

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

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

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Programs for Individuals with Disabilities

Culture Cafe

Bonjour, hola, guten tag and hello! Discover the culture of foreign countries and prepare some of their popular cuisine. \$8.00 due at first meeting for additional supplies. Call (414) 647-6065 for more information.

Hamilton (Ages 10-99) #20803
Thu., Apr 15-May 20, 7:00PM- 8:30PM
\$24 Residents/\$29 Non-Residents

Diner's Club

Good friends and great food is what you'll find on Friday nights. We'll create a delicious dinner each Friday evening. Feel free to bring a favorite recipe to share and your appetite. \$8.00 due at first meeting for additional supplies. Call (414) 647-6065 for more information.

OASIS (Ages 13-99) #20812
Fri., Apr 16-May 21, 5:00PM- 6:30PM
\$24 Residents/\$29 Non-Residents

Ducktastic Creations

We've all heard that duct tape has thousands of uses and now we're going to prove it! Join us as we create our own usable items out of nothing but duck tape, the crafty and colorful variation of duct tape! You are sure to be amazed as we create photo albums, wallets, purses, ties, and much more! Supplies are included in the fee. Call (414) 647-6065 for more information.

Hamilton (Ages 10-99) #20819
Mon., Apr 12-May 17, 6:00PM- 7:00PM
\$24 Residents/\$29 Non-Residents

Family Get Fit Night

It's always easier to stick to a fitness routine when you work out with friends and family. We are going to try out different fitness activities each week like walking, aerobics, dance, sports, and more! Each week we will find new ways to get moving! Parents, siblings, and any other family member are encouraged to sign up so we can work to get fit together!! Dress ready to work-out. Call (414) 647-6065 for more information.

Juneau (Ages 8-99) #21668
Tue., Apr 13-May 18, 6:30PM- 8:00PM
\$19 Residents/\$24 Non-Residents

Family Time in the Kitchen

What could be a better way to spend an evening with family and friends than learning to make fantastic healthy dishes together? Parents, siblings, and any other family members are encouraged to sign up so everyone can learn to cook together. Having quality time in the kitchen is a great way to build lasting relationships with your family and the new friends you will meet there. Feel free to bring your favorite family recipe to share! \$8.00 due at first meeting for additional supplies. Call (414) 647-6065 for more information.

OASIS (Ages 8-99) #21666
Wed., Apr 14-May 19, 6:00PM- 7:30PM
\$24 Residents/\$29 Non-Residents

Friday Night Combo with Computers!

Our Friday Night Combo with Computers includes Computer Club, Diner's Club, and Moviers & Shakers. Sign up for the Combo and save \$5.00! (\$8.00 due at first meeting for additional supplies and fee of \$2 per week upon entry). Call (414) 647-6065 for more information.

OASIS (Ages 13-99) #20857
Fri., Apr 16-May 21, 4:00PM- 8:30PM
\$43 Residents/\$53 Non-Residents

Friday Night Combo with Games!

Our Friday Night Combo with Games includes Game and Card Night, Diner's Club, and Moviers & Shakers. Sign up for the Combo and save \$5.00! (\$8.00 due at first meeting for additional supplies and fee of \$2 per week upon entry). Call (414) 647-6065 for more information.

OASIS (Ages 13-99) #20858
Fri., Apr 16-May 21, 4:00PM- 8:30PM
\$43 Residents/\$53 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! Call (414) 647-6065 for more information.

OASIS (Ages 13-99) #20870
Fri., Apr 16-May 21, 4:00PM- 5:00PM
\$19 Residents/\$24 Non-Residents

Get Fit!

An active lifestyle can make you a happier person, so join us as we get active and fit together! We will exercise each week doing various activities like walking, aerobics, dance, yoga, and more! We will also learn about ways to be a healthier person. Goals will be set that we can work to achieve together! Call (414) 647-6055 for more information.

Hamilton (Ages 10-99) #21665
Mon., Apr 12-May 17, 6:00PM- 7:00PM
\$19 Residents/\$24 Non-Residents

Monday Night Combo at Hamilton

Our Monday Night Combo at Hamilton includes both Ducktastic Creations and A Taste of Italy. Sign up for the Combo and save \$5! (\$8.00 due at first meeting for additional supplies.) Call (414) 647-6065 for more information.

Hamilton (Ages 10-99) #21097
Mon., Apr 12-May 17, 6:00PM- 8:00PM
\$43 Residents/\$53 Non-Residents

Moviers and Shakers

If you enjoy movies, music and friends, then join us. This program alternates between a large screen movie and a hip-hop dance party. Additional fee of \$2.00 per week upon entry. Call (414) 647-6065 for more information.

OASIS (Ages 13-99) #21101
Fri., Apr 16-May 21, 6:30PM- 8:30PM
\$5 Residents/\$5 Non-Residents

Music Exposure

Do you enjoy singing along to your favorite songs on the radio? Learn about music and songwriting in Music Exposure. This class will explore all different types of music and in the process we will have the opportunity to sing, write, play, and just enjoy music!! Call (414) 647-6065 for more information.

Hamilton (Ages 10-99) #21103
Thu., Apr 15-May 20, 6:00PM- 7:00PM
\$24 Residents/\$29 Non-Residents

Scrapbooking

Do you have photos at home waiting to assemble in an album? We will show examples and help you create an artistic memory album. Supplies are included in fee. Bring your favorite photos. Call (414) 647-6065 for more information.

Hamilton (Ages 10-99) #21198
Wed., Apr 14-May 19, 6:00PM- 7:30PM
\$24 Residents/\$29 Non-Residents

Smoothie Mania

Let's blend together... smoothies that is! This class will be thrilling for the taste buds, as we create delicious smoothies and homemade juice drinks. We will learn about ways to make a healthy snack in addition to other tasty creations! (\$8.00 due at first meeting for additional supplies.) Call (414) 647-6065 for more information.

Hamilton (Ages 10-99) #21219
Tue., Apr 13-May 18, 7:00PM- 8:00PM
\$24 Residents/\$29 Non-Residents

Splash, Splash, Swim

The wave of the future begins with specialized swim instruction for individuals with disabilities. We provide 1 instructor per 4 students. Swimmers must be at least 3 years old. All tiny-tots (ages 3-6 years) must be accompanied in the water by a parent/adult. Fee for child only. Persons who cannot work in a group with 4 students and 1 instructor, or cannot stand independently in 3 1/2 feet of water, must be accompanied in the water by a parent/adult. Swimmers must be at least 4 feet tall to go in the pool without a parent/adult. Family members and non-disabled participants are not eligible for lessons. Swimmers who need assistance in the locker room must provide their own attendant. Children ages 6 and above must use the appropriate male/female locker room. Participants must provide their own towel, suit, and swim cap (caps available for \$2.00). On-line registration is not available for this class. Call (414) 647-6065 for more information.

Gaenslen (Ages 3-99) #21254
Thu., Apr 15-Jun 3, 7:00PM- 7:45PM
\$30 Residents/\$60 Non-Residents

Gaenslen (Ages 3-99) #21255
Thu., Apr 15-Jun 3, 6:15PM- 7:00PM
\$30 Residents/\$60 Non-Residents

Hamilton (Ages 3-99) #21256
Tue., Apr 13-Jun 1, 7:00PM- 8:00PM
\$30 Residents/\$60 Non-Residents

Sunday Fab 3

Ready to end your weekend with a bit of Milwaukee fun! We have planned 3 different exciting Sunday outings - join as many as you like. It's 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.

Various Locations (Ages 13-99) #21279
Sun., Apr 25-May 23, Times vary
\$5 Residents/\$5 Non-Residents

Sunday Movie Madness

Love movies? So do we, so let's enjoy them together! On a Sunday of each month we will enjoy an afternoon matinee at South Shore Cinema, 7261 S.13th St., Oak Creek. You will be notified by mail of specific movies and times after registration. The one-time \$5 registration fee does not include the cost of the movie. Call (414) 647-6065 for more information.

South Shore Cinema (Ages 13-99) #21280
Sun., Apr 18-May 2, Times vary
\$5 Residents/\$5 Non-Residents

Thursday Night Combo at Hamilton!

Our Thursday Night Combo at Hamilton includes both Culture Cafe and Music Exposure. Sign up for the Combo and save \$5! (\$8.00 due at first meeting for additional supplies.) Call (414) 647-6055 for more information.

Hamilton (Ages 10-99) #21362
Thu., Apr 15-May 20, 6:00PM- 8:30PM
\$43 Residents/\$53 Non-Residents

Tuesday Night Combo!

Our Tuesday Night Combo includes both Craft Craze and Smoothie Mania. Sign up for the Combo and save \$5! (\$8.00 due at first meeting for additional supplies.) Call (414) 647-6065 for more information.

Hamilton (Ages 10-99) #21374
Tue., Apr 13-May 18, 6:00PM- 8:00PM
\$43 Residents/\$53 Non-Residents

Wednesday Night Combo!

Our Wednesday Night Combo includes both Awesome Appetizers & Desserts Too and Scrapbooking. Sign up for the Combo and save \$5.00! Call (414) 647-6065 for more information.

Hamilton (Ages 10-99) #21415
Wed., Apr 14-May 19, 6:00PM- 8:30PM
\$43 Residents/\$53 Non-Residents

Wii Games

Have you tried Nintendo Wii, one of the latest, most active and exciting video games around? We will spend the evening playing various Wii games. No experience is needed, just come ready to have fun!! Call (414) 647-6065 for more information.

OASIS (Ages 8-99) #21667
Wed., Apr 14-May 19, 7:30PM- 8:30PM
\$19 Residents/\$24 Non-Residents

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.