

## FAMILY CLASSES

### Archery Beginner

Learn the fundamentals of archery including bow and arrow history, safety techniques, shooting mechanics, and more. Class will be conducted outdoors, weather permitting. Bring your own bow and arrow equipment if possible. Recurve and compound bows only. Parent/guardian must register, pay and attend with the child. Fee is per person.

**Brinton (Ages 8-99) ..... #20638**  
Sat., Apr 24-May 15, 9:00AM-10:30AM  
\$14 Residents/\$28 Non-Residents

### Family Computers

Ages 8 years & up and their parent(s)/guardian(s). Explore the world of computers together as you gain hands-on experience with the keyboard. Learn basic computer commands. Parent/guardian must register, pay, and attend. Fee is per person.

**Washington (Ages 8-99) ..... #20831**  
Tue., Apr 27-Jun 1, 6:30PM- 8:00PM  
\$28 Residents/\$56 Non-Residents

### Mother/Son Dance

All Ages. This dance is another opportunity to show your mother how much she is appreciated. Join us in recognizing the important women in our lives through a pampering evening of fun, photos, food and games. This event is appropriate for all ages. Not eligible for reduced fees or refunds. Additional guests: \$5.00 (not available on-line) and the day of the event \$15.00 at door per person. Doors open at 5:30 PM.

**North Div. (Ages 1-99) ..... #21100**  
Sat., May 15, 6:00PM- 8:00PM  
\$10 Residents/\$15 Non-Residents

### Sign Together

Ages 6 years & up and their parent(s)/guardian(s). This beginner sign language class will teach you finger spelling, vocabulary, non-verbal expressive skills and sentence structure. Learn together. Parent/guardian must register, pay and attend with the child. Fee is per person. Fee is nonrefundable.

**Hamilton (Ages 6-99) ..... #21645**  
Wed., Apr 21-Jun 2, 6:00PM- 7:00PM  
\$16 Residents/\$32 Non-Residents

### Streamline Your Body with Yoga

Ages 8-14 and their parent(s)/guardian(s). Learn ancient Indian positions for kids. Use a mix of power yoga for strengthening, and hatha yoga for relaxation to become stronger and more relaxed. Wear comfortable, loose clothing. Parent/guardian must register, pay and attend with the child. Fee is per person.

**Alcott (Ages 8-99)..... #21274**  
Wed., Apr 14-May 26, 5:15PM- 6:15PM  
\$16 Residents/\$32 Non-Residents

**Brinton (Ages 8-99)..... #21532**  
Tue., Apr 20-Jun 8, 5:15PM- 6:15PM  
\$18 Residents/\$36 Non-Residents

### Tae Kwon Do

Ages 6 and up and their parent(s)/guardian(s). 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. Fee is per person.

**Washington (Ages 6-99) ..... #21294**  
Tue., Apr 20-Jun 8, 6:00PM- 7:00PM  
\$18 Residents/\$36 Non-Residents

### Tennis Anyone?

Ages 7 and up and their parent(s)/guardian(s). This beginner class will introduce you to backhand and forehand grips, serving, volleying and rules of play. Bring your own racquet and balls. Parent must register, pay and attend with child. Fee is per person.

**Brinton (Ages 7-99) ..... #21331**  
Sat., Apr 17-Jun 5, 1:00PM- 2:00PM  
\$16 Residents/\$32 Non-Residents

### Zumba

Ages 10 and up. This fun and easy-to-do workout is the latest craze in exercise. Zumba routines feature easy-to-follow dance steps to Latin music that will help you tone and sculpt your body. Parent/guardian must register, pay and attend with the child. Fee is per person.

**Hamilton (Ages 10-99) ..... #21646**  
Thu., Apr 22-Jun 3, 6:30PM- 7:30PM  
\$16 Residents/\$32 Non-Residents

## FITNESS

### Hula Hooping

Students will learn the art and history of hula hooping. Students will be able to learn how to make their own hula hoop and learn several dance techniques and tricks to go along.

**Hamilton (Ages 5-99) ..... #20918**  
Sat., Apr 17-May 22, 11:00AM-12:00PM  
\$14 Residents/\$28 Residents

### Kids' Obesity and Family Workshop

**NEW** This workshop will be an interactive approach to fitness and childhood Obesity. Leonard will discuss aerobic activities, toning exercises that includes stretching, strength training and fun games that work the whole family out! This workshop is designed for the whole family. Parents will learn techniques that would improve and maintain overall good health for themselves and their children. This workshop will not only serve to teach and demonstrate how to get into shape, it will also aid in improving your flexibility and core strength. (As well as, family bonding) A variety of apparatus will be introduced such as light weights, Resist-a-Balls, and much more! Parent/guardian must register, pay and attend with child. Fee is per person.

**Hamilton (Ages 7-99) ..... #21535**  
Mon., Apr 19-May 3, 6:30PM- 8:00PM  
\$11 Residents/\$22

**Marshall (Ages 7-99) ..... #21536**  
Mon., May 10-Jun 7, 6:30PM- 8:00PM  
\$14 Residents/\$28

Visit our website  
to register online!

MilwaukeeRecreation.net