

Registration begins December 5, 2024 | Para ayuda en español: 414.475.8180

WINTER

# Recreation Guide



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

[mkerec.net](http://mkerec.net)



A department of **MPS**

# Winter fun ahead with Milwaukee Recreation!

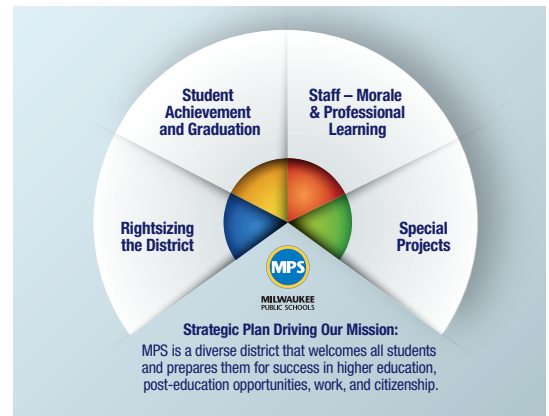


**MILWAUKEE  
PUBLIC SCHOOLS**

This winter, we invite you to discover the exciting opportunities offered by Milwaukee Recreation. Within this guide, you'll find hundreds of engaging activities tailored for all ages. We're especially thrilled to announce our 6th annual Winter Wonder Woods on December 6, 7, 13, and 14, 2024 where nearly 100,000 twinkling lights will transform the enchanting woods of Hawthorn Glen into a truly magical experience. It's an event you won't want to miss! Additionally, we invite all fathers and father-figures and the special young ladies in their lives to our beloved Daddy/Daughter Dance on February 22, 2025 at the Baird Center (400 W. Wisconsin Ave). This heartwarming evening has become a cherished tradition in our community and is sure to create lasting memories.

Staying active during the winter months is vital for both physical and mental well-being and participating in these programs is a fantastic way to connect with others. I encourage you to explore the offerings in this guide and sign up for something that piques your interest. Let's embrace the beauty of the winter season together!

Eduardo Galvan  
Interim Superintendent of Schools



## Congratulations and thank you, Lynn Greb!

*Milwaukee Recreation senior director Lynn Greb announces retirement*

Few people embody the spirit of recreation as much as Lynn Greb, Milwaukee Recreation's outgoing senior director.

Lynn began her career with Milwaukee Recreation in 1989, serving individuals with disabilities. She then advanced to every management level before earning the title of senior director in July of 2015. Along the way, Lynn encouraged and inspired her colleagues with her passion for the incredible life-changing benefits of recreation. There's a good chance you've encountered Lynn during her regular site visits, cheering on her colleagues in person and enjoying each event as much as our customers.

Lynn's visionary leadership is something that will be felt for generations. Under her guidance, Milwaukee Recreation enhanced its free and low-cost offerings for all ages, reintroduced scholarship programs, launched Twilight Centers for young people, and expanded our range of programs, services, outreach efforts, and special events. Space doesn't allow for a complete list of Lynn's accomplishments, but there's one common thread: Lynn always put the community first while challenging herself and others to learn and improve.

In the past decade, Lynn had the vision to reimagine, revitalize, and rebuild Milwaukee Recreation's network of 52 playfields through an equity-based approach that ranked the urgency of each project based on 8 criteria, including each neighborhood's poverty rate, population served, and facility conditions. With our "Dream, Build, Play" initiative, we have now renovated 11 playfields. That work will continue, along with the construction of a new stand-alone community center on the north side of the city and significant athletic facility upgrades throughout the district.

On January 31, Lynn will retire as Milwaukee Recreation's 10th director in the department's 114-year history. Lynn's enthusiasm and leadership will be deeply missed by the Milwaukee Recreation staff, but her legacy will continue. We hope Lynn finds as much joy in retirement as she has brought to our city throughout the entirety of her professional career.

***Best wishes and thank you, Lynn!***



**MKE REC**  
A department of MPS



**MILWAUKEE  
PUBLIC SCHOOLS**

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

Lynn A. Greb, Senior Director  
**Milwaukee Recreation**

### Milwaukee Board of School Directors

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**Para ayuda en español: 475-8180**

## Important Dates — See page 2 for details.

<b>December 3</b>	Driver Education registration begins 10AM
<b>December 5</b>	Priority registration for city of Milwaukee residents begins at 10AM
<b>December 12</b>	Non-city of Milwaukee residents' registration begins at 10AM

### A NOTE REGARDING WINTER 2025 REGISTRATION:

Registration will be available online and in-person for the winter 2025 season. See page 2 for more details.

## OUR MISSION:

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

## OUR VISION:

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

## Ways to Register

Priority registration is given to city of Milwaukee residents beginning **December 5, 2024 at 10AM**. Non-city of Milwaukee residents may register beginning **December 12, 2024 at 10AM** through the dates listed below. **Registration for Driver Education begins on Tuesday, December 3 at 10AM.**

### 1. ONLINE REGISTRATION

**Deadline: one week before your class begins.**

Visit [mkerec.net](http://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:**

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### 2. IN-PERSON REGISTRATION

**Deadline: one week before your class begins.**

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

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

### 3. MAIL-IN REGISTRATION

**Registration must be received by Friday, January 10, 2025.**

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

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

## Important Registration Information

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

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

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

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

**REFUND POLICY.** Information regarding our refund policy can be found online at [www.mkerec.net/refund](http://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](http://www.mkerec.net/reduced).

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

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

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

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



MAIN CONTACT

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

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

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

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

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

PHOTO PERMISSION/RELEASE:

I understand that there are times when the local news media, national news media and/or nonprofit organizations partnering with Milwaukee Public Schools (MPS) request the opportunity to videotape, take photographs and/or interview participants within Milwaukee Recreation and MPS. By signing this, I understand that and give permission for MPS to allow this with respect to my child and/or myself. I also understand that by signing this release I give permission to MPS to make or use pictures, slides, digital images, or other reproductions of me, of my minor child or of materials 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:



Signature required for all registrations

Date

CASH MONEY ORDER CREDIT CARD # EXP. DATE / /

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

CHECKS PAYABLE TO MILWAUKEE RECREATION

NEW: DEMOGRAPHIC INFORMATION (MAIN CONTACT)

1. Which race or ethnicity best describes you?

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

2. Which of the following most accurately describes you?

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

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

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

TOTAL FEES \$

REDUCED ACTIVITY FEE — \$

SCHOOL NAME: \$1 DONATION?

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

TOTAL PAYMENT DUE \$

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

Milwaukee, WI, 53201 before the advertised registration deadlines.

REDUCED ACTIVITY FEE (17 YEARS & UNDER)

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

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

## MILWAUKEE RECREATION INCLUSION SERVICES POLICY

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

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

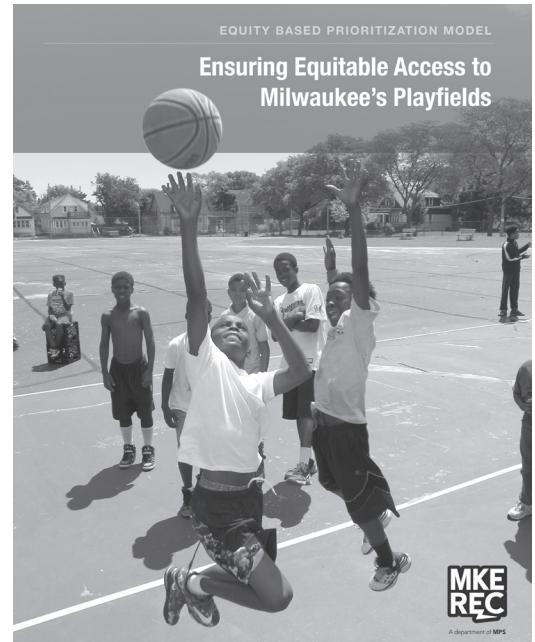
**POLICY GOALS:** The Inclusion Services Policy outlines Milwaukee Recreation's approach to ensuring inclusive environments and equitable opportunities for all community members in local parks and recreation.

### THIS POLICY ENSURES THAT:

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

We invite you to visit [mkerec.net/inclusion](http://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.

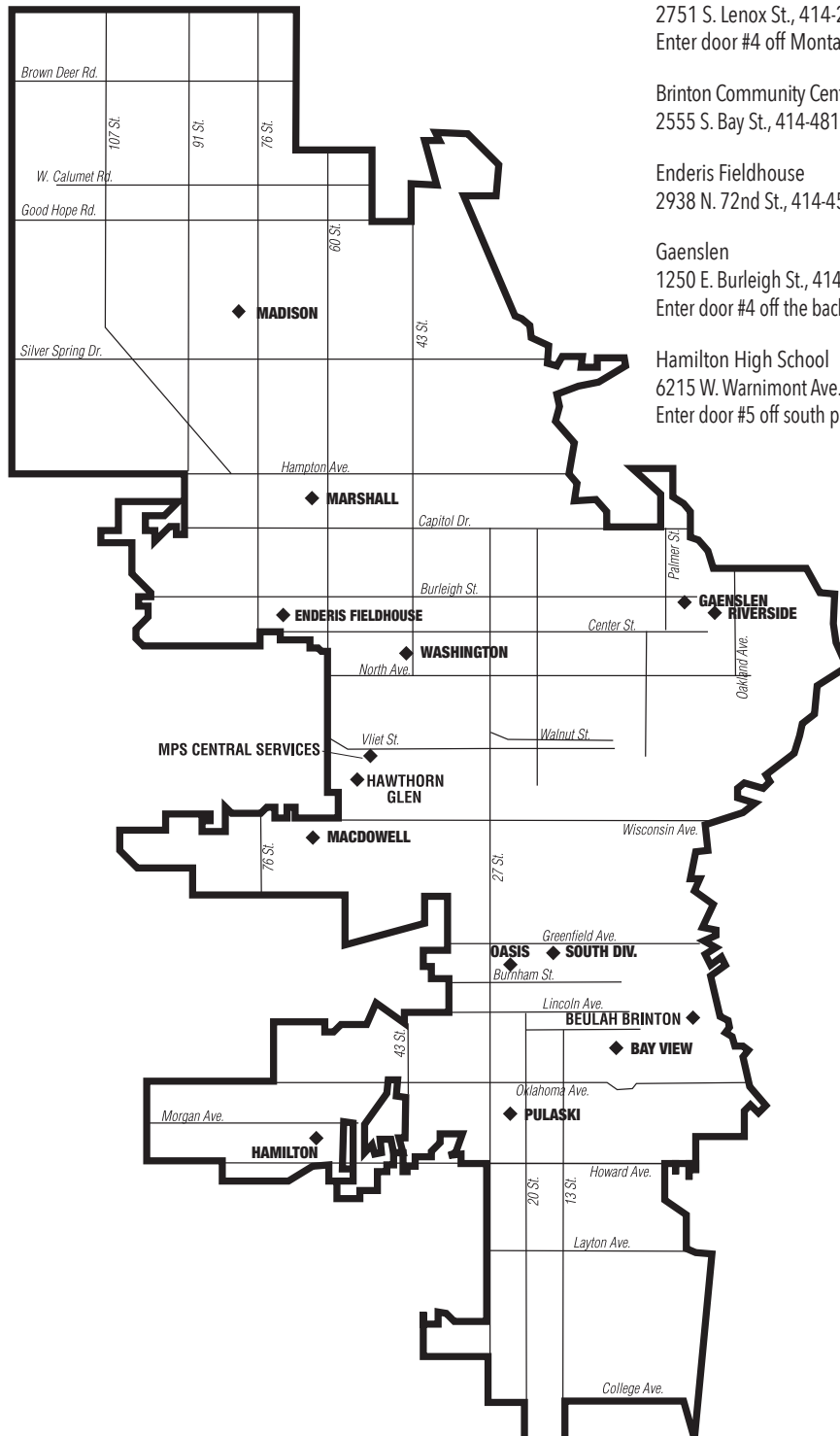
***Need accommodations? Submit an ADA Accommodation Request electronically by visiting [mkerec.net/inclusion](http://mkerec.net/inclusion) and a member of the recreation team will contact you for further details.***



# 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.

# KINDERGARTEN FAIR



**SATURDAY, FEBRUARY 1, 2025**

**9AM –  
NOON**

**SOUTH DIVISION HIGH SCHOOL  
1515 W. LAPHAM BLVD., MKE 53204**

***Do you have a child turning 3, 4, or 5 by September 1, 2025?  
Attend our Kindergarten Enrollment Fair!***

- Find schools and programs that are best for your child
- Learn about transportation and before/after-school care
- Meet school leaders and teachers
- Enjoy children's activities, story time, face painting, and more
- Learn about MPS family resources, careers, and more



**MILWAUKEE  
PUBLIC SCHOOLS**

- Montessori and International Baccalaureate
- Arts and Music
- Special Education
- Bilingual and Beginner English
- Language Immersion

Interpreters will be available. For more information, call (414) 475-8159.

**[mpsmke.com/enrolltoday](https://mpsmke.com/enrolltoday)**

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## EVERYONE PLAYS!

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

Scholarship applications for *Everyone Plays!* **are now open**. Each eligible child can be awarded one scholarship per year. **A limited number of scholarships are available.**

**Early applications are encouraged.** Questions? Please call 414.475.8180.

Visit [mkerec.net/scholarship](https://mkerec.net/scholarship) to learn more about this program. Thank you!



## ARTS & CRAFTS

### Paper Flowers

In this class we will start with the basic steps of paper folding and move onto advanced levels. Creating beautiful flowers made of various papers can bring spring close to people. Some examples of flowers you may create are carnations, golden bell flowers, irises, bellflowers, lilies, tulips and many more! There is an \$25 supply fee due to the instructor on the first day of class.

**Activity Code: 3RCE0913**  
(Section codes listed below)

**Hamilton (Ages 5-10)..... HA01**  
Tue, Feb 25-Mar 18, 5:30PM- 6:30PM  
\$10 Residents/\$15 Non-Residents

### Lego Adventures

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

**Activity Code: 3RCE0915**  
(Section codes listed below)

**Hamilton (Ages 7-12)..... HA01**  
Mon, Feb 10-Mar 17, 5:30PM- 7:00PM  
\$21 Residents/\$32 Non-Residents

### Lego Open Build

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

**Activity Code: 3RCE0919**  
(Section codes listed below)

**Hamilton (Ages 3-99)..... HA01**  
Tue, Feb 11-Mar 18, 5:30PM- 7:00PM  
\$21 Residents/\$32 Non-Residents



### Candle Making

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

**Activity Code: 3RCE0964**  
(Section codes listed below)

**Hamilton (Ages 7-15)..... HA01**  
(Not eligible for reduced fees)  
Sat, Feb 22, 10:00AM-11:30AM  
\$25 Residents/\$38 Non-Residents

**Riverside (Ages 7-15)..... RS01**  
(Not eligible for reduced fees)  
Sat, Jan 18, 10:00AM-11:30AM  
\$25 Residents/\$38 Non-Residents

### Paper Folding Art for Children

From K5, children can take basic origami skills. With simple square paper, they will be able to make stars, puppets, flowers, and more. Following step-by-step directions will help to increase concentration, fine motor skills, and creativity. \$20 supply fee due to the instructor on first day of class.

**Activity Code: 3RCE3308**  
(Section codes listed below)

**Hamilton (Ages 5-10)..... HA02**  
Tue, Jan 14-Feb 11, 5:30PM- 6:30PM  
\$13 Residents/\$20 Non-Residents

## BAKING

### Cake Pops

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

**Activity Code: 3RCE2512**  
(Section codes listed below)

**Hamilton (Ages 4-12)..... HA01**  
Sat, Mar 8, 1:00PM- 2:00PM  
\$24 Residents/\$36 Non-Residents

**Milwaukee Marshall (Ages 4-12)... MR01**  
Sat, Feb 22, 1:00PM- 2:00PM  
\$24 Residents/\$36 Non-Residents

### Signature Red Velvet Cookies

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

**Activity Code: 3RCE2507**  
(Section codes listed below)

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



## BATON

### Baton

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

**Activity Code: 3RCE7901**  
(Section codes listed below)

**Beulah Brinton (Ages 5-17)..... BN01**  
Sat, Feb 1-Mar 22, 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 18-Mar 8, 1:00PM- 2:00PM  
\$19 Residents/\$29 Non-Residents

## FAMILY CLASSES

### Family & Friends Volleyball Tournament

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 1st.

**Activity Code: 3RCE3350**  
(Section codes listed below)

**Beulah Brinton (Ages 7-99)..... BN01**  
(Not eligible for reduced fees)  
Wed, Jan 1, 1:00PM- 6:00PM  
\$10 Residents/\$10 Non-Residents

## FITNESS

### Yoga for Kids

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

**Activity Code: 3RCE3505**  
(Section codes listed below)

**Beulah Brinton (Ages 7-11)..... BN01**  
Mon, Jan 27-Mar 17, 4:45PM- 5:45PM  
\$19 Residents/\$29 Non-Residents

## MAD SCIENCE

### Mad Science Digging for Dinosaurs

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

**Activity Code: 3RCE7604**  
(Section codes listed below)

**Hamilton (Ages 5-12)..... HA01**  
Sat, Feb 22, 11:15AM-12:15PM  
\$20 Residents/\$30 Non-Residents

### Mad Science Slime Time

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

**Activity Code: 3RCE7615**  
(Section codes listed below)

**Hamilton (Ages 5-12)..... HA02**  
Sat, Mar 8, 11:15AM-12:15PM  
\$20 Residents/\$30 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. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 3RCE7622**  
(Section codes listed below)

**Hamilton (Ages 5-12)..... HA01**  
Sat, Feb 1, 11:15AM-12:15PM  
\$20 Residents/\$30 Non-Residents

### Mad Science Mineral Mania

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

**Activity Code: 3RCE7639**  
(Section codes listed below)

**Riverside (Ages 5-12)..... RS01**  
Sat, Mar 1, 11:15AM-12:15PM  
\$20 Residents/\$30 Non-Residents

### Mad Science Life in the Sea

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

**Activity Code: 3RCE7640**  
(Section codes listed below)

**Riverside (Ages 5-12)..... RS01**  
Sat, Jan 25, 11:15AM-12:15PM  
\$20 Residents/\$30 Non-Residents

## MUSIC

### Bass Guitar

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

**Activity Code: 3RCE4602**  
(Section codes listed below)

**Beulah Brinton (Ages 12-17)..... BN01**  
Fri, Jan 31-Mar 21, 7:15PM- 8:15PM  
\$19 Residents/\$29 Non-Residents

### Drums

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

**Activity Code: 3RCE4603**  
(Section codes listed below)

**Beulah Brinton (Ages 12-17)..... BN01**  
Fri, Jan 31-Mar 21, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

### Guitar

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

**Activity Code: 3RCE4604**  
(Section codes listed below)

**Beulah Brinton (Ages 12-17)..... BN01**  
(Beg.)  
Sat, Feb 1-Mar 22, 2:00PM- 3:30PM  
\$27 Residents/\$41 Non-Residents

**Hamilton (Ages 12-17)..... HA01**  
(Beg.)  
Thu, Jan 23-Mar 13, 6:00PM- 7:30PM  
\$27 Residents/\$41 Non-Residents

**Riverside (Ages 12-17)..... RS01**  
(Beg./Semi-Private)  
Mon, Jan 13-Mar 3, 6:30PM- 8:00PM  
\$54 Residents/\$81 Non-Residents

**Riverside (Ages 12-17)..... RS02**  
(Int./Semi-Private)  
Mon, Jan 13-Mar 3, 8:15PM- 9:15PM  
\$37 Residents/\$56 Non-Residents

## Piano

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

**Activity Code: 3RCE4606**  
(Section codes listed below)

**Beulah Brinton (Ages 12-17)..... BN01**  
(Beg.)  
Sat, Feb 1-Mar 22, 10:30AM-12:00PM  
\$27 Residents/\$41 Non-Residents

**Beulah Brinton (Ages 12-17)..... BN02**  
(Int.)  
Sat, Feb 1-Mar 22, 12:15PM- 1:45PM  
\$27 Residents/\$41 Non-Residents

**Hamilton (Ages 12-17)..... HA01**  
(Beg.)  
Wed, Jan 22-Mar 12, 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, Feb 1-Mar 22, 4:00PM- 6:00PM  
\$35 Residents/\$53 Non-Residents



## Sing Out!

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

**Activity Code: 3RCE4609**  
(Section codes listed below)

**Hamilton (Ages 12-17)..... HA01**  
Wed, Jan 22-Mar 12, 7:45PM- 8:45PM  
\$19 Residents/\$29 Non-Residents

## Introduction to Harmonica

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

**Activity Code: 3RCE4611**  
(Section codes listed below)

**Hamilton (Ages 12-17)..... HA01**  
(This class is combined with adult class)  
Tue, Jan 21-Mar 11, 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 23-Mar 13, 7:45PM- 8:45PM  
\$19 Residents/\$29 Non-Residents

## MUSIC IN MPS

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

## 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 25-May 3, 9:00AM- 9:30AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 10-17)..... HA01**  
(Beg.)  
Sat, Jan 25-May 3, 9:45AM-10:15AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 7-17)..... HA02**  
(Int./Adv.)  
Sat, Jan 25-May 3, 10:30AM-11:15AM  
\$24 Residents/\$36 Non-Residents

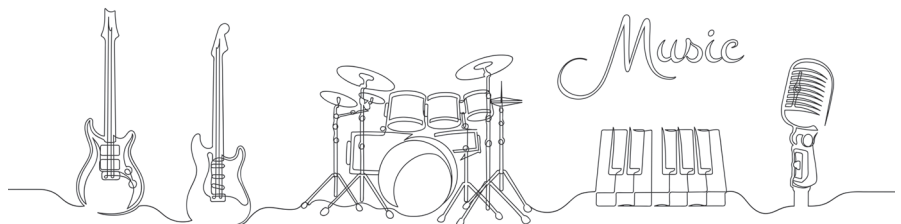
## Drumline

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: 3RCE3206**  
(Section codes listed below)

**Hamilton (Ages 7-17)..... HA01**  
Sat, Jan 25-May 3, 11:30AM-12:00PM  
\$24 Residents/\$48 Non-Residents

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





## Piano/Keyboard

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

**Activity Code: 3RCE3207**  
(Section codes listed below)

**Hamilton (Ages 7-11)..... HA01**  
(Beg.)

Sat, Jan 25-May 3, 9:00AM-9:30AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 7-11)..... HA02**  
(Int./Adv.)

Sat, Jan 25-May 3, 9:45AM-10:30AM  
\$24 Residents/\$36 Non-Residents

**Hamilton (Ages 7-11)..... HA03**  
(Int./Adv.)

Sat, Jan 25-May 3, 11:30AM-12:00PM  
\$24 Residents/\$36 Non-Residents

**Milwaukee Marshall (Ages 7-11)... MR01**  
(Beg.)

Sat, Jan 25-May 3, 9:00AM-9:30AM  
\$24 Residents/\$36 Non-Residents

**Milwaukee Marshall (Ages 7-11)..... MR02**  
(Beg.)

Sat, Jan 25-May 3, 9:45AM-10:15AM  
\$24 Residents/\$36 Non-Residents

**Milwaukee Marshall (Ages 7-11)..... MR03**  
(Int./Adv.)

Sat, Jan 25-May 3, 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: 3RCE3220**  
(Section codes listed below)

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

Sat, Jan 25-May 3, 11:30AM-12:00PM  
\$24 Residents/\$36 Non-Residents

## Drums/Percussion

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

**Activity Code: 3RCE3230**  
(Section codes listed below)

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

(Beg.)  
Sat, Jan 25-May 3, 10:45AM-11:15AM  
\$24 Residents/\$36 Non-Residents

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

(Beg.)  
Thu, Jan 30-Apr 24, 5:30PM-6:00PM  
\$24 Residents/\$36 Non-Residents

## Beginning Drum Set

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

**Activity Code: 3RCE3233**  
(Section codes listed below)

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

Thu, Jan 30-Apr 24, 6:15PM-6:45PM  
\$24 Residents/\$36 Non-Residents

## NATURE IN YOUR NEIGHBORHOOD

### Winter Bird Feeding

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

**Activity Code: 3P124711**  
(Section codes listed below)

**Beulah Brinton (Ages 7-18)..... BN01**

Wed, Jan 22, 6:00PM-7:00PM  
\$9 Residents/\$14 Non-Residents



### Hop into Spring

Join us for a fun exploration of hopping animal; frogs, bunnies, and even crows! Discover their unique hopping styles and create your own. Adult must register, pay, and attend with their child. Fee is per person, non-refundable, and not eligible for discounts.

**Activity Code: 3P124718**  
(Section codes listed below)

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

Tue, Mar 18, 6:00PM-7:00PM  
\$4 Residents/\$6 Non-Residents

### Sensational Snowflakes

Why is snow is white? Why are snowflakes unique? Learn the flakey facts of snow and how to make your own beautiful snowflake. 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: 3P124723**  
(Section codes listed below)

**Riverside (Ages 6 & up)..... RS01**

Wed, Feb 12, 6:00PM-7:00PM  
\$4 Residents/\$6 Non-Residents



## OUTDOOR SKILLS

### Cricket: An Introduction

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

**Activity Code: 3RCE9201**  
(Section codes listed below)

**MacDowell (Ages 7-17)..... JU01**  
(Combined with adult class)  
Sat, Jan 18-Feb 8, 1:00PM- 3:00PM  
\$50 Residents/\$75 Non-Residents

**MacDowell (Ages 7-17)..... JU02**  
(Combined with adult class)  
Sat, Feb 22-Mar 15, 1:00PM- 3:00PM  
\$50 Residents/\$75 Non-Residents



## PLAY GROUPS

### Regulation Station

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

**Activity Code: 3RCE5511**  
(Section codes listed below)

**Beulah Brinton (Ages 1-4)..... BN01**  
Tue, Jan 28-Mar 18, 4:00PM- 4:45PM  
\$15 Residents/\$23 Non-Residents

**Beulah Brinton (Ages 1-4)..... BN02**  
Thu, Jan 30-Mar 20, 4:00PM- 4:45PM  
\$15 Residents/\$23 Non-Residents

### Tot Time With Aimee

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

**Activity Code: 3RCE5512**  
(Section codes listed below)

**Beulah Brinton (Ages 1.5-4)..... BN01**  
Mon, Jan 27-Mar 17, 9:00AM- 9:45AM  
\$15 Residents/\$23 Non-Residents

**Beulah Brinton (Ages 1.5-4)..... BN02**  
Tue, Jan 28-Mar 18, 11:00AM-11:45AM  
\$15 Residents/\$23 Non-Residents

**Beulah Brinton (Ages 1.5-4)..... BN03**  
Wed, Jan 29-Mar 19, 10:00AM-10:45AM  
\$15 Residents/\$23 Non-Residents

**Beulah Brinton (Ages 1.5-4)..... BN04**  
Thu, Jan 30-Mar 20, 11:00AM-11:45AM  
\$15 Residents/\$23 Non-Residents

**Beulah Brinton (Ages 1.5-4)..... BN05**  
Fri, Jan 31-Mar 21, 10:00AM-10:45AM  
\$15 Residents/\$23 Non-Residents

### Thomas and Friends

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

**Activity Code: 3RCE5513**  
(Section codes listed below)

**Beulah Brinton (Ages 1.5-4)..... BN01**  
Mon, Jan 27-Mar 17, 11:00AM-11:45AM  
\$15 Residents/\$23 Non-Residents

**Beulah Brinton (Ages 1.5-4)..... BN02**  
Fri, Jan 31-Mar 21, 9:00AM- 9:45AM  
\$15 Residents/\$23 Non-Residents

### Fidgity Foodies

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

**Activity Code: 3RCE5514**  
(Section codes listed below)

**Beulah Brinton (Ages 1.5-4)..... BN01**  
Mon, Jan 27-Mar 17, 10:00AM-10:45AM  
\$15 Residents/\$23 Non-Residents

**Beulah Brinton (Ages 1.5-4)..... BN02**  
Fri, Jan 31-Mar 21, 11:00AM-11:45AM  
\$15 Residents/\$23 Non-Residents

### Sporty Sprouts

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

**Activity Code: 3RCE5515**  
(Section codes listed below)

**Beulah Brinton (Ages 1.5-4)..... BN01**  
Tue, Jan 28-Mar 18, 10:00AM-10:45AM  
\$15 Residents/\$23 Non-Residents

**Beulah Brinton (Ages 1.5-4)..... BN02**  
Wed, Jan 29-Mar 19, 11:00AM-11:45AM  
\$15 Residents/\$23 Non-Residents

**Beulah Brinton (Ages 1.5-4)..... BN03**  
Thu, Jan 30-Mar 20, 10:00AM-10:45AM  
\$15 Residents/\$23 Non-Residents

### Heavy Work Like Hulk

Kids will get a huge dose of heavy input like carrying weights, pushing and pulling heavy things, etc. There will be challenges to complete each week while getting the input they need. A parent/guardian must stay.

**Activity Code: 3RCE5519**  
(Section codes listed below)

**Beulah Brinton (Ages 4-7)..... BN01**  
Tue, Jan 28-Mar 18, 5:30PM- 6:15PM  
\$15 Residents/\$23 Non-Residents

### Mini Mixed Media Marvels

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

**Activity Code: 3RCE5530**  
(Section codes listed below)

**Beulah Brinton (Ages 2-4)..... BN01**  
Mon, Jan 27-Mar 17, 12:00PM-12:45PM  
\$15 Residents/\$23 Non-Residents

### My First Play Group

Need to get out and spend time with other families? This group is for you! Led by Ms. Aimee, children and parents will enjoy getting to know one another while playing with a wide assortment of toys. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 3RCE5531**  
(Section codes listed below)

**Beulah Brinton (Ages 0.5-1)..... BN01**  
Wed, Jan 29-Mar 19, 12:00PM-12:30PM  
\$10 Residents/\$15 Non-Residents



## RED CROSS BABYSITTING CERTIFICATION

### Babysitting Workshop

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

**Activity Code: 3RCE5601**  
(Section codes listed below)

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

Sat, Feb 1, 8:30AM- 4:00PM  
\$100 Residents/\$150 Non-Residents

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

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

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

Sat, Feb 22, 8:30AM- 4:00PM  
\$100 Residents/\$150 Non-Residents

## SCIENCE

### Effects on the Environment

**NEW** Come explore how the environment affects humans, animals, and nature. We'll conduct a weathering lab to see how things change over time.

**Activity Code: 3RCE5813**  
(Section codes listed below)

**Milwaukee Marshall (Ages 5-12)... MR01**

Sat, Feb 8, 12:30PM- 2:00PM  
\$10 Residents/\$15 Non-Residents

### Fizz Pop & Wow: The Magic of Chemical Reactions

**NEW** Introduces students to the basics of chemistry by exploring how substances interact and change during reactions. Through fun experiments and engaging activities, students learn about concepts like reactants, products, and the energy changes that occur in different types of chemical reactions. Class fee includes a non-refundable supply cost.

**Activity Code: 3RCE5814**  
(Section codes listed below)

**Milwaukee Marshall (Ages 6-12)... MR01**

Sat, Mar 8, 12:30PM- 2:00PM  
\$10 Residents/\$15 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. Returners will build on skills to make socks, bucket hats, or other comparable projects. 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 13-Mar 10, 5:00PM- 6:00PM  
\$25 Residents/\$25 Non-Residents



## BASKETBALL

### Mighty Mite Basketball

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

**Activity Code: 3RCE1101**  
(Section codes listed below)

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

Sat, Jan 11-Mar 1, 8:30AM- 9:15AM  
\$14 Residents/\$21 Non-Residents

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

(Not eligible for reduced fees)  
Sat, Jan 18-Mar 8, 9:00AM- 9:30AM  
\$10 Residents/\$15 Non-Residents

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

(Not eligible for reduced fees)  
Sat, Jan 18-Mar 8, 9:35AM-10:05AM  
\$10 Residents/\$15 Non-Residents

**Milwaukee Marshall (Ages 3-4)..... MR02**

(Not eligible for reduced fees)  
Thu, Jan 23-Mar 13, 6:15PM- 6:45PM  
\$10 Residents/\$15 Non-Residents

### B.I.G. Basketball

In this program, participants will learn the fundamentals of basketball, including dribbling, passing, shooting, rebounding, rules, and how the game is played. Combine all of these components with team play for a fun and exciting experience.

**Activity Code: 3RCE1102**  
(Section codes listed below)

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

Sat, Jan 18-Mar 8, 10:30AM-11:30AM  
\$19 Residents/\$29 Non-Residents

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

Sat, Jan 18-Mar 8, 10:15AM-11:00AM  
\$19 Residents/\$29 Non-Residents

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

Thu, Jan 23-Mar 13, 7:30PM- 8:15PM  
\$19 Residents/\$29 Non-Residents

### Bitty Basketball

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

**Activity Code: 3RCE1103**  
(Section codes listed below)

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

Sat, Jan 11-Mar 1, 9:30AM-10:30AM  
\$16 Residents/\$24 Non-Residents

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

Sat, Jan 18-Mar 8, 9:30AM-10:15AM  
\$15 Residents/\$23 Non-Residents

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

Sat, Jan 18-Mar 8, 11:15AM-12:00PM  
\$15 Residents/\$23 Non-Residents

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

Thu, Jan 23-Mar 13, 6:45PM- 7:30PM  
\$15 Residents/\$23 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 18-Mar 8, 12:15PM- 1:15PM  
\$19 Residents/\$29 Non-Residents

## All-American Basketball

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

**Activity Code: 3RCE1106**  
(Section codes listed below)

### Hamilton (Ages 10-12)..... HA01

Sat, Jan 11-Mar 1, 10:45AM-11:45AM  
\$16 Residents/\$24 Non-Residents

### Milwaukee Marshall (Ages 10-12). MR01

Sat, Jan 18-Mar 8, 1:20PM- 2:20PM  
\$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 18-Mar 8, 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 4-6)..... RS05

Thu, Jan 16-Mar 6, 6:30PM- 7:30PM  
\$23 Residents/\$35 Non-Residents

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

Thu, Jan 16-Mar 6, 7:30PM- 8:30PM  
\$23 Residents/\$35 Non-Residents

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

Sat, Jan 18-Mar 8, 10:05AM-10:55AM  
\$23 Residents/\$35 Non-Residents

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

Sat, Jan 18-Mar 8, 11:00AM-11:55AM  
\$23 Residents/\$35 Non-Residents

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

Sat, Jan 18-Mar 8, 12:00PM-12:55PM  
\$23 Residents/\$35 Non-Residents

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

Sat, Jan 18-Mar 8, 1:00PM- 1:55PM  
\$23 Residents/\$35 Non-Residents

## Tumbling Teddy Bears

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

**Activity Code: 3RCE3902**  
(Section codes listed below)

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

Sat, Jan 18-Mar 8, 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 22-Mar 12, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents



### Judo

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

**Activity Code: 3RCE4503**  
(Section codes listed below)

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

(Beg.)  
Mon, Jan 27-Mar 17, 6:30PM- 7:30PM  
\$19 Residents/\$29 Non-Residents

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

(Adv.)  
Mon, Jan 27-Mar 17, 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 27-Mar 21, 4:00PM- 4:45PM  
\$39 Residents/\$59 Non-Residents

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

(Int./Adv. - Camo - Brown Belts)  
Mon/Wed/Fri, Jan 27-Mar 21, 4:45PM- 5:30PM  
\$39 Residents/\$59 Non-Residents

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

(Adv. - Red/Black & Blacks Belts)  
Mon/Wed/Fri, Jan 27-Mar 21, 5:30PM- 6:15PM  
\$39 Residents/\$59 Non-Residents

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

(Not eligible for reduced fees)  
Sat, Feb 1-Mar 22, 8:00AM- 8:30AM  
\$10 Residents/\$15 Non-Residents

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

Sat, Feb 1-Mar 22, 8:30AM- 9:30AM  
\$19 Residents/\$29 Non-Residents

**Hamilton (Ages 4-6)..... HA02**

Tue/Thu, Jan 21-Mar 13, 6:30PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

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

(Blue belt and higher only)  
Mon/Wed, Jan 22-Mar 17, 6:00PM- 7:00PM  
\$35 Residents/\$53 Non-Residents

**MacDowell (Ages 6-17)..... JU01**

(Beg. - White - Yellow Belts)  
Tue/Thu, Jan 21-Mar 13, 6:00PM- 7:00PM  
\$35 Residents/\$53 Non-Residents

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

(Int./Adv., Camo-Red/Black Belts)  
Tue/Thu, Jan 21-Mar 13, 7:15PM- 8:15PM  
\$35 Residents/\$53 Non-Residents

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

(Beg., White, Orange, & Yellow Belts)  
Mon/Wed, Jan 13-Mar 17, 6:00PM- 7:00PM  
\$39 Residents/\$59 Non-Residents

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

(Int./Adv., Camo-Red/Black Belts)  
Mon/Wed, Jan 13-Mar 17, 7:15PM- 8:15PM  
\$36 Residents/\$54 Non-Residents

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

(Beg., White, Orange, & Yellow Belts)  
Sat, Jan 25-Mar 8, 9:00AM-10:00AM  
\$19 Residents/\$29 Non-Residents

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

(Beg., White, Orange & Yellow Belts)  
Sat, Jan 25-Mar 8, 10:15AM-11:15AM  
\$19 Residents/\$29 Non-Residents

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

(Int./Adv., Camo-Red/Black Belts)  
Sat, Jan 25-Mar 8, 11:30AM-12:30PM  
\$19 Residents/\$29 Non-Residents

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

(Beg., white-yellow belt)  
Mon/Wed, Jan 13-Mar 5, 6:15PM- 7:15PM  
\$27 Residents/\$41 Non-Residents

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

(Int./Adv., Camo/Black Belts)  
Mon/Wed, Jan 13-Mar 5, 7:00PM- 8:00PM  
\$28 Residents/\$42 Non-Residents

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

(Beg. Not eligible for reduced fees)  
Sat, Jan 18-Mar 8, 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 18-Mar 8, 9:30AM-10:00AM  
\$10 Residents/\$15 Non-Residents

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

(Beg., White-Yellow Belt)  
Sat, Jan 18-Mar 8, 10:15AM-11:00AM  
\$15 Residents/\$23 Non-Residents

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

(Int./Adv., Camo-Black Belt)  
Sat, Jan 18-Mar 8, 11:00AM-11:45AM  
\$15 Residents/\$23 Non-Residents

**SOCCER****Just for Kicks Soccer**

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

**Activity Code: 3RCE5901**  
(Section codes listed below)

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

Sat, Jan 11-Mar 1, 9:15AM-10:00AM  
\$14 Residents/\$21 Non-Residents

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

Sat, Jan 18-Mar 8, 9:35AM-10:20AM  
\$15 Residents/\$23 Non-Residents

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

Sat, Jan 18-Mar 8, 11:35AM-12:20PM  
\$15 Residents/\$23 Non-Residents

**Mighty Mite Soccer**

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

**Activity Code: 3RCE5902**  
(Section codes listed below)

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

Sat, Jan 11-Mar 1, 8:30AM- 9:15AM  
\$14 Residents/\$21 Non-Residents

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

(Not eligible for reduced fees)  
Sat, Jan 18-Mar 8, 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 18-Mar 8, 10:30AM-11:30AM  
\$19 Residents/\$29 Non-Residents

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

Sat, Jan 18-Mar 8, 12:30PM- 1:30PM  
\$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 28-Mar 18, 4:45PM- 5:45PM  
\$19 Residents/\$29 Non-Residents



## VOLLEYBALL

### Volleyball Academy

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

**Activity Code: 3RCE6801**  
(Section codes listed below)

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

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



## TENNIS

### Milwaukee Recreation Tennis Lessons (Semi-Private)

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

**Activity Code: 3RYS6507**  
(Section codes listed below)

**Hi-Mount (Ages 9-11) .....HI01**  
(Grades 4th-5th)  
Sat, Jan 22-Feb 25, 9:30AM-10:20AM  
\$22 Residents/\$33 Non-Residents

**Hi-Mount (Ages 9-11) .....HI02**  
(Grades 4th-5th)  
Sat, Jan 22-Feb 25, 10:30AM-11:20AM  
\$22 Residents/\$33 Non-Residents

**Hi-Mount (Ages 11-14) .....HI03**  
(Grades 6th-8th)  
Sat, Jan 22-Feb 25, 11:30AM-12:20PM  
\$22 Residents/\$33 Non-Residents

**Hi-Mount (Ages 11-14) .....HI04**  
(Grades 6th-8th)  
Sat, Jan 22-Feb 25, 12:30PM- 1:20PM  
\$22 Residents/\$33 Non-Residents

### Tennis

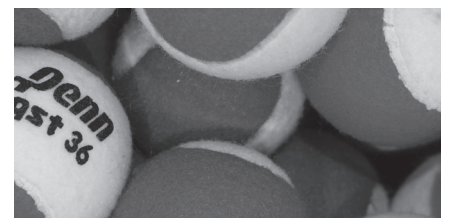
Learn backhand/forehand grips, strokes, and fitness conditioning. Covers singles/doubles rules, prioritizing sportsmanship. Intermediate/advanced levels require a solid tennis foundation.

**Activity Code: 3RCE6501**  
(Section codes listed below)

**Milwaukee Marshall (Ages 4-8).....MR01**  
(Beg.)  
Sat, Jan 18-Mar 8, 11:00AM-12:00PM  
\$19 Residents/\$29 Non-Residents

**Milwaukee Marshall (Ages 6-12)...MR02**  
(Beg.)  
Sat, Jan 18-Mar 8, 12:05PM- 1:05PM  
\$19 Residents/\$29 Non-Residents

**Milwaukee Marshall (Ages 10-17)....MR03**  
(Int./Adv.)  
Sat, Jan 18-Mar 8, 1:15PM- 2:15PM  
\$19 Residents/\$29 Non-Residents



# MILWAUKEE RECREATION TWILIGHT CENTERS

FREE DROP-IN PROGRAM

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

## **MIDDLE SCHOOL SITES (ages 10 - 14)**

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



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

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



## ***Congratulations and thank you, Berta!***



Congratulations to Berta Glodowski, Milwaukee Recreation's clerical staff member for playgrounds and community centers, on her upcoming retirement!

Berta was born in Waukesha, but has long been a member of the Milwaukee Public Schools family, as she graduated from Juneau High School (now MacDowell Montessori K-12 School), sent her daughter to MPS schools, and worked in the district for 25 years. She joined Milwaukee Recreation 15 years ago, where she has since served thousands of customers in person and over the phone.

"I have witnessed the hard work the department does for the community, offering classes for all ages at an affordable price," Berta said. "I am honored to have contributed through my customer service to the public."

Berta is an avid cyclist and plans to continue to ride around the world with her husband in retirement. She also looks forward to spending time with her daughter, son-in-law, and two granddaughters.

"Her dedication to serving the community and attention to detail have been crucial to the success of the team for years," Derek Donlevy, Milwaukee Recreation's manager of playgrounds and community centers, said. "However, what we'll miss the most is her outgoing spirit and the sense of humor she brought every day to the office."

***Best wishes and thank you, Berta!***

## 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

**MKERE**  
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.

## SAVE THE DATE

# Daddy ♥ Daughter Dance

**Saturday, Feb 22, 2025**

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

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

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

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

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

**Dance Only Option** - \$20 per adult, \$5 each child

**Stay up to date on all information at [mkerec.net/daddydaughter](https://mkerec.net/daddydaughter)**

Activity Code: 3P113301

CELEBRATING OUR  
**20<sup>TH</sup>**  
ANNIVERSARY!



**MKERE**  
A department of MPS

## Driver Education | General Information

### **SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION BEGINS ON TUESDAY, DECEMBER 3 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](http://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](http://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"> <li>• Meets 3 days/week: Mon., Wed., Thurs.</li> <li>• 30 hours in-person.</li> <li>• 2 hours per class, for 15 classes.</li> </ul>	<ul style="list-style-type: none"> <li>• 10 hours in person (2 hours per class, for 5 classes).</li> <li>• Classes will meet: Mon., Wed., Thurs.</li> <li>• 20 hours online.</li> </ul>	<ul style="list-style-type: none"> <li>• 30 hours online.</li> <li>• Work at your own pace.</li> <li>• Maximum of 2 hours per day.</li> </ul>



## MPS Drive | Activity Code: 3UDE3005

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

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

**DATES: 1/8/25 - 2/12/25 (no class 1/20/25)**

LOCATION	TIMES	SECTION CODE
Hamilton	5:30 - 7:30 PM	HA01
King	4:00 - 6:00 PM	RK01
MSL	4:15 - 6:15 PM	ML01
Pulaski	4:15 - 6:15 PM	PK01
Vincent	4:30 - 6:30 PM	VN01

**DATES: 3/10/25 - 4/17/25 (no class 3/24 - 3/28)**

LOCATION	TIMES	SECTION CODE
Hamilton	5:30 - 7:30 PM	HA02
Marshall	5:30 - 7:30 PM	MR02
Reagan	4:00 - 6:00 PM	TL02
Obama	5:30 - 7:30 PM	CT02
Riverside	4:15 - 6:15 PM	RS02

### HYBRID CLASS OPTIONS

**DATES: 2/24/25 - 3/5/25**

LOCATION	TIMES	SECTION CODE
Bay View	5:30 - 7:30 PM	BV53
MSL	4:15 - 6:15 PM	ML53
Reagan	4:00 - 6:00 PM	TL53
Vincent	4:30 - 6:30 PM	VN53

**DATES: 5/5/25 - 5/14/25**

LOCATION	TIMES	SECTION CODE
Bradley Tech	4:15 - 6:15 PM	MT54
King	4:00 - 6:00 PM	RK54
Marshall	5:30 - 7:30 PM	MR54
Pulaski	4:15 - 6:15 PM	PK54

### ONLINE CLASS OPTIONS

LOCATION	START DATE	SECTION CODE
Online	Jan. 27, 2025	DE10
Online	March 24, 2025	DE11



## Community-Based Driver Ed | Activity Code: 3DRD3005

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

### IN-PERSON CLASS OPTIONS

**DATES: 1/18/25 - 2/17/25 (no class 1/20/25)**

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

### ONLINE OPTION

LOCATION	START DATE	SECTION CODE
Online	February 3, 2025	DE20

**DATES: 3/10/25 - 4/23/25 (no class 3/24 - 3/28)**

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

**SAVE THE DATE - REGISTRATION FOR DRIVER EDUCATION  
BEGINS ON TUESDAY, DECEMBER 3 AT 10AM!**

Driver Education registration begins on December 3 • mkerec.net

## OUTDOOR EDUCATION

### Friday Night Tales for Tots

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

**Activity Code: 3P125004**  
(Section codes listed below)

#### Hawthorn Glen (Ages 3 & up) ..... HG01

("Winter in the Forest" by Rusty Finch)  
Fri, Jan 17, 6:00PM- 7:30PM  
\$5 Residents/\$8 Non-Residents

#### Hawthorn Glen (Ages 3 & up) ..... HG02

("Lu, the Little Ladybug & The Great Winter" by Yuliya Barannikova)  
Fri, Feb 21, 6:00PM- 7:30PM  
\$5 Residents/\$8 Non-Residents

#### Hawthorn Glen (Ages 3 & up) ..... HG03

("Eddie the Ermine" by Josh Verhagen)  
Fri, Mar 21, 6:00PM- 7:30PM  
\$5 Residents/\$8 Non-Residents

### Slide & Glide - Learn How to Cross-Country Ski

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

**Activity Code: 3P125006**  
(Section codes listed below)

#### Hawthorn Glen (Ages 6 & up) ..... HG02

(Family Class)  
Sat, Jan 18-Jan 25, 10:00AM-12:00PM  
\$15 Residents/\$20 Non-Residents

#### Hawthorn Glen ..... HG01

(Adult Class)  
Sat, Jan 18-Jan 25, 1:00PM- 3:00PM  
FREE

#### Hawthorn Glen (Ages 6 & up) ..... HG05

(Family Class)  
Sat, Feb 15-Feb 22, 10:00AM-12:00PM  
\$15 Residents/\$20 Non-Residents

#### Hawthorn Glen ..... HG03

(Adult Class)  
Sat, Feb 15-Feb 22, 1:00PM- 3:00PM  
\$15 Residents/\$20 Non-Residents

### Maple Sugaring

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

**Activity Code: 3P125007**  
(Section codes listed below)

#### Hawthorn Glen (Ages 5 & up) ..... HG01

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

#### Hawthorn Glen (Ages 5 & up) ..... HG02

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

### Winter Scavenger Hunt

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

**Activity Code: 3P125008**  
(Section codes listed below)

#### Hawthorn Glen (Ages 3 & up) ..... HG01

Sat, Mar 1, 9:30AM-11:00AM  
\$5 Residents/\$8 Non-Residents



### Snowshoeing

Experience the thrill of snowshoeing; a fun, low-impact workout for all ages and fitness levels! Enjoy the peaceful forest trails lit by candle luminarias during our night hike at Hawthorn Glen. Adult must register, pay, and attend with child. Fee is per person, non-refundable, and includes snowshoes.

**Activity Code: 3P125009**  
(Section codes listed below)

#### Hawthorn Glen (Ages 9 & up) ..... HG02

Sat, Feb 1, 6:00PM- 8:00PM  
\$6 Residents/\$9 Non-Residents

### Winter Bird Feeding

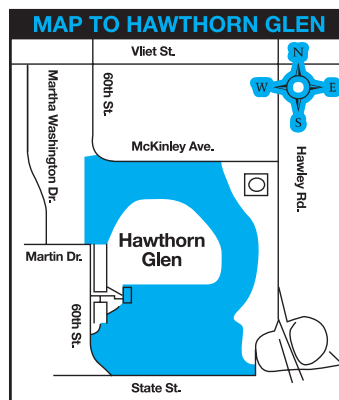
Discover winter birds in Wisconsin and how they survive on dried fruits and seeds. Learn to identify them by their songs, listen to bird calls, and create your own feeders and hanging bird buffets. Adult must register, pay, and attend with child. Class fee is non-refundable and not eligible for discounts.

**Activity Code: 3P125011**  
(Section codes listed below)

#### Hawthorn Glen (Ages 3 & up) ..... HG01

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

## THE LITTLE NATURE MUSEUM AT HAWTHORN GLEN

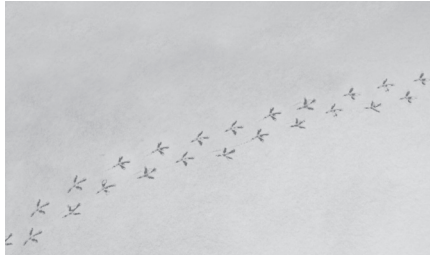


LOCATED AT 1130 NORTH 60TH ST.

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

Attendance is **FREE!**

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



## Winter Tracks

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

**Activity Code: 3P125012**  
(Section codes listed below)

### Hawthorn Glen (Ages 3 & up) ..... HG01

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

## Cross Country Ski Rental at Hawthorn Glen

Come to Hawthorn Glen to rent cross-country skis (boots, skis, and poles provided) when snow conditions permit! A Wisconsin state ID or driver's license is required as a deposit. No reservation; first come, first served. Equipment must stay on-site. For snow conditions, call 414.777.7888. Adult must register, pay, and attend with a child. Fee is per rental and non-refundable.

**Activity Code: 3P125016**  
(Section codes listed below)

### Hawthorn Glen (Ages 6 & up) ..... HG01

Sun, Jan 5-Feb 23, 11:00AM- 4:00PM  
\$5 Residents/\$8 Non-Residents

## Marvelous Messy Mud

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

**Activity Code: 3P125022**  
(Section codes listed below)

### Hawthorn Glen (Ages 3 & up) ..... HG01

Sat, Mar 15, 10:00AM-11:30AM  
\$5 Residents/\$8 Non-Residents

## Seasons of Sensory

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

**Activity Code: 3P125045**  
(Section codes listed below)

### Hawthorn Glen (Ages 4-7) ..... HG02

Sun, Jan 12-Mar 2, 9:00AM- 9:30AM  
\$10 Residents/\$15 Non-Residents

## Toboggan Rentals

Enjoy the outdoors with your family by renting a toboggan to slide down our kid-friendly berm! A Wisconsin driver's license is required as a deposit. No reservation; first come, first served. Call ahead for snow conditions at 414.777.7888. Adult must register, pay, and attend with child. Fee is per hour; on-site registration only. No rentals 1/18 and 1/25.

**Activity Code: 3P125075**  
(Section codes listed below)

### Hawthorn Glen (Ages 3 & up) ..... HG01

Sat, Jan 4-Feb 8, 1:00PM- 4:00PM  
\$3 Residents/\$3 Non-Residents

## SPACE SCIENCE

### Visit Milwaukee's Stars

Enjoy star-gazing this winter in Milwaukee! Learn to locate constellations like Leo, Virgo, and Bootes, and spot distant stars and visible planets such as Mercury, Venus, and Mars. This program is for children but enjoyable for adults too. Adult must register, pay, and attend with child. Fee is per person, non-refundable and not eligible for reduced fees.

**Activity Code: 3P126002**  
(Section codes listed below)

### Hamilton (Ages 6 & up) ..... HA01

Tue, Feb 11, 6:30PM- 7:45PM  
\$4 Residents/\$6 Non-Residents

## Spring Equinox

The vernal equinox is approaching! Visit the planetarium and discover what that means and why the weather will soon begin to warm up. Adult must register, pay, and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 3P126021**  
(Section codes listed below)

### Hamilton (Ages 6 & up) ..... HA01

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

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

## FUN THINGS TO DO ON YOUR DAY OFF OF SCHOOL!

### Snow Art at Hawthorn Glen

Create colorful art in the snow with our provided paint and supplies! Paint bottles are available for checkout from 1-3 PM and must be returned afterward. Adult must register, pay, and attend with child. Class fee is non-refundable and per person.

Monday, Jan. 24 and Tuesday, February 18

1:00pm - 3:00pm

\$6 residents/\$9 non-residents

Please register in advance!

Activity Code: 3P125083

(HG02 & HG03)

## 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](http://mkerec.net/Hawthorn-Glen)



## Cross Country Ski Rentals

Sundays this winter at Hawthorn Glen  
See page 21 for details!

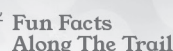


## Hawthorn Glen Winter Wonder Woods

December 6, 7, 13 & 14 • 5:00–8:00 p.m. • 1130 North 60<sup>th</sup> 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](http://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 60<sup>th</sup> St. Carpooling and ride-sharing is greatly appreciated!

If the event is canceled due to inclement weather, participants can transfer to an open session on a different day or receive a full refund.





## GENERAL SWIM INFORMATION

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

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

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

**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
<b>Infant</b>	<b>Ages 6 mos. to 18 mos.</b> <b>An adult must accompany the child in the water.</b> Swim diapers required.	The infant program introduces the child to water in a friendly environment. The program's focus is exploration and includes songs and games. Parents will gain tips in water safety for their infants.
<b>Lil' Squirt</b>	<b>Ages 18 mos. to 36 mos.</b> <b>An adult must accompany the child in the water.</b> Swim diapers required.	Lil' Squirt swim lessons acquaint the child with water through a combination of songs, games and basic water skills such as kicking and floating. Water safety practices will also be included.
<b>Tiny-Tot</b>	<b>Ages 3-4 yrs.</b> Previous pool experience NOT necessary. <b>An adult must accompany the child in the water.</b> Swim diapers recommended.	Tiny-tots build elementary aquatic skills including independent floating, breath control and rudimentary paddling techniques. Safety skills include "breaking" the over-confident toddler to allow your child to realize what it takes to swim independently in water.
<b>Advanced Tiny-Tot</b>	<b>Ages 4-5 yrs.</b> Previous enrollment in Tiny-Tots OR ability to submerge entire body and kick across pool with a flotation device. <b>An adult must accompany the child in the water.</b>	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.
<b>Little Lv. 1 OR Little Lv. 2</b>	<b>Ages 4-6 yrs.</b> 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.
<b>Level One Water Exploration</b>	<b>Ages 6-14 yrs.</b> 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.
<b>Level Two Fundamental Aquatic Skills</b>	<b>Ages 6-14 yrs.</b> 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.
<b>Level Three Stroke Development</b>	<b>Ages 6-14 yrs.</b> 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.
<b>Level Four Stroke Improvement</b>	<b>Ages 6-15 yrs.</b> 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.
<b>Level Five Advanced Strokes</b>	<b>Ages 6-15 yrs.</b> 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.
<b>Level Six Stroke Refinement</b>	<b>Ages 6-16 yrs.</b> 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



## Gaenslen

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

### Monday, Jan 6 - Mar 3

Class#	Level	Start Time	End Time	Price
#3RAQ7401-GS02	Infant	5:35PM	6:05PM	\$33
#3RAQ7404-GS01	Adv. Tiny Tot	6:10PM	6:55PM	\$37
#3RAQ7403-GS01	Tiny Tot	7:00PM	7:30PM	\$33
#3RAQ0503-GS02	Level 3	7:40PM	8:30PM	\$37

### Tuesday, Jan 7 - Feb 25

Class#	Level	Start Time	End Time	Price
#3RAQ7403-GS02	Tiny Tot	5:35PM	6:05PM	\$33
#3RAQ7402-GS02	Lil' Squirts	6:10PM	6:40PM	\$33
#3RAQ0501-GS03	Level 1	6:45PM	7:35PM	\$37
#3RAQ0504-GS02	Level 4	7:45PM	8:35PM	\$37

### Wednesday, Jan 8 - Feb 26

Class#	Level	Start Time	End Time	Price
#3RAQ7402-GS01	Lil' Squirts	5:35PM	6:05PM	\$33

#3RAQ7403-GS03	Tiny Tot	6:10PM	6:40PM	\$33
#3RAQ0502-GS03	Level 2	6:45PM	7:35PM	\$37

### Thursday, Jan 9 - Feb 27

Class#	Level	Start Time	End Time	Price
#3RAQ0501-GS02	Level 1	5:40PM	6:30PM	\$37

### Friday, Jan 10 - Feb 28

Class#	Level	Start Time	End Time	Price
#3RAQ0502-GS02	Level 2	5:40PM	6:30PM	\$37

### Saturday, Jan 11 - Mar 1

Class#	Level	Start Time	End Time	Price
#3RAQ7401-GS01	Infant	8:00AM	8:30AM	\$33
#3RAQ0511-GS01	Lt. Level 1	8:35AM	9:20AM	\$37
#3RAQ7403-GS04	Tiny Tot	9:30AM	10:00AM	\$33
#3RAQ7404-GS03	Adv. Tiny Tot	10:15AM	11:00AM	\$37
#3RAQ0501-GS01	Level 1	12:00PM	12:50PM	\$37
#3RAQ0502-GS01	Level 2	1:00PM	1:50PM	\$37
#3RAQ0503-GS01	Level 3	2:00PM	2:50PM	\$37
#3RAQ0501-GS04	Level 1	3:00PM	3:50PM	\$37

## Hamilton

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

### Monday, Jan 6 - Mar 3

Class#	Level	Start Time	End Time	Price
#3RAQ7403-HA01	Tiny Tot	5:00PM	5:30PM	\$33
#3RAQ0501-HA01	Level 1	5:35PM	6:25PM	\$37
#3RAQ0502-HA01	Level 2	6:35PM	7:25PM	\$37

### Tuesday, Jan 7 - Feb 25

Class#	Level	Start Time	End Time	Price
#3RAQ7401-HA01	Infant	5:00PM	5:30PM	\$33
#3RAQ0502-HA03	Level 2	5:35PM	6:25PM	\$37
#3RAQ0501-HA04	Level 1	6:35PM	7:25PM	\$37

### Wednesday, Jan 8 - Feb 26

Class#	Level	Start Time	End Time	Price
#3RAQ7402-HA01	Lil' Squirts	5:00PM	5:30PM	\$33
#3RAQ0501-HA02	Level 1	5:35PM	6:25PM	\$37
#3RAQ0503-HA01	Level 3	6:35PM	7:25PM	\$37

### Thursday, Jan 9 - Feb 27

Class#	Level	Start Time	End Time	Price
#3RAQ7403-HA02	Tiny Tot	5:00PM	5:30PM	\$33
#3RAQ0511-HA01	Lt. Level 1	5:40PM	6:25PM	\$37
#3RAQ0504-HA02	Level 4	6:35PM	7:25PM	\$37

### Saturday, Jan 11 - Mar 1

Class#	Level	Start Time	End Time	Price
#3RAQ7402-HA02	Lil' Squirts	8:00AM	8:30AM	\$33
#3RAQ7404-HA01	Adv. Tiny Tot	8:35AM	9:20AM	\$37
#3RAQ0501-HA03	Level 1	9:30AM	10:20AM	\$37
#3RAQ0502-HA02	Level 2	10:30AM	11:20AM	\$37
#3RAQ0503-HA02	Level 3	12:10PM	1:00PM	\$37
#3RAQ0504-HA01	Level 4	1:10PM	2:00PM	\$37
#3RAQ0505-HA01	Level 5	2:15PM	3:05PM	\$37
#3RAQ0501-HA05	Level 1	3:15PM	4:05PM	\$37

## GENERAL SWIM CLASSES

### Madison

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

#### Tuesday, Jan 7 - Feb 25

Class#	Level	Start Time	End Time	Price
#3RAQ7401-MA01	Infant	6:05PM	6:35PM	\$33
#3RAQ0502-MA01	Level 2	6:40PM	7:30PM	\$37

#### Thursday, Jan 9 - Feb 27

Class#	Level	Start Time	End Time	Price
#3RAQ7404-MA01	Adv. Tiny Tot	5:00PM	5:45PM	\$37
#3RAQ0501-MA01	Level 1	5:50PM	6:40PM	\$37
#3RAQ0503-MA01	Level 3	6:45PM	7:35PM	\$37

### Riverside

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

#### Saturday, Jan 11 - Mar 8

Class#	Level	Start Time	End Time	Price
#3RAQ0502-RS01	Level 2	12:20PM	1:10PM	\$37
#3RAQ0501-RS01	Level 1	1:20PM	2:10PM	\$37
#3RAQ0503-RS01	Level 3	2:20PM	3:10PM	\$37
#3RAQ0501-RS02	Level 1	3:20PM	4:10PM	\$37

### South Division

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

#### Saturday, Jan 11 - Mar 8

Class#	Level	Start Time	End Time	Price
#3RAQ0505-SD01	Level 5	9:00AM	9:50AM	\$37
#3RAQ0506-SD01	Level 6	9:00AM	9:50AM	\$37
#3RAQ0501-SD01	Level 1	10:00AM	10:50AM	\$37
#3RAQ0502-SD01	Level 2	11:00AM	11:50AM	\$37
#3RAQ7403-SD02	Tiny Tot	12:45PM	1:15PM	\$33
#3RAQ0501-SD02	Level 1	2:30PM	3:20PM	\$37
#3RAQ0503-SD02	Level 3	3:30PM	4:20PM	\$37

### Vincent

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

#### Monday, Jan 6 - Mar 3

Class#	Level	Start Time	End Time	Price
#3RAQ7403-VN01	Tiny Tot	6:00PM	6:30PM	\$33
#3RAQ0501-VN01	Level 1	6:40PM	7:30PM	\$37

#### Wednesday, Jan 8 - Feb 26

Class#	Level	Start Time	End Time	Price
#3RAQ7402-VN01	Lil' Squirts	6:05PM	6:35PM	\$33
#3RAQ0511-VN01	Lt. Level 1	6:40PM	7:25PM	\$37

#### Saturday, Jan 11 - Mar 1

Class#	Level	Start Time	End Time	Price
#3RAQ7404-VN01	Adv. Tiny Tot	8:30AM	9:15AM	\$37
#3RAQ7401-VN01	Infant	8:50AM	9:20AM	\$33
#3RAQ0502-VN01	Level 2	9:30AM	10:20AM	\$37
#3RAQ0501-VN02	Level 1	10:30AM	11:20AM	\$37
#3RAQ0503-VN02	Level 3	12:10PM	1:00PM	\$37
#3RAQ0504-VN01	Level 4	1:10PM	2:00PM	\$37
#3RAQ0501-VN03	Level 1	2:10PM	3:00PM	\$37
#3RAQ0502-VN02	Level 2	3:10PM	4:00PM	\$37



## ARC TRAINING

### CPR with AED

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

**Activity Code: 3RAE0202**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
(Course will also include First Aid.)  
Tue, Jan 21, 5:20PM- 8:50PM  
\$54 Residents/\$81 Non-Residents

**Hamilton ..... HA01**  
(Course will also include First Aid.)  
Mon, Jan 13, 5:20PM- 8:50PM  
\$54 Residents/\$81 Non-Residents

**Hawthorn Glen ..... HG01**  
(Course will also include First Aid.)  
Fri, Jan 24, 1:00PM- 4:30PM  
\$54 Residents/\$81 Non-Residents

**OASIS ..... 5502**  
(Course will also include First Aid.)  
Thu, Jan 16, 9:00AM-12:30PM  
\$54 Residents/\$81 Non-Residents

**OASIS (Ages 16 & up) ..... 5501**  
(Course will also include First Aid.)  
Wed, Jan 22, 5:20PM- 8:50PM  
\$54 Residents/\$81 Non-Residents

**Riverside (Ages 16 & up) ..... RS01**  
(Course will also include First Aid.)  
Sat, Jan 18, 9:00AM-12:30PM  
\$54 Residents/\$81 Non-Residents

## ADULT SWIM

### Adult Swim Lessons

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

**Activity Code: 3RAQ0401**  
(Section codes listed below)

**Riverside (Ages 17 & up) ..... RS01**  
Sat, Jan 11-Mar 8, 10:30AM-11:30AM  
\$38 Residents/\$54 Non-Residents

### Beginner Adult Lesson

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

**Activity Code: 3RAQ0403**  
(Section codes listed below)

**Gaenslen (Ages 17 & up) ..... GS01**  
Thu, Jan 9-Feb 27, 7:30PM- 8:30PM  
\$38 Residents/\$54 Non-Residents

**Hamilton (Ages 17 & up) ..... HA02**  
Mon, Jan 6-Mar 3, 7:35PM- 8:35PM  
\$38 Residents/\$54 Non-Residents

**Hamilton (Ages 17 & up) ..... HA03**  
Tue, Jan 7-Feb 25, 7:35PM- 8:35PM  
\$38 Residents/\$54 Non-Residents

**Hamilton (Ages 17 & up) ..... HA01**  
Wed, Jan 8-Feb 26, 7:35PM- 8:35PM  
\$38 Residents/\$54 Non-Residents

**Madison (Ages 17 & up) ..... MA01**  
Tue, Jan 7-Feb 25, 7:40PM- 8:40PM  
\$38 Residents/\$54 Non-Residents

**South Division (Ages 17 & up) ..... SD01**  
Sat, Jan 11-Mar 8, 1:20PM- 2:20PM  
\$38 Residents/\$54 Non-Residents

**Vincent (Ages 17 & up) ..... VN01**  
Mon, Jan 6-Mar 3, 7:40PM- 8:40PM  
\$38 Residents/\$54 Non-Residents

**Vincent (Ages 17 & up) ..... VN02**  
Wed, Jan 8-Feb 26, 7:40PM- 8:40PM  
\$38 Residents/\$54 Non-Residents

### Intermediate Adult Lesson

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

**Activity Code: 3RAQ0404**  
(Section codes listed below)

**Gaenslen (Ages 17 & up) ..... GS01**  
Wed, Jan 8-Feb 26, 7:40PM- 8:40PM  
\$38 Residents/\$54 Non-Residents

**Hamilton (Ages 17 & up) ..... HA01**  
Thu, Jan 9-Feb 27, 7:35PM- 8:35PM  
\$38 Residents/\$54 Non-Residents



## AQUA FITNESS

### Aqua Boot Camp

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

**Activity Code: 3RAQ0301**  
(Section codes listed below)

**Riverside ..... RS01**  
Sat, Jan 11-Mar 8, 9:10AM-10:20AM  
\$38 Residents/\$54 Non-Residents

### Aqua Zumba®

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

**Activity Code: 3RAQ0302**  
(Section codes listed below)

**South Division ..... SD01**  
Sat, Jan 11-Mar 8, 8:45AM- 9:45AM  
\$38 Residents/\$54 Non-Residents

### Cardio Splash

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

**Activity Code: 3RAQ0304**  
(Section codes listed below)

**Gaenslen ..... GS01**  
Tue, Jan 7-Feb 25, 4:30PM- 5:30PM  
\$38 Residents/\$54 Non-Residents

**Gaenslen ..... GS02**  
Thu, Jan 9-Feb 27, 4:30PM- 5:30PM  
\$38 Residents/\$54 Non-Residents

**Vincent ..... VN01**  
Mon, Jan 6-Mar 3, 5:00PM- 6:00PM  
\$38 Residents/\$54 Non-Residents

### Floga

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

**Activity Code: 3RAQ0312**  
(Section codes listed below)

**MacDowell ..... JU01**  
Sat, Jan 11-Mar 1, 10:30AM-11:30AM  
FREE

## Deep Water Aerobics

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

**Activity Code: 3RAQ0305**  
(Section codes listed below)

### South Division .....SD01

Mon, Jan 6-Mar 3, 7:00PM- 8:00PM  
\$38 Residents/\$54 Non-Residents

### South Division .....SD02

Wed, Jan 8-Feb 26, 7:00PM- 8:00PM  
\$38 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)

### Gaenslen .....GS01

Mon, Jan 6-Mar 3, 4:30PM- 5:30PM  
\$38 Residents/\$54 Non-Residents

### Gaenslen .....GS02

Wed, Jan 8-Feb 26, 4:30PM- 5:30PM  
\$38 Residents/\$54 Non-Residents

### Gaenslen .....GS03

Fri, Jan 10-Feb 28, 4:30PM- 5:30PM  
\$38 Residents/\$54 Non-Residents

### Madison .....MA01

Thu, Jan 9-Feb 27, 7:40PM- 8:40PM  
\$38 Residents/\$54 Non-Residents

## YoQUA Fusion

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

**Activity Code: 3RAQ0307**  
(Section codes listed below)

### Madison .....MA01

Tue, Jan 7-Feb 25, 5:00PM- 6:00PM  
\$38 Residents/\$54 Non-Residents

## AquaZen

**NEW**

Join us for a floating sound bath led by a skilled sound healer. Restore your mind and body with soothing sounds and the gentle buoyancy of water, creating a deeply relaxing environment for healing and rejuvenation. All flotation devices are provided; bring an extra towel for additional comfort.

**Activity Code: 3RAQ0313**  
(Section codes listed below)

### Vincent .....VN01

Wed, Jan 8-Feb 26, 5:00PM- 6:00PM  
\$38 Residents/\$54 Non-Residents

## AQUATICS TRAINING

### Lifeguard Training

Ages 15 & up. Red Cross Lifeguard Training includes: water rescue, first aid and CPR. This is a Blended Learning course, about 6 hours of online content accompany this course. Must attend class in full, Prerequisites for this class are required. Call for more details, 414-647-6076.

**Activity Code: 3RAQ0601**  
(Section codes listed below)

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

(Mandatory Pre-Course session on February 1 at Riverside from 8:00 - 9:00AM)  
Sat, Feb 15-Mar 8, 8:45AM- 4:45PM  
\$100 Residents/\$300 Non-Residents

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

(Mandatory Pre-Course session on Mar 8 at South Division from 8:00 - 9:00AM)  
Mon, Mar 24-Mar 27, 8:00AM- 4:00PM  
\$100 Residents/\$300 Non-Residents

### LG PREP

Interested in taking or already enrolled in a lifeguard course but need some time and support in the water to ensure you can pass the Lifeguard Pre-test? Sign up for this section to prepare to pass the pre-test with an instructor. Course is FREE, but registration is required. Please bring goggles to the class. If you have any questions call the Aquatics office, 414-647-6076 or email us at Swim@mkerec.net.

**Activity Code: 3RAQ0611**  
(Section codes listed below)

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

Fri, Jan 10-Feb 28, 6:40PM- 7:40PM  
FREE

## FAMILY CLASSES

### Enduro Swim

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

**Activity Code: 3RAQ3316**  
(Section codes listed below)

### South Division (Ages 8-99) .....SD01

Sat, Jan 4, 9:00AM-10:00AM  
\$ Residents/\$24 Non-Residents

### South Division (Ages 8-99) .....SD02

Sat, Jan 4, 10:00AM-11:00AM  
\$ Residents/\$24 Non-Residents

### South Division (Ages 8-99) .....SD03

Sat, Jan 4, 11:00AM-12:00PM  
\$ Residents/\$24 Non-Residents

## WARM WATER WALK INFORMATION

**FRIDAYS, 1/10 - 2/28 AT  
GAENSLEN - 6:30PM - 7:30PM**

*Warm water walk is a FREE program!*

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

**ACTIVITY CODE: 3RAQ1034**



## 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)

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

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

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

Mon, Jan 6-Mar 10, 6:15AM- 7:15AM  
\$28 Residents/\$42 Non-Residents

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

Tue, Jan 7-Mar 4, 7:40PM- 8:40PM  
\$28 Residents/\$42 Non-Residents

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

Wed, Jan 8-Mar 5, 5:10AM- 6:10AM  
\$28 Residents/\$42 Non-Residents

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

Wed, Jan 8-Mar 5, 6:15AM- 7:15AM  
\$28 Residents/\$42 Non-Residents

#### Riverside (Ages 14 & up)..... RS04

Fri, Jan 10-Mar 7, 5:10AM- 6:10AM  
\$28 Residents/\$42 Non-Residents

#### Riverside (Ages 14 & up)..... RS14

Fri, Jan 10-Mar 7, 6:15AM- 7:15AM  
\$28 Residents/\$42 Non-Residents

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

Mon, Jan 6-Mar 3, 6:10PM- 7:10PM  
\$28 Residents/\$42 Non-Residents

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

Tue, Jan 7-Mar 4, 5:10AM- 6:10AM  
\$28 Residents/\$42 Non-Residents

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

Tue, Jan 7-Mar 4, 6:15AM- 7:15AM  
\$28 Residents/\$42 Non-Residents

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

Thu, Jan 9-Mar 6, 5:10AM- 6:10AM  
\$28 Residents/\$42 Non-Residents

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

Thu, Jan 9-Mar 6, 6:15AM- 7:15AM  
\$28 Residents/\$42 Non-Residents



### Master's Swim - Weekend

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

**Activity Code: 3RCS0702**  
(Section codes listed below)

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

Sat, Jan 11-Mar 1, 7:25AM- 8:25AM  
\$28 Residents/\$42 Non-Residents

### Triathlon Cross Training

Triathlon specific swim, biking and running techniques and tips are just the beginning. In/outdoor options dependent on weather. Minimum recommended fitness level to be comfortable in class include: 50 yards of nonstop swim ability, 10 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 7-Mar 4, 5:45PM- 7:15PM  
\$42 Residents/\$56 Non-Residents

## OPEN + LAP SWIM INFORMATION

Open / lap swim is available at the following locations:

- **Gaenslen School (no lap option)**  
» Fridays, 1/10- 2/28, 7:30PM - 8:30PM
- **MacDowell High School**  
» Saturdays, 1/11 - 3/1, 12:30PM - 2:00PM
- **Riverside High School**  
» Saturdays, 1/11 - 3/8, 8:00AM - 9:00AM
- **South Division High School (no open swim, lap swim only)**  
» Saturdays, 1/11 - 3/8, 7:30AM - 8:30AM

*Additional open and lap swim opportunities will be listed online at [mkerec.net/openswim](http://mkerec.net/openswim).*

Children under the age of 7 must be accompanied in the water by an adult who will remain within arm's reach of the child. Swim caps are required. Two lap swim lanes will be available on a first come, first served basis. Open / lap swim is a **FREE** program and pre-registration is required.

**ACTIVITY CODE: 3RAQ1032**

## YOUTH COMP SWIM

### Competitive Swim - Extra Practice

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

**Activity Code: 3RCS0804**  
(Section codes listed below)

**MacDowell (Ages 4-19).....JU01**  
Sat, Jan 11-Mar 1, 8:30AM-10:00AM  
\$24 Residents/\$48 Non-Residents

### Piranhas Swim Team

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

**Activity Code: 3RCS0808**  
(Section codes listed below)

**MacDowell (Ages 4-19).....JU02**  
(Intermediate Group)  
Mon-Thu, Jan 6-Mar 10, 5:30PM- 6:30PM  
\$54 Residents/\$81 Non-Residents

**MacDowell (Ages 4-19).....JU01**  
(Advanced group)  
Mon-Thu, Jan 6-Mar 10, 6:30PM- 8:00PM  
\$72 Residents/\$108 Non-Residents



### Tidal Waves Swim Team

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

**Activity Code: 3RCS0809**  
(Section codes listed below)

**South Division (Ages 4-19) .....SD01**  
(Pre-Comp Group)  
Mon/Wed, Jan 6-Mar 10, 6:15PM- 7:00PM  
\$39 Residents/\$50 Non-Residents

**South Division (Ages 4-19) .....SD11**  
(Pre-Comp Group T/TH)  
Tue/Thu, Jan 7-Mar 6, 6:15PM- 7:00PM  
\$39 Residents/\$50 Non-Residents

**South Division (Ages 4-19) .....SD02**  
(Intermediate Group)  
Mon-Thu, Jan 6-Mar 10, 7:00PM- 8:00PM  
\$54 Residents/\$81 Non-Residents

**South Division (Ages 4-19) .....SD03**  
(Advanced Group)  
Mon-Thu, Jan 6-Mar 10, 7:00PM- 8:00PM  
\$64 Residents/\$90 Non-Residents

### Krakens Swim Team

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

**Activity Code: 3RCS0810**  
(Section codes listed below)

**Riverside (Ages 4-19).....RS03**  
(Pre-Comp Group)  
Mon/Thu, Jan 6-Mar 10, 6:15PM- 7:00PM  
\$39 Residents/\$50 Non-Residents

**Riverside (Ages 4-19).....RS13**  
(Pre-Comp Group)  
Wed/Fri, Jan 8-Mar 7, 6:15PM- 7:00PM  
\$39 Residents/\$50 Non-Residents

**Riverside (Ages 4-19).....RS02**  
(Intermediate Group)  
Mon/Wed-Fri, Jan 6-Mar 10, 6:15PM- 7:15PM  
\$54 Residents/\$81 Non-Residents

**Riverside (Ages 4-19).....RS22**  
(Intermediate Group)  
Mon/Wed-Fri, Jan 6-Mar 10, 7:15PM- 8:15PM  
\$54 Residents/\$81 Non-Residents

**Riverside (Ages 4-19).....RS01**  
(Advanced Group)  
Mon/Wed-Fri, Jan 6-Mar 10, 6:45PM- 8:15PM  
\$72 Residents/\$108 Non-Residents



Swimwear for Milwaukee Recreation Aquatic Participants!

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

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

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

Questions: [swim@mkerec.net](mailto:swim@mkerec.net) 414-647-6053



**MKE REC**  
A department of MPS



# AQUATICS IS NOW HIRING!

Interested in joining the Milwaukee Recreation aquatics team? See below for all employment opportunities. Visit [mkerec.net/aquatics](http://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](http://mkerec.net)
- » Call 414.647.6076 for train-to-hire opportunities

Apply online at [mkerec.net/aquatics](http://mkerec.net/aquatics) or email [swim@mkerec.net](mailto: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](http://mkerec.net)
- » WSI Training is FREE for current Milwaukee Recreation employees

Apply online at [mkerec.net/aquatics](http://mkerec.net/aquatics) or email [swim@mkerec.net](mailto: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](http://mkerec.net/aquatics) or email [swim@mkerec.net](mailto: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](http://mkerec.net/aquatics) or email [swim@mkerec.net](mailto:swim@mkerec.net) for more information.

## COMMUNITY WELLNESS

### Mil"WALK"ee

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

**Activity Code: 3PL59003**  
(Section codes listed below)

**Various ..... WN01**  
Tue, Jan 14-Mar 18, 10:00AM-11:00AM  
FREE

**Various ..... WN02**  
Thu, Jan 16-Mar 20, 10:00AM-11:00AM  
FREE

**Various ..... WN03**  
Sat, Jan 18-Mar 22, 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 31-Mar 21, 10:45AM-11:30AM  
FREE

**Hawthorn Glen ..... WN02**  
Tue, Jan 21-Mar 25, 5:15PM- 6:00PM  
FREE

**Tiefenthaler Park ..... WN03**  
(2480 West Cherry Street)  
Tue, Jan 14-Mar 18, 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.

**Activity Code: 3PL59011**  
(Section codes listed below)

**Beulah Brinton ..... WN01**  
Wed, Jan 22, 6:00PM- 7:00PM  
FREE

### Total Wellness

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

**Activity Code: 3PL59015**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed/Sat, Jan 18-Mar 8, 9:00AM-10:30AM  
\$8 Residents/\$8 Non-Residents

**Milwaukee Marshall ..... MR01**  
Wed/Sat, Jan 18-Mar 8, 9:00AM-10:30AM  
\$8 Residents/\$8 Non-Residents

### Nordic Walking for Beginners

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

**Activity Code: 3PL59021**  
(Section codes listed below)

**South Shore Park ..... WN02**  
(2900 S Shore Park)  
Sun, Jan 19-Mar 23, 9:30AM-10:30AM  
FREE

**Urban Ecology Center Riverside Park .. WN01**  
(1500 E Park Place)  
Sat, Jan 18-Mar 22, 9:30AM-10:30AM  
FREE

### Functional Strength Training

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

**Activity Code: 3PL59031**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Tue, Jan 28-Mar 18, 8:30AM- 9:30AM  
FREE

**Beulah Brinton ..... BN02**  
Thu, Jan 30-Mar 20, 8:30AM- 9:30AM  
FREE

### Mil"WALK"ee - Indoor Edition

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

**Activity Code: 3PL59035**  
(Section codes listed below)

**North Division ..... ND01**  
Mon/Wed, Jan 13-Mar 19, 6:00PM- 7:00PM  
FREE

### Community Bike Rides - Polar Pedalers

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

**Activity Code: 3PL59037**  
(Section codes listed below)

**Estabrook Park - Milwaukee County Parks ..... WN01**  
(4600 Estabrook Pkwy)  
Mon, Jan 13-Mar 17, 10:00AM-11:30AM  
FREE

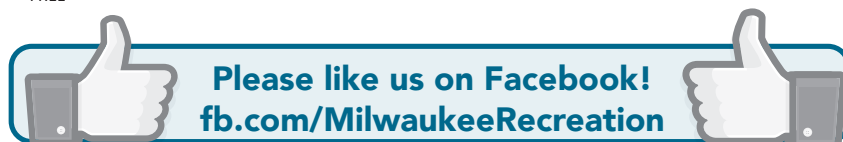
**Hart Park ..... WN02**  
(7300 W Chestnut)  
Wed, Jan 15-Mar 19, 10:00AM-11:30AM  
FREE

### Health is Wealth: Cancer Survivorship Program

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

**Activity Code: 3PL59040**  
(Section codes listed below)

**OASIS ..... 5501**  
Mon/Wed, Jan 22-Feb 26, 6:00PM- 8:00PM  
FREE



## Sound Bath

Led by a skilled sound healer, you will be guided through a journey of sounds with melodic instruments. This class offers a transformative experience leaving you feeling refreshed, rejuvenated & radiant. Bring something to lie on as this experience combines the healing power of sound with the tranquil ambiance of nature.

**Activity Code: 3PL59042**  
(Section codes listed below)

**North Division ..... WN01**  
Mon, Jan 13-Mar 3, 5:30PM- 6:15PM  
FREE

## Restorative Yoga

Restorative yoga focuses on relaxation and gentle body opening through passive stretches. You may find yourself barely moving and engaging in only a few poses. This style of yoga offers a unique experience, emphasizing slowing down and relaxing. This class is perfect for any skill level.

**Activity Code: 3PL59045**  
(Section codes listed below)

**MacDowell ..... JU01**  
Wed, Jan 22-Mar 12, 4:30PM- 5:30PM  
FREE

## Let's Make Kombucha!

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

**Activity Code: 3PL59049**  
(Section codes listed below)

**Hamilton ..... HA01**  
Mon, Jan 6, 5:30PM- 6:30PM  
\$24 Residents/\$36 Non-Residents

**Hamilton ..... HA02**  
Mon, Jan 13, 5:30PM- 6:30PM  
\$24 Residents/\$36 Non-Residents

**Hamilton ..... HA03**  
Mon, Feb 3, 5:30PM- 6:30PM  
\$24 Residents/\$36 Non-Residents

**Hamilton ..... HA04**  
Mon, Feb 10, 5:30PM- 6:30PM  
\$24 Residents/\$36 Non-Residents

**Hamilton ..... HA05**  
Mon, Mar 3, 5:30PM- 6:30PM  
\$24 Residents/\$36 Non-Residents

**Hamilton ..... HA06**  
Mon, Mar 10, 5:30PM- 6:30PM  
\$24 Residents/\$36 Non-Residents

## E.P.U.'s Public Safety for Kids

This Public Safety for Kids course is designed to teach young children about important safety topics to help them stay safe in various situations. The course will cover essential skills and knowledge to promote personal safety, home safety, and community safety.

**Activity Code: 3PL59052**  
(Section codes listed below)

**MacDowell ..... WN01**  
Sat, Jan 25-Mar 15, 12:00PM- 1:00PM  
FREE

## Breastfeeding Preparedness with Mood

Led by Mood Lactation Partners, this crash course is designed to help expectant parents prepare for a successful breastfeeding journey. Gain essential knowledge, practical tips, and expert guidance to confidently start and maintain breastfeeding.

**Activity Code: 3PL59053**  
(Section codes listed below)

**OASIS ..... WN01**  
Fri, Jan 10, 12:30PM- 2:00PM  
FREE

**OASIS ..... WN02**  
Fri, Jan 24, 12:30PM- 2:00PM  
FREE

**OASIS ..... WN03**  
Fri, Feb 7, 12:30PM- 2:00PM  
FREE

**OASIS ..... WN04**  
Fri, Feb 21, 12:30PM- 2:00PM  
FREE

**OASIS ..... WN05**  
Fri, Mar 7, 12:30PM- 2:00PM  
FREE

**OASIS ..... WN06**  
Fri, Mar 21, 12:30PM- 2:00PM  
FREE

**Washington ..... WA01**  
Mon, Jan 13, 5:30PM- 7:00PM  
FREE

**Washington ..... WA02**  
Mon, Jan 27, 5:30PM- 7:00PM  
FREE

**Washington ..... WA03**  
Mon, Feb 10, 5:30PM- 7:00PM  
FREE

**Washington ..... WA04**  
Mon, Feb 24, 5:30PM- 7:00PM  
FREE

**Washington ..... WA05**  
Mon, Mar 10, 5:30PM- 7:00PM  
FREE

**Washington ..... WA06**  
Mon, Mar 24, 5:30PM- 7:00PM  
FREE

## Wild Knowing Wellness

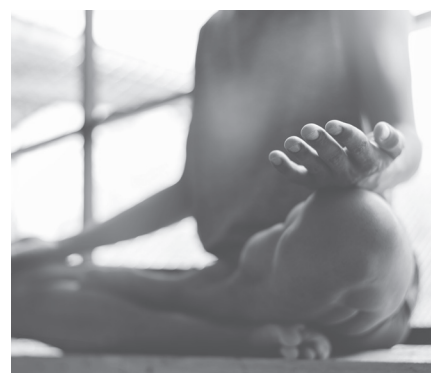
The natural world feeds our souls, enriches our senses, and teaches us essential skills: stillness, presence, open-heartedness. Re-wild yourself with this class that offers vivid images and poignant stories to map a path to a deeper relationship with the living world to enhance your well being.

**Activity Code: 3PL59054**  
(Section codes listed below)

**Hawthorn Glen ..... WN01**  
Sat, Jan 11, 10:00AM-11:30AM  
FREE

**Hawthorn Glen ..... WN02**  
Sat, Mar 1, 10:00AM-11:30AM  
FREE

**Hawthorn Glen ..... WN03**  
Sat, Mar 29, 10:00AM-11:30AM  
FREE



## A Piece of Peace Workshop

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

**Activity Code: 3PL59055**  
(Section codes listed below)

**Washington ..... WA01**  
Sat, Jan 18, 10:00AM-12:00PM  
FREE

**Washington ..... WA02**  
Sat, Feb 15, 10:00AM-12:00PM  
FREE

**Washington ..... WA03**  
Sat, Mar 15, 10:00AM-12:00PM  
FREE

### Let's Flavor Our Kombucha!

Let's level up your kombucha skills in this hands on Fermentation 2 class! Bring a 1-gallon jar of kombucha ready for flavoring. Learn refined techniques, explore new flavor combinations, and dive deeper into the science of fermentation. Perfect for those with basic brewing experience.

**Activity Code: 3PL59056**  
(Section codes listed below)

**Hamilton ..... WN01**  
Mon, Jan 20, 5:30PM- 6:30PM  
\$15 Residents/\$27 Non-Residents

**Hamilton ..... WN02**  
Mon, Jan 27, 5:30PM- 6:30PM  
\$15 Residents/\$27 Non-Residents

**Hamilton ..... WN03**  
Mon, Feb 17, 5:30PM- 6:30PM  
\$15 Residents/\$27 Non-Residents

**Hamilton ..... WN04**  
Mon, Feb 24, 5:30PM- 6:30PM  
\$15 Residents/\$27 Non-Residents

**Hamilton ..... WN05**  
Mon, Mar 17, 5:30PM- 6:30PM  
\$15 Residents/\$27 Non-Residents

**Hamilton ..... WN06**  
Mon, Mar 24, 5:30PM- 6:30PM  
\$15 Residents/\$27 Non-Residents

### Women's Wellness Warriors

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

**Activity Code: 3PL59057**  
(Section codes listed below)

**MacDowell (Ages 16-55)..... JU01**  
Sat, Jan 11-Mar 1, 1:30PM- 2:30PM  
FREE



### Infant Bonding

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

**Activity Code: 3PL59058**  
(Section codes listed below)

**Hawthorn Glen ..... WN01**  
Sat, Jan 18, 10:00AM-12:00PM  
\$20 Residents/\$20 Non-Residents

**Hawthorn Glen ..... WN02**  
Sat, Jan 25, 10:00AM-12:00PM  
\$20 Residents/\$20 Non-Residents

**Hawthorn Glen ..... WN03**  
Sat, Feb 15, 10:00AM-12:00PM  
\$20 Residents/\$20 Non-Residents

**Hawthorn Glen ..... WN04**  
Sat, Feb 22, 10:00AM-12:00PM  
\$20 Residents/\$20 Non-Residents

**Tiefenthaler Park ..... TF01**  
Wed, Jan 8, 5:00PM- 7:00PM  
\$20 Residents/\$20 Non-Residents

**Tiefenthaler Park ..... TF02**  
Wed, Jan 29, 5:00PM- 7:00PM  
\$20 Residents/\$20 Non-Residents

**Tiefenthaler Park ..... TF03**  
Wed, Feb 5, 5:00PM- 7:00PM  
\$20 Residents/\$20 Non-Residents

**Tiefenthaler Park ..... TF04**  
Wed, Mar 5, 5:00PM- 7:00PM  
\$20 Residents/\$20 Non-Residents

# YogaFest

**1.1.25 | 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 12.5.24.

**[mkerec.net/yogafest](http://mkerec.net/yogafest)**



A department of MPS



## WEAVING AND FIBER ARTS



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

### Not Your Grandma's Knitting

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

**Activity Code: 3RAE6903**  
**(Section codes listed below)**

**Gaenslen .....GS01**  
 (Instructor: Meredith Berghauer)  
 Thu, Jan 16-Mar 6, 5:00PM-7:00PM  
 \$46 Residents/\$46 Non-Residents



### Weaving Basics and Beyond

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

**Activity Code: 3RAE6905**  
**(Section codes listed below)**

**Gaenslen .....GS01**  
 (Instructor: Naomi Holthaus)  
 Mon, Jan 13-Mar 10, 9:30AM-12:30PM  
 \$54 Residents/\$54 Non-Residents

**Gaenslen .....GS08**  
 (Instructor: Carly Neil)  
 Mon, Jan 13-Mar 10, 6:00PM-8:30PM  
 \$54 Residents/\$54 Non-Residents

**Gaenslen .....GS09**  
 (Instructor: Jacquie Crema)  
 Tue, Jan 14-Mar 4, 3:00PM-5:30PM  
 \$54 Residents/\$54 Non-Residents

**Gaenslen .....GS02**  
 (Instructor: Jacquie Crema)  
 Tue, Jan 14-Mar 4, 6:00PM-8:30PM  
 \$57 Residents/\$57 Non-Residents

**Gaenslen .....GS03**  
 (Instructor: Judy Larsen)  
 Wed, Jan 15-Feb 26, 12:00PM-3:00PM  
 \$44 Residents/\$44 Non-Residents

**Gaenslen .....GS04**  
 (Instructor: Lynn Sbonik)  
 Wed, Jan 15-Mar 5, 6:00PM-8:30PM  
 \$57 Residents/\$57 Non-Residents

**Gaenslen .....GS06**  
 (Instructor: Lynn Sbonik)  
 Thu, Jan 16-Mar 6, 6:00PM-8:30PM  
 \$57 Residents/\$57 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)**

**Gaenslen .....GS01**  
 (Beg/Intro. Instructor: Sue Knorr)  
 Thu, Mar 6-Mar 20, 10:00AM-12:30PM  
 \$25 Residents/\$25 Non-Residents

### Tapestry Weaving

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

**Activity Code: 3RAE6919**  
**(Section codes listed below)**

**Gaenslen .....GS01**  
 (Instructor: Peggy MacArthur)  
 Tue, Jan 14-Mar 4, 9:30AM-12:00PM  
 \$56 Residents/\$56 Non-Residents

### Weaving Beginner Basics

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

**Activity Code: 3RAE6959**  
**(Section codes listed below)**

**Gaenslen .....GS01**  
 (Instructor: Kallia Walkowiak)  
 Mon, Jan 13-Mar 10, 6:00PM-8:30PM  
 \$57 Residents/\$57 Non-Residents

**Gaenslen .....GS03**  
 (Instructor: Carly Neil)  
 Tue, Jan 14-Mar 4, 6:00PM-8:30PM  
 \$57 Residents/\$57 Non-Residents

**Gaenslen .....GS04**  
 (Instructor: Judy Larsen)  
 Wed, Jan 15-Feb 26, 9:30AM-12:30PM  
 \$57 Residents/\$57 Non-Residents

**Gaenslen .....GS05**  
 (Instructor: Kallia Walkowiak)  
 Thu, Jan 16-Mar 6, 6:00PM-8:30PM  
 \$57 Residents/\$57 Non-Residents

### Beginner Knitting

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

**Activity Code: 3RAE6972**  
**(Section codes listed below)**

**Gaenslen .....GS01**  
 (Instructor: Erin Arnevik)  
 Mon, Feb 10-Feb 24, 6:00PM-8:00PM  
 \$24 Residents/\$24 Non-Residents

## Hand Manipulated Weaves

Create stunning borders and designs for your weaving projects using hand manipulated weaving. Register for GS01 - Brooks Bouquet or GS02 - Danish Medallions, or both, and weave a sampler. Weavers will warp the loom independently prior to the first class using their own materials. Weavers may use either an ABK loom and warp it during open weave hours before the class meets or use their own rigid heddle or table loom. Warping instructions and open weave hours will be provided via email after registration is received. Class is appropriate for those taking Weaving Basics & Beyond. A \$15 cash only material fee is due to the instructor. Bring a bag lunch.

**Activity Code: 3RAE6974**  
(Section codes listed below)

**Gaenslen .....GS01**  
(Brooks Bouquet, Instructor: Jacquie Crema)  
Tue, Mar 11, 3:00PM- 8:00PM  
\$30 Residents/\$30 Non-Residents

**Gaenslen .....GS02**  
(Danish Medallions, Instructor: Jacquie Crema)  
Thu, Mar 13, 3:00PM- 8:00PM  
\$30 Residents/\$30 Non-Residents

## Soumak for Tapestry

Soumak is a technique that adds dimension texture and line in tapestry by wrapping weft yarn around warp threads. A simple frame loom is required or use one from ABK Weaving Center. A \$5 (cash only) supply fee is due to the instructor at the first class.

**Activity Code: 3RAE6975**  
(Section codes listed below)

**Gaenslen .....GS01**  
(Instructor: Peggy MacArthur)  
Mon, Jan 13-Mar 10, 9:30AM-12:30PM  
\$60 Residents/\$60 Non-Residents

## Twills - Straight Draw and More

This class will provide an opportunity to explore and sample many variations of woven twills. Bring your own loom & accessories or use a loom provided by ABK. Weavers must bring materials for taking notes and a bag lunch. A materials fee of \$20 (cash only) is due to the instructor at the first class. Fee includes yarns and instruction materials.

**Activity Code: 3RAE6976**  
(Section codes listed below)

**Gaenslen .....GS01**  
(Instructor: Judy Larsen)  
Wed/Fri, Mar 7-Mar 19, 9:00AM- 2:30PM  
\$60 Residents/\$60 Non-Residents

## Tablet Weaving

Tablet weaving is an ancient craft used to create sturdy woven bands of fabric used for everything from bag straps to fabric trims. Weavers will make a replica of the Oseberg band. A \$10 (cash only) materials fee is due to the instructor at the first class.

**Activity Code: 3RAE6977**  
(Section codes listed below)

**Gaenslen .....GS01**  
(Instructor: Kallia Walkowiak)  
Wed, Feb 5-Feb 26, 6:00PM- 8:00PM  
\$25 Residents/\$25 Non-Residents

## ARTS & CRAFTS

### Drawing & Painting

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

**Activity Code: 3R550902**  
(Section codes listed below)

**Enderis Playfield (Ages 50 & up)... EF01**  
Tue, Jan 14-Mar 18, 5:00PM- 7:00PM  
\$27 Residents/\$41 Non-Residents

### Craft Club

Crafting fun for everyone. No experience necessary. Explore all types of crafts in a friendly and nurturing atmosphere. Be amazed at your secret creative skills! A \$20.00 (cash only) supply fee is due to the instructor at the first class.

**Activity Code: 3R550903**  
(Section codes listed below)

**Enderis Playfield (Ages 50 & up)... EF01**  
Tue, Jan 14-Mar 18, 9:00AM-12:00PM  
\$23 Residents/\$35 Non-Residents

### Acrylic Painting

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

**Activity Code: 3R550913**  
(Section codes listed below)

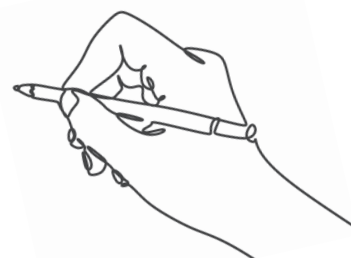
**OASIS ..... 5501**  
Mon, Jan 13-Mar 17, 9:30AM-11:30AM  
\$40 Residents/\$60 Non-Residents

## Explore Mixed Media

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

**Activity Code: 3R550914**  
(Section codes listed below)

**OASIS ..... 5501**  
Mon, Jan 13-Mar 17, 12:30PM- 2:30PM  
\$23 Residents/\$35 Non-Residents



## Basic Jewelry Making

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

**Activity Code: 3RAE0902**  
(Section codes listed below)

**Milwaukee Marshall .....MR01**  
Sat, Jan 18-Mar 8, 10:00AM-11:30AM  
\$36 Residents/\$54 Non-Residents

## Lego for Seniors

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

**Activity Code: 3RAE0925**  
(Section codes listed below)

**Hamilton (Ages 55 & up) ..... HA01**  
Tue, Feb 13-Mar 13, 5:30PM- 7:30PM  
\$24 Residents/\$36 Non-Residents

## Glass Blowing

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

**Activity Code: 3RAE0928**  
(Section codes listed below)

### Square One Art Class .....SG01

(Orb)  
Sat, Feb 8, 9:00AM-11:00AM  
\$70 Residents/\$105 Non-Residents

### Square One Art Class .....SG02

(Bowl)  
Sat, Feb 22, 9:00AM-11:00AM  
\$80 Residents/\$120 Non-Residents

### Square One Art Class .....SG04

(Orb)  
Wed, Mar 5, 6:00PM-8:00PM  
\$70 Residents/\$105 Non-Residents

### Square One Art Class .....SG05

(Orb)  
Sat, Mar 22, 9:00AM-11:00AM  
\$70 Residents/\$105 Non-Residents

## Runes and Rock Painting

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

**Activity Code: 3RAE0929**  
(Section codes listed below)

### Hamilton .....HA01

Tue, Feb 11, 6:00PM-8:00PM  
\$9 Residents/\$14 Non-Residents

## Candle Making

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

**Activity Code: 3RAE0949**  
(Section codes listed below)

### Hamilton .....HA01

Mon, Feb 10, 6:30PM-8:00PM  
\$30 Residents/\$45 Non-Residents

### Riverside .....RS01

Mon, Mar 10, 6:30PM-8:00PM  
\$30 Residents/\$45 Non-Residents

## Cricut for Beginners

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

**Activity Code: 3RAE0954**  
(Section codes listed below)

### Hamilton .....HA01

Sat, Jan 25-Mar 1, 9:00AM-11:00AM  
\$36 Residents/\$54 Non-Residents

## Advanced Cricut

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

**Activity Code: 3RAE0955**  
(Section codes listed below)

### Hamilton .....HA01

Sat, Jan 25-Mar 1, 11:30AM-1:30PM  
\$36 Residents/\$54 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 22, 6:00PM-8:00PM  
\$45 Residents/\$68 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 19, 6:00PM-8:00PM  
\$45 Residents/\$68 Non-Residents

## Crocheting / Knitting

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

**Activity Code: 3RAE1202**  
(Section codes listed below)

### Milwaukee Marshall .....MR02

Mon, Jan 27-Mar 17, 6:00PM-8:00PM  
\$46 Residents/\$69 Non-Residents



## Open Sewing

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

**Activity Code: 3RAE1207**  
(Section codes listed below)

### Hamilton .....HA01

Thu, Jan 23-Mar 13, 6:00PM-8:30PM  
\$57 Residents/\$86 Non-Residents

## Creative Crochet Techniques

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

**Activity Code: 3RAE1214**  
(Section codes listed below)

### Beulah Brinton .....BN01

Mon, Jan 27-Mar 17, 10:30AM-11:30AM  
\$25 Residents/\$38 Non-Residents



## Sewing 101

Been a long time since you touched a sewing machine? Maybe never? This class will teach you the basics of sewing machines, sewing terminology and techniques, and working with patterns. Supply list provided at the first class to create an easy bag. Sewing machines are available or bring your own.

**Activity Code: 3RAE1215**  
(Section codes listed below)

**Milwaukee Marshall ..... MR03**  
Sat, Jan 18-Mar 8, 8:45AM-10:45AM  
\$46 Residents/\$69 Non-Residents

**Milwaukee Marshall ..... MR02**  
Sat, Jan 18-Mar 8, 11:00AM- 1:00PM  
\$46 Residents/\$69 Non-Residents

**Milwaukee Marshall ..... MR01**  
Wed, Jan 22-Mar 12, 6:00PM- 8:00PM  
\$46 Residents/\$69 Non-Residents

## Landscape Painting

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

**Activity Code: 3RAE2003**  
(Section codes listed below)

**Riverside ..... RS01**  
Tue, Jan 14-Mar 4, 6:00PM- 8:00PM  
\$46 Residents/\$69 Non-Residents

## Painting Portraits from Photos

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

**Activity Code: 3RAE2006**  
(Section codes listed below)

**Riverside ..... RS01**  
Mon, Jan 13-Mar 3, 6:00PM- 8:00PM  
\$46 Residents/\$69 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 29-Mar 5, 6:00PM- 8:00PM  
\$36 Residents/\$54 Non-Residents

## Color Pouring: Marble Pour

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

**Activity Code: 3RAE2032**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Wed, Feb 26, 6:00PM- 8:00PM  
\$45 Residents/\$68 Non-Residents

## Color Pouring: Dutch Color Pour

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

**Activity Code: 3RAE2033**  
(Section codes listed below)

**Hamilton ..... HA01**  
Sat, Feb 15, 1:00PM- 3:00PM  
\$45 Residents/\$68 Non-Residents

## Color Pouring: Dirty Cup Pour

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

**Activity Code: 3RAE2035**  
(Section codes listed below)

**Hamilton ..... HA01**  
Sat, Feb 1, 1:00PM- 3:00PM  
\$45 Residents/\$68 Non-Residents

## Color Pouring: Canvas & Vase

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

**Activity Code: 3RAE2039**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Wed, Mar 12, 6:00PM- 8:00PM  
\$45 Residents/\$68 Non-Residents

## Decorative Folding Screens

Decorative folding screens originated in China more than 1,000 years ago. Traditionally used as room dividers, the screens spread to Japan, where artisans developed the technique of paper hinges to join the folding panels. In this workshop you will learn how to use paper hinges and apply

**Activity Code: 3RAE0932**  
(Section codes listed below)

**Hamilton ..... HA01**  
Mon, Mar 10, 6:00PM- 8:00PM  
\$45 Residents/\$68 Non-Residents

## Paper Flower Making

**NEW** From paper to creatures like flowers, people can make lilies, daffodils, carnations, tulips, and more. Two and three dimensional flowers bring the spring season. \$30 supply fee due to instructor the first night of class.

**Activity Code: 3RAE0943**  
(Section codes listed below)

**Hamilton (Ages 13 & up) ..... HA01**  
Tue, Feb 25-Mar 18, 6:30PM- 8:30PM  
\$25 Residents/\$38 Non-Residents

## Paper Ornament Making

**NEW** Using papers, students can make earrings, brooches, necklaces, and more. In addition, for room decoration, various kinds of ornaments will be made by paper folding techniques. Learners can improve fine motor skills and concentration as well as prevent aging and losing memory skills through hands-on activities of paper folding directions. \$30 supply cost due to instructor the first night of class.

**Activity Code: 3RAE0935**  
(Section codes listed below)

**Hamilton (Ages 13 & up) ..... HA01**  
Tue, Jan 14-Feb 11, 6:30PM- 8:30PM  
\$30 Residents/\$45 Non-Residents



## CATE'S COOKERY

### Cooking with Fresh Herbs

Soon, herbs will be sprouting up at home and farmers markets. Cate will celebrate the season with recipes to use these healthful, green, leafy veggies. This colorful, tasty menu is perfect for picnic or patio dining. For starters, you'll make an easy, crispy Basil Tomato Tart, and Creamy Avocado Soup with fresh herbs. Cate will also present her French Tarragon Chicken, a recipe developed from a dish she had in New York as a child. For sides, you'll make a beautiful Iranian herb platter with cheese, Sabzi Khordan, and pasta with Cate's favorite Armenian Herb Blend. Lavender cupcakes will finish a lovely meal. Also included will be a page with recipes for global herb blends, and herb storage methods. Start planting your seeds now!

**Activity Code: 3RAE1948**  
(Section codes listed below)

**Hamilton** ..... HA  
Sat, Mar 8, 12:00PM- 3:00PM  
\$29 Residents/\$44 Non-Residents

## COOKING

### Knife Skills

In this hands-on class, Chef Annie Wegner LeFort of EatMoveMKE will show you how to select, care for, sharpen, and use a chef's knife to build efficiency and safety in food preparation.

**Activity Code: 3R551602**  
(Section codes listed below)

**OASIS** ..... 5501  
Mon, Jan 27, 9:30AM-11:00AM  
\$14 Residents/\$21 Non-Residents



### Meatloaf Magic: Mastering the Basics

**NEW** Join us to learn the art of crafting the perfect meatloaf. This class will guide you through simple techniques and delicious recipes to elevate your cooking skills.

**Activity Code: 3RAE1616**  
(Section codes listed below)

**Milwaukee Marshall** ..... MR01  
Sat, Jan 18, 12:00PM- 3:00PM  
\$29 Residents/\$44 Non-Residents



### Spaghetti Delight

**NEW** Join us to learn how to make perfect pasta. You'll create tasty sauces and cook pasta just right.

**Activity Code: 3RAE1697**  
(Section codes listed below)

**Milwaukee Marshall** ..... MR01  
Sat, Jan 25, 12:00PM- 3:00PM  
\$29 Residents/\$44 Non-Residents

### Stuffed Cabbage Creations

**NEW** Cooking with flavor! Discover the secrets to making delicious stuffed cabbage! This class will teach you step-by-step techniques and flavorful recipes to impress your family and friends.

**Activity Code: 3RAE1698**  
(Section codes listed below)

**Milwaukee Marshall** ..... MR01  
Sat, Feb 15, 12:00PM- 3:00PM  
\$29 Residents/\$44 Non-Residents

### Homemade Caramel Craze: Cake Making Adventure!

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

**Activity Code: 3RAE1699**  
(Section codes listed below)

**Milwaukee Marshall** ..... MR01  
Sat, Mar 1, 12:00PM- 3:00PM  
\$29 Residents/\$44 Non-Residents

### Korean Cooking: Korean BBQ, Bulgogi

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

**Activity Code: 3RAE2400**  
(Section codes listed below)

**Hamilton** ..... HA01  
Wed, Mar 19, 6:30PM- 8:30PM  
\$24 Residents/\$36 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 22, 6:30PM- 8:30PM  
\$24 Residents/\$36 Non-Residents

### Korean Cooking: Whole Cabbage Kimchi

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

**Activity Code: 3RAE2408**  
(Section codes listed below)

**Hamilton** ..... HA01  
Wed, Feb 5, 6:30PM- 8:30PM  
\$24 Residents/\$36 Non-Residents

### Korean Cooking: Steamed Pork with Vegetable Wraps (Bossam)

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

**Activity Code: 3RAE2410**  
(Section codes listed below)

**Hamilton** ..... HA01  
Wed, Mar 5, 6:30PM- 8:30PM  
\$24 Residents/\$36 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 27-Mar 17, 7:00PM- 8:30PM  
\$36 Residents/\$54 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 18-Mar 8, 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**  
Mon, Jan 27-Mar 17, 7:35PM- 8:35PM  
\$25 Residents/\$38 Non-Residents

**Hamilton ..... HA01**  
Thu, Jan 30-Mar 20, 6:30PM- 7:30PM  
\$25 Residents/\$38 Non-Residents

**OASIS (Ages 18-99).....5501**  
Tue, Jan 14-Mar 18, 1:00PM- 2:30PM  
\$27 Residents/\$41 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 13-Mar 3, 7:00PM- 8:00PM  
\$25 Residents/\$38 Non-Residents

## DRAWING PAINTING ARTS

### Expressive, Flowing Watercolor Portrayals

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

**Activity Code: 3RAE2026**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Thu, Jan 9-Jan 23, 3:15PM- 5:15PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN02**  
Thu, Feb 13-Feb 27, 3:15PM- 5:15PM  
\$19 Residents/\$29 Non-Residents

**Beulah Brinton ..... BN03**  
Thu, Mar 13-Mar 27, 3:15PM- 5:15PM  
\$19 Residents/\$29 Non-Residents



## FIBER ARTS

### Beginners Crocheting

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

**Activity Code: 3RAE1219**  
(Section codes listed below)

**Hamilton ..... HA01**  
Tue, Jan 21-Mar 11, 6:30PM- 8:30PM  
\$46 Residents/\$69 Non-Residents

### Crochet Club

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

**Activity Code: 3RAE1220**  
(Section codes listed below)

**Hamilton ..... HA01**  
Mon, Jan 27-Mar 17, 6:30PM- 8:30PM  
\$19 Residents/\$29 Non-Residents

## FINANCE

### Home Buying Workshop

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

**Activity Code: 3RAE3406**  
(Section codes listed below)

**Hamilton ..... HA02**  
Sat, Mar 1, 10:00AM-12:00PM  
\$9 Residents/\$14 Non-Residents

**MacDowell ..... JU03**  
Sat, Feb 1, 10:00AM-12:00PM  
\$9 Residents/\$14 Non-Residents



### Rent Smart

**NEW** Learn new skills to build positive relationships with landlords and neighbors, gain confidence in your ability to find and maintain affordable housing, understand your lease and the rental/screening process used by landlords, and learn the responsibilities and rights of tenants and landlords.

**Activity Code: 3RAE3419**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed, Jan 22-Feb 26, 6:00PM- 7:30PM  
\$28 Residents/\$42 Non-Residents



## FITNESS

### Zumba Gold®

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

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

**OASIS** ..... 5503  
(Intersession Class Dec 16, Jan 6)  
Mon, Dec 16-Jan 6, 10:15AM-11:15AM  
\$6 Residents/\$9 Non-Residents

**OASIS** ..... 5504  
(Intersession Class Dec 19, Jan 9)  
Thu, Dec 19-Jan 9, 10:15AM-11:15AM  
\$6 Residents/\$9 Non-Residents

**OASIS** ..... 5501  
Mon, Jan 13-Mar 17, 10:15AM-11:15AM  
\$23 Residents/\$35 Non-Residents

**OASIS** ..... 5502  
Thu, Jan 16-Mar 20, 10:15AM-11:15AM  
\$23 Residents/\$35 Non-Residents

### Gentle Yoga

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

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

**OASIS** ..... 5501  
Tue, Jan 14-Mar 18, 11:30AM-12:30PM  
\$23 Residents/\$35 Non-Residents

### Chair Yoga

Discover improved health and well-being in our chair yoga plus strength class, suitable for all abilities. Enjoy seated or standing poses, promoting muscle strength, flexibility, posture, balance, and breathing. OASIS MEMBERSHIP REQUIRED.

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

**OASIS** ..... 5502  
(Intersession Class Dec 16, 18, 20, Jan 6, 8, 10)  
Mon/Wed/Fri, Dec 16-Jan 10, 9:00AM-10:00AM  
FREE

**OASIS** ..... 5501  
Mon/Wed/Fri, Jan 13-Mar 17, 9:00AM-10:00AM  
FREE

### Fit Over 50

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

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

**Enderis Playfield** ..... EF01  
Thu, Jan 16-Mar 20, 11:30AM-12:30PM  
\$23 Residents/\$35 Non-Residents

**OASIS** ..... 5501  
Wed, Jan 15-Mar 19, 12:30PM- 1:30PM  
\$23 Residents/\$35 Non-Residents

### T'ai Chi & Qigong

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

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

**OASIS (Ages 50 & up)** ..... 5501  
Tue, Jan 14-Mar 18, 9:45AM-10:45AM  
\$23 Residents/\$35 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  
**50+** Tue, Jan 14-Mar 18, 9:00AM- 9:50AM  
\$19 Residents/\$29 Non-Residents

**OASIS** ..... 5502  
(Intermediate/Advanced)  
Tue, Jan 14-Mar 18, 10:00AM-10:50AM  
\$19 Residents/\$29 Non-Residents

**OASIS** ..... 5504  
**50+** Thu, Jan 16-Mar 20, 11:00AM-11:50AM  
\$19 Residents/\$29 Non-Residents

**OASIS** ..... 5503  
(Intermediate/Advanced)  
Thu, Jan 16-Mar 20, 12:00PM-12:50PM  
\$19 Residents/\$29 Non-Residents

### Core Strength

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

Activity Code: 3R553518  
(Section codes listed below)

**OASIS (Ages 50 & up)** ..... 5501  
**50+** Tue, Jan 14-Mar 18, 11:00AM-11:30AM  
\$13 Residents/\$20 Non-Residents

**OASIS** ..... 5502  
(Intermediate/Advanced)  
Tue, Jan 14-Mar 18, 11:40AM-12:10PM  
\$13 Residents/\$20 Non-Residents

**OASIS (Ages 50 & up)** ..... 5504  
**50+** Wed, Jan 15-Mar 19, 12:45PM- 1:15PM  
\$13 Residents/\$20 Non-Residents

**OASIS** ..... 5505  
(Intermediate/Advanced)  
Thu, Jan 16-Mar 20, 1:00PM- 1:30PM  
\$13 Residents/\$20 Non-Residents

**OASIS (Ages 50 & up)** ..... 5503  
**50+** Fri, Jan 17-Mar 21, 11:45AM-12:15PM  
\$13 Residents/\$20 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 17-Mar 21, 10:00AM-10:50AM  
\$19 Residents/\$29 Non-Residents

### Bootcamp

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

**50+** Activity Code: 3R553520  
(Section codes listed below)

**OASIS** ..... 5501  
(Advanced)  
Fri, Jan 17-Mar 21, 9:00AM- 9:50AM  
\$19 Residents/\$29 Non-Residents

**TRX**

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

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

**OASIS** ..... 5501  
Tue, Jan 14-Mar 18, 12:20PM-12:50PM  
\$13 Residents/\$20 Non-Residents

**OASIS** ..... 5502  
Wed, Jan 15-Mar 19, 12:00PM-12:30PM  
\$13 Residents/\$20 Non-Residents

**OASIS** ..... 5503  
Fri, Jan 17-Mar 21, 11:00AM-11:30AM  
\$13 Residents/\$20 Non-Residents

**Drums Alive® Golden Beats**

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

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

**OASIS** ..... 5501  
Mon, Jan 13-Mar 17, 2:15PM- 3:15PM  
\$23 Residents/\$35 Non-Residents

**Chair Zumba® Gold**

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

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

**OASIS** ..... 5501  
Wed, Jan 15-Mar 19, 2:15PM- 3:15PM  
\$23 Residents/\$35 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 28-Mar 18, 7:15PM- 8:15PM  
\$29 Residents/\$44 Non-Residents

**ABSoGLUTeLy Fit**

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

Activity Code: 3RAE3502  
(Section codes listed below)

**Beulah Brinton** ..... BN01  
Mon, Jan 27-Mar 17, 6:10PM- 7:10PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton** ..... BN02  
Wed, Jan 29-Mar 19, 6:00PM- 7:00PM  
\$29 Residents/\$44 Non-Residents

**Belly Dance Aerobics**

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

Activity Code: 3RAE3504  
(Section codes listed below)

**Hamilton** ..... HA01  
Mon, Jan 27-Mar 17, 7:00PM- 8:00PM  
\$29 Residents/\$44 Non-Residents

**Body Sculpting**

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

Activity Code: 3RAE3505  
(Section codes listed below)

**Beulah Brinton** ..... BN01  
Tue, Jan 28-Mar 18, 6:00PM- 7:00PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton** ..... BN02  
Thu, Jan 30-Mar 20, 6:00PM- 7:00PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton** ..... BN03  
Sat, Feb 1-Mar 22, 9:15AM-10:15AM  
\$29 Residents/\$44 Non-Residents

**Cardio Combo**

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

Activity Code: 3RAE3509  
(Section codes listed below)

**Beulah Brinton** ..... BN01  
Thu, Jan 30-Mar 20, 7:15PM- 8:15PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton** ..... BN02  
Sat, Feb 1-Mar 22, 8:00AM- 9:00AM  
\$29 Residents/\$44 Non-Residents

**Cardio-Kickboxing**

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

Activity Code: 3RAE3511  
(Section codes listed below)

**Beulah Brinton** ..... BN01  
Mon, Jan 27-Mar 17, 7:15PM- 8:15PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton** ..... BN02  
Wed, Jan 29-Mar 19, 7:15PM- 8:15PM  
\$29 Residents/\$44 Non-Residents

**HIIT (High Intensity Interval Training)**

Are you down to turn it up? In this class you will alternate your intensities between bursts of activity and fixed periods of less-intense activity. If the going gets tough, classmate camaraderie will get you through. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 3RAE3517  
(Section codes listed below)

**Milwaukee Marshall** ..... MR01  
Tue, Jan 21-Mar 11, 6:15PM- 7:15PM  
\$29 Residents/\$44 Non-Residents

**Hoop Dance Workout**

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

Activity Code: 3RAE3518  
(Section codes listed below)

**Riverside** ..... RS01  
(Beg.)  
Sat, Jan 18-Mar 8, 11:15AM-12:15PM  
\$29 Residents/\$44 Non-Residents



## Pilates

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

**Activity Code: 3RAE3521**  
(Section codes listed below)

### Beulah Brinton ..... BN01

Wed, Jan 29-Mar 19, 7:35PM- 8:35PM  
\$29 Residents/\$44 Non-Residents

### Hamilton ..... HA01

Thu, Jan 23-Mar 13, 6:00PM- 7:00PM  
\$29 Residents/\$44 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, Feb 5-Mar 12, 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 27-Mar 17, 5:00PM- 6:00PM  
\$29 Residents/\$44 Non-Residents

## Xtreme Hip Hop

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

**Activity Code: 3RAE3534**  
(Section codes listed below)

### Milwaukee Marshall ..... MR01

Wed, Jan 22-Mar 12, 6:30PM- 7:15PM  
\$25 Residents/\$38 Non-Residents



## 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 28-Mar 18, 3:45PM- 4:45PM  
\$29 Residents/\$44 Non-Residents

## Zumba®

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

**Activity Code: 3RAE3542**  
(Section codes listed below)

### Beulah Brinton ..... BN01

Sun, Feb 2-Mar 23, 9:00AM-10:00AM  
\$29 Residents/\$44 Non-Residents

### Cooper ..... CP01

Thu, Jan 30-Mar 20, 7:00PM- 8:00PM  
\$29 Residents/\$44 Non-Residents

## Yoga - Chair

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

**Activity Code: 3RAE3560**  
(Section codes listed below)

### Beulah Brinton ..... BN01

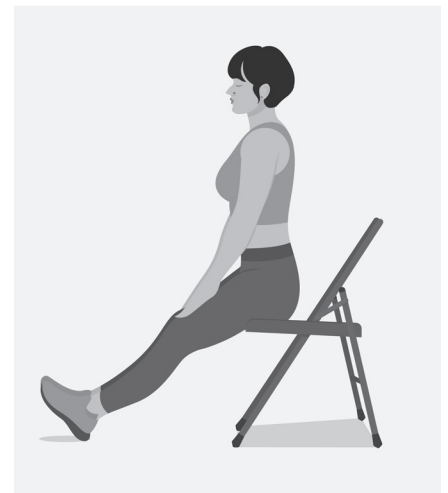
Mon, Jan 27-Mar 17, 2:15PM- 3:15PM  
\$29 Residents/\$44 Non-Residents

### Beulah Brinton ..... BN02

Thu, Jan 30-Mar 20, 10:30AM-11:30AM  
\$29 Residents/\$44 Non-Residents

### Beulah Brinton ..... BN03

Fri, Jan 31-Mar 21, 12:00PM- 1:00PM  
\$29 Residents/\$44 Non-Residents



## Yoga Series

This yoga series has 4 diverse offerings that will focus on different elements such as: deeper flexibility (Socks and Blocks), arm balances, upper strength and balance (Flow to Crow), and stretch to side splits. All levels are welcome.

**Activity Code: 3RAE3589**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
(Socks and Blocks)  
Tue, Jan 14, 1:15PM- 2:00PM  
\$4 Residents/\$6 Non-Residents

**Beulah Brinton ..... BN02**  
(Arm Balances/Inversions)  
Tue, Jan 28, 1:15PM- 2:00PM  
\$4 Residents/\$6 Non-Residents

**Beulah Brinton ..... BN03**  
(Flow to Crow)  
Tue, Feb 11, 1:15PM- 2:00PM  
\$4 Residents/\$6 Non-Residents

**Beulah Brinton ..... BN04**  
(Slow Stretch to Splits)  
Tue, Feb 25, 1:15PM- 2:00PM  
\$4 Residents/\$6 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 27-Mar 17, 3:30PM- 4:30PM  
\$29 Residents/\$44 Non-Residents

## Power Flow Yoga

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

**Activity Code: 3RAE3598**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Mon, Jan 27-Mar 17, 1:10PM- 2:10PM  
\$29 Residents/\$44 Non-Residents

## T'ai Chi & Qijong

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

**Activity Code: 3RAE3601**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed, Jan 22-Mar 12, 6:30PM- 7:30PM  
\$29 Residents/\$4 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 28-Mar 18, 12:15PM- 1:15PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN02**  
(Int.)  
Tue, Jan 28-Mar 18, 1:25PM- 2:25PM  
\$29 Residents/\$44 Non-Residents

## Yoga

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

**Activity Code: 3RAE3605**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Mon, Jan 27-Mar 17, 8:00AM- 9:00AM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN02**  
Mon, Jan 27-Mar 17, 9:15AM-10:15AM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN03**  
Mon, Jan 27-Mar 17, 6:00PM- 7:00PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN04**  
Mon, Jan 27-Mar 17, 7:30PM- 8:30PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN05**  
Tue, Jan 28-Mar 18, 9:15AM-10:15AM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN06**  
Tue, Jan 28-Mar 18, 6:30PM- 7:30PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN07**  
Wed, Jan 29-Mar 19, 5:30PM- 6:30PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN08**  
Wed, Jan 29-Mar 19, 6:30PM- 7:30PM  
\$36 Residents/\$54 Non-Residents

**Beulah Brinton ..... BN09**  
Thu, Jan 30-Mar 20, 9:15AM-10:15AM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN10**  
Thu, Jan 30-Mar 20, 6:00PM- 7:00PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN11**  
Sat, Feb 1-Mar 22, 7:45AM- 8:45AM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN12**  
Sun, Feb 2-Mar 23, 9:00AM-10:00AM  
\$29 Residents/\$44 Non-Residents

**Cooper ..... CP01**  
Tue, Jan 28-Mar 18, 6:00PM- 7:00PM  
\$29 Residents/\$44 Non-Residents

**Gaenslen ..... GS02**  
Wed, Jan 19-Mar 7, 7:15PM- 8:15PM  
\$29 Residents/\$44 Non-Residents

**Hamilton ..... HA01**  
Mon, Jan 27-Mar 17, 6:00PM- 7:00PM  
\$29 Residents/\$44 Non-Residents

**MacDowell ..... JU03**  
Mon, Jan 27-Mar 17, 6:00PM- 7:00PM  
\$29 Residents/\$44 Non-Residents

**MacDowell ..... JU04**  
Mon, Jan 18-Mar 18, 9:00AM- 10:00AM  
\$29 Residents/\$44 Non-Residents

**Milwaukee Marshall ..... MR01**  
Tue, Jan 21-Mar 11, 6:00PM- 7:00PM  
\$29 Residents/\$44 Non-Residents

**Riverside ..... RS01**  
Tue, Jan 14-Mar 4, 7:15PM- 8:15PM  
\$29 Residents/\$44 Non-Residents

**Riverside ..... RS07**  
Thu, Jan 16-Mar 6, 7:00PM- 8:00PM  
\$29 Residents/\$44 Non-Residents



## Yoga - Gentle

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

**Activity Code: 3RAE3606**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Mon, Jan 27-Mar 17, 12:00PM- 1:00PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN02**  
Tue, Jan 28-Mar 18, 10:30AM-11:30AM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN03**  
Tue, Jan 28-Mar 18, 7:45PM- 8:45PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN04**  
Wed, Jan 29-Mar 19, 8:00AM- 9:00AM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN05**  
Wed, Jan 29-Mar 19, 12:30PM- 1:30PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN06**  
Thu, Jan 30-Mar 20, 1:30PM- 2:30PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN07**  
Thu, Jan 30-Mar 20, 7:00PM- 8:00PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN08**  
Fri, Jan 31-Mar 21, 8:00AM- 9:00AM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN09**  
Sat, Feb 1-Mar 22, 10:00AM-11:00AM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN10**  
Sun, Feb 2-Mar 23, 12:00PM- 1:00PM  
\$29 Residents/\$44 Non-Residents

**MacDowell ..... JU01**  
Mon, Jan 27-Mar 17, 7:10PM-8:10PM  
\$32 Residents/\$48 Non-Residents

**MacDowell ..... JU02**  
Sat, Jan 18-Mar 8, 10:15AM-11:15AM  
\$29 Residents/\$44 Non-Residents

**Riverside ..... RS02**  
Thu, Jan 16-Mar 6, 6:00PM- 7:00PM  
\$29 Residents/\$44 Non-Residents

## Yoga - Power

East meets West in this vigorous, fitness-based yoga class with a focus on flow, breath, strength, balance, and flexibility. Prior yoga experience is recommended. Bring your own exercise mat or purchase at site for \$10.

**Activity Code: 3RAE3607**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Wed, Jan 29-Mar 19, 4:30PM- 5:30PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN02**  
Thu, Jan 30-Mar 20, 5:00PM- 6:00PM  
\$29 Residents/\$44 Non-Residents

**Cooper ..... CP01**  
Tue, Jan 28-Mar 18, 7:15PM- 8:15PM  
\$29 Residents/\$44 Non-Residents

**Gaenslen ..... GS01**  
Wed, Jan 19-Mar 7, 6:15PM- 7:15PM  
\$29 Residents/\$44 Non-Residents

**Riverside ..... RS02**  
Tue, Jan 14-Mar 4, 6:00PM- 7:00PM  
\$29 Residents/\$44 Non-Residents

## Vinyasa Flow Yoga

This Vinyasa class links breath and movement to flow through postures, flowing from pose-to-pose. The flowing postures bring heat and aids in the lengthening of muscles and the reduction of muscular tension. Perfect for students of all levels, including beginners, as options or modifications are given for poses. Bring your exercise mat or purchase at site for \$10.

**Activity Code: 3RAE3614**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
(Slow Flow)  
Tue, Jan 28-Mar 18, 2:30PM- 3:30PM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN02**  
(Slow Flow)  
Wed, Jan 29-Mar 19, 9:15AM-10:15AM  
\$29 Residents/\$44 Non-Residents

**Beulah Brinton ..... BN03**  
(Slow Flow)  
Fri, Jan 31-Mar 21, 9:15AM-10:15AM  
\$29 Residents/\$44 Non-Residents



## Yoga for Runners

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

**Activity Code: 3RAE3619**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Thu, Jan 30-Mar 20, 4:00PM- 5:00PM  
\$29 Residents/\$44 Non-Residents

## Yoga Fest

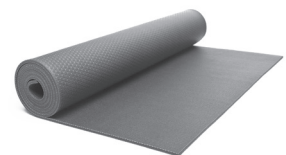
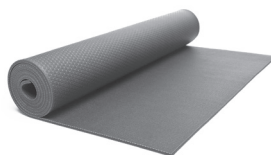
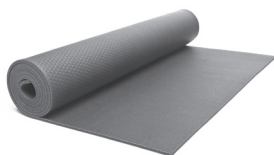
If you spell yoga backwards it's ago y, as in, you worked out years ago, why has it been so long? It's time to stop looking backwards and start looking forward! Kick off the new year with our fun, fantastic and free yoga classes! Pre-registration is required. Please bring your own yoga mat & water.

**Activity Code: 3RAE3620**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
(Yoga)  
Wed, Jan 1, 9:00AM- 9:45AM  
FREE

**Beulah Brinton ..... BN02**  
(Gentle Yoga)  
Wed, Jan 1, 10:00AM-10:45AM  
FREE

**Beulah Brinton (Ages 5 & up) ..... BN03**  
(Family Yoga)  
Wed, Jan 1, 11:00AM-11:45AM  
FREE



## HEALTH AND WELLNESS

### 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 4, 6:00PM- 8:00PM  
\$9 Residents/\$14 Non-Residents

### 5 Secrets to Permanent Weight Loss

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

**Activity Code: 3RAE4101**  
(Section codes listed below)

**Milwaukee Marshall** ..... MR01  
Tue, Feb 11, 6:35PM- 8:05PM  
\$8 Residents/\$12 Non-Residents

### Arthritis: Alternative Approaches

Over 50 million Americans suffer from joint disease. This presentation educates the audience about arthritis, who is susceptible, what causes it, how to relieve it, and steps to help prevent joint disease. Presented by Dr. John P. Corsi, D.C. Chiropractic Company. Class fee is non-refundable.

**Activity Code: 3RAE4103**  
(Section codes listed below)

**Milwaukee Marshall** ..... MR01  
Tue, Feb 25, 6:35PM- 8:05PM  
\$8 Residents/\$12 Non-Residents

### Meditation

You will practice guided and mantra meditation, pranayama (mindful breathing exercises), and improving posture. Please bring a yoga mat and a cushion or small pillow.

**Activity Code: 3RAE4106**  
(Section codes listed below)

**Beulah Brinton** ..... BN01  
Tue, Jan 28-Mar 18, 5:00PM- 5:30PM  
\$13 Residents/\$20 Non-Residents

### Natural Solutions: Vertigo & Dizziness

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

**Activity Code: 3RAE4108**  
(Section codes listed below)

**Milwaukee Marshall** ..... MR01  
Tue, Mar 11, 6:35PM- 8:05PM  
\$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, Feb 3, 7:15PM- 8:30PM  
\$8 Residents/\$12 Non-Residents

### Chakra Energy and Balance

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

**Activity Code: 3RAE4117**  
(Section codes listed below)

**Hamilton** ..... HA01  
Mon, Feb 3-Feb 24, 7:15PM- 8:15PM  
\$13 Residents/\$20 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 25, 6:00PM- 8:00PM  
\$9 Residents/\$14 Non-Residents

### Heart-Healthy Eating on a Budget

**NEW** Eating healthy doesn't have to mean spending more money at the grocery store. In this class, registered dietitian Heather Klug, MEd, RD, will review tips to boost nutrition, save money, and reduce risk for heart disease. A heart-healthy snack will be provided.

**Activity Code: 3RAE4182**  
(Section codes listed below)

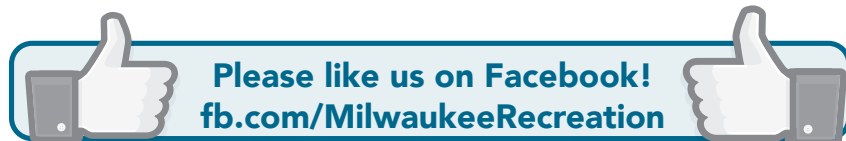
**Hamilton** ..... HA01  
Tue, Jan 14, 6:00PM- 7:00PM  
\$6 Residents/\$9 Non-Residents

### Top Nutrition Tips to Maximize Heart Health in 2025

**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 healthy eating tips to maximize your heart health.

**Activity Code: 3RAE4183**  
(Section codes listed below)

**Hamilton** ..... HA01  
Tue, Feb 18, 6:00PM- 7:00PM  
\$6 Residents/\$9 Non-Residents





## What You Need to Know About Women & Heart Disease

**NEW**

Heart disease is the #1 cause of death for women. The more you know about heart disease, the better chance you have at preventing it. Join registered dietitian Heather Klug, MEd, RD, from Aurora Health Care and The Karen Yontz Cardiac Awareness Center, to learn about the unique heart disease risks and warning signs/symptoms that women face and walk away with tips to help protect one of your most vital organs - your heart.

**Activity Code: 3RAE4184**  
(Section codes listed below)

**Hamilton ..... HA01**  
Tue, Mar 11, 6:00PM-7:00PM  
\$6 Residents/\$9 Non-Residents



## LANGUAGE SKILLS

### Spanish

**NEW**

Learn appropriate Spanish words for: greetings, health, household, daily activities, weather, and much more. The textbook used for the class is 'Spanish made Simple' and can be purchased for \$14 on the first day of the class. This class includes a FREE registration for the "Language Exchange" class (10:30am-11:30am).

**50+** **Activity Code: 3R554401**  
(Section codes listed below)

**OASIS ..... 5502**  
(Beginner)  
Wed, Jan 15-Mar 19, 11:30AM-12:30PM  
\$23 Residents/\$35 Non-Residents

**OASIS ..... 5501**  
(Advanced)  
Wed, Jan 15-Mar 19, 12:30PM-1:30PM  
\$23 Residents/\$35 Non-Residents

## Inglés como segundo idioma/English as a Second Language

En este curso inicial de ESL (inglés como segundo idioma), los estudiantes mejorarán sus habilidades para escuchar, hablar, leer y escribir en inglés. Las actividades se centrarán en desarrollar el vocabulario, la pronunciación y la gramática necesarios en las interacciones cotidianas. Se utilizará el español para aclarar las diferencias gramaticales y de pronunciación. Esta clase incluye una inscripción gratuita para la clase de intercambio de idiomas (10:30 am-11:30 am). In this beginning ESL (English as a Second Language) course, students will improve their English listening, speaking, reading, and writing skills. Activities will focus on developing the vocabulary, pronunciation and grammar needed in everyday interactions. Spanish will be used for the clarification of grammar and pronunciation differences. This class includes a free registration for the language exchange class (10:30am-11:30am).

**50+** **Activity Code: 3R554402**  
(Section codes listed below)

**OASIS ..... 5501**  
Wed, Jan 15-Mar 19, 9:00AM-10:30AM  
\$35 Residents/\$53 Non-Residents

## Language Exchange/Intercambio de idiomas

This conversation group facilitates interactions between native Spanish and English speakers. Practice your target language and culture in real life interactions. For the convenience of our language learners, this class is between our Spanish and ESL classes. Este grupo de conversación facilita las interacciones entre hablantes nativos de español e inglés. ¡Practica tu idioma y cultura meta en interacciones de la vida real! Para la comodidad de nuestros estudiantes de idiomas, estas clases están programadas entre nuestras clases de español y ESL.

**50+** **Activity Code: 3R554403**  
(Section codes listed below)

**OASIS ..... 5501**  
Wed, Jan 15-Mar 19, 10:30AM-11:30AM  
\$13 Residents/\$20 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 27-Mar 17, 6:30PM-7:30PM  
\$25 Residents/\$38 Non-Residents



## Spanish Conversation

Master essential Spanish communication for professions and travel. Learn pronunciation, grammar, reading, writing, and conversation. Textbook available for \$14 (cash or check) on the first day. Level 2 and 3 Spanish Conversation require basic Spanish knowledge.

**Activity Code: 3RAE4801**  
(Section codes listed below)

**Riverside ..... RS03**  
(Level 3)  
Tue, Jan 14-Mar 4, 6:00PM-7:30PM  
\$33 Residents/\$49.50 Non-Residents

**Riverside ..... RS01**  
(Level 1)  
Mon, Jan 27-Mar 10, 6:00PM-7:30PM  
\$36 Residents/\$54 Non-Residents

**Riverside ..... RS02**  
(Level 2)  
Mon, Jan 27-Mar 10, 7:30PM-9:00PM  
\$36 Residents/\$54 Non-Residents



## LOW INTENSITY FITNESS

### Yin Yoga

Experience deep stretching in this class with poses held for 2-7 minutes. Enhance flexibility in fascia/connective tissue, reducing pain, stress, and anxiety. Improve overall well-being. Bring a blanket or towel; blocks and straps are provided.

**Activity Code: 3RAE3617**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Tue, Jan 28-Mar 18, 8:00AM- 9:00AM  
\$29 Residents/\$44 Non-Residents

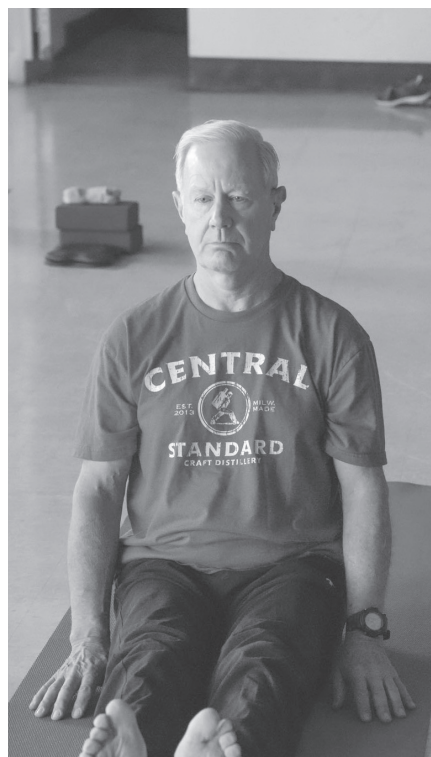
**Beulah Brinton ..... BN02**  
Sat, Feb 1-Mar 22, 8:55AM- 9:55AM  
\$29 Residents/\$44 Non-Residents

### 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 30-Mar 20, 6:00PM- 7:00PM  
\$29 Residents/\$44 Non-Residents



## MARTIAL ARTS

### Judo

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

**Activity Code: 3RAE4501**  
(Section codes listed below)

**MacDowell ..... JU01**  
Mon, Jan 27-Mar 17, 6:30PM- 7:30PM  
\$25 Residents/\$38 Non-Residents

**MacDowell ..... JU02**  
(Adv.)  
Mon, Jan 27-Mar 17, 7:45PM- 8:45PM  
\$25 Residents/\$38 Non-Residents

### Tae Kwon Do

Discover Tae Kwon Do, a Korean martial art emphasizing self-discipline, mental preparation, concentration, and self-control. Learn kicking, punching techniques, proper body positioning, and self-defense. Improve flexibility, conditioning, and self-defense skills.

**Activity Code: 3RAE4503**  
(Section codes listed below)

**Hamilton (Ages 15 & up) ..... HA02**  
(Class is combined with youth class)  
Tue/Thu, Jan 21-Mar 13, 7:10PM- 8:00PM  
\$41 Residents/\$62 Non-Residents

**Hamilton (Ages 15 & up) ..... HA01**  
(Blue Belt and Above)  
Mon/Wed, Jan 22-Mar 17, 6:00PM- 7:00PM  
\$46 Residents/\$69 Non-Residents

**Milwaukee Marshall ..... MR01**  
(Beg., White, Orange, & Yellow Belt)  
Mon/Wed, Jan 13-Mar 17, 6:00PM- 7:00PM  
\$52 Residents/\$78 Non-Residents

**Riverside (Ages 15 & up) ..... RS01**  
(Beg, white-yellow belts, combined with youth class)  
Mon/Wed, Jan 13-Mar 5, 6:15PM- 7:15PM  
\$46 Residents/\$69 Non-Residents

**Riverside (Ages 15 & up) ..... RS05**  
(Int./Adv., Camo-Black Belt, combined with youth class)  
Mon/Wed, Jan 13-Mar 5, 7:15PM- 8:15PM  
\$46 Residents/\$69 Non-Residents

**Riverside (Ages 15 & up) ..... RS04**  
(All ranks all ages)  
Sat, Jan 18-Mar 8, 11:45AM-12:30PM  
\$23 Residents/\$35 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 22-Mar 12, 7:00PM- 8:00PM  
\$25 Residents/\$38 Non-Residents

## MUSIC

### Bass Guitar

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

**Activity Code: 3RAE4602**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Fri, Jan 31-Mar 21, 7:15PM- 8:15PM  
\$25 Residents/\$38 Non-Residents



### Drums

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

**Activity Code: 3RAE4603**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Fri, Jan 31-Mar 21, 6:00PM- 7:00PM  
\$25 Residents/\$38 Non-Residents





## Guitar

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

**Activity Code: 3RAE4604**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
(Beg.)  
Sat, Feb 1-Mar 22, 2:00PM- 3:30PM  
\$36 Residents/\$54 Non-Residents

**Hamilton ..... HA01**  
(Beg.)  
Thu, Jan 23-Mar 13, 6:00PM- 7:30PM  
\$36 Residents/\$54 Non-Residents

**Riverside ..... RS01**  
(Beg./Semi-Private)  
Mon, Jan 13-Mar 3, 6:30PM- 8:00PM  
\$83 Residents/\$125 Non-Residents

**Riverside ..... RS02**  
(Int./Semi-Private)  
Mon, Jan 13-Mar 3, 8:15PM- 9:15PM  
\$59 Residents/\$89 Non-Residents

## Piano

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

**Activity Code: 3RAE4607**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
(Beg.)  
Sat, Feb 1-Mar 22, 10:30AM-12:00PM  
\$36 Residents/\$54 Non-Residents

**Beulah Brinton ..... BN02**  
(Int.)  
Sat, Feb 1-Mar 22, 12:15PM- 1:45PM  
\$36 Residents/\$54 Non-Residents

**Hamilton ..... HA01**  
(Beg.)  
Wed, Jan 22-Mar 12, 6:00PM- 7:30PM  
\$36 Residents/\$54 Non-Residents

## Rock Band

Join the band, learn some songs, and have fun! All types of musicians welcome; bring your musical instrument. Previous band experience and/or training required. Mr. D leads the way. Adult and Youth Classes are combined.

**Activity Code: 3RAE4608**  
(Section codes listed below)

**Beulah Brinton ..... BN01**  
Sat, Feb 1-Mar 22, 4:00PM- 6:00PM  
\$46 Residents/\$69 Non-Residents

## Sing Out!

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

**Activity Code: 3RAE4609**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed, Jan 22-Mar 12, 7:45PM- 8:45PM  
\$25 Residents/\$38 Non-Residents

## Introduction to Harmonica

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

**Activity Code: 3RAE4611**  
(Section codes listed below)

**Hamilton ..... HA01**  
Tue, Jan 21-Mar 11, 6:00PM- 7:00PM  
\$25 Residents/\$38 Non-Residents

## Ukulele For You

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

**Activity Code: 3RAE4620**  
(Section codes listed below)

**Hamilton ..... HA01**  
(Class is combined with youth class)  
Thu, Jan 23-Mar 13, 7:45PM- 8:45PM  
\$25 Residents/\$38 Non-Residents

## ORGANIZATION

### Declutter/Organize Your Home

Declutter and organize your home in 2025! We'll discuss everything you need to know to make a fresh start, stay motivated and create organized systems both you and your family can maintain. Class taught by Tamara Starr, Sweet Simplicity Professional Organizing.

**Activity Code: 3RAE2607**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Wed, Feb 26, 6:30PM- 8:30PM  
\$12 Residents/\$18 Non-Residents

## ORGANIZED GAMES

### Bid Whist

Weekly Bid Whist Extravaganza! Join this African-American card game for fun, challenges, and socializing. Open to experienced players. Register with a partner or be paired with singles. Entertainment-focused play; no gambling allowed during class. Come and enjoy the game!

**Activity Code: 3RAE4906**  
(Section codes listed below)

**Milwaukee Marshall ..... MR01**  
Tue, Jan 21-Mar 11, 6:00PM- 8:00PM  
\$10 Residents/\$15 Non-Residents





## OUTDOOR EDUCATION

### Indoor Native Gardening

**NEW**

Join our winter indoor native gardening class! Discover the beauty of native plants, learn sustainable practices, and create a vibrant indoor garden. Perfect for all skill levels. Class fee is non-refundable and not eligible for reduced fees. Free for OASIS members (\$15/Res and \$25/Non-Res annual fee).

**50+** Activity Code: 3R555019  
(Section codes listed below)

**OASIS** ..... 5501  
Wed, Jan 22, 10:30AM-12:00PM  
\$5 Residents/\$8 Non-Residents



### 50+ Field Trip to the Planetarium

**NEW**

Astronomy is considered to be the most ancient science. The study of the sky was a vital part of early civilizations. The changing positions of the sun, moon, planets, and stars were carefully noted as natural curiosity and astronomy became the backbone of social, political and religious systems. Discover archaeoastronomy as we explore the observations of ancient Britain, Egypt, the Middle East and the Americas. Free for OASIS members (\$15/Res and \$25/Non-Res).

**50+** Activity Code: 3R555020  
(Section codes listed below)

**Hamilton** ..... HA01  
Fri, Feb 21, 6:30PM- 7:45PM  
\$4 Residents/\$6 Non-Residents



## CRICKET

### Cricket: An Introduction

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

Activity Code: 3RAE9201  
(Section codes listed below)

**MacDowell** ..... JU01  
(Combined with youth class)  
Sat, Jan 18-Feb 8, 1:00PM- 3:00PM  
\$50 Residents/\$75 Non-Residents

**MacDowell** ..... JU02  
(Combined with youth class)  
Sat, Feb 22-Mar 15, 1:00PM- 3:00PM  
\$50 Residents/\$75 Non-Residents

## PERSONAL SKILLS

### Herbs, Crystals, and Stones

Discover the benefits of the top 10 herbs and the significance of rocks in love, success, happiness, and health. Explore ancient folklore and practical applications. \$5 cash supply fee due at class. Non-refundable class fee.

Activity Code: 3RAE5405  
(Section codes listed below)

**Hamilton** ..... HA01  
Thu, Feb 6, 7:15PM- 8:15PM  
\$6 Residents/\$9 Non-Residents

### No Power Tools Necessary (Basic Home Repairs)

Learn DIY electrical repairs. Identify tasks you can handle and when to call a professional. Hands-on class covers switch replacement, outlet updates, and light fixture installation. Cost includes tools to take home. Taught by certified instructor Brian Hunt with 15+ years of experience. Non-refundable class fee.

Activity Code: 3RAE5412  
(Section codes listed below)

**Hamilton** ..... HA01  
Sat, Feb 22, 9:00AM-11:00AM  
\$50 Residents/\$75 Non-Residents

**Riverside** ..... RS03  
Sat, Feb 22, 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 28, 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 11, 6:30PM- 8:30PM  
\$18 Residents/\$27 Non-Residents

### Responding, Not Reacting: Minding Your Emotions

Take control of your emotions! Join a two-hour workshop to enhance mindfulness. Explore a four-step process: Self Awareness, Self-Management, Social Awareness, and Relationship Management. Learn to respond, not react, to the world. Non-refundable class fee.

Activity Code: 3RAE5434  
(Section codes listed below)

**Hamilton** ..... HA01  
Wed, Feb 5, 6:00PM- 8:00PM  
\$9 Residents/\$14 Non-Residents

### Conversation Practice!

Everything starts with a conversation. When conflict arises, do you go into fight, flight or freeze mode? We avoid important conversations for a variety of reasons, but develop the courage to have them. Join us for a two-hour workshop on improving your critical conversational skills. Class fee is non-refundable.

Activity Code: 3RAE5440  
(Section codes listed below)

**Hamilton** ..... HA01  
Wed, Feb 19, 6:00PM- 8:00PM  
\$9 Residents/\$14 Non-Residents



## Foster Care in our Community

Address the growing foster care crisis in our community with this free virtual course. Gain insights into the foster care system, ways to help, and the impact of trauma on children and families. Taught by Teresa Cocker, Chief Program Officer at Norris. Link provided in advance.

**Activity Code: 3RAE5441**  
(Section codes listed below)

**Online ..... VR01**  
Wed, Jan 8, 6:00PM- 7:00PM  
FREE

**Online ..... VR02**  
Wed, Jan 22, 6:00PM- 7:00PM  
FREE

**Online ..... VR03**  
Wed, Feb 5, 6:00PM- 7:00PM  
FREE

**Online ..... VR04**  
Wed, Feb 19, 6:00PM- 7:00PM  
FREE

**Online ..... VR05**  
Wed, Mar 5, 6:00PM- 7:00PM  
FREE

**Online ..... VR06**  
Wed, Mar 19, 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 4, 6:30PM- 8:30PM  
\$18 Residents/\$27 Non-Residents

## You Have Pictures in Your Camera - Now What?

Organize and save your multitude of pictures! Learn techniques for managing photos from cameras and smartphones, transferring to external devices and 'the Cloud' in this two-hour seminar with instructor C.T. Kruger. Non-refundable class fee.

**Activity Code: 3RAE5444**  
(Section codes listed below)

**Riverside ..... RS01**  
Tue, Feb 25, 6:30PM- 8:30PM  
\$18 Residents/\$27 Non-Residents

## The Camera in Your Smartphone

Unleash the power of your phone! Discover apps, tips, and tricks for capturing and managing photos and videos on iPhone and Android devices. Explore camera features, storage options, printing, and more in this informative class with instructor C.T. Kruger. Non-refundable class fee.

**Activity Code: 3RAE5455**  
(Section codes listed below)

**Riverside ..... RS01**  
Tue, Feb 18, 6:30PM- 8:30PM  
\$18 Residents/\$27 Non-Residents



## Being Mindful of Your Emotions: Emotional Intelligence Workshop

Take control of your emotions! Join a two-hour workshop to enhance mindfulness. Explore a four-step process: Self Awareness, Self-Management, Social Awareness, and Relationship Management. Learn to respond, not react, to the world. Non-refundable class fee.

**Activity Code: 3RAE5469**  
(Section codes listed below)

**Hamilton ..... HA01**  
Wed, Feb 12, 6:00PM- 8:00PM  
\$9 Residents/\$14 Non-Residents

## Nail Workshop

In this 2 hour workshop, you will be introduced to the exciting nail industry! Students will work with mannequin fingers to create works of art for the present and future. Workshop will include the following supplies: mannequin fingers, polish, full coverage nail tips, mini-nail art supply kit, nail glue, and a full presson Care kit. Workshop taught by Jeronica Brister of JB Nails, certified nail technician.

**Activity Code: 3RAE5471**  
(Section codes listed below)

**Riverside (Ages 15 & up) ..... RS01**  
Sat, Jan 25, 1:00PM- 3:00PM  
\$110 Residents/\$165 Non-Residents

**Riverside (Ages 15 & up) ..... RS02**  
Sat, Feb 22, 1:00PM- 3:00PM  
\$110 Residents/\$165 Non-Residents

**Riverside (Ages 15 & up) ..... RS03**  
Sat, Mar 8, 1:00PM- 3:00PM  
\$110 Residents/\$165 Non-Residents

## POP CULTURE

### Milwaukee's Silent City

For more than 170 years, Forest Home Cemetery has been the final resting place for many Milwaukee leaders. Although Forest Home remains primarily a place to bury the dead, it is Milwaukee's first accredited arboretum, a nature preserve and museum of local history. Learn more about great industrialists to infamous figures to war veterans, women trailblazers, civil rights leaders and loved ones from all walks of life.

**Activity Code: 3RAE9602**  
(Section codes listed below)

**Hamilton ..... HA01**  
Sat, Feb 8, 10:00AM-12:00PM  
\$9 Residents/\$14 Non-Residents

**Hamilton ..... HA02**  
Sat, Mar 8, 10:00AM-12:00PM  
\$9 Residents/\$14 Non-Residents

## SPANISH LANGUAGE SKILLS

### Juegos: Games in Spanish

**NEW** 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 Crosswords, 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 3, 6:00PM- 8:00PM  
\$9 Residents/\$14 Non-Residents

**Hamilton ..... HA02**  
(Juegos 4: Deportes y Actividades)  
Mon, Mar 10, 6:00PM- 8:00PM  
\$9 Residents/\$14 Non-Residents



## RECREATION

### Pickleball

Discover why pickleball is America's fastest-growing sport! Join our friendly group for open play, suitable for all levels. Basic instruction available. BYO paddle or borrow one. No formal instruction, but true beginners are encouraged to take an introductory course prior. Sorry, no drop-ins.

**Activity Code: 3R550101**  
(Section codes listed below)

#### Morse ..... MS01

Thu, Jan 16-Mar 20, 6:30PM- 9:00PM  
\$18 Residents/\$27 Non-Residents

#### Pulaski ..... PK02

Wed, Jan 15-Mar 19, 6:30PM- 9:00PM  
\$18 Residents/\$27 Non-Residents

#### Pulaski ..... PK01

Sat, Jan 18-Mar 15, 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, Jan 27-Mar 31, 6:00PM- 8:15PM  
\$44 Residents/\$66 Non-Residents

### Tennis Lessons

Prepare for the next match. Lessons will teach you the proper forehand, backhand, ground strokes and serving technique. Wear sports clothing.

**Activity Code: 3RAE6204**  
(Section codes listed below)

#### Milwaukee Marshall ..... MR01

Sat, Jan 18-Mar 8, 8:45AM- 9:45AM  
\$25 Residents/\$38 Non-Residents

#### Milwaukee Marshall ..... MR02

(Int.)  
Sat, Jan 18-Mar 8, 9:50AM-10:50AM  
\$25 Residents/\$38 Non-Residents



### Co-Rec Volleyball

This open volleyball play will give you the chance to practice your skills in a friendly, non-competitive environment. Bring yourself and a friend for a fun night of volleyball. Everyone plays. Wear sports clothing. Fee is per person.

**Activity Code: 3RAE6205**  
(Section codes listed below)

#### Milwaukee Marshall ..... MR01

Tue, Jan 21-Mar 11, 7:30PM- 9:00PM  
\$36 Residents/\$54 Non-Residents



### Volleyball - Co-Ed League

Register now for this structured coed volleyball league. The registration must be complete with team name and information for all players including address, zip code and telephone number. Game times will fluctuate from week to week. Schedules available the first week of play. Staff will keep score. Teams must have 3 or more females. Online registration is not available for teams or individuals. Teams and individuals must register at Beulah Brinton. Fee is per person.

**Activity Code: 3RAE6206**  
(Section codes listed below)

#### Beulah Brinton ..... BN01

(Teams)  
Tue, Jan 14-Apr 1, 6:15PM- 9:15PM  
\$36 Residents/\$54 Non-Residents

#### Beulah Brinton ..... BN02

(Teams)  
Fri, Jan 17-Apr 4, 6:15PM- 8:15PM  
\$36 Residents/\$54 Non-Residents

### Golf Lessons - Indoors

Don't know the difference between a wood and an iron, a green and fairway? Is an eagle just a large birdie? Learn the very basics of golf including how the game is played, terminology, proper grip, stance and swing. Bringing your clubs (7 iron and putter) is not mandatory, but recommended.

**Activity Code: 3RAE6210**  
(Section codes listed below)

#### Milwaukee Marshall ..... MR01

Sat, Jan 18-Mar 8, 3:00PM- 4:00PM  
\$25 Residents/\$38 Non-Residents

### Martin Had A Dream

**NEW**

"The quality, not the longevity, of one's life is what is important" - Martin Luther King Jr. If you are off of school/work on Martin Luther King Day, come to Beulah Brinton to enjoy a quality experience! There are a list of activities for youth and adults. All activities are free, but registration is still required.

**Activity Code: 3RAE3583**  
(Section codes listed below)

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

(Open Volleyball)  
Mon, Jan 20, 9:00AM-10:30AM  
FREE

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

(Story and Play Time)  
Mon, Jan 20, 10:00AM-10:45AM  
FREE

#### Beulah Brinton (Ages 7-99) ..... BN03

(Family Pickleball/adult must be present)  
Mon, Jan 20, 11:00AM-12:00PM  
FREE

#### Beulah Brinton (Ages 4-6) ..... BN04

(Pigskin Pals/Kids Football)  
Mon, Jan 20, 12:30PM- 1:15PM  
FREE

#### Beulah Brinton (Ages 8-17) ..... BN05

(Music Appreciation/Structure of Gospel Music)  
Mon, Jan 20, 2:00PM- 3:00PM  
FREE

#### Beulah Brinton (Ages 3-4) ..... BN06

(Mighty Mite Soccer)  
Mon, Jan 20, 3:30PM- 4:15PM  
FREE

#### Beulah Brinton (Ages 10-14) ..... BN07

(Volleyball Clinic)  
Mon, Jan 20, 4:30PM- 5:30PM  
FREE

#### Beulah Brinton (Ages 7-11) ..... BN08

(Yoga for Kids)  
Mon, Jan 20, 4:30PM- 5:30PM  
FREE

## SOCCER

### Late Night Sports League

Milwaukee Recreation will be operating a free soccer league to young adults ages 17-26 from the Milwaukee community. League management will focus their efforts not only on soccer, but connecting the participants to community resources. Athletes cannot be currently enrolled in high school to participate.

**Activity Code: 3RAS1109**  
(Section codes listed below)

#### Beulah Brinton (Ages 17-26) ..... BV02

Mon, Nov 18-Feb 24, 8:30PM-11:30PM  
FREE

## WINTER 2024-25 ADULT TEAM SPORTS

TEAM REGISTRATION NOW OPEN! Visit [mkerec.net/adultsports](https://mkerec.net/adultsports) or contact the Adult Sports office at 414.647.6046 or [adultsports@mkerec.net](mailto:adultsports@mkerec.net) for more information and to register your team. League schedules, scores, and standings are available on [teamsideline.com/sites/MilwaukeeRecreation](https://teamsideline.com/sites/MilwaukeeRecreation).

### WINTER MEN'S BASKETBALL LEAGUES

Play 1 night/week in our men's basketball leagues. Mondays @ Rotation: Bayview, Hamilton, Reagan, Tuesdays @ Garland, Wednesdays @ Milwaukee Marshall HS, or Thursdays @ Rotation: Bayview, Hamilton, Reagan. League registration closes November 11 or when leagues are full. League play starts the week of December 2 and runs for 10 weeks. Team registration only. Team registration fee is \$520 (resident) and \$570 (non-resident). Free agent inquiries can be found by contacting Brandon Sweet @ [brandon@mkerec.net](mailto:brandon@mkerec.net).

### WINTER COED AND WOMEN'S VOLLEYBALL LEAGUES

Play 1 night/week in our women's (Tuesdays) coed (Wednesdays) volleyball leagues at Wedgewood. League registration closes December 9. League play starts the week of January 7 and runs for 10 weeks. Team registration only. Team registration fee is \$312 (resident) and \$362 (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](https://mkerec.net/adultsports) or contact the Adult Sports Office at 414.647.6046 or [adultsports@mkerec.net](mailto:adultsports@mkerec.net) for more information.

### WANTED: OFFICIALS FOR ADULT LEAGUES

If you have experience officiating adult basketball, flag football, kickball, soccer, softball, or volleyball we need you! Do you want to officiate but don't have much experience or would like a refresher? We offer crash course trainings for many of our sports, with volleyball and soccer in particular this Spring! If you are interested, please contact the Adult Sports Office at 414.647.6046 or [adultsports@mkerec.net](mailto:adultsports@mkerec.net).

### WANTED: PART TIME BUILDING STAFF & MONITORS FOR ADULT LEAGUES

If you have interest in working in the evenings during the week for our indoor or outdoor sports as a field attendant, building monitor/director, or event staff, please contact Brent Landon @ 414-647-3858 or Brandon Sweet @ 414-647-6070. Hours are typically between 5:30 PM – 10:00 PM Monday-Thursday.

### INDIVIDUAL PLAYERS/FREE AGENTS

Are you interested in playing in Milwaukee Recreation's Adult Sports leagues but don't have a team to play on? You can register as a free agent and be placed onto a team! If we have enough interested free agents, we can even create a team of free agents. There is no cost to sign up as a free agent; you will only be charged once your spot on a team is confirmed. Each sport has its own free agent registration. Registration is only open in the sports offered in the current or upcoming seasons. Visit the Adult Sports Free Agents page at [mkerec.net/adultsports](https://mkerec.net/adultsports).





## THERAPEUTIC RECREATION

### Splash, Splash, Open Swim

Join Open Swim with your family member/friend/aid. Swimmers must be at least 3 years of age. All participants are REQUIRED to have assistance in the water from a household member or guardian (age 16 or older). Upon request, an instructor (if available) can assess participants in the water to see if the required, in-water, assistance can be waived. Participants provide their own towel, suit, & swim cap. Children 5 years of age & under may accompany their parent/guardian/aid in the locker room. Swimmers ages 6 & above should use the locker rooms that correspond with their gender identity. Swimmers who need assistance in the locker room must provide their own attendant. All participants who will be in the water MUST enroll.

**Activity Code: 3RTR0501**  
(Section codes listed below)

**Gaenslen (Ages 3 & up) .....GS01**  
(Winter Only)  
Thu, Jan 9-Feb 27, 6:35PM- 7:25PM  
FREE

### Alley Cats

Bowl with family & friends! All bowlers must register. Weekly fee \$8 (cash) due at alley which includes 3 games of bowling & shoes. Agencies must provide support staff. Meet at AMF West Lanes. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

**Activity Code: 3RTR6601**  
(Section codes listed below)

**AMF West (Ages 6 & up).....AM01**  
(Winter Only)  
Sat, Jan 25-Mar 15, 8:30AM-10:30AM  
\$11 Residents/\$17 Non-Residents

**AMF West (Ages 6 & up).....AM02**  
(Winter/Spring - No class on March 22 or March 29. No class April 19.)  
Sat, Jan 25-May 17, 8:30AM-10:30AM  
\$16 Residents/\$24 Non-Residents



### Awesome Appetizers and Desserts Too!

Each week we will make either a dessert or an appetizer for all to enjoy. Great ideas for entertaining at home! An \$10 (cash only) supply fee is due at the first class. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

**Activity Code: 3RTR6602**  
(Section codes listed below)

**Hamilton (Ages 10 & up) ..... HA01**  
(Winter Only)  
Wed, Jan 22-Mar 12, 7:30PM- 8:30PM  
\$19 Residents/\$29 Non-Residents

**Hamilton (Ages 10 & up) ..... HA02**  
(Winter/Spring - No class March 19 or March 26)  
Wed, Jan 22-May 14, 7:30PM- 8:30PM  
\$36 Residents/\$55 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 24-Mar 14, 4:30PM- 5:30PM  
\$19 Residents/\$29 Non-Residents

**OASIS (Ages 13 & up) ..... 5502**  
(Winter/Spring - No class on March 21 or March 28. No class April 18.)  
Fri, Jan 24-May 16, 4:30PM- 5:30PM  
\$36 Residents/\$55 Non-Residents

### Culture Cafe

Join us at Culture Cafe as we cook and enjoy delicious dishes from all over the world while learning fun facts about the countries they originate from. A \$10 (cash only) supply fee is due at the first class. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 3RTR6605**  
(Section codes listed below)

**Hamilton (Ages 10 & up) ..... HA01**  
(Winter Only)  
Thu, Jan 23-Mar 13, 7:00PM- 8:30PM  
\$27 Residents/\$41 Non-Residents

**Hamilton (Ages 10 & up) ..... HA02**  
(Winter/Spring - No class March 20 or March 27)  
Thu, Jan 23-May 15, 7:00PM- 8:30PM  
\$51 Residents/\$77 Non-Residents

### Diner's Club

We'll create a delicious dinner each Friday evening. Feel free to bring a favorite recipe to share and your appetite. A \$10 (cash only) supply fee is due at the first gathering. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 3RTR6606**  
(Section codes listed below)

**OASIS (Ages 13 & up) ..... 5501**  
(Winter Only)  
Fri, Jan 24-Mar 14, 5:30PM- 7:30PM  
\$36 Residents/\$54 Non-Residents

**OASIS (Ages 13 & up) ..... 5502**  
(Winter/Spring - No class on March 21 or March 28. No class April 18.)  
Fri, Jan 24-May 16, 5:30PM- 7:30PM  
\$63 Residents/\$95 Non-Residents

### Friday Night Combo with Boot Camp!

Our Friday Night Combo with Boot Camp includes TR Boot Camp, Diner's Club, and Movers & Shakers. A \$10 (cash only) supply fee is due at the first class. An additional \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 3RTR6607**  
(Section codes listed below)

**OASIS (Ages 13 & up) ..... 5501**  
(Winter Only)  
Fri, Jan 24-Mar 14, 4:30PM- 9:00PM  
\$66 Residents/\$99 Non-Residents

**OASIS (Ages 13 & up) ..... 5502**  
(Winter/Spring - No class on March 21 or March 28. No class April 18.)  
Fri, Jan 24-May 16, 4:30PM- 9:00PM  
\$122 Residents/\$183 Non-Residents





## Friday Night Combo with Computers!

Our Friday Night Combo with Computers includes Computer Club, Diner's Club, and Movers & Shakers. A \$10 (cash only) supply fee is due at the first class. An additional \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 3RTR6608**  
(Section codes listed below)

**OASIS (Ages 13 & up) ..... 5501**  
(Winter Only)

Fri, Jan 24-Mar 14, 4:30PM- 9:00PM  
\$66 Residents/\$99 Non-Residents

**OASIS (Ages 13 & up) ..... 5502**

(Winter/Spring - No class on March 21 or March 28. No class April 18.)

Fri, Jan 24-May 16, 4:30PM- 9:00PM  
\$122 Residents/\$183 Non-Residents

## Friday Night Combo with Games!

Our Friday Night Combo with Games includes Game & Card Night, Diner's Club, and Movers & Shakers. A \$10 (cash only) supply fee is due at the first class. An additional \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities..

**Activity Code: 3RTR6609**  
(Section codes listed below)

**OASIS (Ages 13 & up) ..... 5501**  
(Winter Only)

Fri, Jan 24-Mar 14, 4:30PM- 9:00PM  
\$66 Residents/\$99 Non-Residents

**OASIS (Ages 13 & up) ..... 5502**

(Winter/Spring - No class on March 21 or March 28. No class April 18.)

Fri, Jan 24-May 16, 4:30PM- 9:00PM  
\$122 Residents/\$183 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 24-Mar 14, 4:30PM- 5:30PM  
\$19 Residents/\$29 Non-Residents

**OASIS (Ages 13 & up) ..... 5502**

(Winter/Spring - No class on March 21 or March 28. No class April 18.)

Fri, Jan 24-May 16, 4:30PM- 5:30PM  
\$36 Residents/\$55 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 23-Mar 13, 6:00PM- 7:00PM  
\$19 Residents/\$29 Non-Residents

**Hamilton (Ages 10 & up) ..... HA02**  
(Winter/Spring - No class on March 20 or March 27)

Thu, Jan 23-May 15, 6:00PM- 7:00PM  
\$36 Residents/\$55 Non-Residents

## Movers and Shakers

This program alternates between a large screen movie and a dance party. A \$2 (cash only) fee is due each week upon entry. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 3RTR6612**  
(Section codes listed below)

**OASIS (Ages 13 & up) ..... 5501**  
(Winter Only)

Fri, Jan 24-Mar 14, 7:30PM- 9:00PM  
\$11 Residents/\$17 Non-Residents

**OASIS (Ages 13 & up) ..... 5502**

(Winter/Spring - No class on March 21 or March 28. No class April 18.)

Fri, Jan 24-May 16, 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 22-Mar 12, 6:00PM- 7:30PM  
\$27 Residents/\$41 Non-Residents

**Hamilton (Ages 10 & up) ..... HA02**

(Winter/Spring - No class March 19 or March 26)

Wed, Jan 22-May 14, 6:00PM- 7:30PM  
\$51 Residents/\$77 Non-Residents



## Sunday Movie Madness

Various Sundays, we will enjoy a movie at South Shore Cinema. You will be notified by email of specific movies & times. The one-time \$8 registration fee does not include the cost of the movie. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 3RTR6615**  
(Section codes listed below)

**South Shore Cinema (Ages 13 & up) ...VL01**  
(Winter Only- Jan 26, February 9, and March 9)

Sun, Jan 26-Mar 9, TIME VARIES  
\$11 Residents/\$17 Non-Residents

**South Shore Cinema (Ages 13 & up) ...VL02**

(Winter/Spring - Jan 26, February 16, March 9, April 6, and May 4)

Sun, Jan 26-May 4, TIME VARIES  
\$16 Residents/\$24 Non-Residents

## Super Saturday

On Saturday afternoons, we will create fantastic art projects, make delicious snacks, play exciting gym activities, and have awesome special events and field trips! This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 3RTR6616**  
(Section codes listed below)

**Manitoba (Ages 6 & up) ..... MB01**  
(Winter Only)

Sat, Jan 25-Mar 15, 12:30PM- 4:00PM  
\$58 Residents/\$87 Non-Residents

**Manitoba (Ages 6 & up) ..... MB02**

(Winter/Spring - No class March 22 or March 29. No class April 19.)

Sat, Jan 25-May 17, 12:30PM- 4:00PM  
\$104 Residents/\$156 Non-Residents

**Milwaukee Marshall (Ages 6 & up)MR01**  
(Winter Only)

Sat, Jan 25-Mar 15, 12:30PM- 4:00PM  
\$58 Residents/\$87 Non-Residents

**Milwaukee Marshall (Ages 6 & up)MR02**

(Winter/Spring - No class March 22 or March 29. No class April 19.)

Sat, Jan 25-May 17, 12:30PM- 4:00PM  
\$104 Residents/\$156 Non-Residents

**T.R. Boot Camp**

Join us as we work out and have fun with friends. We will try a variety of work-outs to keep it exciting and work various muscle groups. As always, we will adapt activities so all can participate. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 3RTR6617**  
(Section codes listed below)

**OASIS (Ages 13 & up) ..... 5501**

(Winter Only)

Fri, Jan 24-Mar 14, 4:30PM- 5:30PM

\$19 Residents/\$29 Non-Residents

**OASIS (Ages 13 & up) ..... 5503**

(Winter/Spring - No class on March 21 or March 28. No class April 18.)

Fri, Jan 24-May 16, 4:30PM- 5:30PM

\$36 Residents/\$55 Non-Residents

**Thursday Night Combo at Hamilton**

Our Thursday Night Combo at Hamilton includes Let's Get Moving and Culture Cafe. A \$10 (cash only) supply fee is due to the instructor at the first class. This is a Therapeutic Recreation program for individuals with disabilities.

**Activity Code: 3RTR6618**  
(Section codes listed below)

**Hamilton (Ages 10 & up) ..... HA01**

(Winter Only)

Thu, Jan 23-Mar 13, 6:00PM- 8:30PM

\$44 Residents/\$66 Non-Residents

**Hamilton (Ages 10 & up) ..... HA02**

(Winter/Spring - No class March 20 or March 27)

Thu, Jan 23-May 15, 6:00PM- 8:30PM

\$83 Residents/\$125 Non-Residents

**Wednesday Night Combo**

Our Wednesday Night Combo includes Scrapbooking and Awesome Appetizers & Desserts Too. A \$10 (cash only) supply fee is due at the first gathering. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 3RTR6620**  
(Section codes listed below)

**Hamilton (Ages 10 & up) ..... HA01**

(Scrapbooking and Awesome Apps & Desserts

-Winter Only)

Wed, Jan 22-Mar 12, 6:00PM- 8:30PM

\$44 Residents/\$66 Non-Residents

**Hamilton (Ages 10 & up) ..... HA02**

(Scrapbooking and Awesome Apps & Desserts

-Winter/Spring - No class March 19 or March 26)

Wed, Jan 22-May 14, 6:00PM- 8:30PM

\$83 Residents/\$125 Non-Residents

**Game Night SWITCHed Up**

We will have Nintendo Switch available with games like Mario Kart, Jeopardy, and Just Dance. There will be Wii's for those that love the classics like Wii Sports. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 3RTR6621**  
(Section codes listed below)

**OASIS (Ages 8 & up) ..... 5501**

(Winter Only)

Tue, Jan 21-Mar 11, 6:00PM- 8:00PM

\$36 Residents/\$54 Non-Residents

**OASIS (Ages 8 & up) ..... 5502**

(Winter/Spring - No class March 18 or March 25)

Tue, Jan 21-May 13, 6:00PM- 8:00PM

\$67 Residents/\$101 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 13-99) ..... VL01**

(Winter Only - SUNDAY FUN 4 Events will be held on 2/2, 2/16, 2/23, 3/2)

Sun, Feb 2-Mar 2, TIME VARIES

\$11 Residents/\$17 Non-Residents

**Various (Ages 13-99) ..... VL02**

(Winter/Spring - SUNDAY SUPER 7 Events will be held on 2/2, 2/16, 2/23, 3/2, 4/13, 4/27, and 5/18)

Sun, Feb 2-May 18, TIME VARIES

\$16 Residents/\$24 Non-Residents



## 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 \* Cornhole.**

### 50+ VOLLEYBALL LEAGUES (COMPETITIVE & SOCIAL)

Leagues play two times each week (Tue/Thur) for 14-weeks. Start date is 1/7/25. All skill levels welcome. All games are played at Beulah Brinton Community Center (2555 S. Bay St.).

- Competitive League: Tue/Thur, Jan. 7 – Apr. 10, 2025
- Social League: Tue/Thur, Jan. 7 – Mar. 27, 2025
- Fee: \$15 Resident / \$30 Non-Resident
- Activity Code: 2R556801, Section: BN03 (Competitive) & BN04 (Social)
- Drop-In Play Fee: \$2 Resident / \$4 Non-Resident (Mon, Wed & Fri from 10:00am-12:00pm)

### 50+ SPRING SOFTBALL LEAGUE

Tuesday morning 50+ softball league will begin play on 4/22/25 and continue over a 14-week regular season, followed by a single elimination playoff and consolation tournament. All games played at Burnham/Rogers Playfield (1755 S. 32nd St.).

- Tue, Apr. 22 – Aug. 12, 2025
- Game Times: 9:30am & 10:40am
- Fee: \$15 Resident / \$30 Non-Resident
- Activity Code: 2R558101, Section: B406

### 50+ WINTER CORNHOLE LEAGUE

This brand-new 50+ cornhole league plays on Tuesday's this winter for 6-weeks + 1 week of playoffs. The start date is 1/14/25. Players of all skill levels are encouraged to join as free agents (will be paired up with another player) or sign up with a partner (teams of 2). All games are played at Beulah Brinton Community Center (2555 S. Bay St.).

- Tue, Jan. 14 – Feb. 18, 2025
- Game Times: 11:30am – 1:30pm
- Fee: \$10 Resident / \$15 Non-Resident
- Activity Code: 3R55800, Section: CH25

### PICKLEBALL OPEN PLAY (AGES 18+)

Join our group for open play pickleball. All skill levels welcome. BYO paddle or borrow one. No drop-ins. Contact Megan Frey @ 414.647.6057 with any questions. Registration opens 12/5/24. Online registration highly recommended.

- Wed, Jan 15-Mar 19, 6:30pm- 9:00pm at Pulaski High School (2500 W. Oklahoma Ave.)
- Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 3R550101, Section PK02
- Thu, Jan 16-Mar 20, 6:30pm- 9:00pm at Morse Middle School (6700 N. 80th St.)
- Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 3R550101, Section MS01
- Sat, Jan 18-Mar 15, 9:00am-12:00pm at Pulaski High School (2500 W. Oklahoma Ave.)
- Fee: \$18 Residents/\$27 Non-Residents. Activity Code: 3R550101, Section PK01

### YEARLY SPORTS SCHEDULE:

- **FALL SEASON (Sep-Dec):** Softball league, volleyball leagues, drop-in volleyball, pickleball open play.
- **WINTER SEASON (Jan-Mar):** Cornhole league, volleyball leagues, drop-in volleyball, pickleball open play.
- **SPRING/SUMMER SEASON (Apr-Aug):** Softball leagues, drop-in volleyball, pickleball open play.





# OASIS COMMUNITY CENTER

2414 W. Mitchell Street, Milwaukee, WI 53204

## ACTIVE OLDER ADULTS PROGRAM

Make your life more fulfilling by joining the Active Older Adults Program! The program provides opportunities for adults, fifty years and older, in arts and crafts, fitness, health and wellness, language skills, outdoor education, sports and recreation, and special events. Whether you're looking to get a good workout or learn a new language, this close-knit community provides a fun, social, and supportive environment for you to do it in.

## BECOME AN OASIS MEMBER

Become an OASIS Community Center Member for \$15 for City of Milwaukee Residents and \$25 for Non-Residents. Membership fee is good for one year from purchase date.

### INCLUDED WITH MEMBERSHIP



#### CHAIR YOGA

Offered Monday, Wednesday, and Friday 9:00AM - 10:00AM  
MEMBERS ONLY CLASS



#### OUTDOOR EDUCATION CLASSES

Offerings vary by season



#### COMPUTER LAB

Open Monday through Friday 8:00AM - 3:00PM



#### FITNESS CENTER

Open Monday through Friday 8:00AM - 3:00PM  
Fitness Center equipment includes compressed air resistance machines, treadmills, ellipticals, exercise bicycles, rowing machines, and free weights.

### CONTACT

**MEGAN FREY** | [megan@mkerec.net](mailto:megan@mkerec.net) | **414.647.6057**  
SUPERVISOR – ACTIVE OLDER ADULTS

REGISTER FOR A MEMBERSHIP IN-PERSON  
AT THE OASIS OR ONLINE  
AT [MKEREC.NET/OASIS](http://MKEREC.NET/OASIS)



## TEAM MILWAUKEE SPECIAL OLYMPICS

Team Milwaukee is a registered agency with Special Olympics Wisconsin

This year-round sports program offers both adults and youth with intellectual disabilities the opportunity to learn and improve skills through training and competition in various sports. These programs will encourage participants to become more physically fit, socialize with others, and increase self-confidence. To participate in area/state Special Olympics competitions, individuals must be eight (8) years or older and have completed the required Special Olympics forms. Come join the fun!

### Summer Season (June – September)

Softball  
Tee Ball  
Bocce Ball  
Flag Football

### Winter Season (December – April)

Basketball  
Competitive Swimming

### Fall Season (September – December)

Bowling  
Volleyball  
Strength Training

### Spring Season (March – June)

Track & Field  
Soccer  
Cornhole  
Strength Training

For additional information please contact Team Milwaukee Special Olympics at [Specialolympics@mkerec.net](mailto:Specialolympics@mkerec.net) or call 414.647.6041.





WISCONSIN ADAPTIVE SPORTS ASSOCIATION

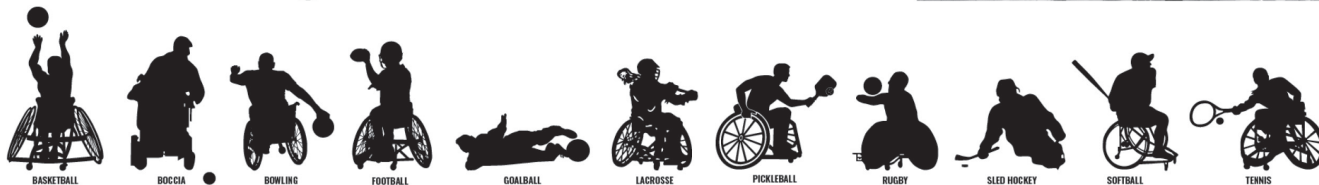
Be Bold. Belong. Become.

SCAN ME



Sign up to play adaptive sports! WASA provides adaptive sports & fitness opportunities for those with physical disabilities and/or visual impairments, ages 6 and up.

- Recreational or Competitive
- All ability levels welcome
- Adaptive equipment, including sports chairs provided
- Scan the QR code and select "register" or sign up online at: [www.wasa.org](http://www.wasa.org)



Questions: email [info@wasa.org](mailto:info@wasa.org) or call 414-310-7051.

WASA is a 501(c)3 tax exempt, non-profit organization.

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

### Las formas de registro incluyen:

- En línea a través de [mkerec.net](http://mkerec.net)
- Por teléfono llamando al 414.475.8180
- En persona 5225 W. Vliet St. o OASIS Community Center, 2414 W. Mitchell St. Horarios: Lunes -Viernes 8:15am – 4:30pm
- Fax al 414-475-8183
- Por correo: Envíe la forma a Milwaukee Recreation, P.O. Box 2181, Milwaukee, WI 53201-2181

Para obtener más información en español sobre la guía, los plazos de inscripción, la confirmación, los reembolsos, el seguro, las tarifas, los métodos de pago, la accesibilidad del programa, la ley de estadounidenses con discapacidades o las regulaciones de A.H.E.R.A, llame al 414.475.8180.

SAVE THE DATE

## Daddy ♥ Daughter Dance

Saturday, Feb 22, 2025

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

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

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

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

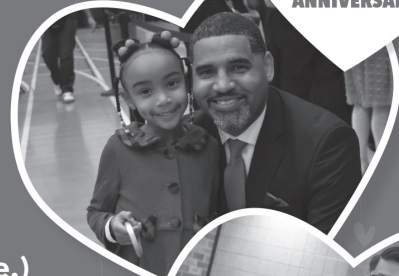
**Dinner & Dance Option** - \$30 per adult,  
\$10 first child, \$5 each additional child.

**Dance Only Option** - \$20 per adult,  
\$5 each child

Stay up to date on all information at [mkerec.net/daddydaughter](http://mkerec.net/daddydaughter)

Activity Code: 3P113301

CELEBRATING OUR  
**20<sup>TH</sup>**  
ANNIVERSARY!



**MKE REC**  
A department of MPS

# Join us for the 3<sup>rd</sup> Annual Sparkle & Shine

Saturday, December 7<sup>th</sup>

OASIS Community Center 2414 W. Mitchell Street



Register Now at [mkerec.net](http://mkerec.net) (Activity Code: 2R550117)

Section: 5501 - 1:00PM - 3:00PM Section: 5502 - 4:00pm-6:00pm

\$3/person (Children 3 and under are free). Includes 5 tree raffle tickets, warm drinks and snacks! Must pre-register for the event.

\*Decorated trees must be picked up by Friday, December 13th at 3:00pm.

**MKE REC**  
A department of MPS

## 50+ Spring Softball League Sponsors

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 @ (414) 647-6070 or via email [Brandon@mkerec.net](mailto:Brandon@mkerec.net).**

# YogaFest

**1.1.25 | 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 12.5.24.

**[mkerec.net/yogafest](http://mkerec.net/yogafest)**



A department of MPS

***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](http://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](http://mkerec.net), at any of our locations during normal business hours, or by calling 414.475.8180.





**FIND YOUR**  
PASSION • WELLNESS • CONNECTION



**ENCUENTRA TU**  
PROPÓSITO • BIENESTAR • CONEXIÓN

mkerec.net • 414-475-8203



**Hawthorn Glen**  
**Winter Wonder Woods**

December 6, 7, 13 & 14 • 5:00–8:00 p.m. • 1130 North 60<sup>th</sup> 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**

 100,000 Lights on Display	 Selfie Station	 Hiking Santa	 Fun Facts Along The Trail	 Warm Drinks & Sweet Treats
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**Register online at [mkerec.net](http://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 60<sup>th</sup> St. Carpooling and ride-sharing is greatly appreciated!

If the event is canceled due to inclement weather, participants can transfer to an open session on a different day or receive a full refund.



## 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

MPS

MILWAUKEE  
PUBLIC SCHOOLS

**NOW HIRING**

**Looking for a meaningful career?  
Fill out an interest form!**

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

Full and part-time positions available.

Apply online or onsite at MPS Central Services, 5225 W. Vliet St., Milwaukee.

For more information, email  
mpscordinators@milwaukee.k12.wi.us  
or call (414) 475-8224. #SucceedAtMPS

**Apply today!**  
**mpsmke.com/careers**

Scan to take  
an interest  
survey



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SAVE THE DATE

Daddy ♥ Daughter Dance

Saturday, Feb 22, 2025

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

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

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

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**Dance Only Option** - \$20 per adult,  
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**Stay up to date on all information at [mkerec.net/daddydaughter](https://mkerec.net/daddydaughter)**

Activity Code: 3P113301

CELEBRATING OUR  
**20<sup>TH</sup>**  
ANNIVERSARY!



**MKE REC**

A department of MPS



Milwaukee Public Schools  
Recreation Department  
P.O. Box 2181  
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Permit No. 3240

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## RESIDENTIAL CUSTOMER



A department of MPS

WINTER

# Recreation Guide

2025

Register online at [mkerec.net](http://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](http://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 கட்டிற்குறீ- (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