

## PARALYMPIC SPORTS

### Adaptive Swim Instruction

This course is designed for individuals with physical disabilities who would like to enjoy the freedom water can provide. Learn to use the buoyant environment of water to walk, jog and swim.

**Juneau (Ages 13-99) ..... #21563**  
Mon., Apr 12-Jun 7, 7:30PM- 8:30PM  
\$32 Residents/\$32 Non-Residents

### Youth & Adult Ice Hockey

Hockey is a team sport in which players attempt to maneuver a puck past their opponents' goalie and into a goal. Wheelchair ice hockey adapts the game offering an exciting and aggressive activity to a variety of individuals with disabilities. Our program is played in wheelchairs on the ice with no modifications to the chair. Individuals can use manual chairs, power chairs or scooters to participate. Those needing assistance grasping the hockey stick can have it taped to the frame of the wheelchair to play. Hockey helmets are required and provided. Call (414) 647-6043 for more information.

**Pettit National Ice Center (Ages 8-99)**  
..... #21454  
Wed., May 5-Jun 2, 6:00PM- 8:30PM  
\$40 Residents/\$40 Non-Residents

Visit our website  
to register online!

MilwaukeeRecreation.net

## DID YOU KNOW ABOUT THIS?

When using our online registration system, you can personalize your Login ID and Account Pin so the passwords are easy to remember. To learn how, visit [www.MilwaukeeRecreation.net/change](http://www.MilwaukeeRecreation.net/change)

### BlazeTrack & Field

Want a chance to learn or fine tune your skills in a range of field events including: discus, club throw, precision, and shot, while testing your true speed at various distances around the track? Athletes with physical, visual, or hearing disabilities are encouraged to join the team whether they are ambulatory or use a wheelchair. Don't miss this opportunity to increase your muscle tone, strength, and endurance. Call (414) 647-6043 for more information.

**Hamilton (Ages 8 & up) ..... #19339**  
Tue., Apr 6-May 25, 6:00PM- 7:30PM  
\$20 Residents/\$20 Non-Residents

### BlazeWheelchair Basketball

Join the Milwaukee Heat wheelchair basketball team. Learn everything from pushing and dribbling to shooting and scrimmaging, individualized skills will be emphasized. Work on improving overall fitness and endurance. We play on an 8.5, and 10 foot basketball hoop to increase players' success when shooting and of course, FUN is emphasized! We currently have a developmental and varsity team competing locally and nationally. Call (414) 647-6043 for more information. For students ages 6-21.

**Morse (Ages 8 & up) ..... #19340**  
Mon., Jan 4-May 17, 6:00PM- 8:00PM  
\$20 Residents/\$20 Non-Residents

### Power Soccer

Power soccer is a competitive opportunity for individuals who use power wheelchairs. Power soccer can be adapted to meet the needs of all the participants; adaptive equipment is provided. Motorized wheelchairs only! Call (414) 647-6043 for more information.

**Juneau (Ages 6 & up) ..... #19834**  
Mon., March 22-May 24, 6:00PM- 8:00PM  
\$20 Residents/\$20 Non-Residents

## THERAPEUTIC RECREATION

### Therapeutic Water Exercise

This class is designed for individuals with or without disabilities who would like to benefit from the therapeutic values water provides. Participants should be able to enter our beautiful ZERO DEPTH walk in entry (no ladders) on his/her own or bring an attendant to assist.

**Gaenslen ..... #21564**  
Thu., Apr 15-Jun 3, 7:45PM- 8:45PM  
\$32 Residents/\$48 Non-Residents

### A Taste of Italy

Pizza, pastas.... Everyone loves Italian! Join us as we learn a little about the boot shaped country and make some of its most delightful dishes! (\$8.00 due at first meeting for additional supplies.) Call (414) 647-6065 for more information.

**Hamilton (Ages 10-99) ..... #20578**  
Mon., Apr 12-May 17, 7:00PM- 8:00PM  
\$24 Residents/\$29 Non-Residents

### Awesome Appetizers and Desserts too!!

Like to cook and socialize with friends? Each week we will make either a dessert or an appetizer for all to enjoy. Great ideas for entertaining at home! Call (414) 647-6065 for more information.

**Hamilton (Ages 10-99) ..... #20666**  
Wed., Apr 14-May 19, 7:30PM- 8:30PM  
\$24 Residents/\$29 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. Call (414) 647-6065 for more information.

**OASIS (Ages 13-99) ..... #20791**  
Fri., Apr 16-May 21, 4:00PM- 5:00PM  
\$19 Residents/\$24 Non-Residents

### Craft Craze

Like being crafty? Join us as we try a variety of projects like jewelry making, candle making, scrapbooking and more!! Call (414) 647-6065 for more information.

**Hamilton (Ages 10-99) ..... #20796**  
Tue., Apr 13-May 18, 6:00PM- 7:00PM  
\$24 Residents/\$29 Non-Residents