backstroke, fundamentals of treading water, rules for head first entries and additional safety skills. Most importantly, children who successfully complete this course will be able to comfortably swim in deep water.
Level Four Stroke Improvement	Ages 6-15 yrs. Passed Level 3 or can demonstrate all Level 3 requirements. Students MUST be comfortable in deep water.	The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Children learn to improve skills and endurance in the familiar strokes (front/back crawl), and are introduced to the elementary backstroke, breaststroke, sidestroke, and butterfly.
Level Five Advanced Strokes	Ages 6-15 yrs. Passed Level 4 or can demonstrate completion of all requirements in Level 4.	The objective of Level 5 is to coordinate the strokes that were introduced in 4. Students will put together the mechanics for elementary backstroke, breaststroke, sidestroke and butterfly. Underwater swimming & surface dives will also be included.
Level Six Stroke Refinement	Ages 6-16 yrs. Passed Level 5 or can demonstrate completion of all requirements in Level 5.	Level 6 refines all 6 strokes. Children learn: advanced techniques in all strokes (front/back crawl, butterfly, breaststroke, elementary backstroke, sidestroke) and will increase their distance endurance. Flip turns at the wall and improved diving skills will provide the student with the essentials to pursue swimming as a sport.

GENERAL SWIM CLASSES

Bay View Girls Pool

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

Tuesday, Jan 13 - Mar 3

Class#	Level	Start Time	End Time	Price
#3RAQ7402-BV01	Lil' Squirts	4:30PM	5:00PM	\$33
#3RAQ0501-BV01	Level 1	5:10PM	6:00PM	\$37
#3RAQ0502-BV01	Level 2	6:10PM	7:00PM	\$37

Thursday, Jan 15 - Mar 5

Class#	Level	Start Time	End Time	Price
#3RAQ7404-BV01	Adv Tiny Tot	4:30PM	5:15PM	\$37
#3RAQ0511-BV01	Lt. Level 1	5:25PM	6:10PM	\$37
#3RAQ0503-BV01	Level 3	6:20PM	7:10PM	\$37

Gaenslen

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

Monday, Jan 12 - Mar 9

Class#	Level	Start Time	End Time	Price
#3RAQ7401-GS01	Infant	4:30PM	5:00PM	\$33
#3RAQ7403-GS01	Tiny Tot	5:10PM	5:40PM	\$33
#3RAQ7402-GS01	Lil' Squirts	5:50PM	6:20PM	\$33
#3RAQ0501-GS01	Level 1	6:30PM	7:20PM	\$37

Tuesday, Jan 13 - Mar 3

Class#	Level	Start Time	End Time	Price
#3RAQ0511-GS01	Lt. Level 1	5:35PM	6:20PM	\$37
#3RAQ0502-GS01	Level 2	6:30PM	7:20PM	\$37
#3RAQ0504-GS01	Level 4	7:30PM	8:20PM	\$37

Saturday, Jan 17 - Mar 7

Class#	Level	Start Time	End Time	Price
#3RAQ7401-GS02	Infant	8:00AM	8:30AM	\$33
#3RAQ7403-GS02	Tiny Tot	8:40AM	9:10AM	\$33
#3RAQ0511-GS02	LtLevel 1	9:20AM	10:05AM	\$37
#3RAQ7404-GS01	Adv Tiny Tot	10:15AM	11:00AM	\$37
#3RAQ0501-GS02	Level 1	11:50AM	12:40PM	\$37
#3RAQ0502-GS02	Level 2	12:50PM	1:40PM	\$37
#3RAQ0503-GS01	Level 3	1:50PM	2:40PM	\$37
#3RAQ0501-GS03	Level 1	2:50PM	3:40PM	\$37

Hamilton

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

Monday, Jan 12 - Mar 9

Class#	Level	Start Time	End Time	Price
#3RAQ0501-HA01	Level 1	4:30PM	5:20PM	\$37
#3RAQ0502-HA01	Level	5:30PM	6:20PM	\$37
#3RAQ0503-HA01	Level 3	6:30PM	7:20PM	\$37

Wednesday, Jan 14 - Mar 4

Class#	Level	Start Time	End Time	Price
#3RAQ7402-HA01	Lil' Squirts	4:30PM	5:00PM	\$33
#3RAQ7401-HA02	Infant	5:10PM	5:40PM	\$33
#3RAQ7403-HA01	Tiny Tot	5:50PM	6:20PM	\$33
#3RAQ0504-HA01	Level 4	6:30PM	7:20PM	\$37

Saturday, Jan 17 - Mar 7

Class#	Level	Start Time	End Time	Price
#3RAQ7404-HA01	Adv Tiny Tot	8:00AM	8:45AM	\$37
#3RAQ0511-HA01	Lt. Level 1	8:55AM	9:40AM	\$37
#3RAQ0502-HA02	Level 2	9:50AM	10:40AM	\$37
#3RAQ0501-HA02	Level 1	10:50AM	11:40AM	\$37
#3RAQ0503-HA02	Level 3	12:30PM	1:20PM	\$37
#3RAQ0501-HA03	Level 1	1:30PM	2:20PM	\$37

GENERAL SWIM CLASSES

Marshall

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

Monday, Jan 12 - Mar 9

Class#	Level	Start Time	End Time	Price
#3RAQ7402-MR01	Lil' Squirts	5:35PM	6:05PM	\$33
#3RAQ0501-MR01	Level 1	6:15PM	7:05PM	\$37

Tuesday, Jan 13 - Mar 3

Class#	Level	Start Time	End Time	Price
#3RAQ7403-MR01	Tiny Tot	5:35PM	6:05PM	\$33

Wednesday, Jan 14 - Mar 4

Class#	Level	Start Time	End Time	Price
#3RAQ7404-MR01	Adv Tiny Tot	4:30PM	5:15PM	\$37
#3RAQ0511-MR01	Lt. Level 1	5:25PM	6:10PM	\$37
#3RAQ0502-MR01	Level 2	6:20PM	7:10PM	\$37
#3RAQ0503-MR01	Level 3	7:20PM	8:10PM	\$37

Saturday, Jan 17 - Mar 7

Class#	Level	Start Time	End Time	Price
#3RAQ7403-MR02	Tiny Tot	8:00AM	8:30AM	\$33
#3RAQ0501-MR02	Level 1	8:40AM	9:30AM	\$37
#3RAQ0502-MR02	Level 2	9:40AM	10:30AM	\$37
#3RAQ0503-MR02	Level 3	10:40AM	11:30AM	\$37

North Division

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

Monday, Jan 12 - Mar 9

Class#	Level	Start Time	End Time	Price
#3RAQ0501-ND01	Level 1	5:30PM	6:20PM	\$37
#3RAQ0503-ND01	Level 3	6:30PM	7:20PM	\$37

Wednesday, Jan 14 - Mar 4

Class#	Level	Start Time	End Time	Price
#3RAQ0502-ND01	Level 2	5:30PM	6:20PM	\$37
#3RAQ0501-ND02	Level 1	6:30PM	7:20PM	\$37

Thursday, Jan 15 - Mar 5

Class#	Level	Start Time	End Time	Price
#3RAQ0502-ND02	Level 2	6:30PM	7:20PM	\$37
#3RAQ0505-ND01	Level 5	7:30PM	8:20PM	\$37

Saturday, Jan 17 - Mar 7

Class#	Level	Start Time	End Time	Price
#3RAQ0504-ND04	Level 4	1:00PM	1:50PM	\$37
#3RAQ0503-ND02	Level 3	2:00PM	2:50PM	\$37
#3RAQ0501-ND03	Level 1	3:00PM	3:50PM	\$37

South Division

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

Saturday, Jan 24 - Mar 14

Class#	Level	Start Time	End Time	Price
#3RAQ0505-SD01	Level 5	8:40AM	9:30AM	\$37
#3RAQ0506-SD01	Level 6	8:40AM	9:30AM	\$37
#3RAQ0504-SD01	Level 4	10:40AM	11:30AM	\$37
#3RAQ7403-SD01	Tiny Tot	12:20PM	12:50PM	\$33
#3RAQ0501-SD01	Level 1	1:00PM	1:50PM	\$37
#3RAQ0502-SD01	Level 2	2:00PM	2:50PM	\$37
#3RAQ0503-SD01	Level 3	3:00PM	3:50PM	\$37

ARC TRAINING

CPR with AED

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

Activity Code: 3RAE0202
(Section codes listed below)

Beulah Brinton BN01
(Course will also include First Aid.)
Fri, Jan 23, 5:30PM- 9:00PM
\$54 Residents/\$81 Non-Residents

Hamilton HA01
(Course will also include First Aid.)
Tue, Jan 27, 5:00PM- 8:30PM
\$54 Residents/\$81 Non-Residents

Hawthorn Glen HG01
(Course will also include First Aid.)
Mon, Jan 26, 1:00PM- 4:30PM
\$54 Residents/\$81 Non-Residents

Milwaukee Marshall (Ages 16 & up)... MR01
(Course will also include First Aid.)
Wed, Jan 14, 5:00PM- 8:30PM
\$54 Residents/\$81 Non-Residents

OASIS 5502
(Course will also include First Aid.)
Tue, Jan 13, 9:00AM-12:30PM
\$54 Residents/\$81 Non-Residents

OASIS (Ages 16 & up) 5501
(Course will also include First Aid.)
Thu, Jan 29, 5:00PM- 8:30PM
\$54 Residents/\$81 Non-Residents

Riverside (Ages 16 & up)..... RS01
(Course will also include First Aid.)
Sat, Jan 24, 9:00AM-12:30PM
\$54 Residents/\$81 Non-Residents

Child CPR

This American Red Cross CPR/AED class will train you to respond to cardiac and respiratory emergencies in children ages 1-12. This is a lay-responder course and may not satisfy requirements for healthcare professionals. Red Cross Centennial funding allows us to offer the course with no fee.

Activity Code: 3RAE0204
(Section codes listed below)

North Division ND01
Mon, Jan 5, 5:00PM- 7:00PM
FREE

North Division ND02
Tue, Jan 6, 5:00PM- 7:00PM
FREE

ADULT SWIM

Adult Swim Lessons

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

Activity Code: 3RAQ0401
(Section codes listed below)

Riverside (Ages 17 & up)..... RS01
Sat, Jan 17-Mar 7, 10:30AM-11:30AM
\$38 Residents/\$54 Non-Residents

Aqua CONQUER

Ready to transform your relationship with water? Our compassionate, personalized Aqua Conquer course helps adults build water confidence in a small, supportive group. You'll learn at your own pace, gain new skills, and discover a new sense of freedom and control in the water.

Activity Code: 3RAQ0402
(Section codes listed below)

Bay View (Ages 17 & up).....BV01
Thu, Jan 15-Mar 5, 7:20PM- 8:10PM
\$60 Residents/\$90 Non-Residents

North Division (Ages 17 & up)..... ND01
Mon, Jan 12-Mar 9, 7:30PM- 8:20PM
\$60 Residents/\$90 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: 3RAQ0403
(Section codes listed below)

Gaenslen (Ages 17 & up).....GS01
Mon, Jan 12-Mar 9, 7:30PM- 8:20PM
\$38 Residents/\$54 Non-Residents

Hamilton (Ages 17 & up) HA01
Mon, Jan 12-Feb 9, 7:30PM- 8:20PM
\$38 Residents/\$54 Non-Residents

Hamilton (Ages 17 & up) HA02
Sat, Jan 17-Mar 7, 2:30PM- 3:20PM
\$38 Residents/\$54 Non-Residents

Milwaukee Marshall (Ages 17 & up)... MR01
Mon, Jan 12-Mar 9, 7:15PM- 8:05PM
\$38 Residents/\$54 Non-Residents

North Division (Ages 17 & up)..... ND01
Wed, Jan 14-Mar 4, 7:30PM- 8:20PM
\$38 Residents/\$54 Non-Residents

South Division (Ages 17 & up).....SD01
Sat, Jan 24-Mar 14, 9:40AM-10:30AM
\$38 Residents/\$54 Non-Residents

Intermediate Adult Lesson

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

Activity Code: 3RAQ0404
(Section codes listed below)

Bay View (Ages 17 & up).....BV01
Tue, Jan 13-Mar 3, 7:10PM- 8:00PM
\$38 Residents/\$54 Non-Residents

Gaenslen (Ages 17 & up).....GS01
Thu, Jan 15-Mar 5, 7:40PM- 8:30PM
\$38 Residents/\$54 Non-Residents



AQUA FITNESS

Aqua Boot Camp

Scorch calories long after your swimsuit dries! A powerful class to challenge the fitness enthusiast; bring hand-held weights (3-8 pounds) and a water bottle. Training tactics may not be appropriate for beginning exercisers, persons with special needs or those who wish not to get their hair wet.

Activity Code: 3RAQ0301
(Section codes listed below)

Riverside RS01
Sat, Jan 17-Mar 7, 9:10AM-10:20AM
\$38 Residents/\$45 Non-Residents



Cardio Splash

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

Activity Code: 3RAQ0304
(Section codes listed below)

Gaenslen	GS01
Tue, Jan 13-Feb 3, 4:30PM- 5:30PM	
\$38 Residents/\$45 Non-Residents	
Gaenslen	GS03
Wed, Jan 14-Mar 4, 5:40PM- 6:40PM	
\$38 Residents/\$45 Non-Residents	
Gaenslen	GS02
Thu, Jan 15-Mar 5, 4:30PM- 5:30PM	
\$38 Residents/\$45 Non-Residents	
Hamilton	HA01
Wed, Jan 14-Mar 4, 7:30PM- 8:30PM	
\$38 Residents/\$45 Non-Residents	
Milwaukee Marshall	MR01
Mon, Jan 12-Mar 9, 4:30PM- 5:30PM	
\$38 Residents/\$45 Non-Residents	
Milwaukee Marshall	MR02
Thu, Jan 15-Mar 5, 5:40PM- 6:40PM	
\$38 Residents/\$45 Non-Residents	
North Division	ND01
Sat, Jan 17-Mar 7, 10:00AM-11:00AM	
\$38 Residents/\$45 Non-Residents	



Deep Water Aerobics

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

Activity Code: 3RAQ0305
(Section codes listed below)

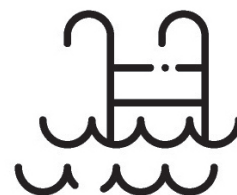
Gaenslen	GS01
Mon, Jan 12-Mar 9, 4:30PM- 5:30PM	
\$38 Residents/\$45 Non-Residents	
Hamilton	HA01
Mon, Jan 12-Mar 9, 7:30PM- 8:30PM	
\$38 Residents/\$45 Non-Residents	
South Division	SD01
Tue, Jan 13-Mar 3, 6:15PM- 7:15PM	
\$38 Residents/\$45 Non-Residents	
South Division	SD02
Wed, Jan 21-Mar 11, 6:15PM- 7:15PM	
\$38 Residents/\$45 Non-Residents	
South Division	SD03
Wed, Jan 21-Mar 11, 7:15PM- 8:15PM	
\$38 Residents/\$45 Non-Residents	

Water Aerobics - Adult

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

Activity Code: 3RAQ0306
(Section codes listed below)

Gaenslen	GS01
Wed, Jan 14-Mar 4, 4:30PM- 5:30PM	
\$38 Residents/\$45 Non-Residents	
Gaenslen	GS02
Fri, Jan 16-Mar 6, 4:30PM- 5:30PM	
\$38 Residents/\$45 Non-Residents	
Milwaukee Marshall	MR01
Thu, Jan 15-Mar 5, 4:30PM- 5:30PM	
\$38 Residents/\$45 Non-Residents	



YoQUA Fusion

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

Activity Code: 3RAQ0307
(Section codes listed below)

Milwaukee Marshall	MR01
Tue, Jan 13-Mar 3, 4:30PM- 5:30PM	
\$38 Residents/\$45 Non-Residents	

Aqua Urban Line Dance

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

Activity Code: 3RAQ0314
(Section codes listed below)

North Division	ND01
Thu, Jan 15-Mar 5, 7:30PM- 8:30PM	
\$38 Residents/\$45 Non-Residents	
North Division	ND02
Sat, Jan 17-Mar 7, 11:10AM-12:10PM	
\$38 Residents/\$45 Non-Residents	

WARM WATER WALK INFORMATION

THURSDAYS, 1/15 - 3/5 AT NORTH DIVISION - 6:00PM - 7:00PM

Warm water walk is a FREE program!

Enjoy a therapy pool setting with minimum water temperatures of 86F. Each reservation via this registration is for a single person for a single session. No formal instruction provided. Free for residents/\$15 for non-residents.

ACTIVITY CODE: 3RAQ1034

AQUATICS TRAINING

Lifeguard Training

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

Activity Code: 3RAQ0601
(Section codes listed below)

North Division (Ages 15 & up).....ND12

(Mandatory Pre-Test on Jan. 31 at North Division, 10:00 AM - 11:00 AM.)

Sat, Feb 14-Mar 7, 8:30AM- 4:15PM

\$100 Residents/\$300 Non-Residents

North Division (Ages 15 & up).....ND11

(Mandatory Pre-Test on Mar. 21 at North Division, 10:00 AM - 11:00 AM.)

Mon-Thu, Mar 30-Apr 2, 8:30AM- 4:30PM

\$100 Residents/\$300 Non-Residents



WSI - Water Safety Instructor

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

Activity Code: 3RAQ0604
(Section codes listed below)

North Division (Ages 16-80)ND11

(MANDATORY Pre-test, March 7, 8:00AM, at Riverside. If this date does not work, call 414.647.6053. Blended course, online content included.)

Tue-Thu, Mar 31-Apr 2, 8:00AM- 4:30PM

\$160 Residents/\$240 Non-Residents

South Division (Ages 16-80)SD11

(MANDATORY Pre-test, Apr 25, 8:00AM, at Riverside. If this date does not work, call 414.647.6053. In person course.)

Thursdays, 5:30PM - 8:30PM at OASIS

(2414 W Mitchell St), Apr. 30 & May 7, 14, & 21

Saturdays, 8:00AM - 4:30PM at South Division
May 2, 9, 16 & 23.



LG PREP

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

Activity Code: 3RAQ0611
(Section codes listed below)

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

Thu, Jan 15-Mar 5, 6:45PM- 7:30PM

FREE

COMMUNITY WELLNESS

Floga

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

Activity Code: 3RAQ0312
(Section codes listed below)

North DivisionND01

Sat, Jan 17-Mar 7, 8:45AM- 9:45AM

FREE



FAMILY CLASSES

Enduro Swim

An intergenerational event. Choose between: MKE MILE 1760 yrd, 1000, 500, 250 yards. Water Polo will be available in the diving well. Your event is for an hour swim (swim and polo) but you are can participate for the entirety of the program. Interested in volunteering, reach out to 414.647.6076.

Activity Code: 3RAQ3316
(Section codes listed below)

South Division (Ages 8-99)SD01

Sat, Jan 3, 9:00AM-10:00AM

\$ Residents/\$15 Non-Residents

South Division (Ages 8-99)SD02

Sat, Jan 3, 10:00AM-11:00AM

\$ Residents/\$15 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: 3RCS0701
(Section codes listed below)

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

Tue, Jan 6-Mar 10, 5:10AM-6:10AM
\$31 Residents/\$46 Non-Residents

MacDowell (Ages 14 & up)..... JU12

Tue, Jan 6-Mar 10, 6:15AM-7:15AM
\$31 Residents/\$46 Non-Residents

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

Thu, Jan 8-Mar 12, 5:10AM-6:10AM
\$31 Residents/\$46 Non-Residents

MacDowell (Ages 14 & up)..... JU13

Thu, Jan 8-Mar 12, 6:15AM-7:15AM
\$31 Residents/\$46 Non-Residents

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

Tue, Jan 6-Mar 10, 7:35PM-8:35PM
\$31 Residents/\$46 Non-Residents

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

Wed, Jan 7-Mar 11, 5:10AM-6:10AM
\$31 Residents/\$46 Non-Residents

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

Wed, Jan 7-Mar 11, 6:15AM-7:15AM
\$31 Residents/\$46 Non-Residents

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

Mon, Jan 12-Mar 16, 5:10AM-6:10AM
\$31 Residents/\$46 Non-Residents

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

Mon, Jan 12-Mar 16, 6:15AM-7:15AM
\$31 Residents/\$46 Non-Residents

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

Wed, Jan 7-Mar 11, 5:10AM-6:10AM
\$31 Residents/\$46 Non-Residents

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

Wed, Jan 7-Mar 11, 6:15AM-7:15AM
\$31 Residents/\$46 Non-Residents

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

Fri, Jan 9-Mar 13, 5:10AM-6:10AM
\$31 Residents/\$46 Non-Residents

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

Fri, Jan 9-Mar 13, 6:15AM-7:15AM
\$31 Residents/\$46 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: 3RCS0702
(Section codes listed below)

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

Sat, Jan 10-Feb 28, 7:25AM-8:25AM
\$31 Residents/\$46 Non-Residents

Triathlon Cross Training

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

Activity Code: 3RCS0704
(Section codes listed below)

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

Tue, Jan 6-Mar 10, 5:45PM-7:15PM
\$42 Residents/\$56 Non-Residents



OPEN + LAP SWIM INFORMATION

Open / lap swim is available at the following locations:

- **Gaenslen School (no lap option)**
 - » Fridays, 1/16-3/6, 6:40PM - 7:40PM
- **MacDowell High School (open + lap swim)**
 - » Saturdays, 1/10 - 2/28, 10:30AM - 12:00PM
- **South Division High School (open + lap swim)**
 - » Saturdays, 1/24- 3/14, 7:30AM - 8:30AM

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. Two lap swim lanes will be available. Open / lap swim is a **FREE** program and pre-registration is required. **ACTIVITY CODE: 3RAQ1032**

LAP SWIM ONLY INFORMATION

Lap swim is available at the following location:

- **Riverside High School**
 - » ACTIVITY CODE: 3RCS0705
 - » Saturdays, 1/17-3/7, 8:00AM - 9:00AM
 - » \$3 per day, registration required.

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

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: 3RCS0804
(Section codes listed below)

MacDowell (Ages 4-19).....JU01
Sat, Jan 10-Feb 28, 8:30AM-10:00AM
\$38 Residents/\$57 Non-Residents

Piranhas Swim Team

Milwaukee Piranhas Age-Group Swim Club offers a friendly, learner-focused environment. Swimmers must be able to kick one full length (25 yards) of the pool on their back and stomach and be comfortable in deep water to join. Seasonal swim meets will be held with local age-group clubs.

Activity Code: 3RCS0808
(Section codes listed below)

MacDowell (Ages 4-19).....JU02
(INTERMEDIATE GROUP)
Mon-Thu, Jan 5-Mar 12, 5:30PM- 6:30PM
\$54 Residents/\$81 Non-Residents

MacDowell (Ages 4-19).....JU03
(BEGINNER GROUP)
Mon/Wed, Jan 5-Mar 11, 5:30PM- 6:15PM
\$39 Residents/\$50 Non-Residents

MacDowell (Ages 4-19).....JU01
(ADVANCED GROUP)
Mon-Thu, Jan 5-Mar 12, 6:30PM- 8:00PM
\$72 Residents/\$108 Non-Residents

MacDowell (Ages 4-19).....JU13
(BEGINNER GROUP)
Tue/Thu, Jan 6-Mar 12, 5:30PM- 6:15PM
\$39 Residents/\$50 Non-Residents



Tidal Waves Swim Team

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

Activity Code: 3RCS0809
(Section codes listed below)

South Division (Ages 4-19)SD01
(BEGINNER GROUP)
Mon/Wed, Jan 5-Mar 16, 6:15PM- 7:00PM
\$39 Residents/\$50 Non-Residents

South Division (Ages 4-19)SD02
(INTERMEDIATE GROUP)
Mon-Thu, Jan 5-Mar 16, 6:15PM- 7:15PM
\$54 Residents/\$81 Non-Residents

South Division (Ages 4-19)SD03
(ADVANCED GROUP)
Mon-Thu, Jan 5-Mar 16, 7:00PM- 8:15PM
\$64 Residents/\$90 Non-Residents

South Division (Ages 4-19)SD12
(INTERMEDIATE GROUP)
Mon-Thu, Jan 5-Mar 16, 7:15PM- 8:15PM
\$48 Residents/\$75 Non-Residents

South Division (Ages 4-19)SD11
(BEGINNER GROUP)
Tue/Thu, Jan 6-Mar 12, 6:15PM- 7:00PM
\$39 Residents/\$50 Non-Residents

Krakens Swim Team

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

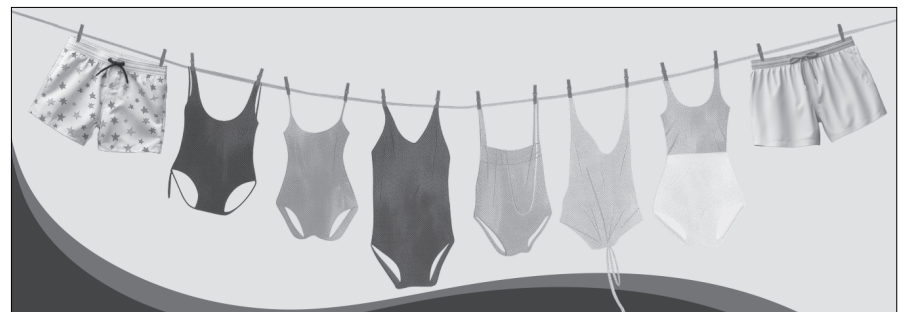
Activity Code: 3RCS0810
(Section codes listed below)

Riverside (Ages 4-19).....R503
(BEGINNER GROUP)
Mon/Thu, Jan 5-Mar 16, 6:30PM- 7:15PM
\$39 Residents/\$50 Non-Residents

Riverside (Ages 4-19).....R501
(ADVANCED GROUP)
Mon/Wed-Fri, Jan 5-Mar 16, 7:00PM- 8:30PM
\$72 Residents/\$108 Non-Residents

Riverside (Ages 4-19).....R502
(INTERMEDIATE GROUP)
Mon/Wed-Fri, Jan 5-Mar 16, 7:15PM- 8:15PM
\$54 Residents/\$75 Non-Residents

Riverside (Ages 4-19).....R513
(BEGINNER GROUP)
Wed/Fri, Jan 7-Mar 13, 6:30PM- 7:15PM
\$39 Residents/\$50 Non-Residents



Swimwear for Milwaukee Recreation Aquatic Participants!

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

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

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

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



MKE REC
A department of MPS

AQUATICS IS NOW HIRING!

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

LIFEGUARDS

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

Seasonal, year-round employment and flexible scheduling.

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

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

Become a Red Cross Certified Lifeguard

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

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

SWIM INSTRUCTORS

Starting Pay: \$19/hr
Age: 16+

Seasonal, year-round employment and flexible scheduling.

Teach:

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

Become a certified Water Safety Instructor (WSI)

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

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

FITNESS INSTRUCTORS

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

Seasonal, year-round employment and flexible scheduling.

Teach:

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

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

COACHES

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

Coaching experience preferred but not required.

Seasonal, year-round employment and flexible scheduling.

Youth teams available:

- The Piranhas
- The Krakens
- The Tidal Waves

Adult programs available:

- Masters Swim and Tri Training

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

COMMUNITY WELLNESS

Mil"WALK"ee

Join our walking club and explore Milwaukee with us this winter! Each week you will start at the location listed, walk approximately 3 miles, and end back at the start. Saturday walks may include historical highlights or brief pauses on the route. Please dress appropriately to enjoy an outdoor walk.

Activity Code: 3PL59003
(Section codes listed below)

Various WN01
Tue, Jan 13-Mar 17, 10:00AM-11:00AM
FREE

Various WN02
Thu, Jan 15-Mar 19, 10:00AM-11:00AM
FREE

Various WN03
Sat, Jan 17-Mar 21, 10:00AM-11:00AM
FREE

Yoga

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

Activity Code: 3PL59004
(Section codes listed below)

Beulah Brinton WN01
Fri, Jan 30-Mar 20, 10:45AM-11:30AM
FREE

Tiefenthaler Park WN03
Tue, Jan 13-Mar 17, 10:00AM-11:00AM
FREE

**Urban Ecology Center-
Washington Park WN02**
Tue, Jan 13-Mar 17, 5:15PM- 6:00PM
FREE

Glow with the Flow Yoga

This invigorating and upbeat flow yoga class will combine breath work and movement of the body. Black lights, glow sticks and a lively playlist will help set the mood! Join the party and Glow with the Flow! Bring your own exercise mat or purchase at site for \$10.

Activity Code: 3PL59011
(Section codes listed below)

Beulah Brinton WN01
Wed, Jan 21, 6:00PM- 7:00PM
FREE

Total Wellness

Build muscle, get fit, and learn to cook to help prevent cancer and other health problems! Total Wellness teaches easy ways to live a healthy lifestyle. The first weekly class includes health/nutrition education and a fitness class. The second weekly class is a group fitness class. Total Wellness is for all levels.

Activity Code: 3PL59015
(Section codes listed below)

Hamilton HA01
Tue, Jan 27-Mar 19, 7:00PM- 8:30PM
Thu, Jan 27-Mar 19, 7:00PM-8:00PM
\$8 Residents/\$8 Non-Residents

Milwaukee Marshall MR01
Mon, Jan 26-Mar 18, 6:00PM- 7:30PM
Wed, Jan 26-Mar 18, 6:00PM- 7:00PM
\$8 Residents/\$8 Non-Residents

Nordic Walking for Beginners

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

Activity Code: 3PL59021
(Section codes listed below)

South Shore Park WN02
Sun, Jan 18-Mar 22, 9:30AM-10:30AM
FREE

**Urban Ecology Center
Riverside Park WN01**
Sat, Jan 17-Mar 21, 9:30AM-10:30AM
FREE



Functional Strength Training

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

Activity Code: 3PL59031
(Section codes listed below)

Beulah Brinton BN01
Tue, Jan 27-Mar 17, 8:30AM- 9:30AM
FREE

Beulah Brinton BN02
Thu, Jan 29-Mar 19, 8:30AM- 9:30AM
FREE

Mil"WALK"ee - Indoor Edition

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

Activity Code: 3PL59035
(Section codes listed below)

North Division ND01
Mon/Wed, Jan 12-Mar 18, 6:00PM- 7:00PM
FREE



Community Bike Rides - Polar Pedalers

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

Activity Code: 3PL59037
(Section codes listed below)

**Estabrook Park -
Milwaukee County Parks WN01**
Mon, Jan 12-Mar 16, 10:00AM-11:30AM
FREE

Hart Park WN02
Wed, Jan 14-Mar 18, 10:00AM-11:30AM
FREE

Health is Wealth: Cancer Survivorship Program

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

Activity Code: 3PL59040
(Section codes listed below)

OASIS 5501
Mon/Wed, Jan 12-Mar 18, 6:00PM- 8:00PM
FREE

Let's Make Kombucha!

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

Activity Code: 3PL59049
(Section codes listed below)

Hamilton HA02

Tue, Feb 17, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents

Hamilton HA04

Tue, Mar 3, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents

Hamilton HA06

Tue, Mar 17, 5:30PM- 6:30PM
\$16 Residents/\$24 Non-Residents

Women's Wellness Warriors

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

Activity Code: 3PL59057
(Section codes listed below)

Andrew Douglas Middle School AD01

Tue, Feb 3-Mar 17, 6:00PM- 7:00PM
FREE

MacDowell (Ages 16-55)..... JU01

Sat, Jan 24-Mar 14, 1:30PM- 2:30PM
FREE

Motown Moves

NEW

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

Activity Code: 3PL59060
(Section codes listed below)

Washington WN01

Mon, Feb 9-Mar 16, 5:30PM- 6:30PM
FREE

Restorative Yoga

NEW

The focus of this class is not to stretch or strengthen. Instead, we will be using props to support the body in passive poses. The aim is to promote deep relaxation rather than physical exertion. This class is appropriate for all skill levels.

Activity Code: 3PL59062
(Section codes listed below)

OASIS 5501

Mon, Jan 12-Mar 16, 12:00PM- 1:00PM
FREE

North Division ND01

Mon, Jan 26-Mar 9, 7:15PM- 8:15PM
FREE

Washington WA01

Wed, Jan 28-Mar 11, 7:15PM- 8:15PM
FREE



Women's Boxing & Workout

NEW

This class is in partnership with She-Wolf MKE to bring boxing and strength training to women ages 12yr+. Learn the basics of boxing and self-defense while also getting a guided weightlifting session. The instructor will be able to scale up or down the program to meet individual's needs.

Activity Code: 3PL59064
(Section codes listed below)

(Ages 12-99) SW01

Tue, Jan 27-Feb 17, 5:30PM- 6:30PM
FREE

(Ages 12-99) SW02

Thu, Jan 29-Feb 19, 5:30PM- 6:30PM
FREE

Men Moving Forward

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

Activity Code: 3PL59065
(Section codes listed below)

Milwaukee Marshall MR01

Tue/Thu, Jan 17-Mar 14, 6:00PM- 7:00PM
Sat, Jan 17 - Mar 14, 10AM- 12PM
\$12 Residents/\$12 Non-Residents

DID YOU KNOW?

One in three U.S. adults have had their healthcare provider suggest **practicing mindfulness and relaxation techniques** and/or engaging in creative activities.

via nrpa.org/parkpulse

Hip Hop Step Aerobics

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

Activity Code: 3PL59066
(Section codes listed below)

North DivisionND01

Mon, Jan 26-Mar 9, 6:15PM- 7:15PM
FREE

WashingtonWA01

Wed, Jan 28-Mar 11, 6:15PM- 7:15PM
FREE

Deep Stretch Yoga

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

Activity Code: 3PL59067
(Section codes listed below)

North DivisionND01

Mon, Jan 26-Mar 9, 5:30PM- 6:15PM
FREE

WashingtonWA01

Wed, Jan 28-Mar 11, 5:30PM- 6:15PM
FREE

Glow Through Perimenopause

NEW This six-week series supports women navigating the shifts of perimenopause through yoga, breathwork, meditation, and psychoeducation. Open to women 40-55 and those in medical menopause, it offers tools to ease symptoms, restore balance, and reconnect with vitality. Please bring a yoga mat.

Activity Code: 3pl59069
(Section codes listed below)

Urban Ecology Center-

Washington Park (Ages 40-55) ..UECWA

Thu, Feb 5-Mar 12, 4:45PM- 6:00PM
FREE



YogaFest

1.1.26 | Beulah Brinton Community Center (2555 S. Bay St.)

Kick off the new year
with fantastic and
FREE yoga classes!

Yoga
9:00 -9:45am
(3RAE3620-BN01)

Gentle Yoga
10:00 -10:45am
(3RAE3620-BN02)

Family Yoga
11:00am -11:45am
(3RAE3620-BN03)

Space is limited. Registration opens 12.4.25.

mkerec.net/yogafest



WEAVING & FIBER ARTS



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

Not Your Grandma's Knitting

Basic knitting skills (ability to cast-on, knit, purl, bind off) are needed to take this class. Participants will learn to make a project utilizing basic techniques. Cables in the fall, felting in the winter & color work in the spring. Knitters will be contacted via email prior to the start of the class and given the choice of 2 projects. A supply list for each project will be provided in the email.

Activity Code: 3RAE6903
(Section codes listed below)

GaenslenGS01

(Instructor: Meredith Berghauer)
 Wed, Jan 21-Feb 25, 5:00PM- 7:00PM
 \$46 Residents/\$46 Non-Residents

Weaving Basics and Beyond

Weavers continue the learning process by developing more advanced weaving skills. Weavers will choose their own projects with the guidance of an instructor. Supply fee is based on materials used. Weavers will supply their own scissors, measuring tapes, and other sewing notions. Participants must have completed at least one beginning weaving class at ABK and know how to warp a loom.

Activity Code: 3RAE6905
(Section codes listed below)

GaenslenGS01

(Instructor: Naomi Holthaus)
 Mon, Jan 12-Mar 16, 9:30AM-12:30PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS08

(Instructor: Carly Neil)
 Mon, Jan 12-Mar 9, 6:00PM- 8:30PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS09

(Instructor: Jacquie Crema)
 Tue, Jan 13-Mar 3, 3:00PM- 5:30PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS03

(Instructor: Judy Larsen)
 Wed, Jan 14-Feb 25, 12:00PM- 3:00PM
 \$44 Residents/\$44 Non-Residents

GaenslenGS04

(Instructor: Carly Neil)
 Wed, Jan 14-Mar 4, 6:00PM- 8:30PM
 \$57 Residents/\$57 Non-Residents

GaenslenGS06

(Instructor: Lynn Sbonik)
 Thu, Jan 15-Mar 5, 6:00PM- 8:30PM
 \$57 Residents/\$57 Non-Residents

Tapestry Weaving

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

Activity Code: 3RAE6919
(Section codes listed below)

GaenslenGS01

(Instructor: Peggy MacArthur)
 Tue, Jan 13-Mar 3, 9:30AM-12:30PM
 \$56 Residents/\$56 Non-Residents

Weaving Beginner Basics

Beginners will learn to warp the loom and weave a sampler of patterns. Participants will be introduced to pattern and draft weaving and project planning. Returning beginners will be able to hone their skills by making a scarf or table runner. Sampler supply fee \$10 cash only is due to the instructor at the first class.

Activity Code: 3RAE6959
(Section codes listed below)

GaenslenGS03

(Instructor: Jacquie Crema)
 Tue, Jan 13-Mar 3, 6:00PM- 8:30PM
 \$57 Residents/\$57 Non-Residents

GaenslenGS02

(Instructor: Carly Neil)
 Mon, Jan 12-Mar 9, 3:00PM- 5:30PM
 \$57 Residents/\$57 Non-Residents

GaenslenGS01

(Instructor: Kallia Walkowiak)
 Mon, Jan 12-Mar 9, 6:00PM- 8:30PM
 \$57 Residents/\$57 Non-Residents

GaenslenGS04

(Instructor: Judy Larsen)
 Wed, Jan 14-Feb 25, 9:30AM-12:30PM
 \$57 Residents/\$57 Non-Residents

GaenslenGS05

(Instructor: Kallia Walkowiak)
 Thu, Jan 15-Mar 5, 6:00PM- 8:30PM
 \$57 Residents/\$57 Non-Residents

ARTS & CRAFTS

Drawing & Painting

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

Activity Code: 3R550902
(Section codes listed below)

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

Tue, Jan 13-Mar 17, 5:00PM- 7:00PM
 \$27 Residents/\$41 Non-Residents



Craft Club

Crafting fun for everyone. No experience necessary. Explore all types of crafts in a friendly and nurturing atmosphere. Be amazed at your secret creative skills! A \$20 (cash only) supply fee is due to the instructor at the first class.

Activity Code: 3R550903
(Section codes listed below)

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

Tue, Jan 13-Mar 17, 9:00AM-12:00PM
 \$27 Residents/\$41 Non-Residents

Acrylic and Oil Painting

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

Activity Code: 3R550913
(Section codes listed below)

OASIS 5501

Mon, Jan 12-Mar 16, 9:30AM-11:30AM
 \$40 Residents/\$60 Non-Residents

OASIS 5502

Thu, Jan 15-Mar 19, 12:30PM- 2:30PM
 \$46 Residents/\$70 Non-Residents

Explore Mixed Media

Create stunning collages using paper, torn magazine pages, texture paste, stamps, paint, and more. Each project is uniquely yours. Suitable for all skill levels, with opportunities to explore advanced techniques like paint pouring, Shibori dyeing, alcohol inks and much more. Supply fee is now included in the registration fee.

50+

Activity Code: 3R550914
(Section codes listed below)

OASIS 5501

Mon, Jan 12-Mar 16, 12:30PM- 2:30PM
\$60 Residents/\$80 Non-Residents

Basic Jewelry Making

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

Activity Code: 3RAE0902
(Section codes listed below)

Milwaukee Marshall MR01

Sat, Jan 17-Mar 7, 10:00AM-11:30AM
\$36 Residents/\$54 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 squareoneartglass.com.

Activity Code: 3RAE0928
(Section codes listed below)

Square One Art ClassSG01

(Ornament)
Sat, Mar 7, 9:00AM-10:30AM
\$70 Residents/\$105 Non-Residents

Square One Art ClassSG02

(Bowl)
Sat, Mar 28, 9:00AM-11:00AM
\$80 Residents/\$120 Non-Residents

Square One Art ClassSG04

(Bowl)
Wed, Apr 1, 6:00PM- 8:00PM
\$80 Residents/\$120 Non-Residents

Runes and Rock Painting

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

Activity Code: 3RAE0929
(Section codes listed below)

Hamilton (Ages 18-99)..... HA01

Tue, Feb 10, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Earring Extravaganza: The Wire Wrap Edition

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

Activity Code: 3RAE0937
(Section codes listed below)

Hamilton HA01

Sat, Mar 7, 12:30PM- 3:30PM
\$8 Residents/\$12 Non-Residents

Paper Flowers

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

Activity Code: 3RAE0943
(Section codes listed below)

Hamilton (Ages 13 & up) HA01

Tue, Feb 17-Mar 17, 6:30PM- 8:30PM
\$25 Residents/\$38 Non-Residents

Candle Making

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

Activity Code: 3RCE0964
(Section codes listed below)

Hamilton HA01

Thurs, Mar 12, 6:30PM-8:00PM
\$30 Residents/\$45 Non-Residents

Riverside RS01

Wed, Feb 11, 6:30PM-8:00PM
\$30 Residents/\$45 Non-Residents

Cricut for Beginners

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

Activity Code: 3RAE0954
(Section codes listed below)

Hamilton HA01

Sat, Jan 17-Feb 28, 9:00AM-11:00AM
\$36 Residents/\$54 Non-Residents

Advanced Cricut

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

Activity Code: 3RAE0955
(Section codes listed below)

Hamilton HA01

Sat, Jan 17-Feb 28, 11:30AM- 1:30PM
\$36 Residents/\$54 Non-Residents

Wire Wrap II Cultural Experience: Egyptian Jewelry

NEW

Step back in time and wrap like the ancients! In this 3-hour cultural experience, you'll explore the fascinating world of Egyptian jewelry, learning fun facts about the stones the Egyptians treasured and then bringing history to life by creating your own stunning wire-wrapped pieces inspired by this ancient civilization. Come create unique, hand-crafted jewelry that carries the timeless energy of stones once worn by pharaohs and queens. A \$15 cash only supply fee due to instructor the night of class.

Activity Code: 3RAE0989
(Section codes listed below)

Milwaukee Marshall MR01

Thu, Mar 5, 5:30PM- 8:30PM
\$11 Residents/\$17 Non-Residents

Leather and Feathers Jewelry Workshop

NEW

In this beginner-friendly class, participants will learn how to create Bohemian-inspired jewelry using leather, feather, and other earthy elements that capture the carefree beauty of the boho style. Come explore basic jewelry techniques and leave with personalized one of a kind jewelry pieces. A \$15 cash only supply fee is due to the instructor the day of class.

Activity Code: 3RAE0990
(Section codes listed below)

Riverside RS01

Thu, Feb 19, 5:30PM- 8:30PM
\$11 Residents/\$17 Non-Residents

Lots of Love: A Valentine Wire Wrap Special

NEW

Fall in love with wire wrapping in this Valentine's workshop! Join us to create a stunning wire-wrapped heart necklace that's as fun to make as it is to wear. Whether you're making it as a heartfelt gift or keeping it as a token of self-love, you'll leave with new techniques, new inspiration, and a personalized piece of jewelry that shines with love. Participants need to have prior wire wrapping experience. A \$15 cash supply fee is due to the instructor on the day of class.

Activity Code: 3RAE0992
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Feb 14, 9:00AM-12:00PM
\$11 Residents/\$17 Non-Residents

Hearts and Humor Jewelry Class

NEW

Join us this Valentine's Day with your best jokes and creative spirit! In this beginner friendly workshop, you'll learn to design Valentine inspired jewelry. We'll focus on fun, easy-to-learn techniques so you can create beautiful, heartfelt pieces that celebrate love and laughter. The twist: prizes of homemade jewelry from the instructor for the best Valentine inspired jokes! Come for the jewelry, stay for the laughs! A \$15 cash supply fee is due to the instructor the day of class.

Activity Code: 3RAE0997
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Feb 14, 12:30PM- 3:30PM
\$11 Residents/\$17 Non-Residents

Wire Wrap Jewelry Workshop

NEW

Have you been curious about wire wrapping but not sure where to start? This beginner-friendly mini workshop is the perfect introduction for you! In just a short time, you'll learn the foundational techniques and gain an understanding of essential tools. All participants will leave with a piece of handmade jewelry and the skills to keep creating. A \$15 cash supply fee is due to the instructor on the day of class.

Activity Code: 3RAE0998
(Section codes listed below)

Milwaukee Marshall MR01
Thu, Jan 22, 5:30PM- 8:30PM
\$11 Residents/\$17 Non-Residents

Milwaukee Marshall HA01
Sat, Feb 28, 1:00PM- 4:00PM
\$11 Residents/\$17 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: 3RAE1202
(Section codes listed below)

Milwaukee Marshall MR02
Mon, Jan 26-Mar 16, 6:00PM- 8:00PM
\$46 Residents/\$69 Non-Residents

Open Sewing

This class is for people who have some sewing experience. If you need some time that you can dedicate to finishing your sewing projects, this class is for you. Come ready with your ideas/unfinished projects and let's have some fun! Bring your own machine/thread, or use the machines provided. Irons and ironing boards also available. Prerequisite for this class is Sewing 101 or previous sewing experience.

Activity Code: 3RAE1207
(Section codes listed below)

Hamilton HA01
Thu, Jan 22-Mar 12, 6:00PM- 8:00PM
\$57 Residents/\$86 Non-Residents

Creative Crochet Techniques

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

Activity Code: 3RAE1214
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 26-Mar 16, 10:30AM-11:30AM
\$25 Residents/\$38 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: 3RAE1215
(Section codes listed below)

Milwaukee Marshall MR03
Sat, Jan 17-Mar 7, 8:45AM-10:45AM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall MR02
Sat, Jan 17-Mar 7, 11:00AM- 1:00PM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall MR01
Wed, Jan 21-Mar 11, 6:00PM- 8:00PM
\$46 Residents/\$69 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: 3RAE2003
(Section codes listed below)

Riverside RS01
Tue, Jan 13-Mar 3, 6:00PM- 8:00PM
\$46 Residents/\$69 Non-Residents



Painting Portraits from Photos

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

Activity Code: 3RAE2006
(Section codes listed below)

Riverside RS01
Mon, Jan 12-Mar 2, 6:00PM- 8:00PM
\$46 Residents/\$69 Non-Residents

Color Pouring: Marble Pour

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

Activity Code: 3RAE2032
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Feb 25, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Color Pouring: Dutch Color Pour

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

Activity Code: 3RAE2033
(Section codes listed below)

Hamilton HA01
Sat, Feb 14, 1:30PM- 3:30PM
\$45 Residents/\$68 Non-Residents

Color Pouring: Dirty Cup Pour

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

Activity Code: 3RAE2035
(Section codes listed below)

Hamilton HA01
Sat, Jan 31, 1:30PM- 3:30PM
\$45 Residents/\$68 Non-Residents



Color Pouring: Canvas & Vase

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

Activity Code: 3RAE2039
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Mar 11, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Layered Mandala Paper Art - Traditional Design

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

Activity Code: 3RAE2041
(Section codes listed below)

Beulah Brinton BN01
Wed, Mar 25, 6:00PM- 8:00PM
\$50 Residents/\$70 Non-Residents

Hamilton RS01
Sat, Feb 28, 10:00AM-12:00PM
\$50 Residents/\$70 Non-Residents

Riverside HA01
Tue, Feb 10, 6:00PM- 8:00PM
\$50 Residents/\$70 Non-Residents



COOKING

Winter Comfort Foods

NEW In this hands-on class, Annie Wegner LeFort of EatMoveMKE will guide you in how to make healthy plant-based winter comfort foods. Recipes are included. Bring an apron and a chef's knife if you wish as well as a small container for leftovers.

50+ **Activity Code: 3R551609**
(Section codes listed below)

OASIS 5501
Fri, Jan 16, 1:00PM- 3:00PM
\$12 Residents/\$18 Non-Residents

Meatloaf Magic: Mastering the Basics

Join us to learn the art of crafting the perfect meatloaf. This class will guide you through simple techniques and delicious recipes to elevate your cooking skills. Class fee includes food cost and is non-refundable.

Activity Code: 3RAE1616
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Feb 7, 10:00AM- 1:00PM
\$29 Residents/\$44 Non-Residents

Southern Cooking: Salmon Croquettes

Join us to master the art of crafting scrumptious salmon croquettes. Get ready to sizzle and sear as you create these crispy, golden delights bursting with flavor. Class fee includes food cost and is non-refundable.

Activity Code: 3RAE1635
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Jan 24, 10:00AM- 1:00PM
\$24 Residents/\$36 Non-Residents

Elderberry Syrup Workshop

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

Activity Code: 3RAE1655
(Section codes listed below)

Hamilton HA02
Sat, Jan 17, 2:00PM- 4:00PM
\$24 Residents/\$36 Non-Residents



Spaghetti Delight

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

Activity Code: 3RAE1697
(Section codes listed below)

Milwaukee Marshall MR01

Sat, Feb 21, 10:00AM- 1:00PM
\$29 Residents/\$44 Non-Residents

Homemade Caramel Craze: Cake Making Adventure!

Dive in and learn to create irresistible caramel cakes. Perfect for all skill levels, this class promises a sweet and fun experience!

Activity Code: 3RAE1699
(Section codes listed below)

Milwaukee Marshall MR01

Sat, Mar 7, 10:00AM- 1:00PM
\$29 Residents/\$44 Non-Residents

Korean Cooking: Korean BBQ, Bulgogi

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

Activity Code: 3RAE2400
(Section codes listed below)

Hamilton HA01

Wed, Mar 18, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking: Kimchi pancake and jjigae

Come join us as we learn how to make traditional Korean dishes! We will be making a kimchi pancakes and jjigae. This dish can consist of ripe kimchi along with pork, beef, mackerel, tuna or various other meats and seafood! Join this class if you want to broaden your culinary skills and palette. This is a hands on class.

Activity Code: 3RAE2402
(Section codes listed below)

Hamilton HA01

Wed, Feb 11, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking: Spicy rice cake (dduk-bok-ki)

Dduk-kuk and mahn-du are the traditional dishes for Korean Lunar New Year's Day. The sliced rice cakes and beef dumplings in beef soup is the food that signals becoming older. The dumplings can be made with various ingredients which may include meat, tofu, vegetables, or Kimchi. This is a hands-on class.

Activity Code: 3RAE2405
(Section codes listed below)

Hamilton HA01

Wed, Jan 21, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking: Bibimbap

Come and learn how to prepare another traditional Korean dish! This Bibimbap dish contains steamed white rice cooked with soybean sprouts and ground beef. Soybean sprouts contain the same nutritional factors as soybeans and are also rich in Vitamin C.

Activity Code: 3RAE2406
(Section codes listed below)

Hamilton HA01

Wed, Feb 4, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents



Korean Cooking: Cubed Radish Kimchi

Description: It is comparatively easy making Bibimbap with yellow bean sprouts, carrot, radish, and marinated beef. You can learn a kind of Korean nutritious fast food. Rice, beef, vegetables, and eggs are the main ingredients. Soy paste soup is the traditional soup with soy paste, tofu, and vegetables.

Activity Code: 3RAE2407
(Section codes listed below)

Hamilton HA01

Wed, Jan 28, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking: Whole Cabbage Kimchi

Kimchi is considered one of the world's healthiest foods due to the beneficial probiotic bacteria it provides to your digestive tract. Characterized by its spicy taste and crispness, it is one of the most well-known Korean dishes. Depending on the fermentation process, ingredients, region and weather, the taste of kimchi changes, which is why there are over 200 types! This is a hands on class.

Activity Code: 3RAE2408
(Section codes listed below)

Hamilton 2RAE2409

Wed, Feb 4, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

Korean Cooking: Steamed Pork with Vegetable Wraps (Bossam)

Bossam consists of pork shoulder cooked in watery brine with green onions, garlic, brown onions and various spices. To prepare as a wrap, Koreans usually use steamed or salted Chinese cabbage and fill with other vegetables.

Activity Code: 3RAE2410
(Section codes listed below)

Hamilton HA01

Wed, Mar 11, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents



CATE'S COOKERY

Cate's Asian Salad Days

Join Cate Miller as she celebrates her 20th anniversary offering the best in cooking classes for Milwaukee Recreation. Cate has taught thousands of participants easy, economical, ethnic, and healthy cookery since she launched her sensational programs in 2006. Her recipes have been tried and tested over time to ensure smashing, and reliable success. Asian Sensations features some of her favorite recipes including her fabulous Chinese Chicken Salad, and her Vietnamese Fresh Spring Rolls with shrimp and fresh veggies. Cate's aromatic Thai Tom Ka Gai (Chicken Coconut Soup) will warm you up and satisfy all your senses. Cate is including one of her family's favorite recipes that was served on New Year's Eve parties: Sweet & Sour Pork Ribs. Her Asian Peanut Noodles, and Thai Sweet Rice with Mangos will stick to your ribs, and in your memory.

Activity Code: 3RAE1946
(Section codes listed below)

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

DANCE

Urban Line Dance

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

50+ Activity Code: 3R552901
(Section codes listed below)

OASIS 5501
Tue, Jan 13-Mar 17, 1:00PM- 2:30PM
\$40 Residents/\$60 Non-Residents

Activity Code: 3RAE2912
(Section codes listed below)

Hamilton HA01
Thu, Jan 22-Mar 12, 6:30PM- 7:30PM
\$25 Residents/\$38 Non-Residents

Milwaukee Marshall MR01
Mon, Jan 26-Mar 16, 7:35PM- 8:35PM
\$25 Residents/\$38 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: 3RAE2920
(Section codes listed below)

Riverside RS01
Mon, Jan 12-Mar 2, 7:00PM- 8:00PM
\$25 Residents/\$38 Non-Residents



DRAWING & PAINTING ARTS

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: 3RAE2026
(Section codes listed below)

Beulah Brinton BN01
Thu, Jan 8-Jan 22, 3:15PM- 5:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN02
Thu, Feb 12-Feb 26, 3:15PM- 5:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN03
Thu, Mar 12-Mar 26, 3:15PM- 5:15PM
\$19 Residents/\$29 Non-Residents



FIBER ARTS

Beginners Crocheting

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

Activity Code: 3RAE1219
(Section codes listed below)

Hamilton HA01
Tue, Jan 20-Mar 10, 6:30PM- 8:30PM
\$46 Residents/\$69 Non-Residents



Crochet Club

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

Activity Code: 3RAE1220
(Section codes listed below)

Hamilton HA01
Mon, Jan 26-Mar 16, 6:30PM- 8:30PM
\$19 Residents/\$29 Non-Residents

Macrame Plant Hangers

Calling all plant lovers! Come learn the ancient art of Macrame. Learn how to tie knots and add beads to make a beautiful plant hanger to display your plant and enhance your home decor. Participants will need to stand while making their hanger. \$12 cash supply fee due to instructor the night of class. Class fee is non-refundable.

Activity Code: 3RAE1222
(Section codes listed below)

Milwaukee Marshall (Ages 16 & up) ... MR01
Wed, Feb 4, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Riverside (Ages 16 & up) RS01
Wed, Feb 18, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Coil Basket Making

NEW

If you love working with your hands and creating home decor then join this class to learn how to make a coil basket! Participants will design and color block to create three beautiful baskets to display throughout your home. Take pride in telling family and friends you made them yourself! A \$60 cash only supply fee is due to the instructor the first night of class.

Activity Code: 3RAE1223
(Section codes listed below)

Riverside RS01
Thu, Jan 29-Mar 5, 6:00PM-8:00PM
\$36 Residents/\$54 Non-Residents

FINANCE

Home Buying Workshop

Join financial experts and loan officers from Cream City Mortgage for an informative Home Buying Seminar! Perfect for first-time buyers or those looking to upgrade, this event covers everything from finding the right property to securing a mortgage. Gain valuable insights into the home-buying process and get expert answers to your questions about today's housing market.

Activity Code: 3RAE3406
(Section codes listed below)

Hamilton HA01
Sat, Feb 7, 10:00AM-12:00PM
\$7 Residents/\$11 Non-Residents

MacDowell JU03
Sat, Jan 31, 10:00AM-12:00PM
\$9 Residents/\$14 Non-Residents

MacDowell JU05
Sat, Mar 7, 10:00AM-12:00PM
\$7 Residents/\$11 Non-Residents

FITNESS

Zumba Gold®

Zumba® Gold adapts Zumba for active older adults and beginners. Enjoy camaraderie, excitement, and fitness in a friendly, fun dance class tailored to your pace and needs.

50+ **Activity Code: 3R553503**
(Section codes listed below)

OASIS (Ages 50 & up) 5501
Mon, Jan 12-Mar 16, 10:15AM-11:15AM
\$21 Residents/\$32 Non-Residents

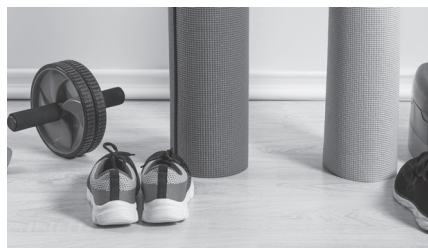
OASIS (Ages 50 & up) 5502
Thu, Jan 15-Mar 19, 10:15AM-11:15AM
\$23 Residents/\$35 Non-Residents

Gentle Yoga

Gentle Yoga is accessible to all levels and body types and is especially suited for beginners. Basic stretches, postures and breathwork help to develop strength, flexibility, balance, focus, and body awareness. Must be capable of independently getting up and down from the floor.

50+ **Activity Code: 3R553504**
(Section codes listed below)

OASIS (Ages 50 & up) 5501
Tue, Jan 27-Mar 17, 11:30AM-12:30PM
\$23 Residents/\$35 Non-Residents



DID YOU KNOW?

Ninety-three percent of U.S. adults agree that both older adults and children can **benefit** from **spending time together** in organized park and recreation programs.

via nrpa.org/parkpulse

Chair Yoga

Discover improved health and well-being in our chair yoga plus strength class, suitable for all abilities. Enjoy seated or standing poses, promoting muscle strength, flexibility, posture, balance, and breathing. Class is led by Leah.

50+ **Activity Code: 3R553508**
(Section codes listed below)

OASIS (Ages 50 & up) 5501
Mon, Jan 12-Mar 16, 9:00AM-10:00AM
\$21 Residents/\$32 Non-Residents

OASIS (Ages 50 & up) 5502
Fri, Jan 16-Mar 20, 9:00AM-10:00AM
\$23 Residents/\$35 Non-Residents

Fit Over 50

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

50+ **Activity Code: 3R553511**
(Section codes listed below)

Enderis Playfield (Ages 50 & up) ... EF01
Thu, Jan 15-Mar 19, 11:30AM-12:30PM
\$23 Residents/\$35 Non-Residents

OASIS (Ages 50 & up) 5501
Wed, Jan 14-Mar 18, 12:30PM-1:30PM
\$23 Residents/\$35 Non-Residents

T'ai Chi & Qigong

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

50+ **Activity Code: 3R553512**
(Section codes listed below)

OASIS (Ages 50 & up) 5501
Tue, Jan 13-Mar 17, 9:45AM-10:45AM
\$23 Residents/\$35 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. Class is led by Leah.

50+ **Activity Code: 3R553519**
(Section codes listed below)

OASIS 5501
Fri, Jan 16-Mar 20, 10:00AM-10:50AM
\$19 Residents/\$29 Non-Residents

TRX & Stretch

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

50+ **Activity Code: 3R553522**
(Section codes listed below)

OASIS 5501
Tue, Jan 13-Mar 17, 12:50PM- 1:35PM
\$18 Residents/\$27 Non-Residents

OASIS 5502
Thu, Jan 15-Mar 19, 10:10AM-10:55AM
\$18 Residents/\$27 Non-Residents

OASIS 5504
Thu, Jan 15-Mar 19, 12:15PM- 1:00PM
\$18 Residents/\$27 Non-Residents

OASIS 5503
Fri, Jan 16-Mar 20, 11:20AM-12:05PM
\$18 Residents/\$27 Non-Residents

Shake Hands with the Fitness Center

Too intimidated to go to the gym? Don't know what an elliptical or an incline press is? In this class Leonard will help you navigate the equipment in the fitness center and learn how to use it safely and effectively. By the end of the class you'll be confident in the gym setting!

50+ **Activity Code: 3R553523**
(Section codes listed below)

OASIS (Ages 50 & up) 5501
Wed, Jan 28-Mar 4, 1:45PM- 2:45PM
\$15 Residents/\$23 Non-Residents

Drums Alive® Golden Beats

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

50+ **Activity Code: 3R553524**
(Section codes listed below)

OASIS (Ages 50 & up) 5501
Mon, Jan 12-Mar 16, 11:30AM-12:30PM
\$21 Residents/\$32 Non-Residents

Chair Zumba® Gold

Chair Zumba® Gold provides a safe and enjoyable environment for older adults to experience the fun and benefits of Zumba. Stay active with Zumba beats and easy-to-follow moves, all done in a chair for extra support. Ideal for those with mobility or balance challenges.

50+ **Activity Code: 3R553525**
(Section codes listed below)

OASIS (Ages 50 & up) 5501
Wed, Jan 14-Mar 18, 2:15PM- 3:15PM
\$23 Residents/\$35 Non-Residents

Fall Resiliency

Looking to build strength and mobility while enhancing stability and balance? This class is for you! Safely challenge your body, helping you move through life with confidence and maybe even add a little extra joy to your step. Class is led by Leah.

50+ **Activity Code: 3R553526**
(Section codes listed below)

OASIS (Ages 50 & up) 5501
(50+ with Chair)
Tue, Jan 13-Mar 17, 11:40AM-12:40PM
\$23 Residents/\$35 Non-Residents

OASIS (Ages 50 & up) 5502
(50+ with Chair)
Thu, Jan 15-Mar 19, 9:00AM-10:00AM
\$23 Residents/\$35 Non-Residents

OASIS 5503
Thu, Jan 15-Mar 19, 11:05AM-12:05PM
\$23 Residents/\$35 Non-Residents

Yoga

Is getting up and down off the floor becoming a challenge? Does a typical yoga class feel intimidating? Is your body bigger, older, or facing new challenges that make movement more difficult? If so, this is the yoga class for you. Leah offers extra support and guidance to help you feel comfortable, confident, and safe as you move through each pose. All equipment provided.

50+ **Activity Code: 3R553527**
(Section codes listed below)

OASIS (Ages 50 & up) 5501
Wed, Jan 14-Mar 18, 12:45PM- 2:00PM
\$27 Residents/\$41 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: 3RAE3501
(Section codes listed below)

Beulah Brinton BN01
Tue, Jan 27-Mar 17, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

ABSoGLUTELY Fit

Want to look and feel better? In this class we will work on your upper and lower abdominals. In addition to improving you abs, students will focus on toning their gluteus and hamstrings. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 3RAE3502
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 26-Mar 16, 6:10PM- 7:10PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Wed, Jan 28-Mar 18, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Belly Dance Aerobics

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

Activity Code: 3RAE3504
(Section codes listed below)

Hamilton HA01
Mon, Jan 26-Mar 16, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Body Sculpting

Use bands and weights to tone all areas of your body. Improve your mind, as well as your self-image. Bring your own weights and toning band. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 3RAE3505
(Section codes listed below)

Beulah Brinton BN01
Tue, Jan 27-Mar 17, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Thu, Jan 29-Mar 19, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Sat, Jan 31-Mar 21, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents



Cardio Combo

Jumpstart your weekend activities with this invigorating workout. This class combines boxing aerobics, step aerobics and low-impact aerobics. Wear comfortable clothing and tennis shoes. Class taught by Angie Wothe.

Activity Code: 3RAE3509
(Section codes listed below)

Beulah Brinton BN01
Thu, Jan 29-Mar 19, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Sat, Jan 31-Mar 21, 8:00AM- 9:00AM
\$29 Residents/\$44 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: 3RAE3511
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 26-Mar 16, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Wed, Jan 28-Mar 18, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

HIIT (High Intensity Interval Training)

Are you down to turn it up? In this class you will alternate your intensities between bursts of activity and fixed periods of less-intense activity. If the going gets tough, classmate camaraderie will get you through. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 3RAE3517
(Section codes listed below)

Milwaukee Marshall MR01
Tue, Jan 20-Mar 10, 6:15PM- 7:15PM
\$29 Residents/\$44 Non-Residents



Hoop Dance Workout

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

Activity Code: 3RAE3518
(Section codes listed below)

Riverside RS01
(Beg.)
Sat, Jan 17-Mar 7, 11:15AM-12:15PM
\$29 Residents/\$44 Non-Residents

Pilates

A non-impact class where you will improve your core strength and flexibility. This class focuses on lengthening, defining, and strengthening your muscles. Wear comfortable clothing. Individuals with medical conditions should be cleared by their physician prior to participation.

Activity Code: 3RAE3521
(Section codes listed below)

Beulah Brinton BN01
Wed, Jan 28-Mar 18, 7:35PM- 8:35PM
\$29 Residents/\$44 Non-Residents

Cooper CP01
Thu, Jan 29-Mar 19, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Hamilton HA01
Thu, Jan 22-Mar 12, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Step Aerobics & Sculpt

Step aerobics offers the cardiovascular benefits of aerobic dance in combination with toning for thighs, abdominals, buttocks, arms and legs. Step on it.

Activity Code: 3RAE3524
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 26-Mar 16, 5:00PM- 6:00PM
\$29 Residents/\$44 Non-Residents

Women & Weights

Women & Weights is for all the ladies out there looking to get lean, toned and fit. You will use light to moderate weights with lots of repetition in order to give you a total body workout. You will leave feeling challenged, but ready for more! Bring your exercise mat or purchase at site for \$10.

Activity Code: 3RAE3535
(Section codes listed below)

Milwaukee Marshall MR02
Mon, Jan 26-Mar 16, 6:15PM- 7:00PM
\$23 Residents/\$35 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: 3RAE3542
(Section codes listed below)

Beulah Brinton BN01
Sun, Feb 1-Mar 22, 9:00AM-10:00AM
\$29 Residents/\$44 Non-Residents

Cooper CP01
Thu, Jan 29-Mar 19, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

MacDowell JU01
Thu, Jan 29-Mar 12, 6:30PM- 7:30PM
\$27 Residents/\$40.50 Non-Residents

Parkside FR01
Mon, Jan 26-Mar 16, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Yoga - Chair

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

Activity Code: 3RAE3560
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 26-Mar 16, 2:15PM- 3:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Thu, Jan 29-Mar 19, 10:30AM-11:30AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Fri, Jan 30-Mar 20, 12:00PM- 1:00PM
\$29 Residents/\$44 Non-Residents

Yoga Alignment

We will focus on deconstructing foundational yoga poses to create better alignment for the individual. This class is intermediate level and led by Annie Wegner LeFort. Class fee is non-refundable.

Activity Code: 3RAE3572
(Section codes listed below)

Beulah Brinton BN01
Tue, Jan 27, 1:30PM- 2:15PM
\$6 Residents/\$9 Non-Residents

Beulah Brinton BN02
Tue, Feb 17, 1:30PM- 2:15PM
\$6 Residents/\$9 Non-Residents

Beulah Brinton BN03
Tue, Mar 17, 1:30PM- 2:15PM
\$6 Residents/\$9 Non-Residents

Yoga for Balance

We will focus on balance poses to strengthen our joints, muscles, and bones. Prepare to practice static balance postures, as well as dynamic balance combinations. Beginners are welcome. Class taught by Annie Wegner LeFort, RYT.

Activity Code: 3RAE3584
(Section codes listed below)

Beulah Brinton BN01
Tue, Jan 27-Mar 17, 3:45PM- 4:45PM
\$29 Residents/\$44 Non-Residents

Yoga for Osteoporosis

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

Activity Code: 3RAE3585
(Section codes listed below)

Beulah Brinton BN01
Wed, Jan 28-Mar 18, 1:40PM- 2:40PM
\$29 Residents/\$44 Non-Residents

Candlelight Yoga

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

Activity Code: 3RAE3586
(Section codes listed below)

Beulah Brinton BN01
Mon, Mar 23, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Strong Flow Yoga

A strong flow yoga class emphasizes dynamic movement, linking breath with fluid transitions to build strength, flexibility, and endurance. Through a series of powerful poses and intentional sequences, you'll cultivate both physical and mental focus. Expect to challenge your body with engaging postures while fostering a deep sense of connection to your breath and present moment awareness.

Activity Code: 3RAE3592
(Section codes listed below)

Beulah Brinton BN01
Wed, Jan 28-Mar 18, 4:30PM- 5:30PM
\$29 Residents/\$44 Non-Residents

Power Flow Yoga

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

Activity Code: 3RAE3598
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 26-Mar 16, 1:15PM- 2:00PM
\$23 Residents/\$35 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 older adults and those with health limitations, using modified movements.

Activity Code: 3RAE3601
(Section codes listed below)

Hamilton HA01
Tue, Jan 27-Mar 17, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

T'ai Chi Ch'uan

This Chinese form of relaxation will teach you stress-relieving techniques designed to release tension, improve flexibility and relax your body and mind.

Activity Code: 3RAE3602
(Section codes listed below)

Beulah Brinton BN01
(Beg.)
Tue, Jan 27-Mar 17, 12:15PM- 1:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
(Int.)
Tue, Jan 27-Mar 17, 1:25PM- 2:25PM
\$29 Residents/\$44 Non-Residents

Yoga

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

Activity Code: 3RAE3605
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 26-Mar 16, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Mon, Jan 26-Mar 16, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Mon, Jan 26-Mar 16, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
Mon, Jan 26-Mar 16, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN05
Tue, Jan 27-Mar 17, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN06
Tue, Jan 27-Mar 17, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN07
Wed, Jan 28-Mar 18, 5:30PM- 6:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN08
Wed, Jan 28-Mar 18, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN09
Thu, Jan 29-Mar 19, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN10
Thu, Jan 29-Mar 19, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN11
Sat, Jan 31-Mar 21, 7:45AM- 8:45AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN12
Sun, Feb 1-Mar 22, 9:00AM-10:00AM
\$29 Residents/\$44 Non-Residents

Cooper CP01
Tue, Jan 27-Mar 17, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Gaenslen GS01
Tue, Jan 26-Mar 10, 7:00PM- 7:55PM
\$28 Residents/\$42 Non-Residents

Hamilton HA01
Mon, Jan 26-Mar 16, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

MacDowell JU03
Tue, Jan 27-Mar 17, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Riverside RS07
Thu, Jan 15-Mar 5, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents



Yoga - Gentle

Gentle Yoga is accessible to all levels and body types, and is especially suited for beginners. Basic stretches, postures and breath work help to develop strength, flexibility, balance, and body awareness. Bring your exercise mat or purchase at site for \$10.

Activity Code: 3RAE3606
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 26-Mar 16, 12:00PM- 1:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
Tue, Jan 27-Mar 17, 10:30AM-11:30AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
Tue, Jan 27-Mar 17, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN04
Wed, Jan 28-Mar 18, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN05
Wed, Jan 28-Mar 18, 12:30PM- 1:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN06
Thu, Jan 29-Mar 19, 1:30PM- 2:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN07
Thu, Jan 29-Mar 19, 7:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN08
Fri, Jan 30-Mar 20, 8:00AM- 9:00AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN09
Sat, Jan 31-Mar 21, 10:00AM-11:00AM
\$29 Residents/\$44 Non-Residents

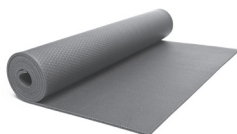
Beulah Brinton BN10
Sun, Feb 1-Mar 22, 12:00PM- 1:00PM
\$29 Residents/\$44 Non-Residents

Cooper CP01
Tue, Jan 27-Mar 17, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

MacDowell JU02
Sat, Jan 24-Mar 7, 9:00AM-10:00AM
\$29 Residents/\$44 Non-Residents

MacDowell JU03
Tue, Jan 27-Mar 10, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Riverside RS02
Thu, Jan 15-Mar 5, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents



Yoga - Power

East meets West in this vigorous, fitness-based yoga class with a focus on flow, breath, strength, balance, and flexibility. Prior yoga experience is recommended. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 3RAE3607
(Section codes listed below)

Beulah Brinton BN02
Thu, Jan 29-Mar 19, 5:00PM- 6:00PM
\$29 Residents/\$44 Non-Residents

Gaenslen GS01
Tue, Jan 20-Mar 10, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

Vinyasa Flow Yoga

This Vinyasa class links breath and movement to flow through postures, flowing from pose-to-pose. The flowing postures bring heat and aids in the lengthening of muscles and the reduction of muscular tension. Perfect for students of all levels, including beginners, as options or modifications are given for poses. Bring your exercise mat or purchase at site for \$10.

Activity Code: 3RAE3614
(Section codes listed below)

Beulah Brinton BN01
(Slow Flow)
Tue, Jan 27-Mar 17, 2:30PM- 3:30PM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN02
(Slow Flow)
Wed, Jan 28-Mar 18, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Beulah Brinton BN03
(Slow Flow)
Fri, Jan 30-Mar 20, 9:15AM-10:15AM
\$29 Residents/\$44 Non-Residents

Milwaukee Marshall MR01
(Slow Flow)
Tue, Jan 20-Mar 10, 6:15PM- 7:15PM
\$29 Residents/\$44 Non-Residents

Yoga for Runners

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

Activity Code: 3RAE3619
(Section codes listed below)

Beulah Brinton BN01
Thu, Jan 29-Mar 19, 4:00PM- 5:00PM
\$29 Residents/\$44 Non-Residents

Yoga Fest

If you spell yoga backwards it's ago y, as in, you worked out years ago, why has it been so long? It's time to stop looking backwards and start looking forward! Kick off the new year with our fun, fantastic and free yoga classes! Pre-registration is required. Please bring your own yoga mat & water.

Activity Code: 3RAE3620
(Section codes listed below)

Beulah Brinton BN01
(Yoga)
Thu, Jan 1, 9:00AM- 9:45AM
FREE

Beulah Brinton BN02
(Gentle Yoga)
Thu, Jan 1, 10:00AM-10:45AM
FREE

Beulah Brinton (Ages 5 & up) BN03
(Family Yoga)
Thu, Jan 1, 11:00AM-11:45AM
FREE

WALKerobics

WALKerobics is a rhythmic walking-based aerobics class designed to improve cardiovascular health, boost endurance, and energize your body"all while being gentle on the joints. Combining intentional movement with music calibrated to beats per minute, this class is suitable for all fitness levels. Whether you're aiming to build stamina, improve mobility, or enjoy a supportive, guided workout.

Activity Code: 3RAE9905
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Jan 21-Mar 11, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

Step Up Fitness

This class targets muscles such as the legs, glutes, and core while enhancing balance and coordination. Whether stepping up, down, or side to side, you'll improve cardiovascular health and build muscular strength in a low-impact, supportive environment. Suitable for all fitness levels, this class helps you take confident steps toward better health and fitness.

Activity Code: 3RAE9906
(Section codes listed below)

Milwaukee Marshall MR01
Thu, Jan 22-Mar 12, 6:30PM- 7:30PM
\$29 Residents/\$44 Non-Residents

HEALTH AND WELLNESS

Natural Solutions to Stress

What really is "stress" anyways? In this class we'll breakdown stress from a physiological perspective as well as the three dimensions of stress. Participants will walk away with tools and natural ways to resolve stress.

Activity Code: 3RAE20370
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Feb 18, 6:35PM- 8:05PM
\$8 Residents/\$12 Non-Residents

A Mama & Baby Focused Yoga Class

Gaga Yoga is a nurturing, playful, and restorative yoga series designed for expecting mothers, new parents, and caretakers of young children. This welcoming class focuses on deepening the connection between parent and child while promoting physical, mental, and emotional well-being through mindful movement, breath work, and communal care. All parents, partners, and caretakers, including fathers, are encouraged to participate alongside their children.

Activity Code: 3RAE3680
(Section codes listed below)

MacDowell JU01
Sat, Jan 24-Mar 7, 10:30AM-12:00PM
\$29 Residents/\$44 Non-Residents

Flower Power

Flowers have been used for healing for centuries. Flower essences are diluted liquid floral extracts used to benefit emotional well-being and mind-body health. Not to be confused with essential oils, which often utilize a whole plant, flower essence is taken in small amounts from the flower only. Flower essences are a subtle energy extract and working with them will help promote mental and spiritual wellness. Class fee is non-refundable.

Activity Code: 3RAE4100
(Section codes listed below)

Hamilton HA01
Tue, Feb 3, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

5 Secrets to Permanent Weight Loss

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

Activity Code: 3RAE4101
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Jan 21, 6:35PM- 8:05PM
\$8 Residents/\$12 Non-Residents

Arthritis: Alternative Approaches

Over 50 million Americans suffer from joint disease. This presentation educates the audience about arthritis, who is susceptible, what causes it, how to relieve it, and steps to help prevent joint disease. Presented by Dr. John P. Corsi, D.C. Chiropractic Company. Class fee is non-refundable.

Activity Code: 3RAE4103
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Feb 4, 6:35PM- 8:05PM
\$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: 3RAE4106
(Section codes listed below)

Beulah Brinton BN01
Tue, Jan 27-Mar 17, 5:00PM- 5:30PM
\$13 Residents/\$20 Non-Residents

Natural Solutions: Vertigo & Dizziness

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

Activity Code: 3RAE4108
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Mar 4, 6:35PM- 8:05PM
\$8 Residents/\$12 Non-Residents

Winter Herbs and Teas

Learn about herbs such as ginger and elderberry, their medicinal value and how they can help with addressing breathing concerns due to colds and flu. In addition learn how to make homemade "vaporub". Class fee is non-refundable.

Activity Code: 3RAE4113
(Section codes listed below)

Hamilton HA01
Mon, Feb 2, 7:15PM- 8:30PM
\$8 Residents/\$12 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: 3RAE4117
(Section codes listed below)

Hamilton HA01
Mon, Feb 9-Mar 2, 7:15PM- 8:15PM
\$13 Residents/\$20 Non-Residents

5 Secrets to Lower your Blood Sugar

Most people are told at some point that they need to either lower their blood sugar or monitor it. However, that isn't always straightforward. Learn the 5 easy ways and secrets to approach your health goals by recontextualizing movement, food and the nutrients we need.

Activity Code: 3RAE4170
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Mar 11, 6:35PM- 8:05PM
\$8 Residents/\$12 Non-Residents

Heart-Healthy Eating on A Budget

Eating healthy doesn't have to mean spending more money at the grocery store. In this class, registered dietitian Heather Klug, MEd, RD, will review tips to boost nutrition, save money, and reduce risk for heart disease. A heart-healthy snack will be provided.

Activity Code: 3RAE4182
(Section codes listed below)

Hamilton HA01
Tue, Jan 27, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents



Top Nutrition Tips to Maximize Heart Health in 2025

Eating healthy is one of the top ways to reduce risk for heart disease. Want to eat healthier but not sure where to start? Join registered dietitian, Heather Klug, from Aurora Health Care and The Karen Yontz Cardiac Awareness Center, to learn the top 10 healthy eating tips to boost your heart health (and keep it there)! Whether you want to lower your cholesterol, get your blood pressure down, or lose weight, Heather's got you covered!

Activity Code: 3RAE4183
(Section codes listed below)

Hamilton HA01
Tue, Mar 17, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

What You Need to Know About Women & Heart Disease

Heart disease is the #1 cause of death for women. The more you know about heart disease, the better chance you have at preventing it. Join registered dietitian Heather Klug, MEd, RD, from Aurora Health Care and The Karen Yontz Cardiac Awareness Center, to learn about the unique heart disease risks and warning signs/symptoms that women face and walk away with tips to help protect one of your most vital organs—your heart.

Activity Code: 3RAE4184
(Section codes listed below)

Hamilton HA01
Tue, Feb 17, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

LANGUAGE SKILLS

Spanish

Learn appropriate Spanish words for: greetings, health, household, daily activities, weather, and more. The textbook used for the class is 'Madrigal's Magic Key to Spanish' and can be purchased for \$15 on Amazon. Registration includes 'Language Exchange' (10:30am-11:30am).

50+ **Activity Code: 3R554401**
(Section codes listed below)

OASIS 5502
(Beginner)
Wed, Jan 14-Mar 18, 11:30AM-12:30PM
\$23 Residents/\$35 Non-Residents

OASIS 5501
(Advanced)
Wed, Jan 14-Mar 18, 12:30PM- 1:30PM
\$23 Residents/\$35 Non-Residents

English as a Second Language

In this beginning ESL 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. Registration includes 'Language Exchange' (10:30am-11:30am).

50+ **Activity Code: 3R554402**
(Section codes listed below)

OASIS 5501
Wed, Jan 14-Mar 18, 9:00AM-10:30AM
\$34 Residents/\$51 Non-Residents

Language Exchange

This conversation group facilitates interactions between native Spanish and English speakers. Practice your target language and culture in real life interactions. For the convenience of our language learners, this class is scheduled between our Spanish and ESL classes.

50+ **Activity Code: 3R554403**
(Section codes listed below)

OASIS 5501
Wed, Jan 14-Mar 18, 10:30AM-11:30AM
\$23 Residents/\$35 Non-Residents

Introduction to French

Bonjour! This class offers an introduction to conversational French for students with prior or no prior French language knowledge. Students will learn language skills in a cultural context covering topics such as clothing, food, music, art, pastime activities, and more.

Activity Code: 3RAE4403
(Section codes listed below)

Riverside RS01
Mon, Jan 12-Mar 2, 6:00PM- 8:00PM
\$44 Residents/\$66 Non-Residents

Sign Language

This language class focuses on finger spelling, vocabulary, non-verbal expressive skills and sentence structure.

Activity Code: 3RAE4405
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 26-Mar 16, 6:30PM- 7:30PM
\$25 Residents/\$38 Non-Residents

English Conversation for Spanish Speakers

Enhance English skills in listening, speaking, reading, and writing in our beginner ESL course. Activities emphasize vocabulary, pronunciation, and grammar for daily use. Spanish aids in clarifying differences.

Activity Code: 3RAE4433
(Section codes listed below)

Riverside RS01
Tue, Jan 13-Mar 3, 7:30PM- 8:30PM
\$25 Residents/\$38 Non-Residents

Portuguese

This is a beginner class intended for those with little to no experience in Portuguese. Students will learn the basics of Portuguese, including essential vocabulary, pronunciation, and common phrases. The class will have interactive activities, listening practice, and conversational exercises. Class participants will build confidence to use vocabulary, understand words and phrases, read, and write limited Portuguese.

Activity Code: 3RAE4442
(Section codes listed below)

Beulah Brinton BN01
Fri, Jan 30-Mar 20, 6:30PM- 7:30PM
\$25 Residents/\$38 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.

Activity Code: 3RAE4801
(Section codes listed below)

MacDowell JU01
(Level 1)
Wed, Jan 21-Mar 11, 6:00PM- 7:30PM
\$36 Residents/\$54 Non-Residents

Riverside RS01
(Level 1)
Tue, Jan 13-Mar 3, 6:00PM- 7:30PM
\$36 Residents/\$54 Non-Residents

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: 3RAE3617
(Section codes listed below)

Beulah Brinton BN02
Sat, Jan 31-Mar 21, 8:55AM- 9:55AM
\$29 Residents/\$44 Non-Residents

MARTIAL ARTS

Judo

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

Activity Code: 3RAE4501
(Section codes listed below)

Milwaukee Marshall MR01
Mon/Wed, Jan 26-Mar 16, 6:00PM- 7:00PM
\$46 Residents/\$69 Non-Residents

Milwaukee Marshall MR02
Mon/Wed, Jan 26-Mar 18, 7:00PM- 8:00PM
\$52 Residents/\$78 Non-Residents

Tae Kwon Do

Discover Tae Kwon Do, a Korean martial art emphasizing self-discipline, mental preparation, concentration, and self-control. Learn kicking, punching techniques, proper body positioning, and self-defense. Improve flexibility, conditioning, and self-defense skills.

Activity Code: 3RAE4503
(Section codes listed below)

Hamilton (Ages 15 & up) HA01
Mon/Wed, Jan 21-Mar 16, 6:00PM- 7:00PM
\$46 Residents/\$69 Non-Residents

Hamilton (Ages 15-99) HA02
(Class is combined with youth class)
Tue/Thu, Jan 27-Mar 12, 7:10PM- 8:00PM
\$41 Residents/\$62 Non-Residents

Milwaukee Marshall MR01
(Beg., White, Orange, & Yellow Belt)
Mon/Wed, Jan 12-Mar 16, 6:00PM- 7:00PM
\$52 Residents/\$78 Non-Residents

Milwaukee Marshall (Ages 15 & up).... MR02
(Beg., White, Orange, & Yellow Belt)
Tue/Thu, Jan 13-Mar 12, 6:00PM- 7:00PM
\$52 Residents/\$78 Non-Residents

Riverside (Ages 15 & up) RS01
(Beg, white-yellow belts, combined with youth class)
Mon/Wed, Jan 12-Mar 4, 6:15PM- 7:15PM
\$46 Residents/\$69 Non-Residents

Riverside (Ages 15 & up) RS05
(Int./Adv., Camo-Black Belt, combined with youth class)
Mon/Wed, Jan 12-Mar 4, 7:15PM- 8:15PM
\$46 Residents/\$69 Non-Residents

Riverside (Ages 15 & up) RS04
(All ranks all ages)
Sat, Jan 17-Mar 7, 11:45AM-12:30PM
\$23 Residents/\$35 Non-Residents

MUSIC

Bass Guitar

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

Activity Code: 3RAE4602
(Section codes listed below)

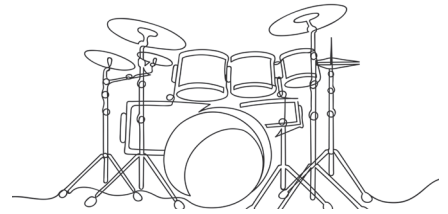
Beulah Brinton BN01
Fri, Jan 30-Mar 20, 7:15PM- 8:15PM
\$25 Residents/\$38 Non-Residents

Drums

Ready to rock? Mr. D will help aspiring drummers learn rhythms, rides, rolls, and styles. Bring a pair of drumsticks and a practice drum pad (available at most music stores). Adult and Youth Classes are combined.

Activity Code: 3RAE4603
(Section codes listed below)

Beulah Brinton BN01
Fri, Jan 30-Mar 20, 6:00PM- 7:00PM
\$25 Residents/\$38 Non-Residents



Guitar

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

Activity Code: 3RAE4604
(Section codes listed below)

Beulah Brinton BN01
(Beg.)
Sat, Jan 31-Mar 21, 2:00PM- 3:30PM
\$36 Residents/\$54 Non-Residents

Hamilton HA01
(Beg.)
Thu, Jan 22-Mar 12, 6:00PM- 7:30PM
\$36 Residents/\$54 Non-Residents

Riverside RS01
(Beg./Semi-Private)
Mon, Jan 12-Mar 2, 6:00PM- 7:30PM
\$83 Residents/\$125 Non-Residents

Riverside RS02
(Int./Semi-Private)
Mon, Jan 12-Mar 2, 7:45PM- 8:45PM
\$59 Residents/\$89 Non-Residents



Piano

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

Activity Code: 3RAE4607
(Section codes listed below)

Beulah Brinton BN01

(Beg.)
Sat, Jan 31-Mar 21, 10:30AM-12:00PM
\$36 Residents/\$54 Non-Residents

Beulah Brinton BN02

(Int.)
Sat, Jan 31-Mar 21, 12:15PM- 1:45PM
\$36 Residents/\$54 Non-Residents

Hamilton HA01

(Beg.)
Wed, Jan 21-Mar 11, 6:00PM- 7:30PM
\$36 Residents/\$54 Non-Residents

Rock Band

Join the band, learn some songs, and have fun! All types of musicians welcome; bring your musical instrument. Previous band experience and/or training required. Mr. D leads the way. Adult and Youth Classes are combined.

Activity Code: 3RAE4608
(Section codes listed below)

Beulah Brinton BN01

Sat, Jan 31-Mar 21, 4:00PM- 6:00PM
\$46 Residents/\$69 Non-Residents

Sing Out!

Do you want to learn to sing or improve your confidence and control? Work on basic vocal techniques with Mr. D. Learn proper breathing, voice inflection, range, and ear training. Adult and Youth Classes are combined.

Activity Code: 3RAE4609
(Section codes listed below)

Hamilton HA01

Wed, Jan 21-Mar 11, 7:45PM- 8:45PM
\$25 Residents/\$38 Non-Residents

Introduction to Harmonica

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

Activity Code: 3RAE4611
(Section codes listed below)

Hamilton HA01

Tue, Jan 20-Mar 10, 6:00PM- 7:00PM
\$25 Residents/\$38 Non-Residents

Ukulele For You

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

Activity Code: 3RAE4620
(Section codes listed below)

Hamilton HA01

(Class is combined with youth class)
Thu, Jan 22-Mar 12, 7:45PM- 8:45PM
\$25 Residents/\$38 Non-Residents

OUTDOOR EDUCATION

Cooking with the Seasons

Learn to cook nourishing and delicious cuisine with seasonal ingredients. These classes will focus on elevating seasonal produce with culinary techniques to maximize flavor and help participants make enjoyable meals at home while staying on a budget. Each class will include a meal and interactive lesson plan, for those looking to take their cooking to the next level!

50+ **Activity Code: 3R555014**
(Section codes listed below)

OASIS (Ages 50 & up) 5501

Wed, Jan 14-Mar 18, 1:00PM- 2:30PM
\$34 Residents/\$51 Non-Residents

Activity Code: 3RAE55014
(Section codes listed below)

Hamilton (Ages 50 & up) HA01

Mon/Sat, Mar 14, 6:00PM- 8:00PM
\$32 Residents/\$48 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: 3RAE2601
(Section codes listed below)

Hamilton HA01

Wed, Jan 28, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

Declutter before Moving and Selling Your Home

Discussing what to do when these big events are approaching - de-clutter, organize, downsize, pre-packing and so much more. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing.

Activity Code: 3RAE2602
(Section codes listed below)

Hamilton HA01

Wed, Feb 11, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents



Declutter/Organize Your Home

Declutter and organize your home in 2025! We'll discuss everything you need to know to make a fresh start, stay motivated and create organized systems both you and your family can maintain. Class taught by Tamara Starr, Sweet Simplicity Professional Organizing.

Activity Code: 3RAE2607
(Section codes listed below)

Hamilton HA01

Wed, Feb 25, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

ORGANIZED GAMES

Bid Whist

Weekly Bid Whist Extravaganza! Join this African-American card game for fun, challenges, and socializing. Open to experienced players. Register with a partner or be paired with singles. Entertainment-focused play; no gambling allowed during class. Come and enjoy the game!

Activity Code: 3RAE4906
(Section codes listed below)

Milwaukee Marshall MR01

Tue, Jan 20-Mar 10, 6:00PM- 8:00PM
\$10 Residents/\$15 Non-Residents



PERSONAL SKILLS

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: 3RAE5405
(Section codes listed below)

Hamilton HA01

Thu, Feb 5, 7:15PM- 8:15PM
\$6 Residents/\$9 Non-Residents

No Power Tools Necessary (Basic Home Repairs)

Broken switch? Outlet that won't hold plugs? Want to update a light fixture but you aren't sure where to start? This class will help you identify DIY electrical projects, tips to prevent problems, and when it's time to call an electrician. Cost includes tools to take home. Class taught by Brian Hunt a licensed remodeling contractor with over 20 years of experience. Non-refundable class fee.

Activity Code: 3RAE5412
(Section codes listed below)

Hamilton HA01

Sat, Feb 21, 9:00AM-11:00AM
\$50 Residents/\$75 Non-Residents

Riverside RS03

Sat, Feb 21, 12:00PM- 2:00PM
\$50 Residents/\$75 Non-Residents

Old Family Photos in the Digital Age

Cabin fever is the perfect time to finally cull and organize your old family photos. This two hour seminar covers image selection, creating a workflow, scanning prints and slides, outsource options, archiving the collection, and how to get and stay organized. Information on computer use is for Windows PC computers.

Activity Code: 3RAE5417
(Section codes listed below)

Riverside RS01

Tue, Feb 24, 6:30PM- 8:00PM
\$18 Residents/\$27 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: 3RAE5422
(Section codes listed below)

Hamilton HA02

Thu, Mar 11, 6:30PM- 8:00PM
\$18 Residents/\$27 Non-Residents

Riverside RS04

Tue, Feb 10, 6:30PM- 8:00PM
\$18 Residents/\$27 Non-Residents



Conversation Practice!

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: 3RAE5440
(Section codes listed below)

Hamilton HA01

Wed, Feb 18, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

Foster Care in our Community

Address the growing foster care crisis in our community with this free virtual course. Gain insights into the foster care system, ways to help, and the impact of trauma on children and families. Taught by Travis Cheesbro, Chief Program Officer at Norris. Link provided in advance.

Activity Code: 3RAE5441
(Section codes listed below)

Online VR01

Wed, Jan 7, 6:00PM- 7:00PM
FREE

Online VR02

Wed, Jan 21, 12:00PM- 1:00PM
FREE

Online VR03

Wed, Feb 11, 6:00PM- 7:00PM
FREE

Online VR04

Wed, Feb 25, 12:00PM- 1:00PM
FREE

Online VR05

Thu, Mar 12, 6:00PM- 7:00PM
FREE

Online VR06

Thu, Mar 26, 12:00PM- 1:00PM
FREE

Cutting the Cords - Controlling Cable & Internet Cords

Fees for cable television, home internet, smartphones and streaming services quickly add up to hundreds of dollars. This seminar reviews your options to cut costs and still watch television programs and have internet access on all devices. Instructor C.T. Kruger. Class fee is non-refundable.

Activity Code: 3RAE5443
(Section codes listed below)

Hamilton HA01

Mon, Mar 4, 6:30PM- 8:00PM
\$15 Residents/\$23 Non-Residents

Riverside RS01

Tue, Feb 3, 6:30PM- 8:00PM
\$18 Residents/\$27 Non-Residents

You Have Pictures in Your Camera - Now What?

Organize and save your multitude of pictures! Learn techniques for managing photos from cameras and smartphones, transferring to external devices and 'the Cloud' in this two-hour seminar with instructor C.T. Kruger. Non-refundable class fee.

Activity Code: 3RAE5444
(Section codes listed below)

Hamilton HA01

Mon, Mar 25, 6:30PM- 8:00PM
\$15 Residents/\$23 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: 3RAE5455
(Section codes listed below)

Hamilton HA01

Wed, Mar 18, 6:30PM- 8:00PM
\$18 Residents/\$27 Non-Residents

Riverside RS01

Tue, Feb 17, 6:30PM- 8:00PM
\$18 Residents/\$27 Non-Residents



Being Mindful of Your Emotions: Emotional Intelligence Workshop

Take control of your emotions! Join a two-hour workshop to enhance mindfulness. Explore a four-step process: Self Awareness, Self-Management, Social Awareness, and Relationship Management. Learn to respond, not react, to the world. Non-refundable class fee.

Activity Code: 3RAE5469
(Section codes listed below)

Hamilton HA01

Wed, Feb 11, 6:00PM- 8:00PM
\$9 Residents/\$14 Non-Residents

POP CULTURE

Milwaukee's Silent City

For more than 170 years, Forest Home Cemetery has been the final resting place for many Milwaukee leaders. Although Forest Home remains primarily a place to bury the dead, it is Milwaukee's first accredited arboretum, a nature preserve and museum of local history. Learn more about great industrialists to infamous figures to war veterans, women trailblazers, civil rights leaders and loved ones from all walks of life.

Activity Code: 3RAE9602
(Section codes listed below)

Hamilton HA01

Sat, Feb 7, 10:00AM-12:00PM
\$9 Residents/\$14 Non-Residents

Hamilton HA02

Sat, Mar 7, 10:00AM-12:00PM
\$9 Residents/\$14 Non-Residents

SPORTS AND RECREATION

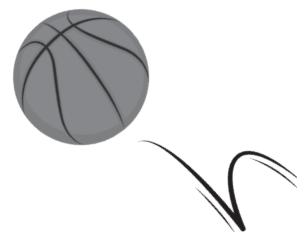
30+ Basketball

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: 3RAE6201
(Section codes listed below)

Beulah Brinton (Ages 30 & up) BN01

Mon, Jan 26-Mar 30, 6:00PM- 8:15PM
\$44 Residents/\$66 Non-Residents



Tennis Lessons

Prepare for the next match. Lessons will teach you the proper forehand, backhand, ground strokes and serving technique. Wear sports clothing.

Activity Code: 3RAE6204
(Section codes listed below)

Milwaukee Marshall MR01

Sat, Jan 17-Mar 7, 8:45AM- 9:45AM
\$25 Residents/\$38 Non-Residents

Milwaukee Marshall MR02

(Int.)
Sat, Jan 17-Mar 7, 9:50AM-10:50AM
\$25 Residents/\$38 Non-Residents

Co-Rec Volleyball

This open volleyball play will give you the chance to practice your skills in a friendly, non-competitive environment. Bring yourself and a friend for a fun night of volleyball. Everyone plays. Wear sports clothing. Fee is per person.

Activity Code: 3RAE6205
(Section codes listed below)

Milwaukee Marshall MR01

Tue, Jan 20-Mar 10, 7:30PM- 9:00PM
\$36 Residents/\$54 Non-Residents



Volleyball - Co-Ed League

Register now for this structured coed volleyball league. The registration must be complete with team name and information for all players including address, zip code and telephone number. Game times will fluctuate from week to week. Schedules available the first week of play. Staff will keep score. Teams must have 3 or more females. Online registration is not available for teams or individuals. Teams and individuals must register at Beulah Brinton. Fee is per person.

Activity Code: 3RAE6206
(Section codes listed below)

Beulah Brinton BN01
(Teams)

Tue, Jan 13-Mar 31, 6:00PM- 9:00PM
\$36 Residents/\$54 Non-Residents

Beulah Brinton BN02
(Teams)

Fri, Jan 16-Apr 3, 6:00PM- 9:00PM
\$36 Residents/\$54 Non-Residents



Golf Lessons - Indoors

Don't know the difference between a wood and an iron, a green and fairway? Is an eagle just a large birdie? Learn the very basics of golf including how the game is played, terminology, proper grip, stance and swing. Bringing your clubs (7 iron and putter) is not mandatory, but recommended.

Activity Code: 3RAE6210
(Section codes listed below)

Milwaukee Marshall MR01

Sat, Jan 17-Mar 7, 3:30PM- 4:30PM
\$25 Residents/\$38 Non-Residents



SOCCER

Late Night Sports League

Milwaukee Recreation will be operating a free soccer league to young adults ages 17-26 from the Milwaukee community. League management will focus their efforts not only on soccer, but connecting the participants to community resources. Athletes cannot be currently enrolled in high school to participate.

Activity Code: 3RAS1109
(Section codes listed below)

Beulah Brinton (Ages 17-26).....BV02

Mon, Dec 15-Mar 9, 8:30PM-11:30PM
FREE



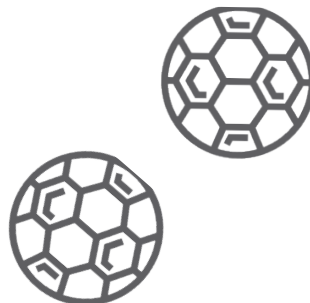
Late Night Women's Soccer League

Milwaukee Recreation will be operating a free soccer league to young adults ages 17-35 from the Milwaukee community. League management will focus their efforts not only on soccer, but connecting the participants to community resources. Athletes cannot be currently enrolled in high school to participate.

Activity Code: 3RAS5910
(Section codes listed below)

GaenslenGS01

(Women's League)
Wed, Dec 10-Mar 11, 7:30PM-11:30PM
FREE



SPECIAL EVENTS

50+ Field Trip to Fireside Dinner Theatre

NEW

Join us for a luncheon matinee at the Fireside featuring "Beehive", a musical celebrating the '60s - the fashions, the movies, the moon landing, and of course, the music! The fee INCLUDES lunch, the show, and round-trip school bus transportation to Fireside Dinner Theatre (1131 Janesville Ave, Fort Atkinson) from the OASIS (2414 W Mitchell St, Milwaukee). Registrants can choose to drive their own vehicle to Fireside Dinner Theatre instead of taking the school bus shuttle. If taking transportation, please arrive to the OASIS by 8:30AM. Fireside Dinner Theatre is 1 hour from Milwaukee. Fee is nonrefundable.

50+ **Activity Code: 3R550003**
(Section codes listed below)

OASIS (Ages 50 & up) 5501

Fri, Feb 20, 8:30AM- 5:15PM
\$87.50 Residents/\$87.50 Non-Residents

SPORTS AND RECREATION

Pickleball

Experience the excitement of pickleball, America's fastest-growing sport. Join our welcoming group for open play, suitable for all skill levels. Basic guidance is available but true beginners are encouraged to explore external resources and complete an introductory course beforehand. BYO paddle or borrow one of ours. Please note, drop-ins are not allowed.

Activity Code: 3R550101
(Section codes listed below)

Morse MS01

Thu, Jan 15-Mar 19, 6:30PM- 9:00PM
\$18 Residents/\$27 Non-Residents

Pulaski PK01

Sat, Jan 17-Mar 21, 9:00AM-12:00PM
\$18 Residents/\$27 Non-Residents

Pulaski PK02

Wed, Jan 14-Mar 18, 6:30PM- 9:00PM
\$18 Residents/\$27 Non-Residents

WINTER 2025-26 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.

WINTER MEN'S BASKETBALL LEAGUES

- Days/Locations:
 - » Mondays @ rotation sites: Bay View, Hamilton, Reagan
 - » Tuesdays @ Garland
 - » Wednesdays @ Milwaukee Marshall HS
 - » Thursdays @ rotation sites: Bay View, Hamilton, Reagan
- Registration Deadline: November 10 (or when leagues are full)
- Season: Begins the week of December 1, runs 10 weeks (2-week holiday break)
- Team Registration Fee: \$520 (resident) / \$570 (non-resident)
- Inquiries may be directed to Matthew Ryan at matthew@mkerec.net

WINTER COED & WOMEN'S VOLLEYBALL LEAGUES

- Days/Locations:
 - » Women's League: Tuesdays @ Wedgewood
 - » Coed League: Wednesdays @ Wedgewood
- Registration Deadline: December 8 (or when leagues are full)
- Season: Begins the week of January 5, runs 10 weeks
- Team Registration Fee: \$312 (resident) / \$362 (non-resident)
- Inquiries may be directed to Brent Landon at brent@mkerec.net

SPRING SPORTS

Spring sports will be here before you know it! We'll be offering: basketball, futsal, golf, kickball, pickleball, softball, and volleyball. Visit mkerec.net/adultsports or contact the Adult Sports office for details.

INDIVIDUAL PLAYERS / FREE AGENTS

Interested in playing but don't have a team? Check out the Free agent link at the QR code to the right.

Free agent lists are shared with teams that may be seeking players. This is a great way to get involved and meet new people—but placement on a team is not guaranteed.

FREE AGENT LINK

**OFFICIALS WANTED**

We are hiring officials and scorekeepers for adult leagues!

If you have experience in basketball, flag football, kickball, soccer, softball, or volleyball, contact the Adult Sports Office at 414.647.6046 or adultsports@mkerec.net to learn more.

THERAPEUTIC RECREATION

Adaptive Open Swim

Open Swim with your family member/friend/aid. Swimmers must be at least 3 years of age. All participants are REQUIRED to have assistance in the water from a household member or guardian (age 16 or older). All participants who will be in the water MUST enroll.

Activity Code: 3RTR0501
(Section codes listed below)

Gaenslen (Ages 3 & up).....GS01

Fri, Jan 16-Mar 6, 5:35PM- 6:35PM
FREE

Adaptive Aquatics Program

Milwaukee Recreations' Adaptive Aquatics program teaches learn to swim skills and safety topics specifically for individuals with disabilities ages six and up. Instructors use a student-centered approach to help participants learn to be safe in, on and around the water. More info at Mkerec.net

Activity Code: 3RTR0502
(Section codes listed below)

Gaenslen (Ages 6-12).....GS01

Thu, Jan 15-Mar 5, 5:40PM- 6:30PM
\$37 Residents/\$37 Non-Residents

Gaenslen (Ages 13 & up).....GS02

Thu, Jan 15-Mar 5, 6:40PM- 7:30PM
\$37 Residents/\$37 Non-Residents

Milwaukee Marshall (Ages 6-12)...MR01

Tue, Jan 13-Mar 3, 6:15PM- 7:05PM
\$37 Residents/\$37 Non-Residents

Milwaukee Marshall (Ages 13 & up)...MR02

Tue, Jan 13-Mar 3, 7:15PM- 8:05PM
\$37 Residents/\$37 Non-Residents

Alley Cats

Bowl with family & friends! All bowlers must register. Weekly fee \$9.00 (cash) due at alley which includes 3 games of bowling & shoes. Agencies must provide support staff. Meet at AMF West Lanes. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

Activity Code: 3RTR6601
(Section codes listed below)

AMF West (Ages 6 & up).....AM01

(Winter Only)
Thu, Jan 29-Mar 19, 6:00PM- 8:00PM
\$11 Residents/\$17 Non-Residents

AMF West (Ages 6 & up).....AM02

(Winter/Spring - No class on March 26 or April 2.)
Thu, Jan 29-May 14, 6:00PM- 8:00PM
\$16 Residents/\$24 Non-Residents

Awesome Appetizers and Desserts Too!

Each week we will make either a dessert or an appetizer for all to enjoy. Great ideas for entertaining at home! An \$10 (cash only) supply fee is due at the first class. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

Activity Code: 3RTR6602
(Section codes listed below)

Hamilton (Ages 10 & up)HA01

(Winter Only)
Wed, Jan 28-Mar 18, 7:30PM- 8:30PM
\$19 Residents/\$29 Non-Residents

Hamilton (Ages 10 & up)HA02

(Winter/Spring - No class March 25 or April 1)
Wed, Jan 28-May 13, 7:30PM- 8:30PM
\$31 Residents/\$47 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: 3RTR6604
(Section codes listed below)

OASIS (Ages 13 & up)5501

(Winter Only)
Fri, Jan 30-Mar 20, 4:30PM- 5:30PM
\$19 Residents/\$29 Non-Residents

OASIS (Ages 13 & up)5502

(Winter/Spring - No class on March 27 or April 3)
Fri, Jan 30-May 15, 4:30PM- 5:30PM
\$31 Residents/\$47 Non-Residents

Culture Cafe

Join us at Culture Cafe as we cook and enjoy delicious dishes from all over the world while learning fun facts about the countries they originate from. A \$10 (cash only) supply fee is due at the first class. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6605
(Section codes listed below)

Hamilton (Ages 10 & up)HA01

(Winter Only)
Thu, Jan 29-Mar 19, 7:00PM- 8:30PM
\$27 Residents/\$41 Non-Residents

Hamilton (Ages 10 & up)HA02

(Winter/Spring - No class March 26 or April 2)
Thu, Jan 29-May 14, 7:00PM- 8:30PM
\$46 Residents/\$69 Non-Residents

Diner's Club

We'll create a delicious dinner each Friday evening. Feel free to bring a favorite recipe to share and your appetite. A \$10 (cash only) supply fee is due at the first gathering. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6606
(Section codes listed below)

OASIS (Ages 13 & up)5501

(Winter Only)
Fri, Jan 30-Mar 20, 5:30PM- 7:30PM
\$36 Residents/\$54 Non-Residents

OASIS (Ages 13 & up)5502

(Winter/Spring - No class on March 27 or April 3)
Fri, Jan 30-May 15, 5:30PM- 7:30PM
\$58 Residents/\$87 Non-Residents

Friday Night Combo with Boot Camp!

Our Friday Night Combo with Boot Camp includes TR Boot Camp, Diner's Club, and Moviers & Shakers. A \$10 (cash only) supply fee is due at the first class. An additional \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6607
(Section codes listed below)

OASIS (Ages 13 & up)5501

(Winter Only)
Fri, Jan 30-Mar 20, 4:30PM- 9:00PM
\$66 Residents/\$99 Non-Residents

OASIS (Ages 13 & up)5502

(Winter/Spring - No class on March 27 or April 3)
Fri, Jan 30-May 15, 4:30PM- 9:00PM
\$105 Residents/\$158 Non-Residents

Friday Night Combo with Computers!

Our Friday Night Combo with Computers includes Computer Club, Diner's Club, and Moviers & Shakers. A \$10 (cash only) supply fee is due at the first class. An additional \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6608
(Section codes listed below)

OASIS (Ages 13 & up)5501

(Winter Only)
Fri, Jan 30-Mar 20, 4:30PM- 9:00PM
\$66 Residents/\$99 Non-Residents

OASIS (Ages 13 & up)5502

(Winter/Spring - No class on March 27 or April 3)
Fri, Jan 30-May 15, 4:30PM- 9:00PM
\$105 Residents/\$158 Non-Residents

Friday Night Combo with Games!

Our Friday Night Combo with Games includes Game & Card Night, Diner's Club, and Moviers & Shakers. A \$10 (cash only) supply fee is due at the first class. An additional \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6609
(Section codes listed below)

OASIS (Ages 13 & up) 5501

(Winter Only)

Fri, Jan 30-Mar 20, 4:30PM- 9:00PM
\$66 Residents/\$99 Non-Residents

OASIS (Ages 13 & up) 5502

(Winter/Spring - No class on March 27 or April 3)

Fri, Jan 30-May 15, 4:30PM- 9:00PM
\$105 Residents/\$158 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: 3RTR6610
(Section codes listed below)

OASIS (Ages 13 & up) 5501

(Winter Only)

Fri, Jan 30-Mar 20, 4:30PM- 5:30PM
\$19 Residents/\$29 Non-Residents

OASIS (Ages 13 & up) 5502

(Winter/Spring - No class on March 27 or April 3)

Fri, Jan 30-May 15, 4:30PM- 5:30PM
\$31 Residents/\$47 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: 3RTR6611
(Section codes listed below)

Hamilton (Ages 10 & up) HA01

(Winter Only)

Thu, Jan 29-Mar 19, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Hamilton (Ages 10 & up) HA02

(Winter/Spring - No class on March 26 or April 2)

Thu, Jan 29-May 14, 6:00PM- 7:00PM
\$31 Residents/\$47 Non-Residents

Moviers and Shakers

This program alternates between a large screen movie and a dance party. A \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3RTR6612
(Section codes listed below)

OASIS (Ages 13 & up) 5501

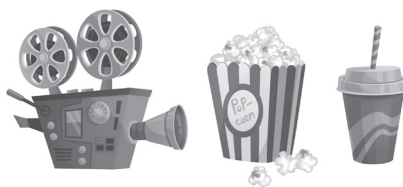
(Winter Only)

Fri, Jan 30-Mar 20, 7:30PM- 9:00PM
\$11 Residents/\$17 Non-Residents

OASIS (Ages 13 & up) 5502

(Winter/Spring - No class on March 27 or April 3)

Fri, Jan 30-May 15, 7:30PM- 9:00PM
\$16 Residents/\$24 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: 3RTR6613
(Section codes listed below)

Hamilton (Ages 10 & up) HA01

(Winter Only)

Wed, Jan 28-Mar 18, 6:00PM- 7:30PM
\$27 Residents/\$41 Non-Residents

Hamilton (Ages 10 & up) HA02

(Winter/Spring - No class on March 25 or April 1)

Wed, Jan 28-May 13, 6:00PM- 7:30PM
\$46 Residents/\$69 Non-Residents



Super Saturday

On Saturday afternoons, we will create fantastic art projects, make delicious snacks, play exciting gym activities, and have awesome special events and field trips! This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6616
(Section codes listed below)

Manitoba (Ages 6 & up) MB01

(Winter Only)

Sat, Jan 31-Mar 21, 12:30PM- 4:00PM
\$58 Residents/\$87 Non-Residents

Manitoba (Ages 6 & up) MB02

(Winter/Spring - No class March 28 or April 4.)

Sat, Jan 31-May 16, 12:30PM- 4:00PM
\$81 Residents/\$122 Non-Residents

Milwaukee Marshall (Ages 6 & up) ... MR01

(Winter Only)

Sat, Jan 31-Mar 21, 12:30PM- 4:00PM
\$58 Residents/\$87 Non-Residents

Milwaukee Marshall (Ages 6 & up) ... MR02

(Winter/Spring - No class March 28 or April 4.)

Sat, Jan 31-May 16, 12:30PM- 4:00PM
\$81 Residents/\$122 Non-Residents

T.R. Boot Camp

Join us as we work out and have fun with friends. We will try a variety of work-outs to keep it exciting and work various muscle groups. As always, we will adapt activities so all can participate. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6617
(Section codes listed below)

OASIS (Ages 13 & up) 5501

(Winter Only)

Fri, Jan 30-Mar 20, 4:30PM- 5:30PM
\$19 Residents/\$29 Non-Residents

OASIS (Ages 13 & up) 5503

(Winter/Spring - No class on March 27 or April 3)

Fri, Jan 30-May 15, 4:30PM- 5:30PM
\$31 Residents/\$47 Non-Residents

Thursday Night Combo at Hamilton

Our Thursday Night Combo at Hamilton includes Let's Get Moving and Culture Cafe. A \$10 (cash only) supply fee is due to the instructor at the first class. This is a Therapeutic Recreation program for individuals with disabilities.

Activity Code: 3RTR6618
(Section codes listed below)

Hamilton (Ages 10 & up) HA01
(Winter Only)
Thu, Jan 29-Mar 19, 6:00PM- 8:30PM
\$44 Residents/\$66 Non-Residents

Hamilton (Ages 10 & up) HA02
(Winter/Spring - No class March 26 or April 2)
Thu, Jan 29-May 14, 6:00PM- 8:30PM
\$65 Residents/\$98 Non-Residents

Wednesday Night Combo

Our Wednesday Night Combo includes Scrapbooking and Awesome Appetizers & Desserts Too. A \$10 (cash only) supply fee is due at the first gathering. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6620
(Section codes listed below)

Hamilton (Ages 10 & up) HA01
(Scrapbooking and Awesome Apps & Desserts -Winter Only)
Wed, Jan 28-Mar 18, 6:00PM- 8:30PM
\$44 Residents/\$66 Non-Residents

Hamilton (Ages 10 & up) HA02
(Scrapbooking and Awesome Apps & Desserts -Winter/Spring - No class March 25 or April 1)
Wed, Jan 28-May 13, 6:00PM- 8:30PM
\$65 Residents/\$98 Non-Residents

Game Night SWITCHed Up

We will have Nintendo Switch available with games like Mario Kart, Jeopardy, and Just Dance. There will be Wii's for those that love the classics like Wii Sports. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6621
(Section codes listed below)

OASIS (Ages 8 & up) 5501
(Winter Only)
Tue, Jan 27-Mar 17, 6:00PM- 8:00PM
\$36 Residents/\$54 Non-Residents

OASIS (Ages 8 & up) 5502
(Winter/Spring - No class March 24 or March 31)
Tue, Jan 27-May 12, 6:00PM- 8:00PM
\$58 Residents/\$87 Non-Residents



Sunday TR Funday

Sundays are meant to be a fun day so let's get out & enjoy fun in the Milwaukee area together! The one-time registration fee does not include the cost of the outing. Information about specific outings will be sent to you after registration. Program registration fee is nonrefundable.

Activity Code: 3RTR6628
(Section codes listed below)

Various (Ages 13 & up)..... VL01
(Winter Only - Sunday TR Funday Outings: 2/1 - movie, 2/8 - 3rd Street Market, 2/15 - Disney on Ice, 2/22 - Domes, 3/1 - movie, 3/8 - TBD, 3/15 - TBD)
Sun, Feb 1-Mar 15, TIME VARIES
\$11 Residents/\$17 Non-Residents

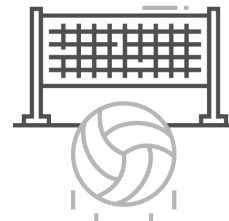
Various (Ages 13-99) VL02
(Winter/Spring - Sunday TR Funday Outings: 2/1 - movie, 2/8 - 3rd Street Market, 2/15 - Disney on Ice, 2/22 - Domes, 3/1 - movie, 3/8 - TBD, 3/15 - TBD, 4/12 - movie, 4/19 - TBD, 4/26 - TBD, 5/3 - farmers market)
Sun, Feb 1-May 3, TIME VARIES
\$16 Residents/\$24 Non-Residents



ACTIVE OLDER ADULTS - 50+ SPORTS

Our Active Older Adults program encourages health and vitality for individuals 50 and older, promoting physical, mental, social, and emotional well-being. Participants can meet new friends, join recreational activities, learn new games, and stay active through organized sports leagues, open play, and drop-in sporting events year-round. For registration information please contact the Adult Sports/50+ Sports Office at 414.647.6046 or email Matthew@mkerec.net. For pickleball registration information please contact Megan Frey at 414.647.6057 or email Megan@mkerec.net.

50+ FALL VOLLEYBALL LEAGUES: These morning senior leagues play two times a week (Tuesday & Thursday) for 14-weeks. The start date is Tuesday, January 6, 2026. Players of all skill levels are encouraged to join as we offer both a competitive league and a social league. All games are played at Beulah Brinton Community Center (2555 S. Bay St.). Please contact Matthew Ryan at matthew@mkerec.net or 414.647.6070 for a registration form!



- Competitive League: Tue/Thur, Jan. 6 – Apr. 9, 2026 / Social League: Tue/Thur, Jan. 6 – Mar. 26, 2026
- Fee: \$15 Resident / \$30 Non-Resident
- Activity Code: 2R556801, Section: BN03 (Competitive) & BN04 (Social)

50+ SPRING SOFTBALL LEAGUE: This Tuesday morning softball league will begin play on April 21, 2026 and continue over a 14-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 Matthew Ryan at matthew@mkerec.net or 414.647.6070 for a registration form! Early registration closes on December 19, 2025.

- Tue, Apr. 21 – Aug. 11, 2026
- Game Times: 9:15am, 10:30am, & 11:45am
- Fee: \$15 Resident / \$30 Non-Resident
- Activity Code: 2R558101, Section: B406

WINTER PICKLEBALL OPEN PLAY (AGES 18+): Join our welcoming group for open play, suitable for all skill levels. Basic guidance is available but true beginners are encouraged to explore external resources and complete an introductory course beforehand. BYO paddle or borrow one of ours. Please note, drop-ins are not allowed. Contact Megan Frey at 414.647.6057 or email Megan@mkerec.net with any questions. Registration starts on December 4. Online registration recommended for these high demand sessions.

INDOOR

- Wed, Jan 14-Mar 18, 6:30PM- 9:00PM at Pulaski (2500 W Oklahoma Ave). Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 3R550101, Section: PK02
- Thu, Jan 15-Mar 19, 6:30PM- 9:00PM at Morse (6700 N 80th St). Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 3R550101, Section: MS01
- Sat, Jan 17-Mar 21, 9:00AM-12:00PM at Pulaski (2500 W Oklahoma Ave). Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 3R550101, Section: PK01



YEARLY SPORTS SCHEDULE:

- Fall Season (Sept-Dec): Softball league, volleyball leagues, drop-in volleyball, pickleball open, cornhole league
- Winter Season (Jan-Mar): Volleyball leagues, drop-in volleyball, pickleball open, cornhole league.
- Spring/Summer Season (Apr-Aug): Softball leagues, drop-in volleyball, pickleball open

OASIS COMMUNITY CENTER

2414 W. Mitchell Street, Milwaukee, WI 53204

ACTIVE OLDER ADULTS PROGRAM

Enrich your life at the OASIS Community Center! Designed for adults fifty years and older, we offer a wide range of engaging programs including arts and crafts, cooking, fitness, health and wellness, yoga, dance, language skills, outdoor education, sports and recreation, and special events. Join our friendly, supportive community and find endless opportunities to learn, stay active, and connect.



BECOME AN OASIS MEMBER

Become an OASIS Community Center Member for \$15 for City of Milwaukee Residents and \$25 for Non-Residents. Membership fee is valid for one year from purchase date.



INCLUDED WITH MEMBERSHIP:



COFFEE BAR

Open Monday through Friday
8:00AM-11:00AM

Coffee and assorted teas, occasional bakery items.



COMPUTER LAB

Open Monday through Friday
8:00AM - 3:00PM



FITNESS CENTER

Open Monday through Friday
8:00AM - 3:00PM

Fitness Center equipment includes compressed air resistance machines, treadmills, ellipticals, exercise bicycles, rowing machines, and free weights.



Register for a membership in-person at the OASIS or online at
mkerec.net/oasis

Questions? Contact:

MEGAN FREY, SUPERVISOR – ACTIVE OLDER ADULTS

megan@mkerec.net | 414.647.6057

MKE REC
A department of MPS

TEAM MILWAUKEE SPECIAL OLYMPICS

Team Milwaukee is a registered agency with Special Olympics Wisconsin

This year-round sports program offers both adults and youth with intellectual disabilities the opportunity to learn and improve skills through training and competition in various sports. These programs will encourage participants to become more physically fit, socialize with others, and increase self-confidence. To participate in area/state Special Olympics competitions, individuals must be eight (8) years or older and have completed the required Special Olympics forms. Come join the fun!

Summer Season (June – September)

Softball
Tee Ball
Bocce Ball
Flag Football

Winter Season (December – April)

Basketball
Competitive Swimming

Fall Season (September – December)

Bowling
Volleyball
Strength Training

Spring Season (March – June)

Track & Field
Soccer
Cornhole
Strength Training

For additional information please contact Team Milwaukee Special Olympics at Specialolympics@mkerec.net or call 414.647.6041.





WISCONSIN ADAPTIVE SPORTS ASSOCIATION
Be Bold. Belong. Become.

SCAN ME



Sign up to play adaptive sports! WASA provides adaptive sports & fitness opportunities for those with physical disabilities and/or visual impairments, ages 6 and up.

- Recreational or Competitive
- All ability levels welcome
- Adaptive equipment, including sports chairs provided
- Scan the QR code and select "register" or sign up online at: www.wasa.org



Questions: email info@wasa.org or call 414-310-7051.

WASA is a 501(c)3 tax exempt, non-profit organization.

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

Las formas de registro incluyen:

- En línea a través de mkerec.net
- Por teléfono llamando al 414.475.8180
- En persona 5225 W. Vliet St. o OASIS Community Center, 2414 W. Mitchell St. Horarios: Lunes -Viernes 8:15am – 4:30pm
- Fax al 414-475-8183
- Por correo: Envíe la forma a Milwaukee Recreation, P.O. Box 2181, Milwaukee, WI 53201-2181

Para obtener más información en español sobre la guía, los plazos de inscripción, la confirmación, los reembolsos, el seguro, las tarifas, los métodos de pago, la accesibilidad del programa, la ley de estadounidenses con discapacidades o las regulaciones de A.H.E.R.A, llame al 414.475.8180.

Give the gift of recreation this holiday season!

A Milwaukee Recreation gift card is the perfect gift for any friend or family member. Call 414.475.8180 to purchase or for more information.



The Gift Card is redeemable for activities, events, admission fees, and products at any Milwaukee Recreation location or at mkerec.net. The Gift Card is NOT redeemable for concessions, food services, cash or credit. For card balance or to report a lost, stolen or damaged card, please call 414.475.8180. We can replace the remaining value on a lost, stolen or damaged card with the original purchase receipt. No fees. No expiration date. No value until purchased. Reload the card online at mkerec.net, at any of our locations during normal business hours, or by calling 414.475.8180.

50+ Spring Softball League Sponsors

Our Milwaukee Recreation, 50+ Softball League is preparing for its 46th season of league play. As an organization, Milwaukee Recreation is committed to attracting and retaining active older adults by providing high-quality sports programming opportunities while keeping the individual participation cost at a manageable rate. The cost of sponsoring a team is \$225. The cost includes a sponsor banner, business name on website, and logo on team uniforms. This sponsorship subsidizes the cost of team jerseys, game balls, umpire game fees, and allows us to offer affordable individual player fees each year.

If your company is interested in becoming a 50+ softball team sponsor or if you have any questions, please contact Matthew Ryan at matthew@mkerec.net or 414.647.6070.

Milwaukee Recreation earns CAPRA reaccreditation!

On Sept. 15, the CAPRA Commission approved Milwaukee Recreation's bid for reaccreditation at its annual meeting.

The department's five-year reaccreditation cycle has restarted with a new review slated for 2030. A few notable stats about this accomplishment are below.



STATS BEHIND THE SUCCESS

1 Milwaukee Recreation is the **only school district-run agency** to have earned CAPRA accreditation.

2 Milwaukee Recreation is **one of just two** accredited agencies **in the state of Wisconsin.**

3 **Less than 3 percent** of park and recreation agencies in the country **are accredited** (231 out of over 10,000).

Learn more about Milwaukee Recreation's status as an accredited park and recreation agency at mkerec.net/CAPRA.



EVERYONE PLAYS!

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

Scholarship applications for *Everyone Plays!* **open on Monday, November 17, 2025.** 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!



SAVE THE DATE

Daddy ♥ Daughter Dance

Saturday, Feb 28, 2026

5:00 p.m. - 8:00 p.m.

LOCATION: Baird Center (400 W. Wisconsin Ave.)

We look forward to seeing you all on the dance floor in February - it's time to groove!

DINNER & DANCE OPTION: \$30 per adult, \$10 first child, \$5 each additional child.
Doors open at 5:00 p.m. for pre-registered dinner & dance guests only.
Dinner will be served from 5:15 p.m. - 6:15 p.m.

DANCE ONLY OPTION: \$20 per adult, \$5 each child.
Doors open at 6:15 p.m. for dance guests only.

Stay up to date on all information at mkerec.net/daddydaughter

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CELEBRATING OUR 21TH ANNIVERSARY!



YogaFest

1.1.26 | Beulah Brinton Community Center (2555 S. Bay St.)

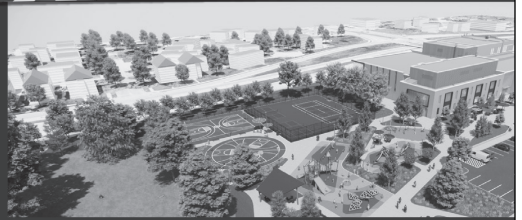
Kick off the new year with fantastic and FREE yoga classes!	Yoga 9:00 -9:45am (3RAE3620-BN01)	Gentle Yoga 10:00 -10:45am (3RAE3620-BN02)	Family Yoga 11:00am -11:45am (3RAE3620-BN03)
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Space is limited. Registration opens 12.4.25.

mkerec.net/yogafest

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A department of MPS

MILWAUKEE RECREATION'S NEW COMMUNITY CENTER IS UNDER CONSTRUCTION



We are working hard to **BUILD** your **DREAM** community center!

We are currently building the new Milwaukee Recreation Community Center (MRCC) at N. 76th St. & W. Silver Spring Dr. It's scheduled to open in 2027. We're constructing a vibrant space for learning, recreation, and connection.

Learn more at mkerec.net/mrcc.

Get an exclusive look at our progress and be the first to know about grand opening details: scan the QR code to subscribe to the Rec Reader newsletter to stay in the loop!



Hawthorn Glen Winter Wonder Woods

FREE
EVENT

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

Explore the winter beauty of Hawthorn Glen Outdoor Education Center with an evening walk through the woods, featuring nature-inspired displays that gently illuminate the path and your understanding of the natural world. This year, we're scaling back some of our lighting to allow Hawthorn Glen's natural beauty to take center stage.

COME EXPERIENCE



Festive
Lights on
Display



Festive
Selfie
Station



Hiking
Santa
Trail



Fun Facts
Along
The Trail



Complimentary
cookies &
warm drinks



OUR MISSION, VISION, AND VALUES

MISSION

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

VISION

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

VALUES

The following are the core values that drive the work and interactions with the team and customers:



Equity

Ensuring access to recreation services for all.



Accountability

Taking individual and collective responsibility.



Memorable Experiences

Creating special, distinctive recreation experiences.



Professional Staff

Employing staff who possesses the core competencies of the department.



Quality Service Delivery

Exceeding customer expectations through responsive and respectful service delivery.



Sense of Community

Providing services that encourage personal connections and relationships.



Collaborations/ Partnerships

Fostering and maintaining partnerships with individuals and organizations that benefit the community



MILWAUKEE
PUBLIC SCHOOLS

CITYWIDE KINDERGARTEN ENROLLMENT FAIR



SATURDAY, JANUARY 31, 2026 • 9AM – NOON



SAVE THE DATE

Daddy ♥ Daughter Dance

Saturday, Feb 28, 2026

5:00 p.m. - 8:00 p.m.

LOCATION: Baird Center (400 W. Wisconsin Ave.)

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Doors open at 6:15 p.m. for dance guests only.

**Stay up to date on all information
at mkerec.net/daddydaughter**

MKE REC

A department of MPS

CELEBRATING OUR
21TH
ANNIVERSARY!

Milwaukee Public Schools
Recreation Department
P.O. Box 2181
Milwaukee, WI 53201-2181
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ECRWSS

RESIDENTIAL CUSTOMER



A department of MPS

WINTER

Recreation Guide

2026

Register online at mkerec.net. Call 414.475.8180 with any questions.

If you live in the city of Milwaukee and this booklet was NOT delivered directly to your mailbox, please visit mkerec.net/mail to complete our two-question mailing survey.

Para obtener ayuda en español: (414) 475-8180

Rohingya zuban ot modot ollá: (414) 475-8182

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للمساعدة باللغة العربية: (414) 475-8182

Wixii caawin Af- Somali ah: (414) 475-8182

Xav tau kev pab hais ua lus Hmoob hu: (414) 475-8182