

Registration begins December 7, 2023 | 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**

Join Milwaukee Recreation for an exciting winter season!



Colder temperatures are quickly approaching and I can't think of a better way to spend part of the winter than with Milwaukee Recreation. The Winter 2024 Milwaukee Recreation Guide is full of many new and exciting offerings that will keep you and your family busy throughout the season. How about exploring nature in your neighborhood with our many outdoor education classes, joining the Mil-"WALK"-ee walking club (yes, even during the winter), or learning how to make candles and chicken chili? Youth will enjoy digging for dinosaurs, making music, trying out a new sport, diving into swim lessons and so much more!

After you've mapped out your activity schedule, welcome in winter with a walk through the woods of Hawthorn Glen at the 5th annual Winter Wonder Woods on December 8, 9, 15, and 16. Imagine nearly 100,000 lights illuminating the night as you stroll past a snowflake village, an enchanted forest, a gathering of snow-people and more. After you pass through the giant igloo, step into the cozy pavilion for some hot cocoa and sweet treats.

Finally, we invite dads and daughters to the 19th annual Daddy/Daughter Dance on Saturday, February 17, at North Division High School. In addition to dads, we also encourage grandfathers, uncles, and other adult males who are father figures to sign up with the special young ladies in their lives. This is one of the best opportunities for 'dads' and daughters to celebrate one another and share an unforgettable experience. Information about both events is available at mkerec.net.

We hope you'll join us this winter in one or more of the many opportunities available to you with Milwaukee Recreation!

Dr. Keith P. Posley
Superintendent of Schools



Daddy ♥ Daughter Dance

Saturday, Feb 17, 2024

5pm - 8pm | North Division Community Center (1011 W. Center St.)

Activity code: 3P113301

Dinner & Dance Option - \$30 per adult, \$10 first child, \$5 each additional child

Dance Only Option - \$20 per adult, \$5 each child (limit three children per adult)

Adult registration includes complimentary photo

Doors open at 5:00pm for pre-registered dinner & dance guests only. Dinner will be served from 5:15pm-6:15pm. Doors open at 6:15pm for dance guests only.



For more information and to register
visit mkerec.net/daddydaughter



A department of MPS

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**MILWAUKEE
PUBLIC SCHOOLS**

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

Dr. Keith P. Posley
Superintendent of Schools

Lynn A. Greb, Senior Director
Milwaukee Recreation

Milwaukee Board of School Directors

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2nd District

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3rd District

Aisha Carr
4th District

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5th District

Marcela (Xela) Garcia
6th District

Henry Leonard
7th District

Megan O'Halloran
8th District

Missy Zombor
At Large

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Para ayuda en español: 475-8812

Important Dates — See page 2 for details.

December 5	Driver Education registration begins 10AM
December 7	Priority registration for city of Milwaukee residents begins at 10AM
December 14	Non-city of Milwaukee residents' registration begins at 10AM.
January 1	Mail-in registration deadline.
January 1	Fax-in registration deadline. Fax registrations must be received by 4PM.

A NOTE REGARDING WINTER 2023 REGISTRATION:

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

OUR MISSION:

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

OUR VISION:

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

Ways to Register

Priority registration is given to city of Milwaukee residents beginning **December 7, 2023 at 10AM**. Non-city of Milwaukee residents may register beginning **December 14, 2023 at 10AM** through the dates listed below. **Registration for Driver Education begins on December 5, 2023 starting at 10AM**.

1. ONLINE REGISTRATION

Deadline: one week before your class begins.

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

SAVE YOUR USERNAME AND PASSWORD HERE:

2. OVER-THE-PHONE REGISTRATION

Deadline: one week before your class begins.

1. Please call 414-475-8811 to inquire about registering for a class over the phone.

Please have credit card information ready at the time of your call.

3. IN-PERSON REGISTRATION

Deadline: one week before your class begins.

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

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

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

2. Citywide Programs Office: 2414 W Mitchell St.

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

4. FAX-IN REGISTRATION

Through Monday, January 8, 2024 at 4:00 PM

1. Fax completed form to: Milwaukee Recreation.
(414) 475-8183. Please include a return FAX number.

2. A credit card number (MasterCard or Visa only), expiration date, and signature are required on all forms.

5. MAIL-IN REGISTRATION

Registration must be received by Monday, January 8, 2024

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

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

3. Mail to: Milwaukee Recreation, P.O. Box 2181, Milwaukee, WI 53201-2181.

4. Active Older Adults: Mail to 2414 W. Mitchell St., 53204

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

Important Registration Information

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

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

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

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

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

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

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

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

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

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

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

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

MILWAUKEE RECREATION CLASS/ACTIVITY REGISTRATION FORM

MAIN CONTACT

LAST NAME

FIRST NAME

MIDDLE INITIAL

DATE OF BIRTH

RECEIPT # (OFFICE USE ONLY)

ADDRESS

(NO PO BOX #s, PLEASE)

APT. #

CITY

ZIP CODE

PHONE ()

E-MAIL

CHECK BOX IF ADDRESS IS NEW

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

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

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

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

X
Signature required for all registrations

☐ CASH

☐ MONEY ORDER

☐ CHECK (#)

CHECKS PAYABLE TO MILWAUKEE RECREATION

CREDIT CARD #

CARDHOLDER NAME

PHONE NUMBER ()

SIGNATURE: _____

EXP. DATE ____/____/____

SECURITY CODE: _____

NEW: DEMOGRAPHIC INFORMATION (MAIN CONTACT)

1. Which race or ethnicity best describes you?
Hispanic/Latino (1) _____ Native Hawaiian or other Pacific Islander (5) _____
American Indian or Alaska Native (2) _____ White (6) _____
Asian (3) _____ Two or more races (7) _____
Black or African American (4) _____ Prefer not to answer (8) _____

2. Which of the following most accurately describes you?
Male (M) _____ Non-binary (N) _____
Female (F) _____ Prefer not to answer (P) _____
Transgender (T) _____

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

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

Please sign this form at left, enclose total payment, and mail to Milwaukee Recreation
PO Box 2181
Milwaukee, WI, 53201
or fax to 414.475.8183
before the advertised registration deadlines.

TOTAL FEES \$

REDUCED ACTIVITY FEE \$

SCHOOL NAME: \$

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

TOTAL PAYMENT DUE \$

REDUCED ACTIVITY FEE (17 YEARS & UNDER)

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

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

MILWAUKEE RECREATION INCLUSION SERVICES POLICY

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

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

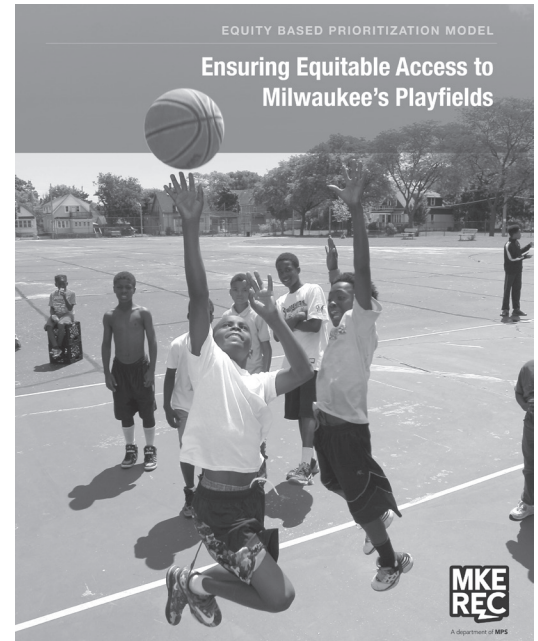
POLICY GOALS: The Inclusion Services Policy outlines Milwaukee Recreation's approach to ensuring inclusive environments and equitable opportunities for all community members in local parks and recreation.

THIS POLICY ENSURES THAT:

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

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

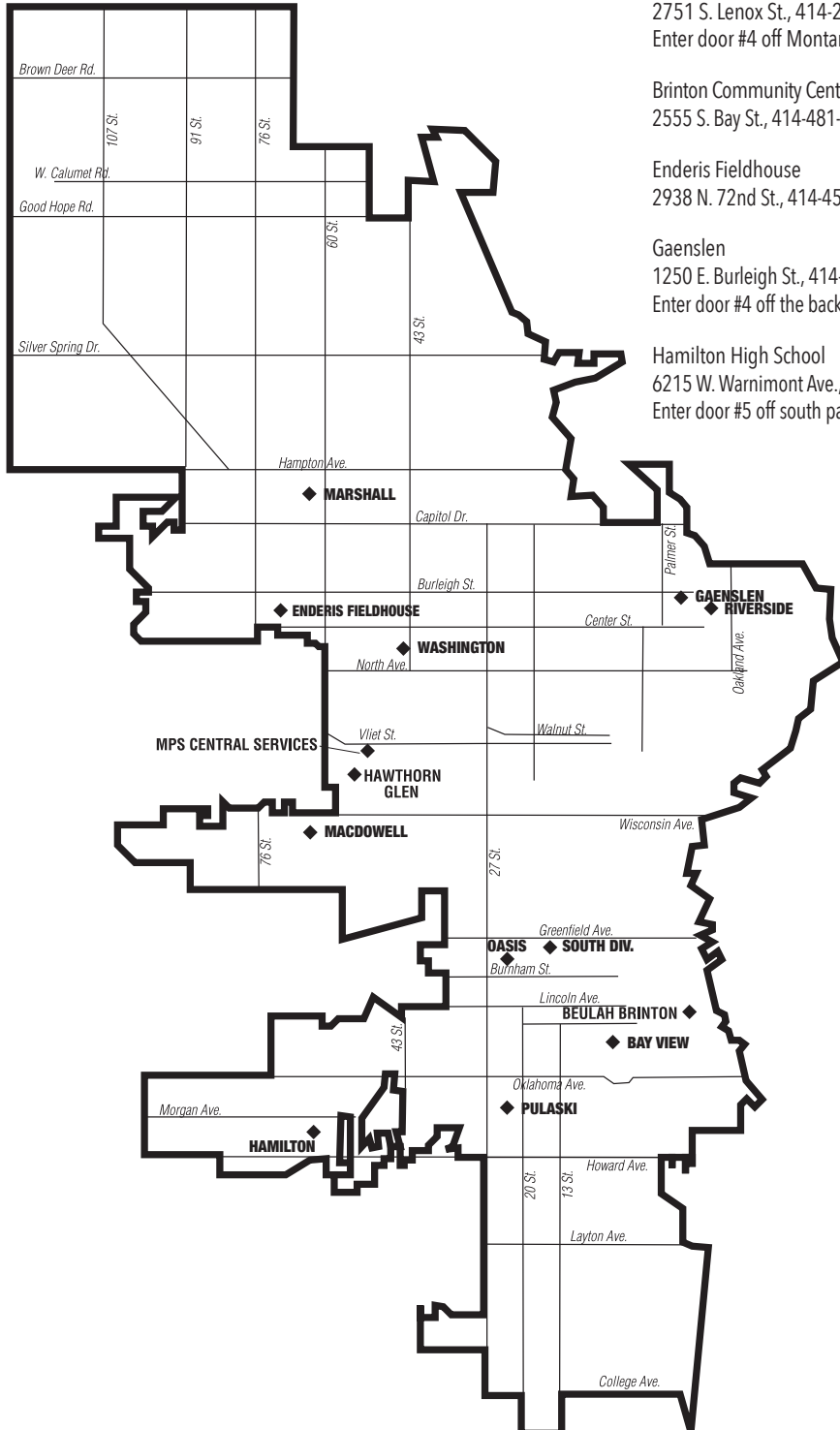
Need accommodations? Submit an ADA Accommodation Request electronically by visiting mkerec.net/inclusion and a member of the recreation team will contact you for further details.



EVERYONE PLAYS!



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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



K3 K4 K5 KINDERGARTEN ENROLLMENT FAIR



SAVE THE DATE

Saturday, February 3, 2024

mpsmke.com

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EVERYONE PLAYS!

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

Scholarship applications for *Everyone Plays!* **will be open on November 30, 2023.** 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 Adventures

NEW 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, the building through, themed creations. Most importantly this may be the most fun class you've ever taken! There is an additional \$35 materials fee.

Activity Code: 3RCE0915
(Section codes listed below)

Hamilton (Ages 7-12)..... HA01
Thu, Jan 18-Feb 22, 5:30PM- 7:00PM
\$56 Residents/\$67 Non-Residents

Lego Open Build

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

Activity Code: 3RCE0919
(Section codes listed below)

Hamilton (Ages 3 & up)..... HA01
Sat, Jan 20-Feb 24, 10:00AM-12:00PM
\$27 Residents/\$41 Non-Residents

Sewing 101 for Teens

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: 3RCE0958
(Section codes listed below)

Milwaukee Marshall (Ages 14-17).MR01
Sat, Jan 13-Mar 2, 8:45AM-10:45AM
\$35 Residents/\$53 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 27-Mar 16, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

DANCE

African Dance

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

Activity Code: 3RCE2901
(Section codes listed below)

Riverside (Ages 6-17)..... RS01
Sat, Jan 13-Mar 2, 1:00PM- 2:00PM
\$19 Residents/\$29 Non-Residents

Disney® Dance

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

Activity Code: 3RCE2906
(Section codes listed below)

Hamilton (Ages 4-7)..... HA02
Sat, Jan 13-Mar 2, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Hip Hop

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

Activity Code: 3RCE2908
(Section codes listed below)

Hamilton (Ages 7-14)..... HA01
Sat, Jan 13-Mar 2, 11:45AM-12:45PM
\$19 Residents/\$29 Non-Residents

Hamilton (Ages 3-8)..... HA02
Thu, Jan 18-Mar 7, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

MacDowell (Ages 7-14)..... JU01
Mon, Jan 22-Mar 11, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Pre-Ballet

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

Activity Code: 3RCE2911
(Section codes listed below)

Hamilton (Ages 3-5)..... HA01
(Not eligible for reduced fees)
Sat, Jan 13-Mar 2, 9:15AM- 9:45AM
\$10 Residents/\$15 Non-Residents

Hamilton (Ages 6-9)..... HA02
Sat, Jan 13-Mar 2, 9:50AM-10:35AM
\$14 Residents/\$21 Non-Residents

MacDowell (Ages 5-9)..... JU01
Mon, Jan 22-Mar 11, 5:15PM- 6:00PM
\$14 Residents/\$21 Non-Residents

FAMILY CLASSES

Paper Folding Arts for Children and Parents

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

Activity Code: 3RCE3308
(Section codes listed below)

Hamilton HA01
(Adults)
Tue, Feb 6-Mar 5, 5:00PM- 6:15PM
\$15 Residents/\$23 Non-Residents

Hamilton (Ages 4-8)..... HA02
(Youth Ages 4-8)
Tue, Feb 6-Mar 5, 5:00PM- 6:15PM
\$15 Residents/\$23 Non-Residents

Family & Friends Volleyball Tournament

NEW Start off the new year playing volleyball with family and friends. At a young age, it is difficult for kids to have rallies in volleyball. In this format, the goal is for kids to have fun. The adults are there to set them up for success. Teams will have 6 players on the court, and at least 3 of the players will be kids ages 7-12. At most, there will be 3 adults. The adults can be anyone who likes volleyball: parent, aunt, uncle, grandparent, coach, etc. \$10 per team. Once an adult has registered, email Joel Symons at Joel@mkerec.net with your team name and names of players. A schedule will be emailed the week before January 1.

Activity Code: 3RCE3350
(Section codes listed below)

Beulah Brinton (Ages 7 & up)..... BN01
Mon, Jan 1, 1:00PM- 6:00PM
\$10 Residents/\$10 Non-Residents



FITNESS

Yoga for Kids

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

Activity Code: 3RCE3505
(Section codes listed below)

Beulah Brinton (Ages 7-11)..... BN01
Mon, Jan 22-Mar 11, 5:00PM- 5:45PM
\$14 Residents/\$21 Non-Residents

MAD SCIENCE

Mad Science Digging for Dinosaurs

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

Activity Code: 3RCE7604
(Section codes listed below)

Hamilton HA01
Sat, Feb 17, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Riverside RS02
Sat, Mar 9, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents



Mad Science Electricity Workshop

This workshop introduces students to the fundamental concepts of electricity: circuits, conductors, insulators, and how electricity is converted for everyday uses. Students get to create different circuits, interact with plasma balls, discover "sticky" static electricity and make their own static energy chambers to take home. Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3RCE7605
(Section codes listed below)

Hamilton (Ages 5-12)..... HA03
Sat, Feb 24, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

Riverside (Ages 5-12)..... RS03
Sat, Jan 27, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

Mad Science Slime Time

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

Activity Code: 3RCE7615
(Section codes listed below)

Hamilton (Ages 5-12)..... HA02
Sat, Feb 10, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

Mad Science Radical Robots

What are automatons? How do robotic systems work? Learn all about robot-building in this exciting Mad Science lab! Students will tinker with their very own robots as they learn the basic engineering skills involved in building these machines. Experiment with robots that can do some extraordinary tasks, infrared robots, robotic arms, and even robots that like to play. Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3RCE7622
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, Mar 2, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

Riverside (Ages 5-12)..... RS02
Sat, Feb 3, 11:15AM-12:15PM
\$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). Class is combined with adult class. Class is taught by Mr. D.

Activity Code: 3RCE4602
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01
Fri, Jan 26-Mar 15, 7:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Drums

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

Activity Code: 3RCE4603
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01
Fri, Jan 26-Mar 15, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Guitar

This class focuses on basic chords, note reading, different strumming techniques, and guitar maintenance. *Beg courses focus on the music theory side of playing guitar, and chord theory is a key element of this class. *Int courses build your song repertoire and techniques and are for students with previous guitar experience. All classes are taught by Mr. D. and youth and adult courses are combined. Must bring your own guitar.

Activity Code: 3RCE4604
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01
(Beg.)
Sat, Jan 27-Mar 16, 2:00PM- 3:30PM
\$27 Residents/\$41 Non-Residents

Hamilton (Ages 12-17)..... HA01
(Beg.)
Thu, Jan 18-Mar 7, 6:00PM- 7:30PM
\$27 Residents/\$41 Non-Residents

Riverside (Ages 12-17)..... RS01
(Beg./Semi-Private)
Mon, Jan 22-Mar 11, 6:30PM- 8:00PM
\$54 Residents/\$81 Non-Residents

Riverside (Ages 12-17)..... RS02
(Int./Semi-Private)
Mon, Jan 22-Mar 11, 8:15PM- 9:15PM
\$36 Residents/\$54 Non-Residents



Piano

Beg. level courses will give beginning piano enthusiasts an introduction to the keyboard, including note reading, rhythm, two handed playing, and techniques. Int. level courses will help take you to the next level. Keys, scales, chords, and melodies, learning with Mr. D makes theory fun. Course for those with previous keyboard and note-reading experience. There is no need to bring your keyboard from home. Classes are taught by Mr. D. and all youth and adult courses are combined.

Activity Code: 3RCE4606
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01
(Beg.)
Sat, Jan 27-Mar 16, 10:30AM-12:00PM
\$27 Residents/\$41 Non-Residents

Beulah Brinton (Ages 12-17)..... BN02
(Int.)
Sat, Jan 27-Mar 16, 12:15PM- 1:45PM
\$27 Residents/\$41 Non-Residents

Hamilton (Ages 12-17)..... HA01
(Beg.)
Wed, Jan 17-Mar 6, 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 27-Mar 16, 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. Class is combined with adult class.

Activity Code: 3RCE4609
(Section codes listed below)

Hamilton (Ages 12-17)..... HA01
Wed, Jan 17-Mar 6, 7:45PM- 8:45PM
\$19 Residents/\$29 Non-Residents

Introduction to Harmonica

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

Activity Code: 3RCE4611
(Section codes listed below)

Hamilton (Ages 12-17)..... HA01
Tue, Jan 23-Mar 12, 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 18-Mar 7, 7:45PM- 8:45PM
\$19 Residents/\$29 Non-Residents

MUSIC IN MPS

Milwaukee Recreation and the MPS Music Department offer the following Saturday Youth Music lessons at Hamilton and Marshall. Class fees for all classes are \$12 Residents and \$18 Non-Residents. All classes provide students the opportunity to learn and develop their skills in small group settings. Instruments must be requested at registration or they will not be available at the first lesson. Please see the sizing information for the guitar and strings - if no size is indicated, we will not have an instrument at the first session. Register for the classes using the following guidelines:

- Beginner: No experience.
- Intermediate: 1-2 years of experience.
- Advanced: 3+ years of experience.

All teachers reserve the right to place students at the appropriate level. Please do not register based on the time the class is offered - students with no experience will be removed from the intermediate or advanced level.

Acoustic Guitar

This course provides students the opportunity to learn and develop their skills on guitar in a small group setting. Emphasis will be basic note reading and chord playing skills. An appropriately sized nylon-stringed acoustic guitar is required. Please indicate on your registration form if you need an instrument and which size. Please register for classes following the guidelines below: Beginning - no experience required; Intermediate/Advanced - completed Beginner course. Beginning Guitar Class may be combined with Beginning Ukulele class. Books are required and will be available at the first session for \$10. Cash only.

Activity Code: 3RCE3201
(Section codes listed below)

Hamilton (Ages 7-9)..... HA05
(Beg.)
Sat, Jan 27-Apr 27, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 10-17)..... HA01
(Beg.)
Sat, Jan 27-Apr 27, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 7-17)..... HA02
(Int./Adv.)
Sat, Jan 27-Apr 27, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents



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. Please indicate on your registration form if you need a drum pad and sticks.

Activity Code: 3RCE206
(Section codes listed below)

Hamilton (Ages 7-17)..... HA01

Sat, Jan 27-Apr 27, 10:00AM-10:45AM
\$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: 3RCE207
(Section codes listed below)

Hamilton (Ages 7-17)..... HA12

(Beg.)
Sat, Jan 27-Apr 27, 8:15AM- 8:45AM
\$24 Residents/\$36 Non-Residents

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

(Beg.)
Sat, Jan 27-Apr 27, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 10-17)..... HA02

(Beg.)
Sat, Jan 27-Apr 27, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

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

(Int./Adv.)
Sat, Jan 27-Apr 27, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 7-17)..... HA04

(Beg.)
Sat, Jan 27-Apr 27, 11:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

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

(Beg.)
Sat, Jan 27-Apr 28, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 10-17). MR02

(Beg.)
Sat, Jan 27-Apr 28, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

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

(Int./Adv.)
Sat, Jan 27-Apr 28, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents

String Lessons

This course provides students the opportunity to learn and develop their skills on stringed instruments violin, viola, cello and bass in a small group setting. Please indicate on your registration form if you need an instrument and which size. Students may come to classes with their own instruments. Please register for the string classes using the following guidelines: Beginner - No experience. Intermediate/Advanced - Completed Beginner course. Books are required and will be available at the first session for \$10. (Cash Only)

Activity Code: 3RCE218
(Section codes listed below)

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

(Beg.)
Sat, Jan 27-Apr 27, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

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

(Beg.)
Sat, Jan 27-Apr 27, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

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

(Int./Adv.)
Sat, Jan 27-Apr 27, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents

Beginning Ukulele

Are you a fan of Vance Joy or Twenty-One Pilots? Now is your chance to learn their main instrument: the ukulele. Students in this class will learn chords, melody, note reading and strumming patterns. This class will give you the skills needed to give you the basics of the ukulele including how to read chord charts and help you hit the ground running with your favorite songs. Ideal for future guitar players! No experience necessary. Please indicate on your registration form if you need an instrument. Students should bring their own ukuleles. Books are required and will be available at the first session for \$10. (Cash Only)

Activity Code: 3RCE220
(Section codes listed below)

Hamilton (Ages 10-17)..... HA02

Sat, Jan 27-Apr 27, 11:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

A note for Music in MPS: Guitars, Violin, Cello, Bass, Percussion Kits, Ukuleles, and Piano/Keyboards will be available for rent for \$10 per semester for MPS students, and \$50 per semester for non-MPS students. \$40 will be refunded to non-MPS families when the instrument is returned. Payment is due at the first session and instruments will not be issued without payment. Instruments will be rented as available and are not guaranteed. Please bring cash.

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: Beginner - 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: 3RCE230
(Section codes listed below)

Hamilton (Ages 7-17)..... HA01

(Beg.)
Sat, Jan 27-Apr 27, 10:45AM-11:15AM
\$24 Residents/\$36 Non-Residents

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

(Int/Adv)
Sat, Jan 27-Apr 27, 11:30AM-12:15PM
\$24 Residents/\$36 Non-Residents

NATURE IN YOUR NEIGHBORHOOD

Hop into Spring

**N
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W**

Come join us for a hopping good time as we take a closer look at animals that hop: frogs, leafhoppers, bunnies, even crows hop when they aren't flying. Explore the different ways animals hop and develop your own hop style. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees

Activity Code: 3p124718
(Section codes listed below)

Hamilton (Ages 3 & up) HA01

Thu, Mar 21, 6:00PM- 7:00PM
\$4 Residents/\$6 Non-Residents

ORGANIZED GAMES

Beginner Chess

Don't be intimidated - we all start out at the beginning! In this eight-week class we will focus on the fundamentals of chess. We'll cover opening strategy, the 5 basic checkmates, and tactics such as Forks, Pins, and Discovered Check. This class will be a balance of chess play and instruction. There will be a tournament with trophies and medals. Students need to come to the first class knowing how to move the pieces. Free lessons on how to move the pieces can be found at www.chesskid.com. Open to students in grades 2-8.

Activity Code: 3RCE4906
(Section codes listed below)

Riverside (Ages 7-18)..... RS01

Sat, Jan 13-Mar 2, 11:00AM-12:00PM
\$86 Residents/\$129 Non-Residents



PLAY GROUPS

Regulation Station

NEW

Hop on the energy buster train! First stop? Regulation Station! Participants should be ready to engage in fun, healthy and productive ways to use all the energy they stored up at school all day! Organized sports, obstacle courses, and other physical challenges will help participants regulate those sensory systems and ease their way through the after school transition. Participants should wear sneakers, comfortable clothing, and bring water.

Activity Code: 3RCE5511
(Section codes listed below)

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

Tue, Jan 23-Mar 12, 4:00PM- 4:45PM
\$14 Residents/\$21 Non-Residents

Beulah Brinton (Ages 7-10)..... BN02

Thu, Jan 25-Mar 14, 4:00PM- 4:45PM
\$14 Residents/\$21 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 22-Mar 11, 9:00AM- 9:45AM
\$14 Residents/\$21 Non-Residents

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

Tue, Jan 23-Mar 12, 11:00AM-11:45AM
\$14 Residents/\$21 Non-Residents

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

Wed, Jan 24-Mar 13, 10:00AM-10:45AM
\$14 Residents/\$21 Non-Residents

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

Thu, Jan 25-Mar 14, 11:00AM-11:45AM
\$14 Residents/\$21 Non-Residents

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

Fri, Jan 26-Mar 15, 10:00AM-10:45AM
\$14 Residents/\$21 Non-Residents

Thomas and Friends

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

Activity Code: 3RCE5513
(Section codes listed below)

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

Mon, Jan 22-Mar 11, 11:00AM-11:45AM
\$14 Residents/\$21 Non-Residents

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

Fri, Jan 26-Mar 15, 9:00AM- 9:45AM
\$14 Residents/\$21 Non-Residents

Fidgity Foodies

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

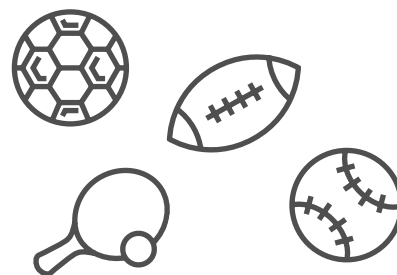
Activity Code: 3RCE5514
(Section codes listed below)

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

Mon, Jan 22-Mar 11, 10:00AM-10:45AM
\$14 Residents/\$21 Non-Residents

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

Fri, Jan 26-Mar 15, 11:00AM-11:45AM
\$14 Residents/\$21 Non-Residents



Sporty Sprouts

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

Activity Code: 3RCE5515
(Section codes listed below)

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

Tue, Jan 23-Mar 12, 10:00AM-10:45AM
\$14 Residents/\$21 Non-Residents

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

Wed, Jan 24-Mar 13, 11:00AM-11:45AM
\$14 Residents/\$21 Non-Residents

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

Thu, Jan 25-Mar 14, 10:00AM-10:45AM
\$14 Residents/\$21 Non-Residents

Sensory Social

Designed with children navigating sensory challenges and neuro-divergence in mind, this class provides a structured, predictable social experience for children to learn and interact with similar aged peers. Visual schedules, a fun routine, and a vibrant instructor will have children excited to be social while having their sensory needs met. Parents should be prepared to stay and support their child if they aren't quite ready to navigate this kind of experience on their own, but can work with the instructor on a plan to phase out as their child becomes more comfortable. Each week will be based on a theme and will include a corresponding story, activity, and plenty of sensory input! Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3RCE5516
(Section codes listed below)

Beulah Brinton (Ages 4-6)..... BN01

Wed, Jan 24-Mar 13, 12:00PM-12:30PM
\$10 Residents/\$15 Non-Residents



RED CROSS BABYSITTING CERTIFICATION

Babysitting Workshop

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

Activity Code: 3RCE5601
(Section codes listed below)

Hamilton (Ages 11-17)..... HA02

Sat, Jan 27, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

Hamilton (Ages 11-17)..... HA03

Sat, Feb 24, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

MacDowell (Ages 11-17)..... JU02

Sat, Mar 2, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

Riverside (Ages 11-17)..... RS01

Sat, Feb 10, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

SCIENCE

Space Exploration

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

Activity Code: 3RCE5808
(Section codes listed below)

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

Sat, Feb 10, 12:30PM- 2:00PM
\$8 Residents/\$12 Non-Residents

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

Sat, Feb 10, 2:30PM- 4:00PM
\$8 Residents/\$12 Non-Residents



Discover Archaeology

Is your child interested in archaeology? Come learn about science, and stone tools, in this hands-on exploration. Kids' activities include real archaeological tasks like: drawing, sorting artifacts, learning how artifacts are made, and identifying stone tools from regular rocks. Workshop taught by a stone tools archaeologist and includes a flint-knapping demonstration. Class fee includes safety glasses and rock material.

Activity Code: 3RCE5809
(Section codes listed below)

Hamilton (Ages 7-14)..... HA01

Sat, Feb 10, 12:00PM- 1:30PM
\$14 Residents/\$21 Non-Residents

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

Sat, Feb 17, 12:00PM- 1:30PM
\$14 Residents/\$21 Non-Residents

Weather Exploration

NEW

Kids will learn and explore weather through projects that include making their own rain cloud, snow storm, tornado, and more! This class will be taught by a certified MPS teacher. Class fee includes supply cost and is non-refundable. Class is not eligible for reduced fees.

Activity Code: 3RCE5812
(Section codes listed below)

Milwaukee Marshall (Ages 5-7)..... MR02

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

Milwaukee Marshall (Ages 8-11)... MR01

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

WEAVING AND FIBER ARTS

Kids Knitting

This class is for beginners and beyond. Beginners will learn the knit and purl stitches and casting on and binding off. Returning students will build on skills to make socks, bucket hats, or other comparable projects. Please bring size US 10 (6mm) 16" circular knitting needle, bulky weight yarn, and stitch markers to class.

Activity Code: 3RCE6901
(Section codes listed below)

Gaenslen (Ages 7-17)..... GS01

(Instructor: Erin Arnevik)
Mon, Jan 22-Mar 11, 5:00PM- 6:00PM
\$24 Residents/\$24 Non-Residents



Empowering our future workforce

Goodwill's Empower Youth program provides job readiness training, skill building and support to help youth and young adults prepare for and find their next job.

goodwillsew.com



BASKETBALL

Mighty Mite Basketball

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

Activity Code: 3RCE1101
(Section codes listed below)

Bryant (Ages 3-4)..... BY01
(Not eligible for reduced fees)
Wed, Feb 7-Mar 14, 5:30PM- 6:00PM
\$8 Residents/\$12 Non-Residents

Hamilton (Ages 3-4)..... HA01
Sat, Jan 13-Mar 2, 8:30AM- 9:15AM
\$14 Residents/\$28 Non-Residents

MacDowell (Ages 3-4)..... JU01
(Not eligible for reduced fees)
Sat, Jan 13-Mar 2, 9:00AM- 9:30AM
\$10 Residents/\$15 Non-Residents

Milwaukee Marshall (Ages 3-4)..... MR01
(Not eligible for reduced fees)
Sat, Jan 13-Mar 2, 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)

Bryant (Ages 7-9)..... BY01
Wed, Feb 7-Mar 14, 6:45PM- 7:30PM
\$11 Residents/\$17 Non-Residents

MacDowell (Ages 7-9)..... JU01
Sat, Jan 13-Mar 2, 10:30AM-11:30AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR01
Sat, Jan 13-Mar 2, 11:00AM-12:00PM
\$19 Residents/\$29 Non-Residents

Bitty Basketball

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

Activity Code: 3RCE1103
(Section codes listed below)

Bryant (Ages 5-6)..... BY01
Wed, Feb 7-Mar 14, 6:00PM- 6:45PM
\$14 Residents/\$21 Non-Residents

Hamilton (Ages 5-6)..... HA01
Sat, Jan 13-Mar 2, 9:30AM-10:30AM
\$14 Residents/\$21 Non-Residents

MacDowell (Ages 5-6)..... JU01
Sat, Jan 13-Mar 2, 9:30AM-10:15AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR01
Sat, Jan 13-Mar 2, 10:10AM-10:55AM
\$14 Residents/\$21 Non-Residents

Girls Basketball Camp

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

Activity Code: 3RCE1105
(Section codes listed below)

Milwaukee Marshall (Ages 8-12).... MR01
Sat, Jan 13-Mar 2, 1:25PM- 2:25PM
\$19 Residents/\$29 Non-Residents

All-American Basketball

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

Activity Code: 3RCE1106
(Section codes listed below)

Hamilton (Ages 10-12)..... HA01
Sat, Jan 13-Mar 2, 10:45AM-11:45AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 10-12).MR01
Sat, Jan 13-Mar 2, 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 13-Mar 2, 2:00PM- 3:00PM
\$19 Residents/\$29 Non-Residents

GYMNASTICS

Gymnastics

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

Activity Code: 3RCE3901
(Section codes listed below)

Riverside (Ages 4-5)..... RS01
Sat, Jan 13-Mar 2, 10:05AM-10:55AM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 6-7)..... RS02
Sat, Jan 13-Mar 2, 11:00AM-11:55AM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 8-9)..... RS03
Sat, Jan 13-Mar 2, 12:00PM-12:55PM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 10-12)..... RS04
Sat, Jan 13-Mar 2, 1:00PM- 1:55PM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 4-6)..... RS05
Thu, Jan 18-Mar 7, 6:15PM- 7:15PM
\$23 Residents/\$35 Non-Residents

Riverside (Ages 7-9)..... RS06
Thu, Jan 18-Mar 7, 7:15PM- 8:15PM
\$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 13-Mar 2, 9:00AM- 9:45AM
\$18 Residents/\$27 Non-Residents

MARTIAL ARTS

Children's Self-Defense

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

Activity Code: 3RCE4501
(Section codes listed below)

MacDowell (Ages 7-13)..... JU01
Wed, Jan 24-Mar 13, 6:00PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Judo

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

Activity Code: 3RCE4503
(Section codes listed below)

MacDowell (Ages 7-17)..... JU01
(Beg.)
Mon, Jan 22-Mar 12, 6:30PM- 7:30PM
\$19 Residents/\$29 Non-Residents

MacDowell (Ages 7-17)..... JU02
(Adv.)
Mon, Jan 22-Mar 12, 7:45PM- 8:45PM
\$19 Residents/\$29 Non-Residents

Tae Kwon Do

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

Activity Code: 3RCE4506
(Section codes listed below)

Beulah Brinton (Ages 6-17)..... BN03
(Beg. - White - Yellow Belts)
Mon/Wed/Fri, Jan 22-Mar 15, 4:00PM- 4:45PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 6-17)..... BN04
(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Jan 22-Mar 15, 4:45PM- 5:30PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 6-17)..... BN05
(Adv. - Red/Black & Blacks Belts)
Mon/Wed/Fri, Jan 22-Mar 15, 5:30PM- 6:15PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 3-5)..... BN01
(Not eligible for reduced fees)
Sat, Jan 27-Mar 16, 8:00AM- 8:30AM
\$10 Residents/\$15 Non-Residents

Beulah Brinton (Ages 6-14)..... BN02
Sat, Jan 27-Mar 16, 8:30AM- 9:30AM
\$19 Residents/\$29 Non-Residents

Hamilton (Ages 3-6)..... HA02
Tue/Thu, Jan 16-Mar 14, 6:30PM- 7:00PM
\$21 Residents/\$32 Non-Residents

Hamilton (Ages 6-14)..... HA01
(ADVANCED belt class only)
Mon/Wed, Jan 17-Mar 11, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

MacDowell (Ages 6-17)..... JU01
(Beg. - White - Yellow Belts)
Tue/Thu, Jan 16-Mar 7, 6:00PM- 7:00PM
\$35 Residents/\$53 Non-Residents

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

Milwaukee Marshall (Ages 6-17)... MR01
(Beg., White, Orange, & Yellow Belts)
Mon/Wed, Jan 8-Mar 11, 6:00PM- 7:00PM
\$39 Residents/\$59 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR02
(Int./Adv., Camo-Red/Black Belts)
Mon/Wed, Jan 8-Mar 11, 7:05PM- 8:05PM
\$35 Residents/\$53 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR05
(Beg., White, Orange, & Yellow Belts)
Sat, Jan 13-Mar 2, 9:00AM-10:00AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR03
(Beg., White, Orange & Yellow Belts)
Sat, Jan 13-Mar 2, 10:05AM-11:05AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR06
(Int./Adv., Camo-Red/Black Belts)
Sat, Jan 13-Mar 2, 11:10AM-12:10PM
\$19 Residents/\$29 Non-Residents

Riverside (Ages 3-5)..... RS07
(Beg. Not eligible for reduced fees)
Sat, Jan 13-Mar 2, 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 13-Mar 2, 9:30AM-10:00AM
\$10 Residents/\$15 Non-Residents

Riverside (Ages 6-14)..... RS04
(Beg., White-Yellow Belt)
Sat, Jan 13-Mar 2, 10:15AM-11:00AM
\$14 Residents/\$21 Non-Residents

Riverside (Ages 6-14)..... RS05
(Int./Adv., Camo-Black Belt)
Sat, Jan 13-Mar 2, 11:00AM-11:45AM
\$14 Residents/\$21 Non-Residents

Riverside (Ages 6-14)..... RS01
(Beg., white-yellow belt)
Mon/Wed, Jan 22-Mar 13, 6:15PM- 7:00PM
\$27 Residents/\$41 Non-Residents

Riverside (Ages 6-14)..... RS02
(Int./Adv., Camo/Black Belts)
Mon/Wed, Jan 22-Mar 13, 7:00PM- 8:00PM
\$27 Residents/\$41 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 13-Mar 2, 9:15AM-10:00AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR01
Sat, Jan 13-Mar 2, 10:40AM-11:25AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR02
Sat, Jan 13-Mar 2, 12:35PM- 1:20PM
\$14 Residents/\$21 Non-Residents



Mighty Mite Soccer

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

Activity Code: 3RCE5902
(Section codes listed below)

Beulah Brinton (Ages 3-4)..... BN01
(Not eligible for reduced fees)
Thu, Jan 25-Mar 14, 4:00PM- 4:30PM
\$10 Residents/\$15 Non-Residents

Hamilton (Ages 3-4)..... HA01
Sat, Jan 13-Mar 2, 8:30AM- 9:15AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 3-4)..... MR01
(Not eligible for reduced fees)
Sat, Jan 13-Mar 2, 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 13-Mar 2, 9:35AM-10:35AM
\$19 Residents/\$29 Non-Residents

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

Sat, Jan 13-Mar 2, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents

SPORTS AND RECREATION

Dodgeball

This is the way to throw something at somebody and not get in trouble for it! Brinton's Youth Dodgeball is played with Gator balls which are foam and don't hurt when they hit you. A staff member will referee each game.

Activity Code: 3RCE6202
(Section codes listed below)

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

Tue, Jan 23-Mar 12, 4:30PM- 5:30PM
\$14 Residents/\$21 Non-Residents

TENNIS

Tennis

Tennis instruction will expose youth to backhand/forehand grips and strokes using the latest aerobic and physical fitness conditioning exercises. Rules of singles and doubles play will be covered with an emphasis on sportsmanship. Participants in intermediate and advance should have solid foundation in tennis and completed the beginner level. Participants need to bring their own rackets.

Activity Code: 3RCE6501
(Section codes listed below)

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

(Beg.)
Sat, Jan 13-Mar 2, 10:55AM-11:55AM
\$19 Residents/\$29 Non-Residents

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

(Beg.)
Sat, Jan 13-Mar 2, 12:10PM- 1:10PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 10-17).MR03

(Int./Adv.)
Sat, Jan 13-Mar 2, 1:15PM- 2:15PM
\$19 Residents/\$29 Non-Residents



MKE REC Tennis Lessons (Semi-Private)

MKE REC is offering a golden opportunity to learn tennis in a semi-private format. Participants will learn and/or improve upon the fundamental skills of ground strokes, footwork, volleying, serving, backhand/forehand grips, and the lob. Rules of singles and doubles play will be covered with an emphasis on sportsmanship. Participants will be encouraged to bring their own racquet, water bottle, and/or sweat towel if possible. All 50-minute clinic sessions will consist of a one (1) to three (3) participants. Call 414.475.8410 for more information.

Activity Code: 3RYS6507
(Section codes listed below)

Hi-Mount (Ages 9-11)HI01

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

Hi-Mount (Ages 9-11)HI02

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

Hi-Mount (Ages 11-14)HI03

(Grades 6th-8th)
Sat, Jan 20-Feb 24, 11:30AM-12:20PM
\$22 Residents/\$33 Non-Residents

Hi-Mount (Ages 11-14)HI04

(Grades 6th-8th)
Sat, Jan 20-Feb 24, 12:30PM- 1:20PM
\$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 24-Mar 13, 4:00PM- 5:00PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton (Ages 11-16).....BN03

Wed, Jan 24-Mar 13, 5:00PM- 6:00PM
\$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. Winter Twilight will open on January 5 for middle school sites and January 6 for high school sites.

MIDDLE SCHOOL SITES (ages 10 - 14)

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

HIGH SCHOOL SITES (ages 12 - 18)

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

Please note, Twilight hours are subject to change for the winter season. For updated Twilight hours please visit mkerec.net/Twilight or follow our Facebook page at [Facebook.com/TwilightCenters](https://www.facebook.com/TwilightCenters).



Thank you to our 2023 Run Back to School sponsors!

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Driver Education | General Information

SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION BEGINS ON TUESDAY, DECEMBER 5 AT 10AM!

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

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

MPS DRIVE

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

COMMUNITY-BASED DRIVER EDUCATION

- Open to any student meeting age requirements.
- City of Milwaukee residents: course fee is \$150.00
- 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	HYBRID	ONLINE
<ul style="list-style-type: none"> • 30 hours in-person. • 2 hours per class, for 15 classes. 	<ul style="list-style-type: none"> • 10 hours in person (2 hours per class, for 5 classes). • 20 hours online. 	<ul style="list-style-type: none"> • 30 hours online. • Work at your own pace. • Maximum of 2 hours per day.

MPS Drive | Activity Code: 3UDE3001 (section codes below)

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



IN-PERSON CLASS OPTIONS:

- Classes will meet in-person three (3) days per week (Monday, Wednesday, and Thursday).
- Classes meet for two (2) hours per session.
- If you miss three (3) classes, for any reason, you will be dropped from the program without a refund.

DATES: JANUARY 24 - FEBRUARY 28 (NO CLASS 2/9)

LOCATION	TIMES	SECTION CODE
Hamilton	5:30PM - 7:30PM	Section Code: HA01
MHSA	4:15PM - 6:15PM	Section Code: MH01
MSL	4:15PM - 6:15PM	Section Code: ML01
Obama	5:30PM - 7:30PM	Section Code: CT01
Riverside	4:15PM - 6:15PM	Section Code: RS01

DATES: MARCH 11 - APRIL 18 (NO CLASS 3/25-3/29)

LOCATION	TIMES	SECTION CODE
Hamilton	5:30PM - 7:30PM	Section Code: HA02
MHSA	4:15PM - 6:15PM	Section Code: MH02
MSL	4:15PM - 6:15PM	Section Code: ML02
Obama	5:30PM - 7:30PM	Section Code: CT02
Riverside	4:15PM - 6:15PM	Section Code: RS02

HYBRID CLASS OPTIONS:

- Classes will meet five (5) days - classes meet two (2) hours per day.
- After five (5) days (10 hours), students will complete remaining 20 hours online.
- Students MUST ATTEND all five (5) days without an absence to move to the ONLINE program.

LOCATION	TIMES	JAN 8 - JAN 24 (MON/WED)	JAN 9 - JAN 23 (TUES/THURS)	MAR 4 - MAR 18 (MON/WED)	MAR 5 - MAR 19 (TUES/THURS)
Bay View	5:30PM - 7:30PM	N/A	N/A	CODE: BV55	N/A
Rufus King	4:00PM - 6:00PM	N/A	N/A	N/A	CODE: RK56
Marshall	5:30PM - 7:30PM	N/A	N/A	CODE: MR55	N/A
Pulaski	4:30PM - 6:30PM	CODE: PK53	N/A	N/A	N/A
Reagan	4:00PM - 6:00PM	N/A	CODE: TL54	N/A	N/A
South Division	5:30PM - 7:30PM	N/A	N/A	N/A	CODE: SD56
Vincent	4:30PM - 6:30PM	CODE: VN53	N/A	N/A	N/A
Washington	5:30PM - 7:30PM	N/A	CODE: WA54	N/A	N/A

N/A = NO COURSE AVAILABLE AT THAT DATE/TIME.

ONLINE OPTIONS:

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

Start Date: Feb. 5, 2024	Online	Section Code: DE10
Start Date: April 8, 2024	Online	Section Code: DE11

MPS Drive Program Sponsors



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To sign up, see page 2 • Centers are closed December 24 - 25, and 30, January 1 and 15.

Community-Based Driver Ed | Activity Code: 3DRD3001 (section codes below)

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

IN-PERSON CLASS OPTIONS:

- Classes will meet in-person three (3) days per week (Monday, Wednesday, and Thursday).
- Classes meet two (2) hours per session.
- If you miss three (3) classes, for any reason, you will be dropped from the program without a refund.

DATES: JANUARY 22 - FEBRUARY 29

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

DATES: MARCH 13 - APRIL 25

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

ONLINE OPTIONS:

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

Start Date: February 19, 2024	Online	Section Code: DE20
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SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION BEGINS ON TUESDAY, DECEMBER 5 AT 10AM!



Daddy ♥ Daughter Dance

Saturday, Feb 17, 2024
5pm - 8pm | North Division Community Center (1011 W. Center St.)

Activity code: 3P113301
Dinner & Dance Option - \$30 per adult, \$10 first child, \$5 each additional child
Dance Only Option - \$20 per adult, \$5 each child (limit three children per adult)
 Adult registration includes complimentary photo

Doors open at 5:00pm for pre-registered dinner & dance guests only. Dinner will be served from 5:15pm-6:15pm. Doors open at 6:15pm for dance guests only.

For more information and to register visit mkerec.net/daddydaughter




Registration begins on December 7 • Please note, some class sizes will be limited. • mkerec.net

OUTDOOR EDUCATION

Natural Egg Dyes

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

Activity Code: 3P125002
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sat, Mar 23, 10:00AM-11:30AM
\$8 Residents/\$11 Non-Residents

Friday Night Tales for Tots

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

Activity Code: 3P125004
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

("The Snowy Day" by Ezra Jack Keats)
Fri, Jan 19, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG02

("The Mitten" by Jan Brett)
Fri, Feb 16, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG03

("Maple Moon" by Connie Brummel Cook)
Fri, Mar 15, 6:00PM- 7:30PM
\$5 Residents/\$8 Non-Residents

Slide & Glide - Learn How to Cross-Country Ski

Learn to ski at Hawthorn Glen. Classes consist of two 2-hour sessions and most of the time will be spent on the snow. Ski equipment is available for use if needed. Fees listed include both sessions. Parent/guardian must register, pay, and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3P125006
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG02

(Family Class)
Sat, Feb 17-Feb 24, 10:00AM-12:00PM
\$15 Residents/\$20 Non-Residents

Hawthorn Glen HG03

(Adult Class)
Sat, Feb 17-Feb 24, 1:00PM- 3:00PM
\$15 Residents/\$20 Non-Residents



Hawthorn Glen Winter Wonder Woods

December 8, 9, 15 & 16 • 5:00-8:00 p.m. • 1130 North 60th Street

See Milwaukee Recreation's Hawthorn Glen in a new light as you walk through the woods and view displays that are twinkling with nearly 100,000 lights! \$4/person (Children 2 and under free)

COME EXPERIENCE WINTER WONDER WOODS



Register online at mkerec.net
(Activity code: 3P125082)

Please Note: Warm drinks & sweet treat concessions are cash only. Parking is extremely limited in both the Hawthorn Glen parking lot, and on the street. Street parking is not permitted on 60th St. Carpooling and ride-sharing is greatly appreciated!

If Milwaukee Recreation cancels the event due to inclement weather, participants are welcome to transfer to an open session on a different day or receive a full refund.



A department of MPS

FUN THINGS TO DO ON YOUR DAY OFF OF SCHOOL!

Snow Art at Hawthorn Glen

Monday, Jan. 15 and
Monday, February 19
1:00pm - 3:00pm
\$6 residents/\$9 non-residents
Please register in advance!
Activity Code: 3P125083
(HG02 & HG03)

Nature Hike at Hawthorn Glen

February 19
11:00am - 12:00pm
\$4 residents/\$6 non-residents
Please register in advance!
Activity Code: 3P125099
(HG03)

Maple Sugaring

Explore Hawthorn Glen in search of Wisconsin's state tree, the sugar maple. Learn how to identify and tap a maple for sap (to boil into syrup). Learn the traditional way and modern way to create this valuable liquid food that once sustained the Native Americans and gives us tasty treats today. Parent/guardian must register, pay, and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees. Dress appropriately for an outdoor hike.

Activity Code: 3P125007
(Section codes listed below)

Hawthorn Glen (Ages 5 & up) HG01

Sat, Mar 16, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 5 & up) HG02

Sat, Mar 16, 1:00PM- 2:30PM
\$5 Residents/\$8 Non-Residents

Winter Scavenger Hunt

NEW

Notice the sights of winter and connect to the natural world during a self-paced scavenger hunt at Hawthorn Glen. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3P125008
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

Sat, Jan 27, 9:30AM-11:00AM
\$5 Residents/\$8 Non-Residents

Snowshoeing

The hottest thing in winter sports today is snowshoeing, offering a great cardiovascular work-out for people of every age and fitness level, and it gives you instant access to the forest and the peace provided by nature. It's a low-impact sport, much simpler and safer than skiing. It's an activity kids, adults, and even seniors can do. If you can walk, you can snowshoe! At Hawthorn Glen, the trails are lit by our candle luminarias for our night hike. Parent/guardian must register, pay, and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees. Snowshoes are provided for participants and included in the cost.

Activity Code: 3P125009
(Section codes listed below)

Hawthorn Glen (Ages 9 & up) HG02

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

Sensing Winter

Walk off the winter blues and immerse yourself in the sights and sounds of winter. Feel the peacefulness of the forest and engage all of your senses in winter. Fee is per person. Parent/guardian must register, pay, and attend with child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3P125010
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

Sat, Feb 3, 9:30AM-11:00AM
\$5 Residents/\$8 Non-Residents



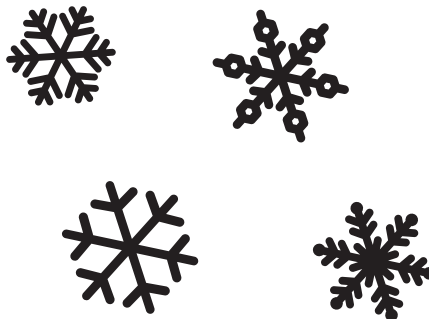
Winter Bird Feeding

Many of our birds that brave the cold winter depend upon dried fruits and seeds for food to survive our harshest season. Learn which birds stay in Wisconsin throughout the winter and what else they need to survive. Listen to recordings of bird calls and learn to identify some of our feathered friends by the songs they sing, and even make your own feeder and other simple and fun hanging bird buffets to help our feathered friends during this chilly time. Parent/guardian must register, pay and attend with a child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3P125011
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

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



Winter Tracks

Find out who has been leaving their footprints in the snow. This winter, join our naturalists for an enjoyable animal-tracking slide show before going outdoors to look for animal tracks. Snow conditions helpful, but not necessary. Parent/guardian must register, pay, and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3P125012
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

Sat, Jan 20, 9:30AM-11:00AM
\$5 Residents/\$8 Non-Residents



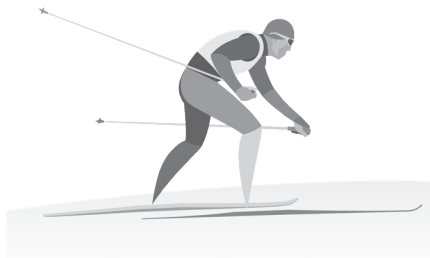
Cross Country Ski Rental at Hawthorn Glen

When snow conditions permit, come to Hawthorn Glen to rent our cross-country skis (boots, skis, and poles provided). A Wisconsin state I.D. or driver's license must be used as a deposit. No reservations taken, just show up. Equipment is available on a first come, first served basis. The equipment may not leave Hawthorn Glen. Hawthorn Glen will determine snow conditions at the facility, please call 414.777.7888 for more information. Instruction not included. Parent/guardian must register, pay, and attend with a child. Fee is per rental. Fees are non-refundable. On-Line registration is not available, just show up!

Activity Code: 3P125016
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sun, Jan 7-Feb 25, 11:00AM- 4:00PM
\$5 Residents/\$8 Non-Residents



HAWTHORN GLEN RENTALS

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

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

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

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



Family Movie Night

NEW Cozy up in our classroom with your family and enjoy "The First Snow of Winter" (30min), a sweet animated film about friendship and migration.

The fireplace will be going, popcorn will be served, and feel free to bring a (non-alcoholic) beverage of your choice. Fee is per person. Parent/guardian must register, pay and attend with child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3P125017
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

("The First Snow of Winter")
Sat, Mar 2, 6:00PM- 7:00PM
\$4 Residents/\$6 Non-Residents

Runaway Mittens Hike

NEW We'll read the story, "Runaway Mittens," then go on a scavenger hunt to explore Hawthorn Glen in the winter. Please dress for the weather. After exploring, we'll share a snack and some hot chocolate. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3p125019
(Section codes listed below)

Hawthorn Glen (Ages 2 & up) HG01

Sat, Feb 10, 11:00AM-12:30PM
\$5 Residents/\$8 Non-Residents

**Visit page 10 for Nature
in Your Neighborhood!**

Toboggan Rentals

Are you looking for fun way to enjoy the outdoors with your family? Rent one of our toboggans and slide down our kid friendly berm. A Wisconsin Driver's license must be used as a deposit. No reservations taken, just show up! Our limited equipment will be rented on a first come, first served basis. Hawthorn Glen will determine snow conditions so calling ahead of time is recommended (414.777.7888). An adult must register, pay and attend with a child. Fee is per hour. On-site registration only.

Activity Code: 3P125075
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

Sat, Jan 6-Feb 10, 11:00AM- 3:00PM
\$3 Residents/\$3 Non-Residents



SPACE SCIENCE

Visit Milwaukee's Stars

Clear skies and long nights make winter a great time for star-gazing in Milwaukee. Learn how to locate the winter constellations: Leo, Virgo & Bootes. Behold the twinkle of the distant suns: Regulus, Spica and Arcturus; and the visible planets: Mercury, Venus, Mars, Neptune and Saturn. This Program is geared toward children, but can be enjoyed by adults. Parent/guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3P126002
(Section codes listed below)

Hamilton (Ages 6 & up) HA01

Tue, Feb 6, 6:30PM- 7:45PM
\$4 Residents/\$6 Non-Residents

Moon Madness

NEW

Earth's moon impacts everything from the tides to popular culture. Learn about the satellite that we can watch at night at the Hamilton Planetarium. Fee is per person. Parent/guardian must register, pay and attend with child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3p126008
(Section codes listed below)

Hamilton (Ages 6 & up) HA01

Wed, Mar 13, 6:30PM- 7:45PM
\$4 Residents/\$6 Non-Residents

Cross Country Ski Rentals

Sundays this winter at Hawthorn Glen
See page 22 for details!



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

THE LITTLE NATURE MUSEUM AT HAWTHORN GLEN



LOCATED AT 1130 NORTH 60TH ST.
HOURS: Mon-Fri 4 PM-5 PM, Sat & Sun
11 AM-12 PM and 3 PM-4 PM

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

GENERAL SWIM INFORMATION

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

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

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

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

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

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

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

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

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

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

PARENT/ADULT AQUATICS PARTICIPATION

When is Parent/Adult involvement REQUIRED?

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

Parent/Adult IN WATER:

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

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

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

Parent NOT in Pool Area or in water:

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

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

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

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

GENERAL SWIM CLASSES

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

American Red Cross



Bay View Girls

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

Monday, Jan 8 - Mar 4

Class#	Level	Start Time	End Time	Price
#3RAQ7404-BV01	Adv. Tiny Tot	4:30PM	5:15PM	\$36
#3RAQ0501-BV01	Level 1	5:30PM	6:20PM	\$36
#3RAQ0502-BV01	Level 2	6:30PM	7:20PM	\$36
#3RAQ0503-BV01	Level 3	7:30PM	8:20PM	\$36

Tuesday, Jan 9 - Feb 27

Class#	Level	Start Time	End Time	Price
#3RAQ7401-BV01	Infant	4:30PM	5:00PM	\$32
#3RAQ0501-BV02	Level 1	5:10PM	6:00PM	\$36
#3RAQ0502-BV02	Level 2	6:10PM	7:00PM	\$36

Wednesday, Jan 10 - Feb 28

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

Thursday, Jan 11 - Feb 29

Class#	Level	Start Time	End Time	Price
#3RAQ7403-BV01	Tiny Tot	4:30PM	5:00PM	\$32
#3RAQ0505-BV01	Level 5	5:10PM	6:00PM	\$36
#3RAQ0501-BV03	Level 1	6:10PM	7:00PM	\$36

Saturday, Jan 6 - Mar 2

Class#	Level	Start Time	End Time	Price
#3RAQ7402-BV02	Lil' Squirts	8:00AM	8:30AM	\$32
#3RAQ7404-BV02	Adv. Tiny Tot	8:40AM	9:25AM	\$36
#3RAQ0501-BV04	Level 1	9:30AM	10:20AM	\$36
#3RAQ0502-BV04	Level 2	10:30AM	11:20AM	\$36
#3RAQ0504-BV02	Level 4	12:10PM	1:00PM	\$36
#3RAQ0506-BV01	Level 6	1:10PM	2:00PM	\$36
#3RAQ0501-BV05	Level 1	3:25PM	4:15PM	\$36

Gaenslen

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

Monday, Jan 8 - Mar 4

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

Tuesday, Jan 9 - Feb 27

Class#	Level	Start Time	End Time	Price
#3RAQ7403-GS02	Tiny Tot	5:35PM	6:05PM	\$32
#3RAQ7402-GS02	Lil' Squirts	6:10PM	6:40PM	\$32
#3RAQ0512-GS01	Lt. Level 2	6:45PM	7:30PM	\$36
#3RAQ0504-GS02	Level 4	7:40PM	8:30PM	\$36

Wednesday, Jan 10 - Feb 28

Class#	Level	Start Time	End Time	Price
#3RAQ7402-GS01	Lil' Squirts	5:35PM	6:05PM	\$32
#3RAQ7403-GS03	Tiny Tot	6:10PM	6:40PM	\$32
#3RAQ0511-GS02	Lt. Level 1	6:45PM	7:30PM	\$36
#3RAQ0505-GS02	Level 5	7:40PM	8:30PM	\$36
#3RAQ0506-GS01	Level 6	7:40PM	8:30PM	\$36

Thursday, Jan 11 - Feb 29

Class#	Level	Start Time	End Time	Price
#3RAQ0501-GS02	Level 1	5:40PM	6:30PM	\$36

Friday, Jan 12 - Mar 1

Class#	Level	Start Time	End Time	Price
#3RAQ0502-GS02	Level 2	5:40PM	6:30PM	\$36

Saturday, Jan 6 - Mar 2

Class#	Level	Start Time	End Time	Price
#3RAQ7401-GS01	Infant	8:00AM	8:30AM	\$32
#3RAQ0511-GS01	Lt. Level 1	8:35AM	9:20AM	\$36
#3RAQ7403-GS04	Tiny Tot	9:30AM	10:00AM	\$32
#3RAQ7404-GS03	Adv. Tiny Tot	10:15AM	11:00AM	\$36
#3RAQ0512-GS02	Lt. Level 2	12:00PM	12:45PM	\$36
#3RAQ0501-GS01	Level 1	1:00PM	1:50PM	\$36
#3RAQ0502-GS01	Level 2	2:00PM	2:50PM	\$36
#3RAQ0501-GS04	Level 1	3:00PM	3:50PM	\$36

GENERAL SWIM CLASSES

Marshall

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

Monday, Jan 8 - Feb 26

Class#	Level	Start Time	End Time	Price
#3RAQ7403-MR02	Tiny Tot	6:05PM	6:35PM	\$32
#3RAQ0501-MR02	Level 1	6:40PM	7:30PM	\$36

Tuesday, Jan 9 - Mar 5

Class#	Level	Start Time	End Time	Price
#3RAQ7401-MR02	Infant	6:05PM	6:35PM	\$32
#3RAQ0502-MR02	Level 2	6:40PM	7:30PM	\$36
#3RAQ0506-MR01	Level 6	7:40PM	8:30PM	\$36
#3RAQ0505-MR02	Level 5	7:40PM	8:30PM	\$36

Wednesday, Jan 10 - Mar 6

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

Thursday, Jan 11 - Mar 7

Class#	Level	Start Time	End Time	Price
#3RAQ0512-MR03	Lt. Level 2	5:00PM	5:45PM	\$36
#3RAQ0501-MR04	Level 1	5:50PM	6:40PM	\$36
#3RAQ0504-MR02	Level 4	6:45PM	7:35PM	\$36

Saturday, Jan 6 - Feb 24

Class#	Level	Start Time	End Time	Price
#3RAQ7404-MR01	Adv. Tiny Tot	8:00AM	8:45AM	\$36
#3RAQ7402-MR02	Lil' Squirts	8:50AM	9:20AM	\$32
#3RAQ0502-MR01	Level 2	9:30AM	10:20AM	\$36
#3RAQ0501-MR01	Level 1	10:30AM	11:20AM	\$36
#3RAQ0503-MR01	Level 3	12:10PM	1:00PM	\$36
#3RAQ0504-MR01	Level 4	1:10PM	2:00PM	\$36
#3RAQ0501-MR03	Level 1	2:10PM	3:00PM	\$36
#3RAQ0502-MR03	Level 2	3:10PM	4:00PM	\$36

Riverside

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

Saturday, Jan 6 - Feb 24

Class#	Level	Start Time	End Time	Price
#3RAQ0504-RS02	Level 4	12:20PM	1:10PM	\$36
#3RAQ0505-RS02	Level 5	1:20PM	2:10PM	\$36
#3RAQ0506-RS01	Level 6	1:20PM	2:10PM	\$36
#3RAQ0503-RS01	Level 3	2:20PM	3:10PM	\$36

South Division

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

Saturday, Jan 6 - Feb 24

Class#	Level	Start Time	End Time	Price
#3RAQ0505-SD01	Level 5	8:45AM	9:35AM	\$36
#3RAQ0506-SD01	Level 6	8:45AM	9:35AM	\$36
#3RAQ7402-SD02	Lil' Squirts	9:20AM	9:50AM	\$32
#3RAQ0501-SD01	Level 1	10:00AM	10:50AM	\$36
#3RAQ0503-SD01	Level 3	11:00AM	11:50AM	\$36
#3RAQ7403-SD02	Tiny Tot	12:45PM	1:15PM	\$32
#3RAQ0502-SD01	Level 2	2:30PM	3:20PM	\$36
#3RAQ0504-SD01	Level 4	3:30PM	4:20PM	\$36

Washington

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

Saturday, Jan 6 - Feb 24

Class#	Level	Start Time	End Time	Price
#3RAQ0505-WA01	Level 5	9:10AM	10:00AM	\$36
#3RAQ0506-WA01	Level 6	9:10AM	10:00AM	\$36

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)

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

Sat, Jan 6-Feb 24, 2:15PM- 3:15PM
\$36 Residents/\$48 Non-Residents

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

Tue, Jan 9-Feb 27, 7:15PM- 8:15PM
\$36 Residents/\$48 Non-Residents

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

Mon, Jan 8-Mar 4, 7:40PM- 8:40PM
\$36 Residents/\$48 Non-Residents



Beginner Adult Lesson

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

Activity Code: 3RAQ0403
(Section codes listed below)

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

Thu, Jan 4-Feb 29, 7:30PM- 8:30PM
\$36 Residents/\$48 Non-Residents

Gaenslen (Ages 17 & up).....SD01

Sat, Jan 6-Feb 24, 1:20PM- 2:20PM
\$36 Residents/\$48 Non-Residents

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

Sat, Jan 6-Feb 24, 10:30AM-11:30AM
\$36 Residents/\$48 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

Thu, Jan 11-Feb 29, 7:15PM- 8:15PM
\$36 Residents/\$48 Non-Residents

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

Wed, Jan 10-Feb 28, 7:30PM- 8:30PM
\$36 Residents/\$48 Non-Residents

AQUA FITNESS

Aqua Boot Camp

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

Activity Code: 3RAQ0301
(Section codes listed below)

Riverside RS01

Sat, Jan 6-Feb 24, 9:10AM-10:20AM
\$36 Residents/\$54 Non-Residents

Aqua Zumba®

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

Activity Code: 3RAQ0302
(Section codes listed below)

South DivisionSD01

Sat, Jan 6-Feb 24, 8:45AM- 9:45AM
\$36 Residents/\$54 Non-Residents

OPEN + LAP SWIM INFORMATION

Open / lap swim is available at the following locations:

- **Washington High School**
 - » Saturdays, 1/6 - 2/24, 10:15AM - 11:30AM
- **Riverside High School**
 - » Saturdays, 1/6 - 2/24, 8:00AM - 9:00AM

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

WARM WATER WALK INFORMATION

FRIDAYS, 1/12 - 3/1 AT GAENSLER - 6:40PM - 7:40PM | Cost is \$3 residents/\$5 non-res

Enjoy a therapy pool setting with minimum water temperatures of 86F. Each reservation via this registration is for a single person for a single session. No formal instruction provided. **ACTIVITY CODE: 3RAQ1034.**



Cardio Splash

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

Activity Code: 3RAQ0304
(Section codes listed below)

GaenslenGS01

Tue, Jan 9-Feb 27, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

GaenslenGS02

Thu, Jan 11-Feb 29, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

Milwaukee MarshallMR01

Mon, Jan 8-Mar 4, 5:00PM- 6:00PM
\$36 Residents/\$54 Non-Residents

Water Aerobics - Adult

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

Activity Code: 3RAQ0306
(Section codes listed below)

GaenslenGS01

Mon, Jan 8-Mar 4, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

GaenslenGS02

Wed, Jan 10-Feb 28, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

GaenslenGS03

Fri, Jan 12-Mar 1, 4:30PM- 5:30PM
\$36 Residents/\$54 Non-Residents

Milwaukee MarshallMR01

Thu, Jan 11-Feb 29, 7:40PM- 8:40PM
\$36 Residents/\$54 Non-Residents

YoQUA Fusion

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

Activity Code: 3RAQ0307
(Section codes listed below)

Milwaukee MarshallMR01

Tue, Jan 9-Feb 27, 5:00PM- 6:00PM
\$36 Residents/\$54 Non-Residents

AQUATICS TRAINING

Lifeguard Training

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

Activity Code: 3RAQ0601
(Section codes listed below)

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

(Mandatory Pre-Course session on February 3 at Riverside from 8:00 - 9:00AM. Call 414.647.6075 to schedule an alternate pre-test date if needed.)
Sat, Feb 17-Mar 9, 8:45AM- 4:45PM
\$100 Residents/\$300 Non-Residents

Activity Code: 4RAQ0601
(Section codes listed below)

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

(Mandatory Pre-Course session on February 3 at Riverside from 8:00 - 9:00AM. Call 414.647.6075 to schedule an alternate pre-test date if needed.)
Mon, Mar 25-Mar 28, 8:00AM- 4:00PM
\$100 Residents/\$300 Non-Residents

LG PREP

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

Activity Code: 4RAQ0611
(Section codes listed below)

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

Fri, Jan 12-Mar 1, 6:40PM- 7:40PM
FREE

WSI - Water Safety Instructor

Age 16 & Up. Red Cross Water Safety Instructor (WSI) course trains candidates to teach a variety of swim classes including: Learn To Swim levels 1 - 6 for youth, multiple levels of parent-child aquatics, 3 levels of swimming for adults and MORE! Prerequisites: 25 yards of proficient: Front Crawl, Back Crawl, Breaststroke, Sidestroke, Elementary Backstroke and Butterfly. Additional information available: 414.647.6053 or www.mkerec.net/swim.

Activity Code: 4RAQ0604
(Section codes listed below)

South DivisionSD01

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



ARC TRAINING

CPR with AED

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

Activity Code: 3RAE0202
(Section codes listed below)

Beulah Brinton BN01
(Course will also include First Aid.)
Fri, Jan 12, 5:20PM- 8:50PM
\$54 Residents/\$81 Non-Residents

Hamilton HA01
(Course will also include First Aid.)
Mon, Jan 8, 5:20PM- 8:50PM
\$54 Residents/\$81 Non-Residents

Hawthorn Glen HG01
Fri, Jan 19, 1:00PM- 4:30PM
\$54 Residents/\$81 Non-Residents

Milwaukee Marshall (Ages 16 & up)... MR01
(Course will also include First Aid.)
Tue, Jan 9, 5:20PM- 8:50PM
\$54 Residents/\$81 Non-Residents

OASIS 5502
(Course will also include First Aid.)
Thu, Jan 11, 9:30AM- 1:00PM
\$54 Residents/\$81 Non-Residents

OASIS (Ages 16 & up) 5501
(Course will also include First Aid.)
Thu, Jan 11, 5:20PM- 8:50PM
\$54 Residents/\$81 Non-Residents

Riverside (Ages 16 & up)..... RS01
(Course will also include First Aid.)
Sat, Jan 13, 9:00AM-12:30PM
\$54 Residents/\$81 Non-Residents

ADULT COMP SWIM

Master's Swim - Weekdays

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

Activity Code: 3RCS0701
(Section codes listed below)

South Division (Ages 14 & up).....SD11
Tue, Jan 9-Mar 5, 6:25AM- 7:25AM
\$28 Residents/\$42 Non-Residents

South Division (Ages 14 & up).....SD02
Thu, Jan 11-Mar 7, 5:15AM- 6:15AM
\$28 Residents/\$42 Non-Residents

South Division (Ages 14 & up).....SD12
Thu, Jan 11-Mar 7, 6:25AM- 7:25AM
\$28 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS02
Mon, Jan 8-Mar 11, 5:10AM- 6:10AM
\$28 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS12
Mon, Jan 8-Mar 11, 6:15AM- 7:15AM
\$28 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS01
Tue, Jan 9-Mar 12, 7:40PM- 8:40PM
\$28 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS03
Wed, Jan 10-Mar 13, 5:10AM- 6:10AM
\$28 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS13
Wed, Jan 10-Mar 13, 6:15AM- 7:15AM
\$28 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS04
Fri, Jan 12-Mar 15, 5:10AM- 6:10AM
\$28 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS14
Fri, Jan 12-Mar 15, 6:15AM- 7:15AM
\$28 Residents/\$42 Non-Residents

South Division (Ages 14 & up).....SD03
Sat, Jan 6-Feb 24, 7:30AM- 8:30AM
\$28 Residents/\$42 Non-Residents

South Division (Ages 14 & up).....SD01
Tue, Jan 9-Mar 5, 5:15AM- 6:15AM
\$28 Residents/\$42 Non-Residents



Master's Swim - Weekends

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)

Washington (Ages 14 & up).....WA01
Sat, Jan 6-Mar 2, 7:30AM- 8:30AM
\$28 Residents/\$42 Non-Residents

Triathlon Cross Training

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

Activity Code: 3RCS0704
(Section codes listed below)

Riverside (Ages 14 & up)..... RS01
Tue, Jan 9-Mar 12, 6:00PM- 7:30PM
\$42 Residents/\$56 Non-Residents



YOUTH COMP SWIM

Competitive Swim - Extra Practice

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

Activity Code: 3RCS0804
(Section codes listed below)

Washington (Ages 4-19)WA21

Sat, Jan 6-Mar 9, 7:30AM- 9:00AM
\$24 Residents/\$48 Non-Residents



Teen TRI Training

Teen Triathlon training will give youth 11-18 the opportunity to have FUN biking, swimming, and running in Milwaukee Riverside's beautiful facilities and parks. Coaches have more the 40 years of experience training in triathlon sports. Participants should be comfortable in deep water and on a bike. There is a limited number of bikes to use for this course, it would be best if you can bring your own if needed. Come on the first day ready to swim and run. Instructions for biking will be issued. With this occurring during the cold months, all activities are likely to be held in doors.

Activity Code: 3RCS0807
(Section codes listed below)

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

Tue/Thu, Feb 20-Mar 14, 3:45PM- 5:45PM
\$36 Residents/\$54 Non-Residents

Piranhas Swim Team

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

Activity Code: 3RCS0808
(Section codes listed below)

Washington (Ages 4-19)WA02

(Intermediate Group)
Mon-Thu, Jan 8-Mar 14, 5:30PM- 6:30PM
\$48 Residents/\$75 Non-Residents

Washington (Ages 4-19)WA01

Mon-Thu, Jan 8-Mar 14, 6:30PM- 8:00PM
\$64 Residents/\$90 Non-Residents

Tidal Waves Swim Team

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

Activity Code: 3RCS0809
(Section codes listed below)

South Division (Ages 4-19)SD21

Sat, Jan 6-Feb 24, 7:30AM- 8:30AM
\$18 Residents/\$27 Non-Residents

South Division (Ages 4-19)SD01

(PRE-COMP GROUP)
Mon/Wed, Jan 8-Mar 13, 6:15PM- 7:00PM
\$36 Residents/\$55 Non-Residents

South Division (Ages 4-19)SD02

(INTERMEDIATE GROUP)
Mon-Thu, Jan 8-Mar 14, 6:15PM- 7:15PM
\$48 Residents/\$75 Non-Residents

South Division (Ages 4-19)SD03

(ADV-COMP GROUP)
Mon-Thu, Jan 8-Mar 14, 6:45PM- 8:15PM
\$64 Residents/\$90 Non-Residents

South Division (Ages 4-19)SD12

(INTERMEDIATE GROUP)
Mon-Thu, Jan 8-Mar 14, 7:15PM- 8:15PM
\$48 Residents/\$75 Non-Residents

South Division (Ages 4-19)SD11

(PRE-COMP GROUP)
Tue/Thu, Jan 9-Mar 14, 6:15PM- 7:00PM
\$36 Residents/\$55 Non-Residents

Krakens Swim Team

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

Activity Code: 3RCS0810
(Section codes listed below)

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

(Advanced group)
Mon/Wed-Fri, Jan 8-Mar 15, 6:45PM- 8:15PM
\$64 Residents/\$90 Non-Residents

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

(Intermediate group)
Mon/Wed-Fri, Jan 8-Mar 15, 7:15PM- 8:15PM
\$48 Residents/\$75 Non-Residents

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

(Intermediate group)
Mon/Wed-Fri, Jan 8-Mar 15, 6:15PM- 7:15PM
\$48 Residents/\$75 Non-Residents

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

(Pre-Comp group)
Mon/Thu, Jan 8-Mar 14, 6:15PM- 7:00PM
\$36 Residents/\$55 Non-Residents

Riverside (Ages 4-19)..... RS13

(Pre-Comp group)
Wed/Fri, Jan 10-Mar 15, 6:15PM- 7:00PM
\$36 Residents/\$55 Non-Residents

AQUATICS IS NOW HIRING!

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

LIFEGUARDS

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

Seasonal, year-round employment and flexible scheduling.

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

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

Become a Red Cross Certified Lifeguard

- » Register online at mkerec.net
- » Use coupon code: *Lifeguard Training* to save \$65
- » Call 414.647.6076 for train-to-hire opportunities

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

SWIM INSTRUCTORS

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

Seasonal, year-round employment and flexible scheduling.

Teach:

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

Become a certified Water Safety Instructor (WSI)

- » Register online at mkerec.net
- » Use coupon code: *Lifeguard Training* to save \$65
- » WSI Training is FREE for current Milwaukee Recreation employees

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

FITNESS INSTRUCTORS

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

Seasonal, year-round employment and flexible scheduling.

Teach:

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

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

COACHES

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

Coaching experience preferred but not required.

Seasonal, year-round employment and flexible scheduling.

Youth teams available:

- The Piranhas
- The Krakens
- The Tidal Waves

Adult programs available:

- Masters Swim and Tri Training

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

COMMUNITY WELLNESS

Mil"WALK"ee

Join our walking club 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 same spot. Saturday walks may include a historical component/tour with some brief pausing on the route. Please dress appropriately to enjoy an outdoor walk. Contact Erica at 414.475.8775 with questions.

Activity Code: 3PL59003
(Section codes listed below)

Various WN01

Tue, Jan 9-Mar 12, 10:00AM-11:00AM
FREE

Various WN02

Thu, Jan 11-Mar 14, 10:00AM-11:00AM
FREE

Various WN03

Sat, Jan 13-Mar 16, 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 26-Mar 15, 10:45AM-11:30AM
FREE

Hawthorn Glen WN02

Tue, Jan 23-Mar 26, 5:15PM- 6:00PM
FREE

Tiefenthaler Park WN03

(2480 West Cherry Street)
Tue, Jan 23-Mar 26, 10:00AM-11:00AM
FREE

Glow with the Flow Yoga

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

Activity Code: 3PL59011
(Section codes listed below)

Beulah Brinton WN01

Wed, Jan 10, 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 meets twice a week and teaches easy ways to live a healthy lifestyle. The first weekly meeting includes interactive fun focused on health promotion, your lifestyle (including cooking!) and a group fitness class. The second weekly meeting is a group fitness class. Total Wellness is for all fitness levels - we meet you where you are. Contact Erica@mkerec.net with questions.

Activity Code: 3PL59015
(Section codes listed below)

Hamilton HA01

Wed/Sat, Jan 13-Mar 2, 9:00AM-10:30AM
\$8 Residents/\$8 Non-Residents

Milwaukee Marshall MR01

Wed/Sat, Jan 13-Mar 2, 9:00AM-10:30AM
\$8 Residents/\$8 Non-Residents

Nordic Walking for Beginners

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

Activity Code: 3PL59021
(Section codes listed below)

South Shore Park WN02

(2900 S Shore Park)
Sun, Jan 21-Mar 10, 8:30AM- 9:30AM
FREE

Urban Ecology Center

Riverside Park WN01

(1500 E Park Place)
Sat, Jan 20-Mar 9, 9:30AM-10:30AM
FREE

Functional Strength Training

Functional fitness is a type of strength training that prepares your body for daily activities. These exercises equip you for important types of physical fitness, the kind that prepares you for real life like bending, twisting, lifting, pushing, pulling and squatting. Suitable for all fitness levels, must be able to get down on the ground and back up unassisted. Bring your own exercise mat and water. Contact Erica@mkerec.net with questions.

Activity Code: 3PL59031
(Section codes listed below)

Beulah Brinton BN01

Wed, Jan 17-Mar 6, 8:30AM-9:30AM
FREE

Beulah Brinton BN02

Fri, Jan 19-Mar 6, 8:30AM-9:30AM
FREE

Mil"WALK"ee - Indoor Edition

Join our friends in the Lindsay Heights neighborhood for an indoor walk! Work up a sweat walking to get a cardio workout while meeting new people. Each week you can 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. Contact Erica@mkerec.net with questions.

Activity Code: 3PL59035
(Section codes listed below)

North Division ND01

Mon/Wed, Jan 8-Mar 13, 6:00PM- 7:00PM
FREE

Health is Wealth: Cancer Survivorship Program

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

Activity Code: 3PL59040
(Section codes listed below)

OASIS 5501

Mon/Wed, Jan 15-Feb 21, 6:00PM- 8:00PM
FREE

Community Bike Ride – Polar Pedalers

Discover the joy of group bike rides on Milwaukee's Oak Leaf Trail this winter! Ride includes a 90-minute group ride on bike trails led by our ride leaders. Rides are suitable for beginners, will have multiple stops for breaks, and pace will be adjusted so everyone can talk comfortably while riding. Participants must provide their own bike & helmet. Please dress appropriately for winter weather. Contact Erica@mkerec.net with questions.

Activity Code: 3PL59037
(Section codes listed below)

Hart Park WN01

(7300 W Chestnut Ave)
Tue, Jan 2- Jan 30, 10:00AM- 11:30AM
FREE

WEAVING AND FIBER ARTS



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

Not Your Grandma's Knitting

This class is for experienced knitters wanting to learn advanced skills and techniques. Participants will work on a project of their choice.

Activity Code: 3RAE6903
(Section codes listed below)

GaenslenGS01
(Instructor: Sandra Schmidt)
Thu, Jan 18-Mar 7, 4:00PM- 6:00PM
\$45 Residents/\$45 Non-Residents



Weaving Basics and Beyond

Weavers continue the learning process by developing more advanced weaving skills and planning more complex projects such as rugs, overshot, multi-harness patterns, etc. Weavers will be able to choose their own projects, try out and work with instructors on floor looms and more advanced equipment. Instructors will demonstrate advanced weaving techniques and skills. Supply fee is based on materials used. Weavers at this level 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)

GaenslenGS02
(Instructor: Jacquie Crema)
Tue, Jan 16-Mar 5, 6:00PM- 8:30PM
\$56 Residents/\$56 Non-Residents

GaenslenGS03
(Instructor: Judy Larsen)
Wed, Jan 17-Feb 28, 11:00AM- 2:00PM
\$43 Residents/\$43 Non-Residents

GaenslenGS04
(Instructor: Lynn Sbonik)
Wed, Jan 17-Mar 6, 6:00PM- 8:30PM
\$56 Residents/\$56 Non-Residents

GaenslenGS06
(Instructor: Lynn Sbonik)
Thu, Jan 18-Mar 7, 6:00PM- 8:30PM
\$56 Residents/\$56 Non-Residents

GaenslenGS01
(Instructor: Naomi Holthaus)
Mon, Jan 22-Mar 18, 10:00AM-12:30PM
\$54 Residents/\$54 Non-Residents

Rigid Heddle Weaving - Intro

Learn how to set up, warp, and weave on a rigid heddle loom. Looms will be provided at ABK Weaving Center for use in the classroom. Tips for project planning, a look at various weave structures and loom features, and suggestions and resources for future projects will be included. Please bring a notebook, pen, scissors and measuring tape to class. A \$5 (cash only) yarn fee is due to the instructor at the first class.

Activity Code: 3RAE6917
(Section codes listed below)

GaenslenGS01
(Intro. Instructor: Sue Knorr)
Thu, Feb 15-Feb 29, 10:00AM-12:30PM
\$56 Residents/\$56 Non-Residents

Tapestry Weaving

Tapestry weaving is the ideal way to create visual impact using the warp as your canvas and yarn as your paint. This class will be tailored both for those who have no tapestry experience and for those who know the basics but need assistance in translating their skills into a woven design piece. Bring a small tapestry loom to class or rent one from the ABK Weaving Center. A \$5 (cash only) supply fee is due to the instructor at the first class.

Activity Code: 3RAE6919
(Section codes listed below)

GaenslenGS01
(Instructor: Peggy MacArthur)
Tue, Jan 16-Mar 5, 9:30AM-12:00PM
\$56 Residents/\$56 Non-Residents



Zen Stitch

In this class we will explore Zen stitchery through hand sewing, embroidering, and embellishing with beads, buttons, and baubles as a way to transform materials while relaxing and letting go of everyday worries. You will use your creativity to tell your personal story through a pillow, book cover, bag, or even a small quilt.

Activity Code: 3RAE6955
(Section codes listed below)

GaenslenGS01
(Instructor: MaryLee Knowlton)
Wed, Jan 17-Mar 6, 4:00PM- 6:00PM
\$45 Residents/\$45 Non-Residents

Weaving Beginner Basics

Beginners will learn to warp the loom and weave a sampler of patterns. They will be introduced to pattern and draft weaving as well as project planning. Returning beginners will be able to hone their skills by making a scarf or table runner. Weavers are able to repeat this class as many times as they like but will be limited to these three projects. Samplers supply fee \$10 cash only is due to the instructor at the first class.

Activity Code: 3RAE6959
(Section codes listed below)

Gaenslen GS03

(Instructor: Jacquie Crema)
Tue, Jan 16-Mar 5, 3:00PM- 5:30PM
\$56 Residents/\$56 Non-Residents

Gaenslen GS04

(Instructor: Judy Larsen)
Wed, Jan 17-Feb 28, 9:30AM-12:30PM
\$56 Residents/\$56 Non-Residents

Gaenslen GS02

(Instructor: Carly Neil)
Wed, Jan 17-Mar 6, 6:00PM- 8:30PM
\$56 Residents/\$56 Non-Residents

Gaenslen GS05

(Instructor: Kallia Walkowiak)
Thu, Jan 18-Mar 7, 6:00PM- 8:30PM
\$56 Residents/\$56 Non-Residents

Gaenslen GS01

(Instructor: Kallia Walkowiak)
Mon, Jan 22-Mar 11, 6:00PM- 8:30PM
\$56 Residents/\$56 Non-Residents

Wool Needle Felting

Needle felting is the process of using barbed needles to sculpt wool fiber into solid forms. In this class, participants will learn the basics of the needle felting process, why and how it works, as well as developing skills to make a needle felted floral arrangement sample piece. There will be lots of poking and lots of stress relief. A \$10 (cash only) supply fee is due to the instructor at the first class.

Activity Code: 3RAE6967
(Section codes listed below)

Gaenslen GS01

(Instructor: Kallia Walkowiak)
Mon, Jan 31-Mar 6, 6:00PM- 8:00PM
\$35 Residents/\$35 Non-Residents

Beginner Knitting

Learn the basics of knitting. Participants will learn how to cast yarn on and off their needles, various knit and purl combinations, and the necessary skills to continue on with the art of knitting. A \$15 (cash only) supply fee is due to the instructor at the first class.

Activity Code: 3RAE6972
(Section codes listed below)

Gaenslen GS01

(Instructor: Sandra Schmidt)
Thu, Feb 8-Feb 22, 6:00PM- 8:00PM
\$24 Residents/\$24 Non-Residents

Weaving with Rags Expanded

Plan your unique rug project utilizing rags or another heavy weft. Students will weave rug pattern samples and learn how to prepare rags for weaving. Bring your washed fabric or other weft samples for discussion and practice. Bring scissors, notebook and lunch. \$10 materials fee.

Activity Code: 3RAE6973
(Section codes listed below)

Gaenslen GS01

(Instructor: Judy Larsen)
Fri, Mar 8-Mar 22, 9:00AM- 2:30PM
\$45 Residents/\$45 Non-Residents

ARTS & CRAFTS

Drawing & Painting

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

50+ Activity Code: 3R550902
(Section codes listed below)

Enderis Playfield EF01

Tue, Jan 9-Mar 5, 5:00PM- 7:00PM
\$23 Residents/\$35 Non-Residents



Craft Club

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

50+ Activity Code: 3R550903
(Section codes listed below)

Enderis Playfield EF01

Tue, Jan 9-Mar 5, 9:00AM-12:00PM
\$15 Residents/\$23 Non-Residents

Acrylic Painting

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

50+ Activity Code: 3R550913
(Section codes listed below)

OASIS 5501

Mon, Jan 22-Feb 19, 9:30AM-11:30AM
\$23 Residents/\$35 Non-Residents

OASIS 5503

Mon, Mar 11-Apr 8, 9:30AM-11:30AM
\$23 Residents/\$35 Non-Residents

Explore Mixed Media

Make a beautiful collage with paper, torn magazine pages, texture paste, stamps, paint, matte medium, mod podge, and much more. Each project is uniquely your own. Class is for all skill levels. After you master the basics, you may continue in the next session with additional projects such as paint pouring, Shibori dyeing, and alcohol inks. Basic supplies will be provided.

50+ Activity Code: 3R550914
(Section codes listed below)

OASIS 5501

Mon, Jan 22-Feb 19, 12:30PM- 2:30PM
\$23 Residents/\$35 Non-Residents

OASIS 5502

Mon, Mar 11-Apr 8, 12:30PM- 2:30PM
\$23 Residents/\$35 Non-Residents

Open Cricut

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

Activity Code: 3RAE0900
(Section codes listed below)

Hamilton HA01
Sat, Jan 27-Mar 2, 11:30AM-1:30PM
\$35 Residents/\$53 Non-Residents

Basic Jewelry Making

Make beautiful jewelry by starting easy with a pair of earrings; progress to a bracelet and then a necklace. Class is for beginners or crafters with little beading experience. Instructor will provide coaching on crimping, use of soft wires, clasps, jump rings, split rings, multi-strand bracelets and necklaces, making wrapped loops, use of tools, and making your project fit well. A \$10 (cash only) tool and supply fee will be due to the instructor at the first class. Students will be provided a list of supplies/materials to purchase for weeks 2-6.

Activity Code: 3RAE0902
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Jan 13-Mar 2, 10:00AM-11:30AM
\$35 Residents/\$53 Non-Residents

Rubber Stamping

Do you want to learn how to make your own beautiful cards to send to your friends for their birthday, anniversary, or just as a note to say hello? In this course we can teach you how to make your own cards with rubber stamps, ink, paper, and miscellaneous tools. Each week we will increase the fun so it will be interesting to those who have never stamped, and to those who are experienced in stamping and just want to come out and be creative. Rubber stamps, paper, and all the necessary items to make the cards will be provided. A \$5 (cash only) supply fee will be due to the instructor at each class session and you will walk away with four beautiful handmade cards to send to your friends.

Activity Code: 3RAE0913
(Section codes listed below)

Hamilton HA01
Wed, Jan 24-Feb 28, 6:30PM-8:00PM
\$27 Residents/\$41 Non-Residents

Learning Lego

NEW It's not just for kids anymore. Learn the story behind the Lego phenomena along with building basics and beyond. Under local Lego legend Nealita Nelson, you will be on your way to more completely unlocking your Lego skills through enhanced builds and creativity. There is an additional \$35 materials fee.

Activity Code: 3RAE0917
(Section codes listed below)

Hamilton (Ages 13 & up) HA01
Tue, Jan 16-Feb 20, 5:30PM-7:30PM
\$70 Residents/\$88 Non-Residents

Glass Blowing

Experience the art of Glass Blowing at Square One Art Glass. Learn blocking, marvering, shaping, and color application in small group classes. Creating your own artwork can be done individually in as little as 15-minutes. Safety procedures, color selection, and pickup times will be discussed before class. Bring water and snacks. Non-refundable fee includes supplies. Courses held at 5322 W Vliet St, Milwaukee, WI 53208. Visit www.squareoneartglass.com

Activity Code: 3RAE0928
(Section codes listed below)

Square One Art Class SG01
(Ornament)
Sat, Jan 6, 10:00AM-12:00PM
\$70 Residents/\$105 Non-Residents

Square One Art Class SG02
(Bowl)
Wed, Jan 24, 5:00PM-7:00PM
\$80 Residents/\$120 Non-Residents

Square One Art Class SG04
(Orb)
Sat, Feb 3, 9:00AM-11:00AM
\$70 Residents/\$105 Non-Residents

Square One Art Class SG05
(Bowl)
Wed, Feb 28, 5:00PM-7:00PM
\$80 Residents/\$120 Non-Residents

Square One Art Class SG09
(Paperweight)
Sat, Mar 9, 9:00AM-11:00AM
\$105 Residents/\$158 Non-Residents

Square One Art Class SG10
(Bowl)
Wed, Mar 20, 5:00PM-7:00PM
\$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 HA01
Tue, Feb 13-Feb 20, 6:00PM-8:00PM
\$8 Residents/\$12 Non-Residents



Paper Flowers

Enhance fine motor skills and focus as you create beautiful paper flowers and mobiles for home decoration or the holidays. Engage in hands-on paper folding activities, developing creativity and concentration. A \$20 supply fee is due to the instructor on the first day of class.

Activity Code: 3RAE0943
(Section codes listed below)

Hamilton (Ages 13 & up) HA01
(For teens and adults)
Tue, Jan 23-Mar 5, 6:30PM-8:30PM
\$40 Residents/\$60 Non-Residents

Miniature Paper Houses and Buildings

Paper folding has been shown to increase creativity and fine motor skills. Using cardstock and special paper, students can learn to make miniature buildings. Come with ideas of memorable buildings or construct and entirely new home of your own. A \$20 supply fee is due to the instructor upon the first class.

Activity Code: 3RAE0944
(Section codes listed below)

Hamilton (Ages 13 & up) HA01
(For teens and adults)
Sat, Feb 17-Mar 9, 2:00PM-3:30PM
\$19 Residents/\$29 Non-Residents



Candle Making

What is more soothing and relaxing than enjoying a candle that you created? In this workshop, you will select your own scent, design and create your very own soy-wax candle to take home! Students will receive an overview of the candle making process provided by an experienced chandler. All supplies included. Workshop provided by Blossom Candle Co. Fee includes supply cost and is non-refundable.

Activity Code: 3RAE0949
(Section codes listed below)

Hamilton HA01
Wed, Feb 7, 6:30PM- 8:00PM
\$25 Residents/\$38 Non-Residents

Hamilton HA02
Wed, Mar 6, 6:30PM- 8:00PM
\$25 Residents/\$38 Non-Residents

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

Cricut for Beginners

This course is designed for crafters who own a Cricut machine but don't quite know how to use it to its capabilities. Discover the possibilities of this die-cutting machine, explore various projects, find free resources for files, and leave the class inspired and ready to unleash your creativity. Bring your own machine and materials.

Activity Code: 3RAE0954
(Section codes listed below)

Hamilton HA01
Sat, Jan 27-Mar 2, 9:00AM-11:00AM
\$35 Residents/\$53 Non-Residents

Advanced Decoupage

This workshop takes the age-old art form of decoupage to the next level by using a variety of materials such as napkins, tissue paper and alcohol inks to create a plate suitable for display or as a serving piece, plus a vase with hidden images that appear when placed on a sunny windowsill (formerly taught as shadow lanterns). Both make great holiday gifts. Prior Decoupage on Glass I recommended. All materials provided. Class taught by Donna Eigen.

Activity Code: 3RAE0964
(Section codes listed below)

Hamilton HA01
Wed, Jan 17, 6:00PM- 8:00PM
\$35 Residents/\$53 Non-Residents

Collage on Glass

Students will learn how to optimize the transparent qualities of glass and how to use a variety of materials such as paper, alcohol inks, ephemera and paint to create vivid, dimensional scenes on glass panels. Projects will be suitable for framing or table top display. All materials provided. Class taught by Donna Eigen.

Activity Code: 3RAE0973
(Section codes listed below)

Hamilton HA01
Wed, Feb 21, 6:00PM- 8:00PM
\$35 Residents/\$53 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 22-Mar 11, 6:00PM- 8:00PM
\$45 Residents/\$68 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 18-Mar 7, 6:00PM- 8:30PM
\$56 Residents/\$84 Non-Residents

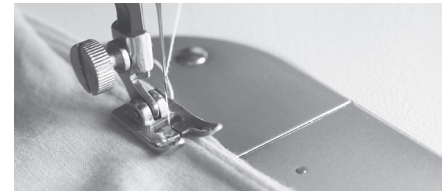


Creative Crochet Techniques

This class will review basic stitches before practicing heavier texture stitches like popcorns, shells, and post stitches. After creating swatches, we will discuss how to turn these stitches into different kinds of accessories. In preparation for spring we will focus on mesh and lace stitches. We will create swatches and learn to block these items, then discuss how to turn these stitches into beautiful summer shawls or home items. Bring a skein of light colored yarn of your choice with an appropriate hook (check the yarn label for hook size).

Activity Code: 3RAE1214
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 22-Mar 11, 10:30AM-11:30AM
\$24 Residents/\$36 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 MR02
Sat, Jan 13-Mar 2, 11:00AM- 1:00PM
\$45 Residents/\$68 Non-Residents

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

Landscape Painting

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

Activity Code: 3RAE2003
(Section codes listed below)

Riverside RS01
Tue, Jan 16-Mar 5, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents



Painting Portraits from Photos

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

Activity Code: 3RAE2006
(Section codes listed below)

Riverside RS01
Mon, Jan 22-Mar 11, 6:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Abstract Painting with Melva *

Abstracts with Melva is a class designed for beginners and for seasoned artists by visual artist Melva. Come experience the inspiring development of abstract art. This class is more than lines and circles. Let the hands-on variety of projects and easy techniques challenge your imagination! A \$10 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 3RAE2018
(Section codes listed below)

Hamilton HA01
Wed, Jan 24-Feb 28, 6:00PM- 8:00PM
\$35 Residents/\$53 Non-Residents

CATE'S COOKERY

Treasures of the Taj Mahal

You will go on a colorful and delectable culinary adventure to India in this class. Cate's menu is a whole meal that you can easily reproduce at home. This is a totally hands-on program, so that you will learn the techniques by doing them yourself. Cate's program is perfect for those who prefer Indian food without the heat. There will be plenty of hot stuff for those who do. This flavorful bill of fare includes Chana Dal (Yellow Lentil) and Vegetable Soup (Vegan), Vegetable Korma (Vegetarian), Punjab Salad (Vegan), Walnut & Coriander Raita (Yogurt Sauce-Vegetarian), and Apple Chutney (Vegan). Fee includes food cost and is non-refundable.

Activity Code: 3RAE1932
(Section codes listed below)

Hamilton HA01
Sat, Feb 17, 12:00PM- 3:00PM
\$26 Residents/\$39 Non-Residents



Cate's Asian Salad Days

By request, Cate has pulled together some of her most delicious and healthy Asian dishes with easy recipes that you will make again and again. You'll learn how to make Vietnamese Fresh Spring Rolls without breaking, and what fillings to use. Students in past classes have practically licked the bowl of her peanut dipping sauce, and for those with peanut allergies, there will also be a tasty soy dipping sauce. You'll also be making two terrific cucumber salads, Thai Cucumber Salad, and Creamy Asian Cucumber Salad, and a show stopper Chinese Chicken Salad.

Activity Code: 3RAE1946
(Section codes listed below)

Hamilton HA01
Sat, Jan 20, 12:00PM- 3:00PM
\$26 Residents/\$39 Non-Residents



Spanish Splendor & Veggie Art Focaccia

Use the last of your garden veggies, or fill your basket at the Farmer's Market, and come home to make this easy, refreshing and resplendent autumn meal. You'll employ your purchases making the best, most authentic, and easiest Spanish Gazpacho ever, developed by Cate from her extensive travels throughout Spain. Then you'll get your creative juices flowing creating Veggie Art Focaccia Bread served with Quickie Serbian Kajmak Cheese Spread (contains dairy) and purchased Avjar Red Pepper Spread. This is an easily portable menu for picnics or patio dining.

Activity Code: 3RAE1947
(Section codes listed below)

Hamilton HA01
Sat, Mar 9, 12:00PM- 3:00PM
\$26 Residents/\$39 Non-Residents



COMPUTERS

Public Speaking with PowerPoint

This class teaches the fundamentals of preparing for public speaking, creating an outline, and creating a PowerPoint to coincide with the speech. This class will help develop skills to be confident in your speaking abilities while pushing you out of your comfort zone. This class is for beginner and intermediate speakers.

Activity Code: 3RAE1504
(Section codes listed below)

Hamilton HA01
Wed, Feb 28, 6:00PM- 7:00PM
\$6 Residents/\$9 Non-Residents

Computer Information Systems Fundamentals Workshop

Learn the concepts and terms to enable you to better understand the role of information technology, careers for computer professionals, basics in computer hardware, software and networking as well as the internet in business and society. Topics will include: technology trends, data security, personal privacy, open source software, smartphone and tablet devices. Class fee is non-refundable.

Activity Code: 3RAE1530
(Section codes listed below)

Riverside RS01
Mon, Feb 5, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Mobile Device Repair and Maintenance Workshop

You will gain immediate knowledge to service and repair smartphones, cellular phones and hand-held devices. You will also learn the concept of data transfer, recovery, jailbreaking, cell phone locking and unlocking. Class fee is non-refundable.

Activity Code: 3RAE1531
(Section codes listed below)

Riverside RS01
Mon, Feb 12, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

COOKING

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 its unique flavor and quick cooking times.

Activity Code: 3RAE2400
(Section codes listed below)

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

Korean Cooking: Rice Cake Soup (Dduk-guk) and Dumplings (Mahn-du)

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: 3RAE2401
(Section codes listed below)

Hamilton HA01
Wed, Jan 24, 6:30PM- 8:30PM
\$21 Residents/\$32 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 28, 6:30PM- 8:30PM
\$21 Residents/\$32 Non-Residents

Korean Cooking: Cubed Radish Kimchi

With radish, Kkakdugi is diced and mixed with minced garlic, ginger, green onions, a variety of other spices and ingredients. Cubed radish kimchi is extremely popular in Korean restaurants around the world.

Activity Code: 3RAE2407
(Section codes listed below)

Hamilton HA01
Wed, Jan 31, 6:30PM- 8:30PM
\$21 Residents/\$32 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 HA01
Wed, Feb 7, 6:30PM- 8:30PM
\$21 Residents/\$32 Non-Residents

Korean Cooking: Sugar-filled Pancake and Sweet Rice Cake (Hotteok and Yak-sik)

Try your hand at making popular Korean street foods! Hotteok are round, flat, sugar-filled pancakes. A flour batter is rolled into a ball and filled with crushed peanuts and brown sugar. As it is pan-fried, the ball is gradually flattened using a special hand presser. Yaksik literally means 'medical food' due to the healthy ingredients used. It is made by adding honey, sesame oil, soy sauce, and various nuts to steamed rice.

Activity Code: 3RAE2409
(Section codes listed below)

Hamilton HA01
Wed, Feb 21, 6:30PM- 8:30PM
\$21 Residents/\$32 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, Feb 14, 6:30PM- 8:30PM
\$21 Residents/\$32 Non-Residents

Korean Cooking: Spicy Beef Soup (Yukgaejang)

Yukgaejang is a type of spicy soup made by boiling beef, bracken, bean sprouts, and other vegetables. The soup is seasoned with red pepper powder, sesame oil, soy sauce, and other spices. This dish is representative of a traditional Korean home-cooked meal and health food.

Activity Code: 3RAE2411
(Section codes listed below)

Hamilton HA01
Wed, Mar 14, 6:30PM- 8:30PM
\$21 Residents/\$32 Non-Residents

DANCE

Adult Ballet

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

Activity Code: 3RAE2901
(Section codes listed below)

Milwaukee Marshall MR02
Mon, Jan 22-Mar 11, 6:15PM- 7:30PM
\$35 Residents/\$53 Non-Residents

African Dance

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

Activity Code: 3RAE2902
(Section codes listed below)

Riverside RS01
Sat, Jan 13-Mar 2, 1:00PM- 2:00PM
\$24 Residents/\$36 Non-Residents

Urban Line Dance

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

Activity Code: 3RAE2912
(Section codes listed below)

Milwaukee Marshall MR01
Thu, Jan 19-Mar 9, 7:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents



Salsa & Bachata Dance

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

Activity Code: 3RAE2920
(Section codes listed below)

Riverside RS01
Mon, Jan 22-Mar 11, 7:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Hip Hop

This class teaches a combination of jazz and hip-hop/funk dance routines to popular pop and hip-hop songs.

Activity Code: 3RAE2921
(Section codes listed below)

MacDowell JU01
Mon, Jan 22-Mar 11, 7:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

DRAWING & PAINTING ARTS

Expressive, Flowing Watercolor Portrayals

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

Activity Code: 3RAE2026
(Section codes listed below)

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

Beulah Brinton BN02
Thu, Feb 8-Feb 22, 3:15PM- 5:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN03
Thu, Mar 14-Mar 28, 3:15PM- 5:15PM
\$19 Residents/\$29 Non-Residents

A Taste of Art

NEW

Learn about the history and theory behind some of the world's great art and artists. Then create your own masterpiece while sampling food and beverages inspired by the week's theme and curated by Frannie's Market of Cedarburg. All materials provided. Class fee includes supply cost and is non-refundable.

Activity Code: 3RAE2027
(Section codes listed below)

Hamilton HA01
Mon, Feb 19-Mar 11, 6:00PM- 8:00PM
\$125 Residents/\$187 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
Mon, Jan 22-Mar 11, 6:30PM- 8:30PM
\$45 Residents/\$68 Non-Residents

Crochet Club

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

Activity Code: 3RAE1220
(Section codes listed below)

Hamilton HA01
Tue, Jan 16-Mar 5, 6:30PM- 8:30PM
\$45 Residents/\$68 Non-Residents



FITNESS

Zumba Gold®

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

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

OASIS 5501
Mon, Jan 8-Feb 19, 10:15AM-11:15AM
\$14 Residents/\$21 Non-Residents

OASIS 5502
Thu, Jan 11-Feb 15, 10:15AM-11:15AM
\$14 Residents/\$21 Non-Residents

OASIS 5504
Thu, Feb 22-Apr 4, 10:15AM-11:15AM
\$16 Residents/\$24 Non-Residents

OASIS 5503
Mon, Feb 26-Apr 1, 10:15AM-11:15AM
\$14 Residents/\$21 Non-Residents

Shechem at Hope Street.....SH01
Tue, Jan 9-Feb 13, 10:15AM-11:15AM
\$14 Residents/Non-Residents

Shechem at Hope Street.....SH02
Tue, Feb 20-Apr 2, 10:15AM-11:15AM
\$16 Residents/\$24 Non-Residents

Chair Yoga

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

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

OASIS 5501
Mon/Wed/Fri, Jan 22-Mar 22, 9:00AM-10:00AM
FREE



Fit Over 50

You CAN Do This Fitness Class is about dynamic muscle and toning exercises that include stretching, cardio, strength training, and abdominal work. This fit camp is designed to teach techniques that will improve and maintain muscle tone, functional strength, and overall cardiovascular health. A variety of equipment will be introduced such as light weights, Resist-a-Balls, and more.

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

Enderis Playfield.....EF01
Thu, Jan 11-Feb 1, 11:30AM-12:30PM
\$10 Residents/\$15 Non-Residents

Enderis Playfield.....EF02
Thu, Feb 8-Feb 29, 11:30AM-12:30PM
\$10 Residents/\$15 Non-Residents

Enderis Playfield.....EF03
Thu, Mar 7-Mar 28, 11:30AM-12:30PM
\$10 Residents/\$15 Non-Residents

OASIS 5501
Wed, Jan 10-Jan 31, 12:30PM- 1:30PM
\$10 Residents/\$15 Non-Residents

OASIS 5502
Wed, Feb 7-Feb 28, 12:30PM- 1:30PM
\$10 Residents/\$15 Non-Residents

OASIS 5503
Wed, Mar 6-Mar 27, 12:30PM- 1:30PM
\$10 Residents/\$15 Non-Residents

T'ai Chi & Qijong

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

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

OASIS 5501
Tue, Jan 9-Feb 13, 9:45AM-10:45AM
\$14 Residents/\$21 Non-Residents

OASIS 5502
Tue, Feb 20-Mar 26, 9:45AM-10:45AM
\$14 Residents/\$21 Non-Residents

Building Strength

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

Activity Code: 3R553517
(Section codes listed below)

OASIS 5501
(Class geared toward 50+ age group)
50+ Tue, Jan 16-Mar 5, 9:00AM- 9:50AM
\$15 Residents/\$23 Non-Residents

OASIS 5502
(Intermediate/Advanced)
Tue, Jan 16-Mar 5, 10:00AM-10:50AM
\$15 Residents/\$23 Non-Residents

Core Strength

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

Activity Code: 3R553518
(Section codes listed below)

OASIS 5501
(Class geared toward 50+ age group)
50+ Tue, Jan 16-Mar 5, 11:00AM-11:30AM
\$10 Residents/\$15 Non-Residents

OASIS 5502
(Intermediate/Advanced)
Tue, Jan 16-Mar 5, 11:40AM-12:10PM
\$10 Residents/\$15 Non-Residents

OASIS 5503
(Class geared toward 50+ age group)
50+ Fri, Jan 19-Mar 8, 12:15PM-12:45PM
\$10 Residents/\$15 Non-Residents

Interval Training

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

Activity Code: 3R553519
(Section codes listed below)

OASIS 5501
(Advanced)
Fri, Jan 19-Mar 8, 2:10PM- 3:00PM
\$15 Residents/\$23 Non-Residents

Bootcamp

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

50+

Activity Code: 3R553520
(Section codes listed below)

OASIS 5501
(Advanced)
Fri, Jan 19-Mar 8, 1:00PM- 1:50PM
\$15 Residents/\$23 Non-Residents

TRX

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

50+

Activity Code: 3R553522
(Section codes listed below)

OASIS 5501
Fri, Jan 19-Mar 8, 11:30AM-12:00PM
\$10 Residents/\$15 Non-Residents

Shake Hands with the Fitness Room

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 and get to know the fitness room at the OASIS. You will learn what each piece of equipment does and how to use it safely and effectively. By the end of the class you'll be confident in the gym setting and getting swole in no time.

50+

Activity Code: 3R553523
(Section codes listed below)

OASIS (Ages 50 & up) 5501
Wed, Feb 7-Feb 28, 1:45PM- 2:45PM
\$10 Residents/\$15 Non-Residents

4 in 1 Training

This class is a combination of Spiced up Cardio, Boxing Aerobics, Body Sculpting and Step Aerobics. Burn off the calories and shape your body while having fun!

Activity Code: 3RAE3501
(Section codes listed below)

Beulah Brinton BN01
Tue, Jan 23-Mar 12, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

ABSoGLUTely Fit

Want to look and feel better? In this class we will work on your upper and lower abdominals. In addition to improving you abs, students will focus on toning their gluteus and hamstrings. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 3RAE3502
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 22-Mar 11, 6:10PM- 7:10PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Wed, Jan 24-Mar 13, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Milwaukee Marshall MR01
Thu, Jan 18-Mar 7, 6:30PM- 7:15PM
\$22 Residents/\$33 Non-Residents

Belly Dance Aerobics

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

Activity Code: 3RAE3504
(Section codes listed below)

Hamilton HA01
Mon, Jan 22-Mar 11, 7:00PM- 8:00PM
\$28 Residents/\$42 Non-Residents

Body Sculpting

Use bands and weights to tone all areas of your body. Improve your mind, as well as your self-image. Bring your own weights and toning band. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 3RAE3505
(Section codes listed below)

Beulah Brinton BN01
Tue, Jan 23-Mar 12, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Thu, Jan 25-Mar 14, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN03
Sat, Jan 27-Mar 16, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Cardio Combo

Jumpstart your weekend activities with this invigorating workout. This class combines boxing aerobics, step aerobics and low-impact aerobics. Wear comfortable clothing and tennis shoes. Class taught by Angie Wothe.

Activity Code: 3RAE3509
(Section codes listed below)

Beulah Brinton BN02
Sat, Jan 28-Mar 16, 8:00AM- 9:00AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN01
Thu, Jan 25-Mar 14, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Cardio-Kickboxing

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

Activity Code: 3RAE3511
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 22-Mar 11, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Wed, Jan 24-Mar 13, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Hoop Dance Workout

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

Activity Code: 3RAE3518
(Section codes listed below)

Beulah Brinton BN01
(Beg.)
Wed, Jan 24-Mar 13, 8:30AM- 9:30AM
\$28 Residents/\$42 Non-Residents

Riverside RS01
(Beg.)
Sat, Jan 13-Mar 2, 11:15AM-12:15PM
\$28 Residents/\$42 Non-Residents



Pilates

A non-impact class where you will improve your core strength and flexibility. This class focuses on lengthening, defining, and strengthening your muscles. Wear comfortable clothing. Individuals with medical conditions should be cleared by their physician prior to participation.

Activity Code: 3RAE3521
(Section codes listed below)

Beulah Brinton BN01

Wed, Jan 24-Mar 13, 7:35PM- 8:35PM
\$28 Residents/\$42 Non-Residents

Hamilton HA01

Thu, Jan 18-Mar 7, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Poi Your Heart Out

Pick your own Poi style! Poi involves swinging tethered balls around the body in beautiful patterns. Choose basic beginner level (Beginner) to learn the fundamentals. Then move on to mid-level (Intermediate), learning how to put the beginner tricks together for more flow. And finally challenge yourself at the top level (Advanced) with turns, variations, or brand new tricks. Temple of Poi certified instructor will teach you the Pinwheel, Butterfly, Weave tricks and many more. Different skill levels welcome. Free sets of poi to use in class, or take a home a set for \$5.

Activity Code: 3RAE3523
(Section codes listed below)

Hamilton HA01

(Beg.)
Wed, Jan 31-Mar 6, 6:00PM- 7:00PM
\$19 Residents/\$29 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 22-Mar 11, 5:00PM- 6:00PM
\$28 Residents/\$42 Non-Residents

Women & Weights

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

Activity Code: 3RAE3535
(Section codes listed below)

Milwaukee Marshall MR01

Mon, Jan 22-Mar 11, 6:15PM- 7:00PM
\$22 Residents/\$33 Non-Residents

TCB Yoga (Taking Care of Backs)

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

Activity Code: 3RAE3536
(Section codes listed below)

Beulah Brinton BN01

Mon, Jan 22-Mar 11, 1:10PM- 2:10PM
\$28 Residents/\$42 Non-Residents

YogaFest

1.1.24 | 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 12.7.23. To learn more visit
mkerec.net/yogafest



Yoga for Women Adventurers

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

Activity Code: 3RAE3537
(Section codes listed below)

Beulah Brinton BN01
Tue, Jan 23-Mar 12, 3:45PM- 4:45PM
\$28 Residents/\$42 Non-Residents

Zumba®

Zumba® is a fun and easy workout with routines that feature easy-to-follow dance steps synced to Latin music helping you to tone and sculpt your body.

Activity Code: 3RAE3542
(Section codes listed below)

Beulah Brinton BN01
Sun, Jan 28-Mar 17, 9:00AM-10:00AM
\$28 Residents/\$42 Non-Residents

Cooper CP01
Thu, Jan 25-Mar 14, 7:00PM- 8:00PM
\$28 Residents/\$42 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 22-Mar 11, 2:15PM- 3:15PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Thu, Jan 25-Mar 14, 10:30AM-11:30AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN03
Fri, Jan 26-Mar 15, 12:00PM- 1:00PM
\$28 Residents/\$42 Non-Residents

Hip Hop Cardio

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

Activity Code: 3RAE3587
(Section codes listed below)

Bryant BY01
Thu, Jan 18-Mar 8, 6:00PM- 6:45PM
\$22 Residents/\$33 Non-Residents

Milwaukee Marshall MR01
Tue, Jan 16-Mar 5, 6:15PM- 7:15PM
\$28 Residents/\$42 Non-Residents

Yoga Sculpt

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

Activity Code: 3RAE3594
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 22-Mar 11, 3:30PM- 4:30PM
\$28 Residents/\$42 Non-Residents

T'ai Chi & Qijong

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

Activity Code: 3RAE3601
(Section codes listed below)

Hamilton HA01
Wed, Jan 24-Mar 14, 6:30PM- 7:30PM
\$28 Residents/\$42 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 23-Mar 12, 12:15PM- 1:15PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
(Int.)
Tue, Jan 23-Mar 12, 1:25PM- 2:25PM
\$28 Residents/\$42 Non-Residents

Yoga

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

Activity Code: 3RAE3605
(Section codes listed below)

Beulah Brinton BN01
Mon, Jan 22-Mar 11, 8:00AM- 9:00AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Mon, Jan 22-Mar 11, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN03
Mon, Jan 22-Mar 11, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN04
Mon, Jan 22-Mar 11, 7:30PM- 8:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN05
Tue, Jan 23-Mar 12, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN06
Tue, Jan 23-Mar 12, 6:30PM- 7:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN07
Wed, Jan 24-Mar 13, 5:30PM- 6:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN08
Wed, Jan 24-Mar 13, 6:30PM- 7:30PM
\$35 Residents/\$53 Non-Residents

Beulah Brinton BN09
Thu, Jan 25-Mar 14, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN10
Thu, Jan 25-Mar 14, 5:45PM- 6:45PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN11
Sat, Jan 27-Mar 16, 7:45AM- 8:45AM
\$28 Residents/\$42 Non-Residents

Cooper CP01
Tue, Jan 23-Mar 13, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Gaenslen GS02
Wed, Jan 17-Mar 6, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Hamilton HA01
Mon, Jan 22-Mar 11, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

MacDowell JU02
Sat, Jan 13-Mar 2, 10:15AM-11:15AM
\$32 Residents/\$48 Non-Residents

MacDowell JU03
Tue, Jan 23-Mar 12, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

MacDowell JU04
Wed, Jan 24-Mar 13, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

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

Riverside RS07
Thu, Jan 18-Mar 7, 7:00PM- 8:00PM
\$28 Residents/\$42 Non-Residents

Riverside RS03
Mon, Jan 22-Mar 11, 7:00PM- 8:00PM
\$28 Residents/\$42 Non-Residents

Riverside RS01
Tue, Jan 23-Mar 5, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents



Yoga - Gentle

Gentle Yoga is accessible to all levels and body types, and is especially suited for beginners. Basic stretches, postures and breath work help to develop strength, flexibility, balance, and body awareness. Bring your exercise mat or purchase at site for \$10.

Activity Code: 3RAE3606
(Section codes listed below)

Beulah Brinton BN01

Mon, Jan 22-Mar 11, 12:00PM- 1:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02

Tue, Jan 23-Mar 12, 10:30AM-11:30AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN03

Tue, Jan 23-Mar 12, 7:45PM- 8:45PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN04

Wed, Jan 24-Mar 13, 11:30AM-12:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN05

Thu, Jan 25-Mar 14, 1:30PM- 2:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN06

Thu, Jan 25-Mar 14, 7:00PM- 8:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN07

Fri, Jan 26-Mar 15, 8:00AM- 9:00AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN08

Sat, Jan 27-Mar 16, 10:00AM-11:00AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN09

Sun, Jan 28-Mar 17, 12:00PM- 1:00PM
\$28 Residents/\$42 Non-Residents

MacDowell JU01

Sat, Jan 13-Mar 2, 9:00AM-10:00AM
\$32 Residents/\$48 Non-Residents

MacDowell JU02

Tue, Jan 23-Mar 12, 7:10PM- 8:10PM
\$28 Residents/\$42 Non-Residents

Riverside RS01

Thu, Jan 22-Mar 11, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Riverside RS02

Thu, Jan 18-Mar 7, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Yoga - Power

East meets West in this vigorous, fitness-based yoga class with a focus on flow, breath, strength, balance, and flexibility. Prior yoga experience is recommended. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 3RAE3607
(Section codes listed below)

Beulah Brinton BN01

Wed, Jan 24-Mar 13, 4:30PM- 5:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02

Thu, Jan 25-Mar 14, 4:45PM- 5:45PM
\$28 Residents/\$42 Non-Residents

Cooper CP01

Tue, Jan 23-Mar 13, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Gaenslen GS01

Wed, Jan 17-Mar 6, 6:15PM- 7:15PM
\$28 Residents/\$42 Non-Residents

Riverside RS02

Tue, Jan 23-Mar 5, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Vinyasa Flow Yoga

This Vinyasa class links breath and movement to flow through postures, flowing from pose-to-pose. The flowing postures bring heat and aids in the lengthening of muscles and the reduction of muscular tension. Perfect for students of all levels, including beginners, as options or modifications are given for poses. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 3RAE3614
(Section codes listed below)

Beulah Brinton BN01

(Slow Flow)
Tue, Jan 23-Mar 12, 2:30PM- 3:30PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02

(Slow Flow)
Wed, Jan 24-Mar 13, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN03

(Slow Flow)
Fri, Jan 26-Mar 15, 9:15AM-10:15AM
\$28 Residents/\$42 Non-Residents

Yoga for Runners

This class is not strictly for runners. Course will offer threefold focus: 1) stretching the muscles we use most in running 2) encourage participants to explore different planes of the body to diversify their movements 3) build and strengthen the core muscles that runners need to maintain a strong, healthy form. Taught by Annie Wegner LeFort.

Activity Code: 3RAE3619
(Section codes listed below)

Beulah Brinton BN01

Thu, Jan 25-Mar 14, 4:00PM- 5:00PM
\$28 Residents/\$42 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! Class size is limited and pre-registration is required. Please bring your own yoga mat, water and sweat towel.

Activity Code: 3RAE3620
(Section codes listed below)

Beulah Brinton BN01

(Yoga)
Mon, Jan 1, 9:00AM- 9:45AM
FREE

Beulah Brinton BN02

(Gentle Yoga)
Mon, Jan 1, 10:00AM-10:45AM
FREE

Beulah Brinton (Ages 5 & up) BN03

(Family Yoga)
Mon, Jan 1, 11:00AM-11:45AM
FREE



HEALTH AND WELLNESS

Overview of Aging and Disability Resource Center Services

In this Overview of Aging and Disability Resource Center Services presentation you will learn about the Milwaukee County Aging & Disabilities Services available to adults with disabilities and older adults. This presentation will have a emphasis on the Dementia Care Specialist program! The presentation is virtual via the Microsoft Teams platform and a link to the presentation will be emailed prior to the start date. This class is free but you must pre-register.

50+ Activity Code: 3R550113
(Section codes listed below)

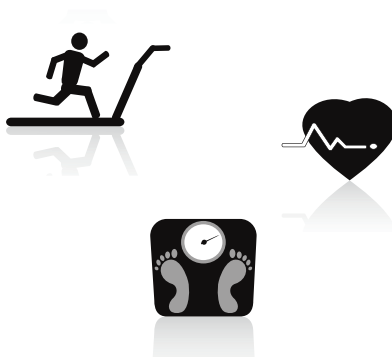
Online (Ages 50 & up) 5501
Tue, Feb 6, 10:00AM-11:00AM
FREE

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 6, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents



5 Secrets to Permanent Weight Loss

Recent research has shown that metabolism and hormones may be the key to effective, permanent weight loss. Learning the '5 secrets' can lead to improved metabolism, permanent weight loss, and improved health and vitality. Participants will learn why fat doesn't make you fat, and why you must eat real butter and eggs (even if you are overweight). Class is presented by Dr. John P. Corsi, D.C. Chiropractic Company. Class fee is non-refundable.

Activity Code: 3RAE4101
(Section codes listed below)

Milwaukee Marshall MR01
Mon, Jan 22, 6:35PM- 8:05PM
\$7 Residents/\$11 Non-Residents

Arthritis: Alternative Approaches

Over 50 million Americans suffer from joint disease. This presentation educates the audience about arthritis, who is susceptible, what causes it, how to relieve it, and steps to help prevent joint disease. Presented by Dr. John P. Corsi, D.C. Chiropractic Company. Class fee is non-refundable.

Activity Code: 3RAE4103
(Section codes listed below)

Milwaukee Marshall MR01
Tue, Feb 13, 6:35PM- 8:05PM
\$7 Residents/\$11 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)

Berulah Brinton BN01
Tue, Jan 23-Mar 12, 5:00PM- 5:30PM
\$13 Residents/\$20 Non-Residents

Natural Solutions

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

Activity Code: 3RAE4108
(Section codes listed below)

Milwaukee Marshall MR01
Mon, Mar 4, 6:35PM- 8:00PM
\$7 Residents/\$10.50 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, Jan 29, 7:15PM- 8:30PM
\$7 Residents/\$11 Non-Residents



Chakra Energy and Balance

Join us for Chakra Healing - an ancient philosophy and now a hot trend! This class will help you balance your body and mind using this ancient Eastern wellness belief based on seven energy centers that govern your organs and work together as one system yet independently. Take time to improve your well-being. Class fee is non-refundable.

Activity Code: 3RAE4117
(Section codes listed below)

Hamilton HA01
Mon, Feb 5-Feb 26, 7:15PM- 8:15PM
\$7 Residents/\$11 Non-Residents

Parsley, Sage, Rosemary & Thyme

Well, we're not exactly Scarborough Fair, but come take a little thyme out to join us for some sage advice on growing your own herb garden. Whether planted in the ground or in pots, herbs are little treasures we can open up again and again. Get tips on the top herbs to grow, which go well together, and what to do with all that basil. Learn about medicinal and healing properties as well as a little good 'ol folklore. Class fee is non-refundable.

Activity Code: 3RAE4120
(Section codes listed below)

Hamilton HA01
Tue, Feb 27, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

What's Your Color?

It has been said that we should eat all the colors (of food) to maintain a healthy diet. What about the colors we wear? What color identifies your personality? Let us assist you in finding out more about yourself by discovering how color affects you and how your body's chakras (energy centers) 'tune in' to color. Class fee is non-refundable.

Activity Code: 3RAE4133
(Section codes listed below)

Hamilton HA01
Tue, Jan 30, 6:00PM- 7:30PM
\$7 Residents/\$11 Non-Residents

Achieve More in 2024 Using the Power of Habit for Heart Health

NEW The start of a new year often means setting goals and forming new habits. How about healthy habits to reduce the risk for our #1 health threat heart disease? Join registered dietitian, Heather Klug, MEd, RD, from Aurora Health Care and The Karen Yontz Cardiac Awareness Center, to learn about the basal ganglia, the 3-step habit loop, and helpful strategies to break unhealthy habits and tips for creating new, healthy habits to improve heart health.

Activity Code: 3RAE4180
(Section codes listed below)

Hamilton HA01
Tue, Jan 23, 6:00PM- 8:00PM
\$6 Residents/\$9 Non-Residents

Top 10 Healthy Eating Tips to Maximize Heart Health

NEW 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, MEd, RD, 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: 3RAE4181
(Section codes listed below)

Hamilton HA01
Tue, Feb 13, 6:00PM- 8:00PM
\$6 Residents/\$9 Non-Residents



LANGUAGE SKILLS

Spanish

Learn appropriate Spanish words for greetings, health, household, daily activities, weather, and much more. The textbook used for the class is 'Spanish made Simple' and can be purchased for \$14 on the first day of the class.

50+ **Activity Code: 3R554401**
(Section codes listed below)

OASIS 5501
(Advanced)
Wed, Jan 17-Mar 6, 11:30AM-12:30PM
\$19 Residents/\$29 Non-Residents

OASIS 5502
(Beginner)
Wed, Jan 17-Mar 6, 12:30PM- 1:30PM
\$19 Residents/\$29 Non-Residents



Inglas como segunda lengua

Este curso de inglas como segunda lengua (ESL) es para mejorar el escuchar, hablar, leer y escribir de la lengua. Las actividades se enfocarin en el desarrollo de vocabulario, pronunciacion y gramaitica encontrados en las interacciones diarias. Se usara el espanol para clarificar diferencias entre la gramática y la pronunciación de los idiomas. In this beginning ESL (English as a Second Language) course, students will improve their English listening, speaking, reading, and writing skills. Activities will focus on developing the vocabulary, pronunciation and grammar needed in everyday interactions. Spanish will be used for the clarification of grammar and pronunciation differences.

50+ **Activity Code: 3R554402**
(Section codes listed below)

OASIS 5501
Tue, Jan 16-Feb 27, 9:00AM-11:30AM
\$35 Residents/\$53 Non-Residents

OASIS 5502
Tue, Mar 5-Apr 16, 9:00AM-11:30AM
\$35 Residents/\$53 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 22-Mar 11, 6:30PM- 7:30PM
\$24 Residents/\$36 Non-Residents



Korean Culture

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: 3RAE4406
(Section codes listed below)

Hamilton HA01
(For teens and adults)
Sat, Jan 20-Mar 2, 10:00AM-11:30AM
\$31 Residents/\$47 Non-Residents

Spanish Conversation

The ability to communicate in Spanish is necessary for many professions and is key to a greater enjoyment of travel south of the border. Receive instruction on pronunciation and essential grammar, through reading, writing and conversational practice. You can purchase the textbook for \$14 (cash or check only) on the first day of the class. Level 2 and 3 Spanish conversation requires working knowledge of general Spanish phrases and vocabulary.

Activity Code: 3RAE4801
(Section codes listed below)

MacDowell JU01
(Level 1)
Wed, Jan 17-Mar 6, 6:00PM- 7:30PM
\$35 Residents/\$53 Non-Residents

Riverside RS03
(Level 3)
Tue, Jan 16-Mar 5, 6:00PM- 7:30PM
\$33 Residents/\$49.50 Non-Residents

Riverside RS01
(Level 1)
Mon, Jan 22-Mar 11, 6:00PM- 7:30PM
\$35 Residents/\$53 Non-Residents

Riverside RS02
(Level 2)
Mon, Jan 22-Mar 11, 7:30PM- 9:00PM
\$35 Residents/\$53 Non-Residents

LOW INTENSITY FITNESS

Yin Yoga

In this class, we will slow down, holding poses for 2 - 7 minutes. This will allow our bodies to get a deeper stretch into fascia or connective tissue. This may help the practitioner to alleviate pain and tension, reduce stress and anxiety, and improve overall well-being. Come prepared with a blanket or bath towel(s), or a pillow. Blocks and straps will be available.

Activity Code: 3RAE3617
(Section codes listed below)

Beulah Brinton BN02
Tue, Jan 23-Mar 12, 8:00AM- 9:00AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN01
Sat, Jan 27-Mar 16, 8:55AM- 9:55AM
\$28 Residents/\$42 Non-Residents

Yogalates

This class combines Pilates exercises with the postures and breathing techniques of yoga.

Activity Code: 3RAE3627
(Section codes listed below)

Cooper CP01
Thu, Jan 25-Mar 14, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Yoga for Hip-Opening

This beginner to intermediate level will focus on techniques and postures to open and strengthen the hips. We will offer stretches with breathing techniques to begin expanding flexibility in the hip joints and beyond.

Activity Code: 3RAE3628
(Section codes listed below)

Beulah Brinton BN01
Wed, Jan 24-Mar 13, 10:20AM- 11:20AM
\$28 Residents/\$42 Non-Residents

MARTIAL ARTS

Judo

Judo or 'gentle way/technique' focuses on manipulating an opponent's force against him/her rather than confronting it with one's own force. Join us to learn about judo under personalized instruction that focuses on technique and tradition. Students Interested in continuing through the advanced level must demonstrate a high level of comfort with properly executed Judo falls and have instructor approval. USJA and USMA associated. Please wear clothes without buttons or metal. Class is combined with youth class.

Activity Code: 3RAE4501
(Section codes listed below)

MacDowell JU01
Mon, Jan 22-Mar 12, 6:30PM- 7:30PM
\$24 Residents/\$36 Non-Residents

MacDowell JU02
(Adv.)
Mon, Jan 22-Mar 12, 7:45PM- 8:45PM
\$24 Residents/\$36 Non-Residents



Tae Kwon Do

Tae Kwon Do is a Korean art of hand and foot fighting. A useful way for you to learn the art of self-discipline, mental preparation, concentration and self-control. Various kicking and punching techniques, correct body positioning and self-defense will be covered. A great opportunity to increase your flexibility, general conditioning and self-defense techniques.

Activity Code: 3RAE4503
(Section codes listed below)

Hamilton (Ages 7 & up) HA02
(Class is combined with youth class)
Tue/Thu, Jan 16-Mar 14, 7:10PM- 8:00PM
\$40 Residents/\$60 Non-Residents

Hamilton (Ages 15 & up) HA01
(Blue Belt and Above)
Mon/Wed, Jan 17-Mar 11, 6:00PM- 7:00PM
\$45 Residents/\$68 Non-Residents

Milwaukee Marshall MR01
(Beg., White, Orange, & Yellow Belt)
Mon/Wed, Jan 8-Mar 11, 6:00PM- 7:00PM
\$50 Residents/\$75 Non-Residents

Riverside (Ages 15 & up) RS04
(All ranks all ages)
Sat, Jan 13-Mar 2, 11:45AM- 12:30PM
\$21 Residents/\$32 Non-Residents

Riverside (Ages 15 & up) RS01
(Beg., white-yellow belts, combined with youth class)
Mon/Wed, Jan 22-Mar 13, 6:15PM- 7:00PM
\$45 Residents/\$68 Non-Residents

Riverside (Ages 15 & up) RS05
(Int./Adv., Camo-Black Belt, combined with youth class)
Mon/Wed, Jan 22-Mar 13, 7:00PM- 8:00PM
\$45 Residents/\$68 Non-Residents

Women's Self-Defense

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

Activity Code: 3RAE4504
(Section codes listed below)

MacDowell (Ages 14 & up) JU01
Wed, Jan 24-Mar 13, 7:00PM- 8:00PM
\$24 Residents/\$36 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). Class is combined with youth class. Class is taught by Mr. D.

Activity Code: 3RAE4602
(Section codes listed below)

Beulah Brinton BN01

Fri, Jan 26-Mar 15, 7:15PM- 8:15PM
\$24 Residents/\$36 Non-Residents

Drums

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

Activity Code: 3RAE4603
(Section codes listed below)

Beulah Brinton BN01

Fri, Jan 26-Mar 15, 6:00PM- 7:00PM
\$24 Residents/\$36 Non-Residents

Guitar

This class focuses on basic chords, note reading, different strumming techniques, and guitar maintenance. *Beg courses focus on the music theory side of playing guitar, and chord theory is a key element of this class. *Int courses build your song repertoire and techniques and are for students with previous guitar experience. All classes are taught by Mr. D. and youth and adult courses are combined. Must bring your own guitar.

Activity Code: 3RAE4604
(Section codes listed below)

Beulah Brinton BN01

(Beg.)
Sat, Jan 27-Mar 16, 2:00PM- 3:30PM
\$35 Residents/\$53 Non-Residents

Hamilton HA01

(Beg.)
Thu, Jan 18-Mar 7, 6:00PM- 7:30PM
\$35 Residents/\$53 Non-Residents

Riverside RS01

(Beg./Semi-Private)
Mon, Jan 22-Mar 11, 6:30PM- 8:00PM
\$80 Residents/\$120 Non-Residents

Riverside RS02

(Int./Semi-Private)
Mon, Jan 22-Mar 11, 8:15PM- 9:15PM
\$56 Residents/\$84 Non-Residents

Piano

Beg. level courses will give beginning piano enthusiasts an introduction to the keyboard, including note reading, rhythm, two handed playing, and techniques. Int. level courses will help take you to the next level. Keys, scales, chords, and melodies, learning with Mr. D makes theory fun. Course for those with previous keyboard and note-reading experience. There is no need to bring your keyboard from home. Classes are taught by Mr. D. and all youth and adult courses are combined.

Activity Code: 3RAE4607
(Section codes listed below)

Beulah Brinton BN01

(Beg.)
Sat, Jan 27-Mar 16, 10:30AM-12:00PM
\$35 Residents/\$53 Non-Residents

Beulah Brinton BN02

(Int.)
Sat, Jan 27-Mar 16, 12:15PM- 1:45PM
\$35 Residents/\$53 Non-Residents

Hamilton HA01

(Beg.)
Wed, Jan 17-Mar 6, 6:00PM- 7:30PM
\$35 Residents/\$53 Non-Residents

Rock Band

Join the band, learn some songs, and have fun! All types of musicians welcome; bring your musical instrument. Previous band experience and/or training required. Mr. D leads the way. Class is combined with youth class.

Activity Code: 3RAE4608
(Section codes listed below)

Beulah Brinton BN01

Sat, Jan 27-Mar 16, 4:00PM- 6:00PM
\$45 Residents/\$68 Non-Residents



Sing Out!

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

Activity Code: 3RAE4609
(Section codes listed below)

Hamilton HA01

Wed, Jan 17-Mar 6, 7:45PM- 8:45PM
\$24 Residents/\$36 Non-Residents



Introduction to Harmonica

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

Activity Code: 3RAE4611
(Section codes listed below)

Hamilton HA01

Tue, Jan 23-Mar 12, 6:00PM- 7:00PM
\$24 Residents/\$36 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 18-Mar 7, 7:45PM- 8:45PM
\$24 Residents/\$36 Non-Residents

ORGANIZATION

Senior Downsizing

Discussing the importance to start going through your belongings now and not leaving it to your loved ones to figure out on their own. This way, if/when they are no longer able to stay in their home and must move to senior living, they could have taken time to select the items most important to them instead of being pressured to hurry when that time comes. This can be very stressful for all involved. Also, they can take inventory of what they have and start passing on items they want to go to certain people or organizations or make notes of it for later. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing.

Activity Code: 3RAE2601
(Section codes listed below)

Marshall MR01

Wed, Feb 7, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

Declutter/Organize Your Home

The first step to getting organized is to declutter. Discussion will include different ways to find the one that work best for you. Topics will include which style of organization works best for you and your family. Class taught by Tamara Starr, Sweet Simplicity Professional Organizing.

Activity Code: 3RAE2607
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Feb 21, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

ORGANIZED GAMES

Bid Whist

Come join the weekly Bid Whist extravaganza! This popular African-American card game will challenge your intellect and give you the opportunity to have fun and meet new people. Open to those with experience playing the game. Register with a partner or singles will be partnered up if possible. Class play is for entertainment purposes only. Gambling for money is not permitted during class. Program supervised by Mark Lawrence.

Activity Code: 3RAE4906
(Section codes listed below)

Milwaukee Marshall MR01
Tue, Jan 16-Mar 6, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents



OUTDOOR EDUCATION

Winter Animal Signs

Find out who has been leaving their footprints in the snow. This winter, venture out to Hawthorn Glen for an enjoyable & informative animal tracking Power Point before going outdoors to look for animal tracks. Snow conditions helpful but not necessary. Warm up by the fire & create a pendant or keychain with your favorite animal's print from our collection. This class is free to OASIS members (annual membership fee is \$15/Res and \$25/Non-Res). Membership is valid for one year from purchase date.

50+ **Activity Code: 3R555008**
(Section codes listed below)

Hawthorn Glen 5501
Thu, Feb 15, 12:15PM- 1:45PM
\$5 Residents/\$8 Non-Residents

Owls

Sit in with a naturalist from Hawthorn Glen to learn what species of owls are native to Wisconsin and why you may be hearing them now, while the rest of the outdoors is under a blanket of snow. Try your hand at feather painting. This class is free to OASIS members (annual membership fee is \$15/Res and \$25/Non-Res). Membership is valid for one year from purchase date.

50+ **Activity Code: 3R555009**
(Section codes listed below)

OASIS 5501
Thu, Feb 15, 12:15PM- 1:45PM
\$5 Residents/\$8 Non-Residents

PERSONAL SKILLS

Herbs, Crystals, and Stones

Humans have used plants for thousands of years in many different ways. Learn about the top 10 herbs and their benefits to your daily life. Find out what rocks are associated with love, success, happiness, and health. This workshop will help you explore ancient folklore and show you how to put these practices to work for you. A \$5 (cash only) supply fee is due to the instructor at class. Class fee is non-refundable.

Activity Code: 3RAE5405
(Section codes listed below)

Hamilton HA01
Thu, Feb 1, 7:15PM- 8:15PM
\$6 Residents/\$9 Non-Residents

No Power Tools Necessary (Basic Home Repairs)

Would you like to attend a quick tool School? Learn how to identify electrical repairs that you can do yourself and when it's time to call an electrician. In this hands on class, you will learn how to replace a broken switch, update an old outlet and install a new light fixture. Cost includes four basic tools needed for these repairs that you will take home. Class taught by Brian Hunt, who is certified through the state of Wisconsin Department of Safety and Professional Services Dwelling Contractor and has over 15 years of experience in remodeling and new home construction. Class fee is non-refundable.

Activity Code: 3RAE5412
(Section codes listed below)

Hamilton HA01
Sat, Feb 24, 9:00AM-11:00AM
\$50 Residents/\$75 Non-Residents

Riverside RS03
Sat, Feb 24, 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, Jan 23, 6:30PM- 8:30PM
\$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)

Riverside RS04
Tue, Feb 13, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Responding, Not Reacting: Minding Your Emotions

Who is in control you or your emotions? Emotions are powerful. In order to be mindful, it helps to know what we are feeling when we are feeling it. In this two-hour workshop, you will be guided through a four step process: Self Awareness, Self-Management, Social Awareness and Relationship Management that will put you on the path of responding instead of reacting to the world around you. Class fee is non-refundable.

Activity Code: 3RAE5434
(Section codes listed below)

Hamilton HA01
Wed, Feb 7, 6:00PM- 8:00PM
\$8 Residents/\$12 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. Develop the courage to have these tough conversations. Join us for a two-hour workshop on improving your critical conversational skills. Class fee is non-refundable.

Activity Code: 3RAE5440
(Section codes listed below)

Hamilton HA01
Wed, Feb 21, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Foster Care in our Community

The foster care crisis in our community is growing. This free virtual course is being offered so that participants can walk away understanding more about the foster care system, ways that they can consider helping, and the role of trauma in children in families' lives. Results from the Adverse Childhood Experiences (ACEs) study will be discussed. Participants will be sent a link in advance of the class. Course is taught by Teresa Cocker, Chief Program Officer at Norris. Norris is a nonprofit social service agency in southeastern Wisconsin.

Activity Code: 3RAE5441
(Section codes listed below)

Online VR01
Wed, Jan 24, 6:00PM- 7:00PM
FREE

Online VR02
Wed, Feb 21, 6:00PM- 7:00PM
FREE

Online VR03
Wed, Mar 20, 6:00PM- 7:00PM
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)

Riverside RS01
Tue, Feb 6, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

You Have Pictures in Your Camera - Now What?

We have hundreds - if not thousands - of pictures in our camera, smartphones and computers. Now what...? This two-hour seminar teaches techniques to save and organize pictures from cameras and smartphones to external devices and to "the Cloud." Instructor is C.T. Kruger. Class fee is non-refundable.

Activity Code: 3RAE5444
(Section codes listed below)

Riverside RS01
Tue, Feb 27, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

The Camera in Your Smartphone

It's a camera, it's a photo album, it's a television - it's your phone. Learn about the apps, tips, tricks and limitations for pictures and video from iPhone and Android smartphone and tablets. This class will cover your device's camera, home and Cloud storage options, printing and more. Instructor is C.T. Kruger. Class fee is non-refundable.

Activity Code: 3RAE5455
(Section codes listed below)

Riverside RS01
Tue, Feb 20, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents



LIGHT THE WAY

Become a reading tutor for
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**Together we can change lives,
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▶ Work one-on-one with
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select MPS school

▶ Training and individualized
lesson plans provided



Contact Dr. Carrie Streiff-Stuessy, Forward Scholars Executive Director,
at carriess@forwardscholars.org for more information.

Smartphone Video and Editing

Whether a parent, an instructor, a business professional or just a creative soul, shooting and editing video with your smartphone is an efficient way to produce spectacular videos of your family, a lesson or a marketing message. This 2 hour workshop covers smartphone video shooting techniques and how to combine video clips, photos, narration and music into a single video using smartphone apps iMovie for iPhones or FilmoraGo for Android. Instructor is C. T. Kruger. Class fee is non-refundable.

Activity Code: 3RAE5456
(Section codes listed below)

Riverside RS01

Tue, Feb 20, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents



Being Mindful of Your Emotions: Emotional Intelligence Workshop

Who is in control you or your emotions? Emotions are powerful. In order to be mindful, it helps to know what we are feeling when we are feeling it. In this two-hour workshop, you will be guided through a four step process: Self Awareness, Self-Management, Social Awareness and Relationship Management that will put you on the path of responding instead of reacting to the world around you. Class fee is non-refundable.

Activity Code: 3RAE5469
(Section codes listed below)

Hamilton HA01

Wed, Feb 14, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents



SPANISH LANGUAGE SKILLS

Juegos: Games in Spanish

Practice your Spanish with various games and activities, regardless of your level. From flash cards to spontaneous conversations, we offer games like Memory/Matching, Partner Cross-words, InfoGap, and Tic-Tac-Know. Join small groups or partner up to enjoy the fun while brushing up on your Spanish skills. Participants should have working skills of both written and spoken Spanish.

Activity Code: 3RAE4816
(Section codes listed below)

Hamilton HA01

(Juegos 3: Comida / En El Supermercado)
Mon, Feb 5, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Hamilton HA02

(Juegos 4: Deportes y Actividades)
Mon, Mar 11, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

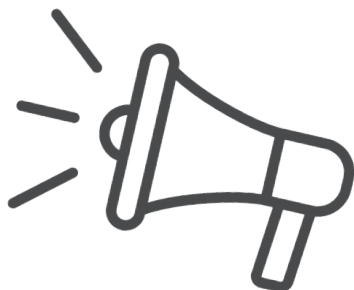
Vital Communications

Everything starts with a conversation. When conflict arises, do you go into fight, flight or freeze mode? We avoid important conversations for a variety of reasons. Develop the courage to have these tough conversations. Join us for a two-hour workshop on improving your critical conversational skills. Class fee is non-refundable.

Activity Code: 3RAE5468
(Section codes listed below)

Hamilton HA01

Wed, Feb 28, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents



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SPORTS AND RECREATION

Pickleball

Pickleball is the fastest-growing sport in America - join us to find out why! Played with a short paddle and a wiffle ball, pickleball is similar to a cross between tennis and ping pong. Our friendly group welcomes players of all levels for open play, and basic instruction is provided if needed. There is no formal instruction component - true beginners are encouraged to complete an instructional course prior. Bring your own paddle or borrow one of ours!

50+ Activity Code: 3R550101
(Section codes listed below)

Morse MS01

Thu, Jan 11-Mar 7, 6:30PM- 9:00PM
\$18 Residents/\$27 Non-Residents

Pulaski PK02

Wed, Jan 10-Mar 6, 6:30PM- 9:00PM
\$18 Residents/\$27 Non-Residents

Pulaski PK01

Sat, Jan 13-Mar 9, 9:00AM-12:00PM
\$18 Residents/\$27 Non-Residents



30+ Basketball

Enjoy a good workout and great competition in this open basketball play for people 30 years and over. Teams will be formed each night. Do not bring children under 12 years old; supervision will not be provided. Fee is based on 1.5 hours of play per night.

Activity Code: 3RAE6201
(Section codes listed below)

Beulah Brinton (Ages 30 & up) BN01

Mon, Feb 5-Apr 8, 6:00PM- 8:15PM
\$29 Residents/\$44 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 13-Mar 2, 8:45AM- 9:45AM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall MR02

(Int.)
Sat, Jan 13-Mar 2, 9:50AM-10:50AM
\$24 Residents/\$36 Non-Residents



Volleyball - Co-Ed League

BUMP, SET, SPIKE! 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. Each team will be provided schedules the first week of play. A staff member 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 Community Center. Fee is per person.

Activity Code: 3RAE6206
(Section codes listed below)

Beulah Brinton BN01

(Teams)
Tue, Jan 9-Apr 2, 6:15PM- 9:15PM
\$37 Residents/\$56 Non-Residents

Beulah Brinton BN02

(Teams)
Fri, Jan 12-Apr 5, 6:15PM- 8:15PM
\$37 Residents/\$56 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 13-Mar 2, 3:00PM- 4:00PM
\$24 Residents/\$36 Non-Residents

WINTER 2024 ADULT TEAM SPORTS

TEAM REGISTRATION NOW OPEN! Visit mkerec.net/adultsports or contact the Adult Sports office at 414.647.6046 or adultsports@mkerec.net for more information and to register your team. League schedules, scores, and standings are available on teamsideline.com/sites/MilwaukeeRecreation.

WINTER 3 v. 3 COED BASKETBALL LEAGUE (NEW!)

Play 1 night/week in our 3 v. 3 coed basketball league. League play will be Wednesday @ Garland, starting on January 3 and runs for 8-weeks. Contact our office for more information. League registration closes December 11. Team registration only. Team registration fee is \$210 (resident) and \$250 (non-resident).

SPRING SPORTS

Spring sports will be here before you know it! In the spring we offer basketball, futsal, golf, kickball, pickleball, softball, and volleyball leagues. Visit mkerec.net/adultsports or contact the Adult Sports Office at 414.647.6046 or adultsports@mkerec.net for more information.

WANTED: OFFICIALS FOR ADULT LEAGUES

If you have experience officiating or scoring adult basketball, flag football, kickball, soccer, softball, or volleyball we need you! If you are interested, please contact the Adult Sports Office at 414.647.6046 or adultsports@mkerec.net.

INDIVIDUAL PLAYERS/FREE AGENTS

Are you interested in playing in Milwaukee Recreation's Adult Sports leagues but don't have a team to play on? You can register as a free agent and be placed on a team! If we have enough interested free agents, we can even create a team of free agents. There is no cost to sign up as a free agent; you will only be charged once your spot on a team is confirmed. Each sport has its own free agent registration. Registration is only open in the sports offered in the current or upcoming seasons. For more information visit mkerec.net/adultsports.

WANTED: PART TIME BUILDING STAFF & MONITORS

If you have interest in working in the evenings during the week for our indoor sports as a building director or monitor, please contact Brent Landon @ 414.647.3858 or Brandon Sweet @ 414.647.6070. Hours are typically between 5:30PM – 10:00PM Monday-Thursday.

SPORTSMANSHIP ANNOUNCEMENT

Milwaukee Recreation expects & enforces good sportsmanship by its players, managers, and spectators. We request your cooperation by supporting the participants and game management in a positive manner. Profanity, derogatory comments, taunting, or other intimidating actions directed at the game officials, players, coaches, or team representatives will not be tolerated during our league play.

ADULT SPORTS IS PARTNERING WITH TEAM MILWAUKEE, SPECIAL OLYMPICS IN ACTIVELY SEARCHING FOR VOLUNTEER COACHES FOR WINTER BASKETBALL & SPRING TRACK-N-FIELD!

Volunteer coaches are the backbone of the Special Olympics movement. You are more powerful than you think and you have the power to change the lives of our special athletes through your love of sports. Our teams practice one night per week and play in a handful of tournaments on specific weekends. If you are ready to be a change maker, call us next week for more information. Please email Katie Seitz @ katie@mkerec.net or call (414) 647-6046.



To sign up, see page 2 • Centers are closed December 24 - 25, and 30, January 1 and 15.

ACTIVE OLDER ADULTS - 50+ SPORTS

Meet new friends, join recreational activities, learn a new game, brush up on your skills and socialize. Our organized sports leagues, open play (non-league), and drop-in sporting activities aim to provide Milwaukee and beyond athletes, age 50 and above, with an opportunity to continue pursuing the sport they love year-round. For registration information, please contact Brandon Sweet in the Adult Sports/50+ Sports office at 414.647.6070 or email: Brandon@mkerec.net. **Volleyball * Softball * Pickleball ***

50+ Volleyball Leagues (Competitive & Social)

These morning senior leagues play two times each week (Tuesday & Thursday) for 14-weeks. The start date is Tuesday, January 9, 2024. Players of all skill levels are encouraged to join. All games are played at Beulah Brinton Community Center (2555 S. Bay St.). Please contact Brandon Sweet at 414.647.6070 for a registration form.

- Competitive League: Tue/Thur, Jan. 9 – Apr. 11 / Social League: Tue/Thur, Jan. 9 – Mar. 28
- Fee: \$15 Resident / \$30 Non-Resident
- Activity Code: 2R556801, Section: BN01 (Competitive) & BN02 (Social)
- Drop-In Play Fee: \$2 Resident / \$4 Non-Resident (Weekly during non-league times)

50+ Fall Softball League

This Tuesday morning softball league will begin play on April 23, 2024 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 Brandon Sweet @ 414-647-6070 for a registration form! Registration closes on December 18, 2023.

- Tue, Apr. 23 – Aug. 13, 2024, game times: 9:30am & 10:40am
- Fee: \$15 Resident / \$30 Non-Resident
- Activity Code: 2R558101, Section: B405



50+ Fall Softball League

Our Milwaukee Recreation, 50+ Softball League is preparing for its 45th 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 reach out to Brandon Sweet at 414.647.6070 or via email Brandon@mkerec.net.

Pickleball Open Play (ages 18+)

Pickleball is the fastest-growing sport in America - join us to find out why! Played with a short paddle and a wiffle ball, pickleball is similar to a cross between tennis and ping pong. Our friendly group welcomes players of all levels for open play, and basic instruction is provided if needed. There is no formal instruction component - true beginners are encouraged to complete an instructional course prior. Bring your own paddle or borrow one of ours. Please contact Megan Frey @ 414.647.6057 with any questions. Registration opens December 7, 2023. Online registration recommended. NO DROP-IN PLAY AVAILABLE.

- Wed, January 10 - March 6 from 6:30pm-9:00pm at Pulaski HS (2500 W. Oklahoma Ave). Fee: \$18 Residents / \$27 Non-Residents. Activity Code: 3R550101, Section PK02
- Thurs, January 11 - March 7 from 6:30pm-9:00pm at Morse Middle School (6700 N. 80th St). Fee: \$18 Residents / \$27 Non-Residents. Activity Code: 3R550101, Section MS01
- Sat, January 13 - March 9 from 9:00am-12:00pm at Pulaski High School (2500 W. Oklahoma Ave). Fee: \$18 Residents / \$27 Non-Residents. Activity Code: 2R550101, Section PK01



YEARLY SPORTS SCHEDULE:

- **Fall Season (Sept-Dec):** Volleyball leagues, drop-in volleyball, pickleball open.
- **Winter Season (Jan-Mar):** Volleyball leagues, drop-in volleyball, pickleball open.
- **Spring/Summer Season (Apr-Aug):** Softball leagues, drop-in volleyball, pickleball open.

THERAPEUTIC RECREATION

Splash, Splash, Swim

The wave of the future begins with specialized swim instruction for individuals with disabilities. We provide 1 instructor per 4 students. Swimmers must be at least 3 years old. Due to physical distancing, assistance from a household member (age 16 or older) will be required in the water if the participant is not totally independent in water. Fee for participant only. Swimmers must be at least 4 feet tall to go in the pool without a parent/adult. Family members and non-disabled participants are not eligible for lessons. Swimmers who need assistance in the locker room must provide their own attendant. Children ages 6 and above must use the appropriate male/female locker room. It is recommended to arrive to the class in swim gear. Participants must provide their own towel, suit, and swim cap. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR0501
(Section codes listed below)

Bay View (Ages 3 & up).....BV01
(Winter Only)
Tue, Jan 9-Feb 27, 6:30PM- 7:30PM
\$36 Residents/\$54 Non-Residents

Gaenslen (Ages 3 & up).....GS01
(Winter Only)
Thu, Jan 11-Feb 29, 6:30PM- 7:30PM
\$36 Residents/\$54 Non-Residents

Alley Cats

Bring your friends and family; create your own bowling team. Cost includes three games of bowling, shoes, and special events. Agencies must provide support staff. You must be a registered club member to bowl. An additional \$7.75 is due at the alley each week for bowling fees. Meet at AMF West Lanes. Transportation is not provided. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

Activity Code: 3RTR6601
(Section codes listed below)

AMF West (Ages 6 & up).....AM01
(Winter Only)
Sat, Jan 27-Mar 16, 9:00AM-11:00AM
\$11 Residents/\$17 Non-Residents

AMF West (Ages 6 & up).....AM02
(Winter/Spring - No class on March 23 or March 30)
Sat, Jan 27-May 18, 9:00AM-11:00AM
\$16 Residents/\$24 Non-Residents

Awesome Appetizers and Desserts Too!

Like to cook and socialize with friends? Each week we will make either a dessert or an appetizer for all to enjoy. Great ideas for entertaining at home! An \$8 (cash only) supply fee is due at the first class. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6602
(Section codes listed below)

Hamilton (Ages 10 & up) HA01
(Winter Only)
Wed, Jan 24-Mar 13, 7:30PM- 8:30PM
\$21 Residents/\$32 Non-Residents

Hamilton (Ages 10 & up) HA02
(Winter/Spring - No class March 20 or March 27)
Wed, Jan 24-May 15, 7:30PM- 8:30PM
\$35 Residents/\$53 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 26-Mar 15, 4:30PM- 5:30PM
\$21 Residents/\$32 Non-Residents

OASIS (Ages 13 & up) 5502
(Winter/Spring - No class on March 22 or March 29)
Fri, Jan 26-May 17, 4:30PM- 5:30PM
\$35 Residents/\$53 Non-Residents

Culture Cafe

Culture Cafe has been a long time favorite cooking class and one you don't want to miss! Join us as we cook and enjoy delicious dishes from all over the world in addition to learning fun facts about the countries they originate from. An \$8 (cash only) supply fee is due at the first class. Call 414.647.6065 for more information. 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 25-Mar 14, 7:00PM- 8:30PM
\$30 Residents/\$45 Non-Residents

Hamilton (Ages 10 & up) HA02
(Winter/Spring - No class March 21 or March 28)
Thu, Jan 25-May 16, 7:00PM- 8:30PM
\$52 Residents/\$78 Non-Residents

Diner's Club

Good friends and great food is what you'll find on Friday nights. We'll create a delicious dinner each Friday evening. Feel free to bring a favorite recipe to share and your appetite. An \$8 (cash only) supply fee is due at the first gathering. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6606
(Section codes listed below)

OASIS (Ages 13 & up) 5501
(Winter Only)
Fri, Jan 26-Mar 15, 5:30PM- 7:30PM
\$39 Residents/\$59 Non-Residents

OASIS (Ages 13 & up) 5502
(Winter/Spring - No class on March 22 or March 29)
Fri, Jan 26-May 17, 5:30PM- 7:30PM
\$61 Residents/\$92 Non-Residents

Friday Night Combo with Boot Camp!

Our Friday Night Combo with Boot Camp includes T.R. Boot Camp, Diner's Club, and Movers & Shakers. An \$8 (cash only) supply fee is due at the first gathering. An additional \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6607
(Section codes listed below)

OASIS (Ages 13 & up) 5501
(Winter Only)
Fri, Jan 26-Mar 15, 4:30PM- 9:00PM
\$71 Residents/\$107 Non-Residents

OASIS (Ages 13 & up) 5502
(Winter/Spring - No class on March 22 or March 29)
Fri, Jan 26-May 17, 4:30PM- 9:00PM
\$104 Residents/\$156 Non-Residents



Friday Night Combo with Computers!

Our Friday Night Combo with Computers includes Computer Club, Diner's Club, and Movers & Shakers. An \$8 (cash only) supply fee is due at the first gathering. An additional \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6608
(Section codes listed below)

OASIS (Ages 13 & up) 5501

(Winter Only)

Fri, Jan 26-Mar 15, 4:30PM- 9:00PM

\$71 Residents/\$107 Non-Residents

OASIS (Ages 13 & up) 5502

(Winter/Spring - No class on March 22 or March 29)

Fri, Jan 26-May 17, 4:30PM- 9:00PM

\$104 Residents/\$156 Non-Residents

Friday Night Combo with Games!

Our Friday Night Combo with Games includes Game and Card Night, Diner's Club, and Movers & Shakers. An \$8 (cash only) supply fee is due at the first gathering. An additional \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6609
(Section codes listed below)

OASIS (Ages 13 & up) 5501

(Winter Only)

Fri, Jan 26-Mar 15, 4:30PM- 9:00PM

\$71 Residents/\$107 Non-Residents

OASIS (Ages 13 & up) 5502

(Winter/Spring - No class on March 22 or March 29)

Fri, Jan 26-May 17, 4:30PM- 9:00PM

\$104 Residents/\$156 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 26-Mar 15, 4:30PM- 5:30PM

\$21 Residents/\$32 Non-Residents

OASIS (Ages 13 & up) 5502

(Winter/Spring - No class on March 22 or March 29)

Fri, Jan 26-May 17, 4:30PM- 5:30PM

\$35 Residents/\$53 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 25-Mar 14, 6:00PM- 7:00PM

\$21 Residents/\$32 Non-Residents

Hamilton (Ages 10 & up) HA02

(Winter/Spring - No class on March 21 or March 28)

Thu, Jan 25-May 16, 6:00PM- 7:00PM

\$35 Residents/\$53 Non-Residents

Movers and Shakers

If you enjoy movies, music and friends, then join us. This program alternates between a large screen movie and a hip-hoppin' dance party. A \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3RTR6612
(Section codes listed below)

OASIS (Ages 13 & up) 5501

(Winter Only)

Fri, Jan 26-Mar 15, 7:30PM- 9:00PM

\$11 Residents/\$17 Non-Residents

OASIS (Ages 13 & up) 5502

(Winter/Spring - No class on March 22 or March 29)

Fri, Jan 26-May 17, 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 24-Mar 13, 6:00PM- 7:30PM

\$30 Residents/\$45 Non-Residents

Hamilton (Ages 10 & up) HA02

(Winter/Spring - No class March 20 or March 27)

Wed, Jan 24-May 15, 6:00PM- 7:30PM

\$52 Residents/\$78 Non-Residents

Sunday Movie Madness

Love movies? So do we, so let's enjoy them together! On various Sundays, we will enjoy an afternoon matinee at South Shore Cinema, 7261 S.13th St., Oak Creek. You will be notified by mail of specific movies and times after registration. The one-time \$8 registration fee does not include the cost of the movie. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 3RTR6615
(Section codes listed below)

South Shore Cinema (Ages 13 & up) ...VL01

(Winter Only- Jan 28 and March 3)

Sun, Jan 28-Mar 10, TIME VARIES

\$11 Residents/\$17 Non-Residents

South Shore Cinema (Ages 13 & up) ...VL02

(Winter /Spring - Jan 28, March 3, April 7, and May 5)

Sun, Jan 28-May 5, TIME VARIES

\$16 Residents/\$24 Non-Residents



Super Saturday

Are you ready to have a Super Saturday?! Every Saturday afternoon we will have new and exciting things to do! From creating fantastic art projects to making delicious snacks to participating in exciting gym activities there's something for everyone to enjoy! And don't forget the awesome field trips and special events we will have throughout the season! 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 27-Mar 16, 12:30PM- 4:00PM
\$61 Residents/\$92 Non-Residents

Manitoba (Ages 6 & up) MB02
(Winter/Spring - No class March 23 or March 30)
Sat, Jan 27-May 18, 12:30PM- 4:00PM
\$118 Residents/\$177 Non-Residents

Milwaukee Marshall (Ages 6 & up)... MR01
(Winter Only)
Sat, Jan 27-Mar 16, 12:30PM- 4:00PM
\$61 Residents/\$92 Non-Residents

Milwaukee Marshall (Ages 6 & up)... MR02
(Winter/Spring - No class March 23 or March 30)
Sat, Jan 27-May 18, 12:30PM- 4:00PM
\$118 Residents/\$177 Non-Residents



T.R. Boot Camp

Working out with friends is the best way to stay motivated! Join our TR boot camp to help get you in a routine. We will try a variety of work-outs to keep it exciting and work various muscle groups. As always, we will adapt activities so all can participate. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6617
(Section codes listed below)

OASIS (Ages 13 & up) 5501
(Winter Only)
Fri, Jan 26-Mar 15, 4:30PM- 5:30PM
\$21 Residents/\$32 Non-Residents

OASIS (Ages 13 & up) 5503
(Winter/Spring - No class March 22 or March 29)
Fri, Jan 26-May 17, 4:30PM- 5:30PM
\$35 Residents/\$53 Non-Residents



Thursday Night Combo at Hamilton

Our Thursday Night Combo at Hamilton includes Let's Get Moving and Culture Cafe. An \$8 (cash only) supply fee is due to the instructor at the first class. This is a Therapeutic Recreation program for individuals with disabilities.

Activity Code: 3RTR6618
(Section codes listed below)

Hamilton (Ages 10 & up) HA01
(Winter Only)
Thu, Jan 25-Mar 14, 6:00PM- 8:30PM
\$48 Residents/\$72 Non-Residents

Hamilton (Ages 10 & up) HA02
(Winter/Spring - No class March 21 or March 28)
Thu, Jan 25-May 16, 6:00PM- 8:30PM
\$69 Residents/\$104 Non-Residents

Wednesday Night Combo

Our Wednesday Night Combo includes Scrapbooking and Awesome Appetizers & Desserts Too. An \$8 (cash only) supply fee is due at the first gathering. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6620
(Section codes listed below)

Hamilton (Ages 10 & up) HA01
(Scrapbooking and Awesome Apps & Desserts -Winter Only)
Wed, Jan 24-Mar 13, 6:00PM- 8:30PM
\$48 Residents/\$72 Non-Residents

Hamilton (Ages 10 & up) HA02
(Scrapbooking and Awesome Apps & Desserts -Winter/Spring - No class March 20 or March 27)
Wed, Jan 24-May 15, 6:00PM- 8:30PM
\$69 Residents/\$104 Non-Residents

Game Night SWITCHed Up

Join us for Tuesday nights full of gaming fun! We will have Nintendo Switch available with favorite games like Mario Kart, Mario Party, and Nintendo Switch Sports Resort. There will still be Wii's available for those that love the classics like bowling. And we will have a karaoke option as well for those that may be more of a singer than a gamer. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 3RTR6621
(Section codes listed below)

OASIS (Ages 8 & up) 5501
(Winter Only)
Tue, Jan 23-Mar 12, 6:00PM- 8:00PM
\$43 Residents/\$65 Non-Residents

OASIS (Ages 8 & up) 5502
(Winter/Spring - No class March 19 or March 26)
Tue, Jan 23-May 14, 6:00PM- 8:00PM
\$63 Residents/\$95 Non-Residents



Sunday Fun 4 or Sunday Super 7

Ready to end your weekend with a bit of Milwaukee fun! We have planned 5 different exciting Sunday outings for the Winter Season. Join as many as you like. It is sure to be a great time! Program registration fee is nonrefundable. Fee does not include weekly cost of each event. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

Activity Code: 3RTR6628
(Section codes listed below)

Various (Ages 13 & up)..... VL01
(Winter Only - SUNDAY FUN 4 Events will be held on 2/4, 2/18, 2/25, 3/10)
Sun, Feb 4-Mar 10, TIME VARIES
\$11 Residents/\$17 Non-Residents

Various (Ages 13 & up)..... VL02
(Winter/Spring - SUNDAY SUPER 7 Events will be held on 2/4, 2/18, 2/25, 3/10, 4/14, 4/21, and 5/12)
Sun, Feb 4-May 12, TIME VARIES
\$16 Residents/\$24 Non-Residents

TEAM MILWAUKEE SPECIAL OLYMPICS

Team Milwaukee is a registered agency with Special Olympics Wisconsin

This year-round sports program offers both adults and youth with intellectual disabilities the opportunity to learn and improve skills through training and competition in various sports. These programs will encourage participants to become more physically fit, socialize with others, and increase self-confidence. To participate in area/state Special Olympics competitions, individuals must be 8 years or older and have completed the required Special Olympics forms. Come join the fun!

Summer Season (June – September)

Softball
Tee Ball
Bocce Ball
Flag Football

Winter Season (December – April)

Basketball
Competitive Swimming

Fall Season (September – December)

Bowling
Volleyball
Strength Training

Spring Season (March – June)

Track & Field
Soccer
Cornhole
Strength Training

For additional information please contact Team Milwaukee Special Olympics at Specialolympics@mkerec.net or call 414.647.6041.





OASIS

COMMUNITY CENTER

2414 W. Mitchell Street, Milwaukee, WI 53204

ACTIVE OLDER ADULTS PROGRAM

Make your life more fulfilling by joining the Active Older Adults Program! The program provides opportunities for adults, fifty years and older in fitness, hair yoga, art, languages, sports, outdoor education, cooking, knitting, crocheting, and seasonal classes.. In addition to travel, classes, clubs and leagues, various services and volunteer opportunities are available. Activities are held indoors and outdoors, daytime, and some weekends.

INCLUDED WITH OASIS MEMBERSHIP

Membership cards are available at the OASIS Community Center for \$15 for city of Milwaukee residents and \$25 for non-residents. Membership fee is good for one year from purchase date.

CHAIR YOGA	<ul style="list-style-type: none"> • Offered Monday, Wednesday, and Friday • Class Hours: 9:00am –10:00am
OUTDOOR EDUCATION CLASSES	<ul style="list-style-type: none"> • Offered on Thursdays - once a month • Class Hours: 12:15pm –1:45pm
COMPUTER LAB	<ul style="list-style-type: none"> • Offered Monday - Friday • Computer Lab Hours: 8:00am – 3:00pm
FITNESS CENTER	<ul style="list-style-type: none"> • Fitness Center equipment includes compressed air resistance machines, treadmills, ellipticals, exercise bikes, rowing machines, and free weights. • Fitness Center Hours: Monday - Friday, 8:00am – 3:00pm



SCAN ME



Sign up to play adaptive sports! WASA provides adaptive sports & fitness opportunities for those with physical disabilities and/or visual impairments, ages 6 and up.

- Recreational or Competitive
- All ability levels welcome
- Adaptive equipment, including sports chairs provided
- Scan the QR code and select "register" or sign up online at: www.wasa.org



Questions: email info@wasa.org or call 414-310-7051.

WASA is a 501(c)3 tax exempt, non-profit organization.

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

Las formas de registro incluyen:

- En línea a través de <https://milwaukeeerecreation.net/>
- Por teléfono llamando al 414.475.8180
- En persona 5225 W. Vliet St. o OASIS Community Center, 2414 W. Mitchell St. Horarios: Lunes -Viernes 8:15am – 4:30pm
- Fax al 414-475-8183
- Por correo: Envíe la forma a Milwaukee Recreation, P.O. Box 2181, Milwaukee, WI 53201-2181

Para obtener más información en español sobre la guía, los plazos de inscripción, la confirmación, los reembolsos, el seguro, las tarifas, los métodos de pago, la accesibilidad del programa, la ley de estadounidenses con discapacidades o las regulaciones de A.H.E.R.A, llame al 414.475.8180.

There for what matters



Visit uhc.com



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!* **will be open on November 30, 2023.**

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!

Milwaukee County Senior Dining Program

For more
information on
grab and go
locations, please
call 414.289.6995.

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.

MILWAUKEE RECREATION

GIFT CARD

MKE REC

A department of MPS

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.

Share Today. Shape Tomorrow.

Mentor a child. Share your wisdom. Make a difference.

As a volunteer, your experience, abilities and skills can positively shape the lives of children in our community. The Social Development Commission is looking for older adults (55+) to volunteer one-on-one with elementary school children in Milwaukee Public Schools.

Improve a child's life by:

- Tutoring in reading, math and other subjects
- Showing interest, encouragement and compassion
- Developing self-esteem

Volunteers receive:

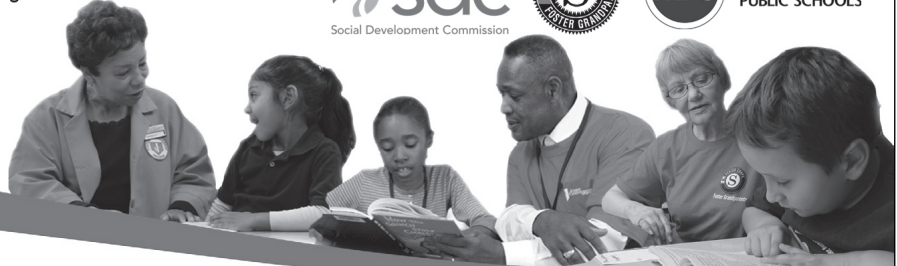
- Paid training
- Hourly stipend
- Mileage reimbursement

The Foster Grandparent Program serves Milwaukee Public Schools. When you volunteer, you leave a lasting legacy. Help a child create pathways to success.

For additional information about SDC's Foster Grandparent Program, please call **414.906.4608** or visit us at cr-sdc.org



MILWAUKEE
PUBLIC SCHOOLS



OUR MISSION, VISION, AND VALUES

MISSION

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

VISION

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

VALUES

The following are the core values that drive the work and interactions with the team and customers:



Equity

Ensuring access to recreation services for all.



Accountability

Taking individual and collective responsibility.



Memorable Experiences

Creating special, distinctive recreation experiences.



Professional Staff

Employing staff who possesses the core competencies of the department.



Quality Service Delivery

Exceeding customer expectations through responsive and respectful service delivery.



Sense of Community

Providing services that encourage personal connections and relationships.



Collaborations/ Partnerships

Fostering and maintaining partnerships with individuals and organizations that benefit the community

Join
our
team



MILWAUKEE
PUBLIC SCHOOLS



Become part of the MPS
family and work for a school
in the Milwaukee Community
Schools Partnership!



MILWAUKEE
PUBLIC SCHOOLS



Milwaukee Teachers'
Education Association



Scan to
take an
interest
survey



Excellent opportunities await new and experienced teachers and school staff. Choose a school in the Milwaukee Community Schools Partnership (MCSP) and be part of a team transforming education to meet the needs of children and families.

Positions are available for teachers, school staff, food service, maintenance, and more. We offer competitive pay, great benefits, and career advancement opportunities. For a list of upcoming job fairs, visit mpsmke.com/jobfair. Learn more and apply at mpsmke.com/careers. **#SucceedAtMPS**

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Hawthorn Glen Winter Wonder Woods

December 8, 9, 15 & 16 • 5:00–8:00 p.m. • 1130 North 60th Street

See Milwaukee Recreation's Hawthorn Glen in a new light as you walk through the woods and view displays that are twinkling with nearly 100,000 lights! \$4/person (Children 2 and under free)

COME EXPERIENCE WINTER WONDER WOODS



Register online at mkerec.net
(Activity code: 3P125082)

Please Note: Warm drinks & sweet treat concessions are cash only. Parking is extremely limited in both the Hawthorn Glen parking lot, and on the street. Street parking is not permitted on 60th St. Carpooling and ride-sharing is greatly appreciated!

If Milwaukee Recreation cancels the event due to inclement weather, participants are welcome to transfer to an open session on a different day or receive a full refund.



A department of MPS

Milwaukee Public Schools
Recreation Department
P.O. Box 2181
Milwaukee, WI 53201-2181
Dated Material

Non Profit Org.
U.S. Postage

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Milwaukee, WI
Permit No. 3240

ECRWSS

RESIDENTIAL CUSTOMER



A department of MPS

WINTER

Recreation Guide

2024

Register online at mkerec.net. Call 414.475.8180 with any questions.

If you live in the city of Milwaukee and this booklet was NOT delivered directly to your mailbox, please visit mkerec.net/mail to complete our two-question mailing survey.

Para obtener ayuda en español: (414) 475-8180

Rohingya zuban ot modot ollá: (414) 475-8182

မြန်မာအတွက် အကူအညီ: (414) 475-8182

லாதீனமொலா கட்டிநீர்வாரி- (414) 475-8182

للمساعدة باللغة العربية: (414) 8182-475

Wixii caawin Af- Somali ah: (414) 475-8182

Xav tau kev pab hais ua lus Hmoob hu: (414) 475-8182