Dear Milwaukee Residents,

Did you know that there are many enriching activities for mind, body and fun available in our own back yard through the Milwaukee Recreation Department? There are hundreds of sports, games, dance, and more for individuals of all ages.

Whether you are looking for an intense workout or just some time in the swimming pool, the Recreation Department offers something for everyone. Reducing stress by being active and engaged can also help individuals stay healthy. If you are looking for a chance to relax, socialize, or learn a new skill, there are dozens of classes in areas such as cooking, crafts, painting, drawing, as well as a variety of family and group activities.

Milwaukee Recreation also hosts many events that support fitness and community. As such, I invite you to join us for the 12th Annual Run Back to School on Saturday, August 24! This 5K run/1.5-mile walk helps build excitement for the start of school, and the proceeds benefit youth sports programs. Come for the mascot races, entertainment, refreshments, and exhibitors while supporting our students. Learn more at MilwaukeeRecreation.net.

Have a wonderful, active fall!

Best,

Dr. Keith P. Posley
Superintendent of Schools
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**Para ayuda en español: 475-8812**

### Important Dates – See page 2 for details.

- **August 5**  Priority registration for city of Milwaukee residents begins at 10 AM.
- **August 12** Non-city of Milwaukee residents’ registration begins at 10 AM.
- **Sept. 5**  Mail-in registration deadline. Mail must be received by September 5.
- **Sept. 5**  Fax-in registration deadline. Fax registrations must be received by 4 PM.

You can now register online or in person as late as one week before your class begins (for most classes). To guarantee a space, please register early.

### In-Person Weekend Registration:

- **Saturday, September 14**  • **10AM - 12PM**
- Hamilton Community Center, 6215 W. Warnimont Avenue
- Milwaukee Marshall Community Center, 4141 N. 64th Street

**OUR MISSION:**
Milwaukee Recreation…enriching and strengthening the community by promoting healthy lifestyles, personal development, and fun through memorable recreational and educational experiences for people of all ages and abilities.

**OUR VISION:**
To be the leading provider of quality and affordable recreation services in the Milwaukee community.
5 Easy Ways to Register

Priority registration is given to city of Milwaukee residents beginning August 5, 2019 at 10 AM. Non-city of Milwaukee residents may register beginning August 12, 2019 at 10 AM through the dates listed below.

1. ONLINE REGISTRATION
   Deadline: one week before your class begins.
   Visit www.MilwaukeeRecreation.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.

2. DROP-OFF 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:
   - Recreation Office: 5225 W. Vliet Street, Rm. 56
   - Office Hours: Mon.–Fri. from 8:15 AM–4:30 PM
   - Citywide Programs Office: 2414 W. Mitchell St.
   - Office Hours: Mon.–Fri. from 8:15 AM–4:00 PM
   Offices are closed Sept. 2 and Nov. 28 & 29, 2019.

3. FAX-IN REGISTRATION
   Through Thursday, Sept. 5 at 4:00 PM
   1. Fax completed form to: MPS Recreation Department (414) 475–8183. Please include a return FAX number.
   2. A credit card number (MasterCard or Visa only), expiration date, and signature are required on all forms.

4. MAIL-IN REGISTRATION
   Registration must be received by Thursday, Sept. 5
   1. Make check or money order payable to: Milwaukee Recreation Department.
   2. Mail to: Milwaukee Public Schools Recreation Department, P.O. Box 2181, Milwaukee, WI 53201-2181.
   3. Active Older Adults: Mail to 2414 W. Mitchell St., 53204

5. IN-PERSON REGISTRATION
   Saturday, September 14 - 10AM - 12PM
   Milwaukee Community Center, 6215 W. Warnimont Avenue
   Milwaukee Marshall Community Center, 4141 N. 64th Street

Important Registration Information

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. The Recreation Department 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.MilwaukeeRecreation.net/refund. Or, contact us at 414.475.8180 to receive a copy by mail.

INSURANCE. The Recreation Department 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.MilwaukeeRecreation.net/reduced.

PAYMENT METHODS. 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.

BUILDING ACCESSIBILITY:
Reasonable accommodations are made for individuals with disabilities to participate in Milwaukee Recreation programs. If you have a mobility issue and are unfamiliar with the Community Center in which your activity will take place, please contact us at 414.475.8180 to determine the best way to access your activity.

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.

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

TOTAL FEES $__________

REDUCED ACTIVITY FEE $__________

SCHOOL NAME: ________

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

$1 DONATION? ________

TOTAL PAYMENT DUE $__________
Bright futures start here!

Enroll now at mpsmke.com/Enroll

Early start schools begin Monday, August 12, 2019. Traditional schools start Tuesday, September 3, 2019.

MPS invites all runners and walkers to join us for the 12th Annual Run Back to School on Saturday, August 24, 2019 (rain or shine). Sign up for this event to enjoy a 5K run or 1.5 mile walk through Washington Park, followed by some great activities. All event proceeds will support MPS Youth Recreation programs. Register online at MilwaukeeRecreation.net with activity code: 5RBS3301.
Program Locations

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

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<td>2964 N. 81st Street, 550-3865</td>
<td>(Enter main door on 81st St.)</td>
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<tr>
<td>Alcott School</td>
<td>3563 S. 97th St.</td>
<td>Enter main door on 97th St.</td>
</tr>
<tr>
<td>Cooper School &amp; Fieldhouse</td>
<td>5143 S. 21st St., 550-5154</td>
<td>Enter main entrance</td>
</tr>
<tr>
<td>Bay View High School</td>
<td>2751 S. Lenox St., 294-2517</td>
<td>Enter door #4 off Montana St.</td>
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<tr>
<td>Brinton Community Center</td>
<td>2555 S. Bay St., 481-2494</td>
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</tr>
<tr>
<td>Gaenslen School</td>
<td>1250 E. Burleigh St., 267-5734</td>
<td>Enter north door, #4</td>
</tr>
<tr>
<td>Hawthorn Glen</td>
<td>1130 N. 60th St., 475-5300</td>
<td></td>
</tr>
<tr>
<td>Hamilton High School</td>
<td>6215 W. Warnimont Ave., 327-9402</td>
<td>Enter door #5 off south parking lot</td>
</tr>
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<td>Lapham Peak</td>
<td>W329 N846 County Road C</td>
<td>Delafield, WI 53018</td>
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<td>MacDowell Montessori</td>
<td>6415 W. Mt. Vernon Ave., 935-1387</td>
<td>Enter door #7</td>
</tr>
<tr>
<td>Madison High School</td>
<td>8135 W. Florist Ave., 393-6307</td>
<td>Enter door #7 off south parking lot</td>
</tr>
<tr>
<td>Milwaukee Marshall</td>
<td>4141 N. 64th St., 393-2502</td>
<td>Enter door #10 - N. 64th St. &amp; W. Hope Ave.</td>
</tr>
<tr>
<td>Milw. School of Lang.</td>
<td>8400 W. Burleigh St, 393-5739</td>
<td>Enter main or parking lot door</td>
</tr>
<tr>
<td>MPS Central Services</td>
<td>5225 W. Vliet St., 475-8180</td>
<td>Enter southwest door off rear parking lot</td>
</tr>
<tr>
<td>North Division High School</td>
<td>1011 W. Center St., 267-5077</td>
<td>Enter west side of building near tennis courts</td>
</tr>
<tr>
<td>OASIS</td>
<td>2414 W. Mitchell St., 647-6041</td>
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</tr>
<tr>
<td>Obama High School</td>
<td>5075 N. Sherman Blvd.</td>
<td>Enter door #5</td>
</tr>
<tr>
<td>Parkside School for the Arts</td>
<td>2969 S. Howell Ave., 550-5154</td>
<td>Enter main entrance on Howell Ave.</td>
</tr>
<tr>
<td>Pulaski High School</td>
<td>2500 W. Oklahoma Ave.</td>
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</tr>
<tr>
<td>Reagan High School</td>
<td>4965 S. 20th St., 550-5154</td>
<td>Enter main entrance</td>
</tr>
<tr>
<td>Riverside High School</td>
<td>1615 E. Locust St., 906-4959</td>
<td>Enter door #5 on Locust St.</td>
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<tr>
<td>South Division High School</td>
<td>1515 W. Lapham Blvd., 902-8377</td>
<td>Enter east door off faculty parking lot on 13th St.</td>
</tr>
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<td>Washington High School</td>
<td>2525 N. Sherman Blvd., 875-6025</td>
<td>Enter main gym door on Sherman Blvd.</td>
</tr>
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<td>Vincent High School</td>
<td>7501 N. Granville Rd., 262-236-1270</td>
<td>Enter north east door #4 near fieldhouse</td>
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YOGA FEST
NEW YEAR’S DAY

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! Come to Beulah Brinton on New Year’s Day and start your year off right! Multiple yoga classes will be scheduled throughout the morning.

Child care (ages 1 & up) will be provided on site for those children too young or not wanting to participate in the yoga classes. Parent must stay on site and attend class.

**SAVE THE DATE!**

*Date:* Wednesday, January 1, 2020  
*Time:* 9am-12pm  
*Location:* Beulah Brinton (2555 S. Bay St.)
ARTS CRAFTS

Drawing Techniques
Learn the techniques that professional illustrators use to create exciting, believable and realistic pictures using high-quality pencils. Class topics include: Perspective, shading, drawing people. Learn to compose your picture without from your imagination. Then how to gather and/or photograph appropriate reference images for completing your image. Or just bring in an image of a favorite person or pet and focus on the drawing techniques. All supplies included. Class fee is non-refundable.

Activity Code: 2RCE0902
(Section codes listed below)

Hamilton (Ages 8-14) ............... HA01
Sat, Sep 21-Oct 12, 1:00PM- 3:00PM
$27 Residents/$41 Non-Residents

Beulah Brinton (Ages 5-8)

Activity Code: 2RCE0905
(Section codes listed below)

Beulah Brinton (Ages 5-8) ............... BN01
Wed, Sep 18-Nov 6, 5:00PM- 6:00PM
$18 Residents/$27 Non-Residents

Beulah Brinton (Ages 5-8) ............... BN02
Wed, Dec 4-Jan 15, 5:00PM- 6:00PM
$12 Residents/$18 Non-Residents

Introduction to Acrylic Painting
This is an exciting, intuitive, hands-on class for anyone who wants to have fun while learning how easy it is to produce impressive acrylic paintings using dynamic and intuitive painting techniques! No previous drawing ability is required. You do not have to be an artist to participate, but if you are already experienced, this new approach may just take your own work to new heights! Fee includes supply cost and is non-refundable.

Activity Code: 2RCE0924
(Section codes listed below)

Hamilton (Ages 8-14) ............... HA01
Sat, Oct 19-Nov 9, 1:00PM- 3:00PM
$27 Residents/$41 Non-Residents

Transforming T-Shirts with Cloud 9 Workshop
Put your creative mind to work and transform an everyday t-shirt into a personalized bag perfect for books, sports gear, hobbies, and gifts. First, we’ll brainstorm ideas for repurposing and reusing everyday items found at home. Then, the deconstruction begins as we cut apart the t-shirts to remake them into fun and functional bags and bracelets. All supplies included. This workshop is taught by Cloud 9 Workshop, Milwaukee’s local eco-art studio.

Activity Code: 2RCE0929
(Section codes listed below)

MacDowell (Ages 8-12) ............... JU01
Sat, Nov 2, 9:30AM-10:30AM
$16 Residents/$24 Non-Residents

Baking
No Bake Cheesecake
Who said you need an oven to bake? Your Little Bakers will be a part of preparing a delicious no bake cheese cake with 5 ingredients. Our delicious cheese cake recipe is a definite way to please a crowd. Kids 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: 2RCE2502
(Section codes listed below)

Hamilton (Ages 4-12) ............... HA01
Wed, Oct 16, 6:00PM- 8:00PM
$13 Residents/$20 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, and loaded with white chocolate chips! Perfect recipe for all seasons! They 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: 2RCE2507
(Section codes listed below)

Hamilton (Ages 4-12) ............... HA01
Wed, Oct 23, 6:00PM- 8:00PM
$13 Residents/$20 Non-Residents

Peach Cobbler
Peach cobbler is one of the best things to make in the fall. These Sweet Georgia peaches are topped with homemade biscuits creating a bubbling Southern-style peach cobbler perfect for a delicious dessert. Class will be taught by a lead instructor of the Vincent Culinary program. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

Activity Code: 2RCE2511
(Section codes listed below)

Vincent (Ages 8-13) ............... VN01
Mon, Sep 23, 6:00PM- 8:00PM
$13 Residents/$20 Non-Residents

Cinnamon Apple Crisp
An easy Cinnamon Apple Crisp recipe made with sliced apples and a crispy brown sugar oat topping. The perfect easy dessert for any time of the year. The class will be taught by a lead instructor of the Vincent Culinary program. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

Activity Code: 2RCE2512
(Section codes listed below)

Vincent (Ages 8-14) ............... VN01
Mon, Sep 30, 6:00PM- 8:00PM
$13 Residents/$20 Non-Residents

Pineapple Upside Down Cake
Pineapples are good and even better when you put them on a cake. This homemade Pineapple Upside Down Cake features a delicious caramelized pineapple topping and an incredibly buttery, moist cake. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

Activity Code: 2RCE2513
(Section codes listed below)

Vincent (Ages 8-14) ............... VN01
Mon, Oct 28, 6:00PM- 8:00PM
$13 Residents/$20 Non-Residents

Cake Pops
Your little baker will have a chance at making cake pops! Who knew that cake pops could be created so easily, and taste so delicious? Kids will be introduced to baking vocabulary, techniques, cooking tools, and kitchen safety. Class taught by Geneva Byrd with Little Bakers Association. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

Activity Code: 2RCE2515
(Section codes listed below)

Hamilton (Ages 4-12) ............... HA01
Wed, Sep 25, 6:00PM- 8:00PM
$13 Residents/$20 Non-Residents
Caramel Apple Pizza
Your little baker will make a delectable dessert when preparing a caramel apple pizza! A signature sugar cookie with a flavored cream cheese, whipped cream, caramel, and granny smith apples! Kids will be introduced to baking vocabulary, techniques, cooking tools, and kitchen safety. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

Activity Code: 2RCE2516
(Section codes listed below)

Hamilton (Ages 4-12) .................. HA01
Wed, Oct 9, 6:00PM-8:00PM
$13 Residents/$20 Non-Residents

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. Enjoy the opportunity to perform. A baton is required. Class taught by Mary Blaufuss. Activity Code: 2RCE7901
(Section codes listed below)

Beulah Brinton (Ages 5-17) .............. BN01
Sat, Sep 21-Nov 9, 10:30AM-11:30AM
$18 Residents/$27 Non-Residents

Beulah Brinton (Ages 5-17) .............. BN02
Sat, Dec 7-Jan 18, 10:30AM-11:30AM
$12 Residents/$18 Non-Residents

Cooking

Junior Chefs
This class allows youth to mix, measure, and bake their own delicious treats. Create a main course and side dishes. Learn table settings and practice proper serving methods, then treat your family. Class fee includes food cost, is non-refundable, and not eligible for reduced fees.

Activity Code: 2RCE1601
(Section codes listed below)

Hamilton (Ages 6-9) .................. HA01
Sat, Sep 28-Nov 2, 8:30AM-9:30AM
$30 Residents/$45 Non-Residents

Hamilton (Ages 10-14) .................. HA02
Sat, Sep 28-Nov 2, 9:45AM-10:45AM
$30 Residents/$45 Non-Residents

Milwaukee Marshall (Ages 6-9) ...... MR01
Sat, Oct 12-Nov 16, 12:00PM-1:30PM
$27 Residents/$41 Non-Residents

Milwaukee Marshall (Ages 10-14) .. MR02
Sat, Oct 12-Nov 16, 1:30PM-3:00PM
$27 Residents/$41 Non-Residents

Bike Safety Basics
Come learn the rules of the road that will make your biking experience a safe and fun adventure. You will learn proper turn signals, good etiquette for city streets and tracks, proper protective gear, how to ride in a group and bike laws. This is a hands on course. Class taught by Billie Myhra. Please bring your bike to class. Youth and adult classes are combined. Class fee is non-refundable. Supplies and tools provided by coastinnbikes.com.

Activity Code: 2RCE2804
(Section codes listed below)

MacDowell (Ages 12-18) ............... JU01
Tue/Thu, Aug 13-Oct 10, 3:00PM-5:30PM
$25 Residents/$25 Non-Residents

Riverside (Ages 12-18) ............... RS01
Tue/Thu, Aug 13-Oct 10, 3:00PM-5:30PM
$25 Residents/$25 Non-Residents

Dance

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

Activity Code: 2RCE2901
(Section codes listed below)

Madison (Ages 6-12) .................. MA01
Thu, Sep 26-Oct 31, 6:00PM-7:00PM
$14 Residents/$21 Non-Residents

Ballet
Ballet is a fine art discipline which strives to improve coordination, posture and muscular development. Learn basic ballet positions, steps and floor combinations. Ballet shoes and leotards are recommended. Unless otherwise noted, all classes are beginner level.

Activity Code: 2RCE2902
(Section codes listed below)

Hamilton (Ages 6-12) .................. HA01
Sat, Sep 21-Nov 9, 3:00PM-4:00PM
$18 Residents/$27 Non-Residents

Milwaukee Marshall (Ages 7-14) .... MR01
Sat, Oct 12-Dec 7, 12:30PM-1:30PM
$18 Residents/$27 Non-Residents

Bike Maintenance with Billie
This class will teach you the skills needed to keep and maintain your bike in fine working order. These skills will save you time, money and make your rides easier and safer. With a few tools, you can make your bike rideable. This class is for beginners. In this class you will cover the following: changing a flat tire, fixing a slipped chain, completing a minor brake repair and seasonal cleaning. Class taught by Billie Myhra. Please bring your bike to class. Youth and adult classes are combined. Class fee is non-refundable. Supplies and tools provided by coastinnbikes.com.

Activity Code: 2RCE2807
(Section codes listed below)

MacDowell (Ages 11-17) ............... JU01
Sat, Sep 28, 10:00AM-11:30AM
$5 Residents/$8 Non-Residents
Cheerleading / Pompons
If you have S-P-I-R-I-T, this class is for you! Learn the latest cheers and pompon routines while developing your voice tone, clarity, and coordination. Your cheers and routines will be crowd-pleasers. Students will learn basic cheers, creative movement, dance, and stretches.

Activity Code: 2RCE2905
(Section codes listed below)

Milwaukee Marshall (Ages 4-6)……… MR03 (Not eligible for reduced fees)
Sat, Nov 9-Dec 14, 10:00AM-10:45AM
$10 Residents/$19 Non-Residents

Milwaukee Marshall (Ages 7-11)……… MR04
Sat, Nov 9-Dec 14, 11:00AM-12:00PM
$12 Residents/$24 Non-Residents

Milwaukee Marshall (Ages 4-6)……… MR01
Sat, Sep 28-Nov 2, 10:00AM-10:45AM
$14 Residents/$28 Non-Residents

Milwaukee Marshall (Ages 7-11)……… MR02
Sat, Sep 28-Nov 2, 11:00AM-12:00PM
$14 Residents/$28 Non-Residents

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

Activity Code: 2RCE2906
(Section codes listed below)

Riverside (Ages 3-5)…………………. RS02
Sat, Dec 7-Jan 11, 9:35AM-10:20AM
$16 Residents/$16 Non-Residents

Hip Hop
Break out of the boring routine and into freestyle dance! Learn hip hop grooves you’ve always wanted to, but never thought you could. Parents are invited to observe the first, middle and last class to reduce distractions of students. There will be a performance showcase on the last day of class so families can see what participants learned.

Activity Code: 2RCE2908
(Section codes listed below)

Hamilton (Ages 6-14)………………. HA01
Sat, Sep 21-Nov 9, 1:00PM- 2:00PM
$18 Residents/$27 Non-Residents

Madison (Ages 6-12)………………… MA01
Thu, Sep 26-Oct 31, 7:00PM- 8:00PM
$14 Residents/$21 Non-Residents

Milwaukee Marshall (Ages 7-14)…. MR01
Sat, Oct 12-Dec 7, 9:30AM-10:30AM
$18 Residents/$27 Non-Residents

Parkside (Ages 6-12)……………….. FR01
Mon, Sep 16-Nov 4, 6:00PM- 7:00PM
$18 Residents/$27 Non-Residents

Parkside (Ages 6-12)……………….. FR02
Mon, Dec 2-Jan 13, 6:00PM- 7:00PM
$12 Residents/$18 Non-Residents

Vincent (Ages 5-7)…………………. VN01
Mon, Sep 23-Nov 11, 6:00PM- 6:45PM
$14 Residents/$21 Non-Residents

Vincent (Ages 8-11)…………………. VN02
Mon, Sep 23-Nov 11, 6:45PM- 7:30PM
$14 Residents/$21 Non-Residents

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

Activity Code: 2RCE2911
(Section codes listed below)

81st Street (Ages 3-5)………………… 8101
Sat, Sep 21-Nov 9, 10:00AM-11:15AM
$14 Residents/$21 Non-Residents

Beulah Brinton (Ages 3-5)……….. BN02
Thu, Sep 19-Nov 7, 4:00PM- 4:45PM
$14 Residents/$21 Non-Residents

Beulah Brinton (Ages 3-5)……….. BN03
Sat, Sep 21-Nov 9, 10:30AM-11:15AM
$14 Residents/$21 Non-Residents

Beulah Brinton (Ages 3-5)……….. BN05
Thu, Dec 5-Jan 16, 4:00PM- 4:45PM
$10 Residents/$15 Non-Residents

Beulah Brinton (Ages 3-5)……….. BN06
(Not eligible for reduced fees)
Sat, Dec 7-Jan 18, 10:30AM-11:15AM
$10 Residents/$15 Non-Residents

Cooper (Ages 3-4)…………………. CP01
Thu, Sep 19-Nov 7, 4:30PM- 5:15PM
$14 Residents/$21 Non-Residents

Cooper (Ages 3-4)…………………. CP02
Thu, Sep 19-Nov 7, 5:15PM- 6:00PM
$14 Residents/$21 Non-Residents

Cooper (Ages 3-4)…………………. CP03
(Not eligible for reduced fees)
Thu, Dec 5-Jan 16, 4:30PM- 5:15PM
$10 Residents/$15 Non-Residents

Cooper (Ages 3-6)…………………. CP04
(Not eligible for reduced fees)
Thu, Dec 5-Jan 16, 5:15PM- 6:00PM
$10 Residents/$15 Non-Residents

Hamilton (Ages 3-5)………………… HA01
Sat., Sep 21-Nov 9, 12:15PM- 1:00PM
$14 Residents/$21 Non-Residents

Hamilton (Ages 3-5)………………… HA02
Sat., Dec 7-Jan 18, 10:30AM-11:15AM
$14 Residents/$21 Non-Residents

Milwaukee Marshall (Ages 5-9)….. MR01
Sat, Oct 12-Dec 7, 11:15AM-12:15PM
$18 Residents/$27 Non-Residents

North Division (Ages 3-4)………… ND01
Sat, Dec 7-Jan 11, 10:25AM-11:20AM
$14 Residents/$21 Non-Residents

Parkside (Ages 3-4)…………………. FR01
Mon, Sep 16-Nov 4, 6:00PM- 7:00PM
$14 Residents/$21 Non-Residents

Parkside (Ages 3-4)…………………. FR02
Mon, Dec 2-Jan 13, 5:00PM- 5:45PM
$10 Residents/$15 Non-Residents

Riverside (Ages 4-5)…………………. RS03
Sat, Dec 7-Jan 11, 10:25AM-11:20AM
$14 Residents/$21 Non-Residents
TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28

**FITNESS**

**Zumba Kids**

This is not your normal dance class. Kids Zumba welcomes all children to explore the world through dance. Each week there will be a new theme. The participant will learn age appropriate choreography, play games, socialize with friends, and learn new skills.

**Activity Code: 2RCE3507**

(Section codes listed below)

Hamilton (Ages 4-11) ...................... HA01

Sat, Sep 21-Nov 9, 12:00PM- 1:00PM

$18 Residents/$27 Non-Residents

**LANGUAGE SKILLS**

**French**

Bonjour! This class offers an introduction to conversational French for students with prior or no prior French language knowledge. Students will learn language skills in a cultural context covering topics such as clothing, food, music, art, pastime activities, and more. Hope to see you there.

**Activity Code: 2RCE4401**

(Section codes listed below)

Beulah Brinton (Ages 6-12)............. BN01

Fri, Sep 20-Nov 8, 4:30PM- 5:30PM

$18 Residents/$27 Non-Residents

Beulah Brinton (Ages 6-12)............. BN02

Fri, Dec 6-Jan 17, 4:30PM- 5:30PM

$12 Residents/$18 Non-Residents

**Language Club**

The goal of the Language Club is to expose participants to various languages including but not limited to sign language and Arabic. Students will also sing songs in French. The emphasis will be on learning some basics through song and basic conversation. Participants will be encouraged to share elements of languages they are proficient in as well. No Language pre-requisite required.

**Activity Code: 2RCE4412**

(Section codes listed below)

Fernwood (Ages 5-8) ..................... FW01

Mon, Sep 23-Nov 11, 2:30PM- 4:00PM

$26 Residents/$39 Non-Residents

**Creative Leaf Rubbings**

Leaf rubbings are a great way to expose children to the wonders of nature. We are taking this one to a whole new level! Children will use their imagination and creativity to make designs, animals and shapes. We will also explore the characteristics of leaves, why leaves change colors and how leaves can be used to identify plants. Fee is per person. Parent/guardian must register, pay, and attend with child. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P124721**

(Section codes listed below)

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

Tue, Sep 24, 6:00PM- 7:00PM

$5 Residents/$8 Non-Residents

**Spectacular Spiders**

It has been a love/hate relationship. From horror movies to Halloween, they’ve proven to have a bad reputation. Large and small, jump or crawl, they have it all. You’ll see why they’re so spectacular. Fee is per person. Parent/guardian must register, pay, and attend with child. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2P124723**

(Section codes listed below)

81st Street (Ages 3 & up) ............... 8101

Thu, Oct 24, 6:00PM- 7:00PM

$5 Residents/$8 Non-Residents

**WEATHER POLICY & PROGRAM CANCELLATIONS:**

School Day Cancellations: If weather conditions cause Milwaukee Public Schools to close or dismiss early, recreation programs will be canceled. Weekend weather cancellations for Milwaukee Recreation activities, interscholastic athletics/academics, and MPS music lessons will be announced via the MPS website (mpsmke.com), social media, and local media.
MAD SCIENCE

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

Activity Code: 2RCE7604
(Section codes listed below)

Hamilton (Ages 5-12) ................. HA01
Sat, Sep 21, 10:00AM-11:00AM
$15 Residents/$23 Non-Residents

Riverside (Ages 5-12) ................. RS01
Sat, Oct 12, 10:00AM-11:00AM
$15 Residents/$23 Non-Residents

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

Activity Code: 2RCE7605
(Section codes listed below)

Riverside (Ages 5-12) ................. RS01
Sat, Sep 28, 10:00AM-11:00AM
$15 Residents/$23 Non-Residents

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

Activity Code: 2RCE7615
(Section codes listed below)

Hamilton (Ages 5-12) .................... HA01
Sat, Oct 5, 10:00AM-11:00AM
$15Residents/$23 Non-Residents

Mad Science Earthworks
Dig into Earth Science! Uncover rock samples and discover how they formed. Inspect fluorescing minerals. Model the moving plates that cause bends and breaks. See how sediment stacks with the multi purpose test tube. You might even witness an erupting volcano! Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7620
(Section codes listed below)

Riverside (Ages 5-12) ................. RS01
Sat, Oct 12, 10:00AM-11:00AM
$15 Residents/$23 Non-Residents

Mad Science Funky Forensics
Evidence collection and puzzle making will lead you to understand why forensic scientists like to understand the complete picture before they make decisions. Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7630
(Section codes listed below)

Hamilton (Ages 5-12) .................... HA01
Sat, Nov 2, 10:00AM-11:00AM
$15 Residents/$23 Non-Residents

Riverside (Ages 5-12) ................. RS01
Sat, Nov 9, 10:00AM-11:00AM
$15 Residents/$23 Non-Residents

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

Activity Code: 2RCE7622
(Section codes listed below)

Hamilton (Ages 5-12) .................... HA01
Sat, Oct 19, 10:00AM-11:00AM
$15 Residents/$23 Non-Residents

Mad Science Robot Invasion
Explore the basic and complex technology used to design and build robots. Discover how machines and robots work and how they make our lives easier. Learn about simple circuits, motor principles and make your own robot hand to take home. Junior Scientists will love playing with the many robots we bring along. Children should bring their own beverage and snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7631
(Section codes listed below)

Riverside (Ages 5-12) ................. RS01
Sat, Oct 26, 9:00AM-1:00PM
$45 Residents/$68 Non-Residents

MUSIC

Songwriting 101
No matter what age, aspiring to be a great musician (or even good one) goes beyond merely practicing. Taught by Dennis Dykstra, learn the basics of music theory including ear training and songwriting. Let us help you become a better performer and increase your options as a musician. Don't bring an instrument to the first class. Class is combined with adult class.

Activity Code: 2RCE4601
(Section codes listed below)

Hamilton (Ages 12-17) ................. HA01
Wed, Sep 25-Nov 13, 7:45PM-8:45PM
$18 Residents/$27 Non-Residents

Bass Guitar
Learn the basics, theory, riffs and chord progressions. Bring your own bass guitar. Class is combined with adult class.

Activity Code: 2RCE4602
(Section codes listed below)

Beulah Brinton (Ages 12-17) ....... BN01
Fri, Sep 20-Nov 8, 7:15PM-8:15PM
$18 Residents/$27 Non-Residents

Beulah Brinton (Ages 12-17) ....... BN02
Fri, Dec 6-Jan 17, 7:15PM-8:15PM
$12 Residents/$18 Non-Residents
Drums
Aspiring drummers will learn rhythm, accents, drum rolls and style. Bring a pair of drumsticks and a practice drum pad (available at most music stores). Class is combined with adult class.

Activity Code: 2RCE4603 (Section codes listed below)

Beulah Brinton (Ages 12-17)...........BN01
Fri, Sep 20-Nov 8, 6:00PM-7:00PM
$18 Residents/$27 Non-Residents

Beulah Brinton (Ages 12-17)...........BN02
Fri, Dec 6-Jan 17, 6:00PM-7:00PM
$12 Residents/$18 Non-Residents

Beulah Brinton (Ages 12-17)...........BN01
Sat, Sep 21-Nov 9, 10:30AM-12:00PM
$26 Residents/$39 Non-Residents

Guitar
Learn basic chords, notes, and different strumming techniques. Strum your way to fun. Bring your own guitar. Class is combined with adult class.

Activity Code: 2RCE4604 (Section codes listed below)

Beulah Brinton (Ages 12-17)...........BN01
Sat, Sep 21-Nov 9, 2:00PM-3:30PM
$26 Residents/$39 Non-Residents

Beulah Brinton (Ages 12-17)...........BN02
Sat, Dec 7-Jan 18, 2:00PM-3:30PM
$17 Residents/$26 Non-Residents

Music For Tots
Does your toddler know the words to favorite songs? Develop their talent with Music for Tots. This class will introduce several types of sounds and music to your child while involving him/her in interactive play. Parent(s)/guardian(s) are required to attend this class with their child at no extra charge.

Activity Code: 2RCE4605 (Section codes listed below)

81st Street (Ages 1-3)...............8101
(not eligible for reduced fees)
Thu, Sep 26-Nov 14, 6:00PM-7:30PM
$26 Residents/$39 Non-Residents

Milwaukee Marshall (Ages 1-3)........MR01
(not eligible for reduced fees)
Tue, Sep 24-Nov 12, 5:45PM-6:15PM
$11 Residents/$22 Non-Residents

Piano
No matter what you do in life, it's always important to start with the basics. This class will give beginning piano enthusiasts an introduction to the keyboard, keys, scales, chords, melodies, and note reading. Classes are combined with adult classes. Keyboards are provided for all classes.

Activity Code: 2RCE4606 (Section codes listed below)

Beulah Brinton (Ages 12-17)...........BN01
(Beg.)
Sat, Sep 21-Nov 9, 10:30AM-12:00PM
$26 Residents/$39 Non-Residents

Beulah Brinton (Ages 12-17)...........BN02
(Int.)
Sat, Dec 7-Jan 18, 12:15PM-1:45PM
$17 Residents/$26 Non-Residents

Beulah Brinton (Ages 12-17)...........BN03
(Beg.)
Sat, Dec 7-Jan 18, 10:30AM-12:00PM
$17 Residents/$26 Non-Residents

Rock Band
Join the band, learn some advanced songs, and have fun! All types of musicians welcome; bring your musical instrument. Previous band experience required. Class is combined with adult class.

Activity Code: 2RCE4607 (Section codes listed below)

Beulah Brinton (Ages 12-17)...........BN01
Sat, Sep 21-Nov 9, 4:00PM-6:00PM
$35 Residents/$53 Non-Residents

Beulah Brinton (Ages 12-17)...........BN02
Sat, Dec 7-Jan 18, 4:00PM-6:00PM
$22 Residents/$33 Non-Residents

Sing Out!
Do you want to learn to sing or sing with more confidence and control? Work on basic vocal techniques. Learn proper breathing, voice inflection, range and ear training. Class is combined with adult class.

Activity Code: 2RCE4609 (Section codes listed below)

Hamilton (Ages 12-17)..............HA01
Thu, Sep 26-Nov 14, 7:45PM-8:45PM
$18 Residents/$27 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 adult class.

Activity Code: 2RCE4611 (Section codes listed below)

Hamilton (Ages 12-17)..............HA01
Tue, Sep 24-Nov 12, 6:00PM-7:00PM
$18 Residents/$27 Non-Residents

Music IN MPS
Milwaukee Recreation and the MPS Music Department offer the following Saturday Youth Music lessons at Hamilton and Marshall. Class dates are September 21-December 15 (No classes November 30). Class fees for all classes are $24 Residents and $36 Non Residents. All classes provide students the opportunity to learn and develop their skills in a small group setting. Registered patrons may rent instruments on a first come, first serve basis on Saturday, September 14 from 8:30AM-11:30AM at MPS Central Services Building, 5225 W. Vliet St. The cost of the rental for the entire 2019-20 school year is $10 (cash or check). All students must come to class with their own instrument, except piano/keyboarding. Please register for the classes using the following guidelines: Beginner: No experience on instrument, Intermediate: 1-2 years of experience on instrument, Advanced, 3+ years of experience on instrument. All teachers reserve the right to place students in the appropriate skill level after the first class.

Acoustic Guitar
This course provides students the opportunity to learn and develop their skills on guitar. Emphasis will be basic note reading and chord playing skills. A 1/2 or 3/4 sized nylon-stringed acoustic guitar is required. Students must come to classes with their own instruments.

Activity Code: 2RCE3201 (Section codes listed below)

Hamilton (Ages 7-17)...............HA03
(Adv.)
Sat, Sep 21-Dec 14, 11:00AM-11:45AM
$24 Residents/$36 Non-Residents
Brass
This course provides students the opportunity to learn and develop their skills on brass instrument, including trumpet, French horn, trombone, baritone, euphonium, and tuba. No experience required. All skill levels welcome. Students must come to classes with their own instruments.
Activity Code: 2RCE3203
(Section codes listed below)

Hamilton (Ages 10-17) ................... HA01
(Beg.)
Sat, Sep 21-Dec 14, 9:00AM-9:30AM
$24 Residents/$36 Non-Residents

Hamilton (Ages 10-17) ................... HA02
(Int.)
Sat, Sep 21-Dec 14, 9:35AM-10:20AM
$24 Residents/$36 Non-Residents

Hamilton (Ages 10-17) ................... HA03
(Adv.)
Sat, Sep 21-Dec 14, 10:25AM-11:10AM
$24 Residents/$36 Non-Residents

Piano/Keyboard
Students will work on melodies in both right and left hands, independence, scales, basic chords and arpeggios. The classes will focus on manual dexterity, rhythmic expression, and correct hand positions. A piano or electronic keyboard at home is recommended. Please register for the Piano/Keyboard classes using the following guidelines: Beginner 1 - no experience Ages 7 - 9; Beginner 2 - no experience Ages 10 - 17; Beginner 3 - ability to play up to page 26 in the Alfred's Basic level or completed beginner 1 or 2; Intermediate 1 - completed beginner 3; Intermediate 2 - completed intermediate 1 and Advanced - completed intermediate 2.
Activity Code: 2RCE3207
(Section codes listed below)

Hamilton (Ages 7-17) .................... HA01
(Beg. - 1)
Sat, Sep 21-Dec 14, 9:00AM-9:30AM
$24 Residents/$36 Non-Residents

Hamilton (Ages 7-17) .................... HA02
(Beg. - 2)
Sat, Sep 21-Dec 14, 9:35AM-10:05AM
$24 Residents/$36 Non-Residents

Hamilton (Ages 7-17) .................... HA03
(Beg. - 3)
Sat, Sep 21-Dec 14, 10:10AM-10:40AM
$24 Residents/$36 Non-Residents

Woodwinds
This course provides students the opportunity to learn and develop their skills on a woodwind instrument including flute, clarinet, bass clarinet, bassoon, and saxophone. No experience required. All skill levels welcome. Students must come to classes with their own instruments.
Activity Code: 2RCE3212
(Section codes listed below)

Hamilton (Ages 10-17) .................... HA01
(Beg.)
Sat, Sep 21-Dec 14, 9:00AM-9:30AM
$24 Residents/$36 Non-Residents

Hamilton (Ages 10-17) .................... HA02
(Int.)
Sat, Sep 21-Dec 14, 9:35AM-10:20AM
$24 Residents/$36 Non-Residents

Hamilton (Ages 10-17) .................... HA03
(Adv.)
Sat, Sep 21-Dec 14, 10:25PM-1:10PM
$24 Residents/$36 Non-Residents
String Lessons
This course provides students the opportunity to learn and develop their skills on stringed instruments violin, viola, cello and bass. No experience required. Students must come to classes with their own instruments. Please register for the string classes using the following guidelines: Beginner 1 - no experience Ages 7 - 9; Beginner 2 - no experience Ages 10 - 17; Beginner 3 - ability to play No. 1 - 36 in Essential Elements Ages 7 - 9; Beginner 4 - ability to play No. 1 - 36 in Essential Elements Ages 10 - 17; Intermediate - completed Beginner - Advanced - completed Beginner and Intermediate.

Activity Code: 2RCE3218
(Section codes listed below)

Hamilton (Ages 7-17) ................. HA01
(Beg. - 1)
Sat, Sep 21-Dec 14, 9:00AM-9:30AM
$24 Residents/$36 Non-Residents

Hamilton (Ages 7-17) ................. HA02
(Beg. - 2)
Sat, Sep 21-Dec 14, 9:35AM-10:05AM
$24 Residents/$36 Non-Residents

Hamilton (Ages 7-17) ................. HA03
(Beg. - 3)
Sat, Sep 21-Dec 14, 10:10AM-10:40AM
$24 Residents/$36 Non-Residents

Hamilton (Ages 7-17) ................. HA04
(Beg. - 4)
Sat, Sep 21-Dec 14, 10:45AM-11:15AM
$24 Residents/$36 Non-Residents

Hamilton (Ages 7-17) ................. HA05
(Adv.)
Sat, Sep 21-Dec 14, 11:20AM-12:05PM
$24 Residents/$36 Non-Residents

Hamilton (Ages 7-17) ................. HA06

Beginning Ukulele
Are you a fan of Vance Joy or Twenty-One Pilots? Now it's 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!

Activity Code: 2RCE2220
(Section codes listed below)

Hamilton (Ages 10-18) ................. HA01
Sat, Sep 21-Dec 14, 9:00AM-9:30AM
$24 Residents/$36 Non-Residents

Organized Games
Checkmate Chess Club
If you are interested in learning how to play chess or already know how, this class is for you. Players of all skill levels welcome. Don't get 'rooked' by your friends for not playing chess. Be the 'king' or 'queen' of your block. Chess game supplied. Class combined with adult class.

Activity Code: 2RCE4901
(Section codes listed below)

Milwaukee Marshall (Ages 8-17) .... MR01
Thu, Sep 24-Nov 12, 5:30PM-6:30PM
$18 Residents/$27 Non-Residents

North Division (Ages 8-17) .......... ND01
Sat, Sep 28-Nov 2, 10:30AM-12:00PM
$20 Residents/$30 Non-Residents

Outdoor Skills
Introduction to Fishing
This workshop is geared towards teaching individuals the basics of fishing. Participants will learn how to bait, hook, different casting techniques, knot tying and fish identification. The instructor will even share some of his fishing hot spots. Please don't tell anyone! Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE2919
(Section codes listed below)

Milwaukee Marshall (Ages 6-17) .... MR01
Thu, Sep 26, 5:30PM-8:30PM
$8 Residents/$12 Non-Residents
PLAY GROUPS

Toddler Play Group
Bring your toddler to have fun and interact with other toddlers. The instructor will facilitate games and activities. There are plenty of toys to go around so boredom is impossible.

**Activity Code: 2RCE5502**
(Section codes listed below)

Beulah Brinton (Ages 1-3) ............... BN01
Tue/Thu, Dec 3-Jan 16, 10:30AM-11:30AM
$22 Residents/$33 Non-Residents

Toddler Play Group Themes
Bring your toddler to have fun and interact with other toddlers. Each week there is a themed playshop and some activities will be based around that theme. There are plenty of toys to go around so boredom is impossible. Register for as many as you like. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RCE5503**
(Section codes listed below)

Beulah Brinton (Ages 1-3) ............... BN01
(Fall in Love with Autumn)
Tue/Thu, Sep 17-Sep 19, 10:30AM-11:30AM
$6 Residents/$9 Non-Residents

Beulah Brinton (Ages 1-3) ............... BN02
(What’s Cooking in the Kitchen?)
Tue/Thu, Sep 24-Sep 26, 10:30AM-11:30AM
$6 Residents/$9 Non-Residents

Beulah Brinton (Ages 1-3) ............... BN03
(Planet of the Shapes)
Tue/Thu, Oct 1-Oct 3, 10:30AM-11:30AM
$6 Residents/$9 Non-Residents

Beulah Brinton (Ages 1-3) ............... BN04
(On the Farm)
Tue/Thu, Oct 8-Oct 10, 10:30AM-11:30AM
$6 Residents/$9 Non-Residents

Beulah Brinton (Ages 1-3) ............... BN05
(Rivers, Lakes, Oceans, Seas)
Tue/Thu, Oct 15-Oct 17, 10:30AM-11:30AM
$6 Residents/$9 Non-Residents

Beulah Brinton (Ages 1-3) ............... BN06
(Colors of the Rainbow)
Tue/Thu, Oct 22-Oct 24, 10:30AM-11:30AM
$6 Residents/$9 Non-Residents

Beulah Brinton (Ages 1-3) ............... BN07
(Trick or Treat?)
Tue/Thu, Oct 29-Oct 31, 10:30AM-11:30AM
$6 Residents/$9 Non-Residents

Beulah Brinton (Ages 1-3) ............... BN08
(Sharing is Caring)
Tue/Thu, Nov 5-Nov 7, 10:30AM-11:30AM
$6 Residents/$9 Non-Residents

Beulah Brinton (Ages 1-3) ............... BN09
(Recycle and Reuse)
Tue/Thu, Nov 12-Nov 14, 10:30AM-11:30AM
$6 Residents/$9 Non-Residents

RED CROSS

BABYSITTING CERTIFICATION

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

**Activity Code: 2RCE5601**
(Section codes listed below)

Hamilton (Ages 11-17) ............... HA01
Sat, Sep 28, 8:30AM-4:00PM
$100 Residents/$150 Non-Residents

Hamilton (Ages 11-17) ............... HA02
Sat, Nov 9, 8:30AM-4:00PM
$100 Residents/$150 Non-Residents

MacDowell (Ages 11-17) ............... JU01
Sat, Nov 16, 8:30AM-4:00PM
$100 Residents/$150 Non-Residents

Milwaukee Marshall (Ages 11-17) .. MR01
Sat, Oct 5, 8:30AM-4:00PM
$100 Residents/$150 Non-Residents

Riverside (Ages 11-17) ............... RS01
Sat, Oct 19, 8:30AM-4:00PM
$100 Residents/$150 Non-Residents

SCIENCE QUEST

Science Quest: Dino DNA
Design your dream dinosaur and build a chromosome model for it. Learn what genetic information is and how it is stored in DNA. This information is the blueprint to build and run the cell. Using a microscope, students will examine a variety of body cells whose structure determines the jobs they can do. Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RCE7801**
(Section codes listed below)

Hamilton (Ages 8-13) ................. HA01
Sat, Dec 7, 10:30AM-12:00PM
$12 Residents/$18 Non-Residents

Science Quest: The Invisible World
Discover the fascinating microbial world present around you every day. Parents can collect a sample from local pond or stream for examination under a microscope. Just like a scientist, students will collect samples of microbes for growth in a laboratory. Do the colonies that might grow from these samples all look the same? How do colonies from a plant leaf compare to the colonies from a human scalp? Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RCE7807**
(Section codes listed below)

Hamilton (Ages 6-12) ................. HA01
Sat, Dec 7, 8:30AM-10:00AM
$12 Residents/$18 Non-Residents

Science Quest: Get to Know Your Guts, Eyes, and Brain
Dissect a real cow’s eye to learn about this amazing structure. How do our eyes collect light information about color, brightness, and patterns? Where in the brain is it processed to form into the image of what we are seeing? Class fee is non-refundable and not eligible for reduced fees.

**Activity Code: 2RCE7821**
(Section codes listed below)

Hamilton (Ages 6-12) ................. HA01
Sat, Nov 16, 8:30AM-10:00AM
$12 Residents/$18 Non-Residents

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TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28

Science Quest: Get to Know Your Guts, Heart, and Blood
Examine real preserved specimens of hearts and the cells of the blood to learn how nutrients and oxygen are delivered to every cell of your body. Listen to the sounds your heart makes as it pumps the blood. How does the heart make these sounds as it pumps the blood? Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7822
(Section codes listed below)

MacDowell (Ages 6-12) ................. JU01
Sat, Nov 23, 8:30AM-10:00AM
$12 Residents/$18 Non-Residents

Science Quest: F is for Force
What do scientists mean by the idea of force? What are examples of forces acting around us every day? Students will explore this basic idea of physics by hands on experimentation with gravity, magnetism and friction. By building a simple model of the elbow, students will be able to demonstrate how our arms and legs move. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7825
(Section codes listed below)

MacDowell (Ages 8-13) ................. JU01
Sat, Dec 14, 9:00AM-12:00PM
$24 Residents/$36 Non-Residents

Science Quest: E is for Energy
Energy is the fundamental concept for all the sciences. What is the difference between energy and force? Students will explore the different forms of energy through hands on activities and demonstration. Can one form of energy be converted into another? Energy conservation will be explored through an experiment with light bulbs and the building of a wind turbine model. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7826
(Section codes listed below)

Hamilton (Ages 8-13) ................. HA01
Sat, Jan 11, 9:00AM-12:00PM
$24 Residents/$36 Non-Residents

Science Quest: Get to Know Your Guts, Bones, and Muscles
Dissect a real specimen to discover how our skeletons work. Using small chickens (Cornish hens) from grocery stores, students will examine how muscles, tendons, and ligaments attach to bones to support and move the bones of a joint. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7823
(Section codes listed below)

Hamilton (Ages 6-12) ................. HA01
Sat, Nov 16, 10:30AM-12:00PM
$12 Residents/$18 Non-Residents

Science Quest: Get to Know Your Guts, Lungs, and Stomach
Examine real preserved specimens of lungs and stomachs to learn about the structure and function of the respiratory and digestive systems. Build models of each to explore how these provide the energy that keeps every cell of your body alive and able to do its job. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7824
(Section codes listed below)

MacDowell (Ages 6-12) ................. JU01
Sat, Nov 23, 10:30AM-12:00PM
$12 Residents/$18 Non-Residents

VOLLEYBALL

Volleyball Development Camp
In this camp, kids will 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. Camp is taught by Kellisha Harley, who has experience playing the sport collegiately and internationally.

Activity Code: 2RC6803
(Section codes listed below)

MacDowell (Ages 11-14) ................. JU01
Sat, Nov 16, 8:30AM-11:30AM
$8 Residents/$12 Non-Residents

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: 2RC6801
(Section codes listed below)

Beulah Brinton (Ages 7-10) ............. BN01
Wed, Sep 18-Nov 6, 4:00PM-5:00PM
$18 Residents/$27 Non-Residents

Beulah Brinton (Ages 11-16) ............. BN02
Wed, Sep 18-Nov 6, 5:00PM-6:00PM
$18 Residents/$27 Non-Residents

Beulah Brinton (Ages 7-10) ............. BN03
Wed, Dec 4-Jan 15, 4:00PM-5:00PM
$12 Residents/$18 Non-Residents

Beulah Brinton (Ages 11-16) ............. BN04
Wed, Dec 4-Jan 15, 5:00PM-6:00PM
$12 Residents/$18 Non-Residents

Volleyball Academy
Beulah Brinton (Ages 7-10) ............. BN01
Wed, Sep 18-Nov 6, 4:00PM-5:00PM
$18 Residents/$27 Non-Residents

Beulah Brinton (Ages 11-16) ............. BN02
Wed, Sep 18-Nov 6, 5:00PM-6:00PM
$18 Residents/$27 Non-Residents

Beulah Brinton (Ages 7-10) ............. BN03
Wed, Dec 4-Jan 15, 4:00PM-5:00PM
$12 Residents/$18 Non-Residents

Beulah Brinton (Ages 11-16) ............. BN04
Wed, Dec 4-Jan 15, 5:00PM-6:00PM
$12 Residents/$18 Non-Residents

Beulah Brinton (Ages 11-14) ............. JU01
Sat, Sep 21-Nov 9, 12:45PM-1:45PM
$16 Residents/$24 Non-Residents

Beulah Brinton (Ages 7-10) ............. HA01
Wed, Sep 25, 6:00PM-7:00PM
$16 Residents/$24 Non-Residents

Beulah Brinton (Ages 11-14) ............. HA02
Wed, Sep 25-Nov 6, 7:15PM-8:15PM
$16 Residents/$24 Non-Residents

MacDowell (Ages 7-10) ................. JU01
Sat, Sep 21-Nov 9, 11:30AM-12:30PM
$16 Residents/$24 Non-Residents

MacDowell (Ages 7-10) ................. JU02
Sat, Sep 21-Nov 9, 12:45PM-1:45PM
$16 Residents/$24 Non-Residents

Milwaukee Marshall (Ages 9-14) ....... MR01
Sat, Oct 12-Dec 7, 12:00PM-1:00PM
$18 Residents/$27 Non-Residents
MPS Drive is a FREE driver education program for students meeting eligibility criteria that are currently enrolled in an MPS high school. The program serves students ready to begin driving as well as those with suspended driving privileges who need assistance with regaining driving eligibility. Students must be 15.5 by the first day of class and not older than 17.5 by the last day of class. The classroom and behind-the-wheel training are free, but a $35.00 fee to cover the cost of the temporary permit is due at the time of registration. Permit tests given during class are in English. Other language options are available at the Department of Motor Vehicle testing sites.

CLASS SCHEDULE: Classes will meet Mondays, Wednesdays and Thursdays
Activity Code: 2UDE3001 (Section codes listed below).

<table>
<thead>
<tr>
<th>September 4 – October 7, 2019</th>
<th>November 4 – December 11, 2019</th>
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<tbody>
<tr>
<td><strong>Location</strong></td>
<td><strong>Location</strong></td>
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<tr>
<td>Bay View</td>
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<td>Madison</td>
<td>Hamilton</td>
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<td>MSHA</td>
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<td>Vincent</td>
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In-Person Registration:
- MPS Administration Building - 5225 W. Vliet St., Room 56
- OASIS Senior Center - 2414 W. Mitchell St.

Online Registration visit [www.MilwaukeeRecreation.net](http://www.MilwaukeeRecreation.net):
- User Name= MPS Student ID (Only enter numbers)
- Password= MPS Student Last Name (the first letter is capitalized)

Restorative Program
The restorative program is geared towards students between the ages of 15 and 17 years old and who have suspended driving privileges. At no cost, students will be paired with a staff attorney at the Center for Driver’s License Recovery and Employability to navigate the court process. Once driving privileges are restored, students will enroll in the MPS Drive classes. To enroll in the Restorative Program, contact Jodie at (414) 647-6044.
COMMUNITY DRIVER EDUCATION
CERTIFIED CLASSES FOR TEENS
Classes are open to all students who will be 15.5 years old by first day of class and not older than 17.5 by the last day of class.

BEHIND THE WHEEL
Lessons are included with registration and are scheduled after students pass the permit test given in class.

CLASSES OPEN TO NON-RESIDENTS
LIMITED SPACE AVAILABLE - REGISTRATION BEINGS AT 10:00 AM ON MONDAY, AUGUST 5.

THE FEE FOR THE COURSE IS $150 FOR RESIDENTS AND $275 FOR NON-RESIDENTS.
(NOT ELIGIBLE FOR REDUCES FEES.)

• Classes meet 3 days per week Monday, Wednesday and Thursday.
• Classes meet for 2 hours per session.
• If you miss three classes, for any reason, you will be dropped from the program with no refund.
• Attendance is required at a mandatory parent and student orientation.
  » Orientation information will be on your receipt.

Please contact the Driver Education Office at (414) 647-6044 if you are in need of a sign language interpreter.

ACTIVITY CODE: 2DRD3001 (Section codes listed below)

<table>
<thead>
<tr>
<th>Location</th>
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<th>Times</th>
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<td>10/30/19-12/11/19</td>
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<td>ML04</td>
</tr>
</tbody>
</table>

See page 17 for FREE Driver Education opportunities for MPS students.

FALL INTO HEALTH & WELLNESS
JOIN US FOR THIS FREE EVENT!

Join us for our fall health fair! Free fitness classes, community resources and health education will be provided by local organizations. Healthy snacks, smoothie making demonstrations and raffle prizes also be included! This is a free, drop-in program available to all. Registration will be accepted on a first come, first served basis the day of the event.

Saturday, October 19
9am-12pm
Milwaukee Marshall (4141 N. 64th St.)
Enter door #10 on N. 64th St. & W. Hope Ave.

Questions? Please contact Erica
475-8775 / Erica@MilwaukeeRecreation.net
CONGRATULATIONS, BILL MOLBECK!

Bill Molbeck, the Commissioner of Athletics and Academics, is retiring from Milwaukee Public Schools after over 28 years of service within the Recreation Department.

Over his three decades with the organization, Bill has been involved in nearly every program Recreation has to offer. He started as an assistant supervisor at North Division High School, tasked with developing all types of programming in the area. Bill then moved on to lead the district’s Summer Recreation Enrichment Camps (SREC) before returning to his roots in sports as the supervisor of athletics. He has spent the last 17 years as the Commissioner of Athletics and Academics, overseeing MPS’ high school sports, as well as the district’s extra-curricular programs, including chess, debate, and forensics.

“I’d like to thank my family for their support over the years with all the nights and weekends I spent at work. Without that support, I wouldn’t have been able to do this job I really enjoyed doing,” Molbeck said.

Bill has played a leading role in the improvement of athletics facilities as MPS works to promote the safety of student-athletes and the community at-large. This fall, MPS athletics will be operating at four new stadiums, all featuring lights and synthetic turf. MPS is also adding a new baseball diamond this summer, has improved many of its tracks, and employs a trainer at the majority of its games.

Bill does not have any immediate plans for retirement, outside of sneaking in a few extra rounds of golf. He and his wife do plan on staying in Milwaukee to enjoy everything the city has to offer.

“I couldn’t have asked for a better job,” Molbeck said. “It was always amazing how the Recreation staff would rally around any project or program we were asked to do. Now that I will have some time on my hands, I’ll have to see what programs I may register for.”

Congratulations, Bill, and good luck with retirement!

BASEBALL

**Bitty Baseball**
Explore the fundamental skills of baseball. Learn the rules of baseball, sportsmanship and how to play safely. Develop skills in batting, throwing, base running and more! You will have a BALL! Participants will need to bring a baseball glove.

Activity Code: 2RCE1003
(Section codes listed below)

Hamilton (Ages 4-7) ..................... HA01
Thu, Sep 26-Nov 14, 6:00PM-7:00PM
$18 Residents/$27 Non-Residents

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

Activity Code: 2RCE1101
(Section codes listed below)

81st Street (Ages 3-4)................. 8101
Tue, Sep 24-Nov 12, 5:30PM-6:15PM
$14 Residents/$21 Non-Residents

MacDowell (Ages 3-4) ................. JU01
(Not eligible for reduced fees)
Sat, Sep 21-Nov 9, 9:00AM-9:30AM
$10 Residents/$15 Non-Residents

www.MilwaukeeRecreation.net
**B.I.G. Basketball**
In this program, participants will learn the fundamentals of basketball, including dribbling, passing, shooting, rebouncing, rules, and how the game is played. Combine all of these components with team play for a fun and exciting experience.

**Activity Code:** 2RCE1102
**(Section codes listed below)**

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<td>81st Street</td>
<td>7-9</td>
<td>8101</td>
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<td>Bay View</td>
<td>7-9</td>
<td>BV01</td>
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<td>7-9</td>
<td>BN01</td>
<td>Tue, Sep 17-Nov 5, 5:00PM-5:45PM</td>
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<td>7-9</td>
<td>BN02</td>
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<td>JU01</td>
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<td>7-9-12</td>
<td>MR01</td>
<td>Sat, Oct 12-Dec 7, 11:30AM-12:30PM</td>
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<td>Riverside</td>
<td>7-11</td>
<td>RS01</td>
<td>Sat, Sep 14-Nov 9, 2:00PM-2:55PM</td>
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<td>Vincent</td>
<td>7-9</td>
<td>VN01</td>
<td>Wed, Sep 25-Nov 13, 7:15PM-8:00PM</td>
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</table>

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

**Activity Code:** 2RCE1103
**(Section codes listed below)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Activity Code</th>
<th>Dates</th>
<th>Residents</th>
<th>Non-Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>81st Street</td>
<td>5-6</td>
<td>8101</td>
<td>Tue, Sep 24-Nov 12, 6:15PM-7:00PM</td>
<td>$14</td>
<td>$21 Non-Residents</td>
</tr>
<tr>
<td>Bay View</td>
<td>5-6</td>
<td>BV01</td>
<td>Sat, Sep 21-Nov 9, 10:15AM-11:00AM</td>
<td>$14</td>
<td>$21 Non-Residents</td>
</tr>
<tr>
<td>Beulah Brinton</td>
<td>5-6</td>
<td>BN01</td>
<td>Tue, Sep 17-Nov 5, 4:00PM-4:45PM</td>
<td>$14</td>
<td>$21 Non-Residents</td>
</tr>
<tr>
<td>Beulah Brinton</td>
<td>5-6</td>
<td>BN02</td>
<td>Fri, Sep 20-Nov 8, 4:00PM-4:45PM</td>
<td>$14</td>
<td>$21 Non-Residents</td>
</tr>
<tr>
<td>Beulah Brinton</td>
<td>5-6</td>
<td>BN03</td>
<td>(Not eligible for reduced fees)</td>
<td>$10</td>
<td>$15 Non-Residents</td>
</tr>
<tr>
<td>Beulah Brinton</td>
<td>5-6</td>
<td>BN04</td>
<td>(Not eligible for reduced fees)</td>
<td>$10</td>
<td>$15 Non-Residents</td>
</tr>
<tr>
<td>Hamilton</td>
<td>5-6</td>
<td>HA01</td>
<td>Sat, Sep 21-Nov 9, 8:30AM-9:15AM</td>
<td>$14</td>
<td>$21 Non-Residents</td>
</tr>
<tr>
<td>MacDowell</td>
<td>5-6</td>
<td>JU01</td>
<td>Sat, Sep 21-Nov 9, 9:30AM-10:15AM</td>
<td>$14</td>
<td>$21 Non-Residents</td>
</tr>
<tr>
<td>Milwaukee Marshall</td>
<td>5-6</td>
<td>MR01</td>
<td>Sat, Oct 12-Dec 7, 10:00AM-10:45AM</td>
<td>$14</td>
<td>$21 Non-Residents</td>
</tr>
<tr>
<td>Riverside</td>
<td>5-6</td>
<td>RS01</td>
<td>Sat, Sep 14-Nov 9, 10:00PM-1:45PM</td>
<td>$16</td>
<td>$24 Non-Residents</td>
</tr>
<tr>
<td>Vincent</td>
<td>5-6</td>
<td>VN01</td>
<td>Wed, Sep 25-Nov 13, 6:30PM-7:15PM</td>
<td>$14</td>
<td>$21 Non-Residents</td>
</tr>
</tbody>
</table>

**Girls Basketball Camp**
Gain the skills needed to become a basketball star. This camp will cover shooting, passing, dribbling, rebounding, and teamwork. Rules of the game will also be discussed.

**Activity Code:** 2RCE1105
**(Section codes listed below)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Activity Code</th>
<th>Dates</th>
<th>Residents</th>
<th>Non-Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milwaukee Marshall</td>
<td>8-12</td>
<td>MR01</td>
<td>Sat, Oct 12-Dec 7, 1:45PM-2:45PM</td>
<td>$18</td>
<td>$27 Non-Residents</td>
</tr>
</tbody>
</table>

**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:** 2RCE1106
**(Section codes listed below)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Activity Code</th>
<th>Dates</th>
<th>Residents</th>
<th>Non-Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamilton</td>
<td>10-12</td>
<td>HA01</td>
<td>Sat, Sep 21-Nov 9, 10:45AM-11:45AM</td>
<td>$18</td>
<td>$27 Non-Residents</td>
</tr>
<tr>
<td>Milwaukee Marshall</td>
<td>10-12</td>
<td>MR01</td>
<td>Sat, Oct 12-Dec 7, 12:30PM-1:30PM</td>
<td>$18</td>
<td>$27 Non-Residents</td>
</tr>
</tbody>
</table>

**ELEMENTARY BASKETBALL LEAGUE**
Emphasis will be placed on participation, development of basketball skills, sportsmanship, and teamwork. Teams will be formed on the first day during the organizational meeting and practice. A minimum of two (2) VOLUNTEER PARENT COACHES are required per team. All parents interested in the role of VOLUNTEER PARENT COACH should contact Melissa Moutry, Youth Sports Manager, at Melissa@MilwaukeeRecreation.net to complete the online volunteer coaching application and mandatory background check prior to the scheduled organizational meeting and practice. The organizational meeting and practice is scheduled for the first day of the activity at 10:00 a.m. If you have any questions, call Youth Sports Office at 414-475-8410. Players will receive a t-shirt and participation medal. Fee based on 1 hour of activity per session.

**Activity Code:** 2RYS1101
**(Section codes listed below)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Activity Code</th>
<th>Dates</th>
<th>Residents</th>
<th>Non-Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madison</td>
<td>6-9</td>
<td>MA01</td>
<td>(Grades 1st-3rd (Coed))</td>
<td>$31</td>
<td>$47 Non-Residents</td>
</tr>
<tr>
<td>Madison</td>
<td>10-12</td>
<td>MA02</td>
<td>(Grades 4th-5th (Coed))</td>
<td>$31</td>
<td>$47 Non-Residents</td>
</tr>
<tr>
<td>Rufus King</td>
<td>10-12</td>
<td>RK01</td>
<td>(Grades 4th-6th (Girls Only))</td>
<td>$31</td>
<td>$47 Non-Residents</td>
</tr>
</tbody>
</table>

Please like us on Facebook!
fb.com/MilwaukeeRecreation

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28
Middle School Basketball League (Coed)
Emphasis will be placed on participation, development of basketball skills, sportsmanship, and teamwork. A minimum of two (2) VOLUNTEER PARENT COACHES are required per team. All parents interested in the role of VOLUNTEER PARENT COACH should contact Thomas Scholle-Malone at Thomas@milwaukeerecreation.net to complete the online volunteer coaching application and mandatory background check prior to the scheduled organization meeting and practice. The organization meeting and practice will be on Sat., November 16 at 2:00 p.m. If you have any questions, call Youth Sports Office at 414-475-8410. Players will receive a t-shirt and participation medal. Fee based on 1 hour of activity per session.

Activity Code: 2RYS1102
(Section codes listed below)

Beulah Brinton (Ages 12-14)........... BN01
(Grades 7th-8th (Coed))
Sat, Nov 16-Feb 29, 2:00PM-4:00PM
$31 Residents/$47 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.

Activity Code: 2RCE3801
(Section codes listed below)

Milwaukee Marshall (Ages 8-17).... MR01
Sat, Sep 21-Nov 9, 1:30PM-2:30PM
$18 Residents/$27 Non-Residents

FOOTBALL
Pigskin Pals (Coed Football)
Learn the basics of throwing, catching, kicking, punting, hand-offs, positioning stances, offense, defense, special teams, and more. Help your little one get a ‘hut’ up on the competition.

Activity Code: 2RCE3702
(Section codes listed below)

Beulah Brinton (Ages 3-5)............. BN01
Sat, Sep 21-Nov 9, 8:30AM-9:15AM
$14 Residents/$21 Non-Residents

Milwaukee Marshall (Ages 3-4)...... MR01
(Not eligible for reduced fees)
Sat, Oct 12-Dec 7, 9:30AM-10:00AM
$10 Residents/$15 Non-Residents

Milwaukee Marshall (Ages 5-7)..... MR02
Sat, Oct 12-Dec 7, 10:45AM-11:30AM
$14 Residents/$21 Non-Residents

Elementary Flag Football League (Coed)
Emphasis will be placed on participation, development of football skills, sportsmanship, and teamwork. Tackling will not be involved. A minimum of two (2) VOLUNTEER PARENT COACHES are required per team. All parents interested in the role of VOLUNTEER PARENT COACH should contact Thomas Scholle-Malone, Youth Sports Supervisor, at Thomas@milwaukeerecreation.net to complete the online volunteer coaching application and mandatory background check prior to the scheduled organizational meeting day. Teams will be formed at the organizational meeting and practice on Sat., September 7, 10:00 a.m. League games begin Sat., September 21. If you have any questions, call the Youth Sports Office at 414-475-8410. Players will receive a t-shirt and participation medal. Fee based on 1 hour of activity per session.

Activity Code: 2RYS3701
(Section codes listed below)

Brinton Playfield (Ages 6-9)......... BN01
(Grades 1st-3rd)
Sat, Sep 7-Oct 26, 9:00AM-11:00AM
$27 Residents/$41 Non-Residents

Brinton Playfield (Ages 10-12)...... BN02
(Grades 4th-6th)
Sat, Sep 7-Oct 26, 11:00AM-1:00PM
$27 Residents/$41 Non-Residents

Bryant Playfield (Ages 6-9)......... BY01
(Grades 1st-3rd)
Sat, Sep 7-Oct 26, 9:00AM-11:00AM
$27 Residents/$41 Non-Residents

Bryant Playfield (Ages 10-12)...... BY02
(Grades 4th-6th)
Sat, Sep 7-Oct 26, 10:00AM-12:00PM
$27 Residents/$41 Non-Residents
TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28

Middle School Flag Football League (Coed)
Emphasis will be placed on participation, development of football skills, sportsmanship, and teamwork. Tackling will not be involved. A minimum of two (2) VOLUNTEER PARENT COACHES are required per team. All parents interested in the role of VOLUNTEER PARENT COACH should contact Thomas Scholle-Malone, Youth Sports Supervisor, at thomas@milwaukeerecreation.net to complete the online volunteer coaching application and mandatory background check prior to the scheduled organizational day meeting. Teams will be formed at the organizational meeting and practice on Sat., September 7, 10:00 a.m. League games begin Sat., September 21. Game locations will be determined at a later date. If you have any questions, call the Youth Sports Office at 414-847-58410. Players will receive a t-shirt and participation medal. Fee based on 1 hour of activity per session.

Activity Code: 2RYS3702

Wick Playfield (Ages 12-14)........... W201
(Grades 7th-8th)
Sat, Sep 7-Nov 2, 9:00AM-11:00AM
$27 Residents/$41 Non-Residents

TACKLE FOOTBALL ORGANIZATIONS
In collaboration with local youth organizations throughout the city, the Milwaukee Recreation Department is pleased to announced the following youth tackle football team and league opportunities. For additional information about registration, level of competition, practices, and game schedules, please contact the organizations listed below directly.

Milwaukee Swag Youth Football League
Contact: Ed Easley
swagsportsclub@gmail.com or www.swagsportsclub.com

Journey House Packers
Uniforms included with registration cost
Contact: Coach Martin Weddle,
414-647-0548 ext: 133
www.journeyhouse.org/athletics

Boys & Girls Clubs of Milwaukee
Contact: Charles Jordan
Charles.Jordan@bgcmilwaukee.org

Hamilton Jr. Wildcats
Contact: Ron Niedziejko,
414-312-2449
Hamilton.jr.wildcats@gmail.com

Bay View Red Cats
Contact: James Swanagan,
414-482-7264
bvredcats@sbcglobal.net

The Neighborhood Children’s Sports League (NCSL)
Executive Director:
Evan Kern 262-844-1794
President: Freddie Keith 414-698-6319
Office: 414-939-3714
Email: mkencsl@gmail.com
Website: www.ncslmke.com

Martial Arts

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: 2RCE4506

Beulah Brinton (Ages 3-5).............. BN01
Sat, Sep 7-Nov 9, 8:00AM-8:30AM
$12 Residents/$18 Non-Residents

Beulah Brinton (Ages 6-14)............ BN02
Sat, Sep 7-Nov 9, 8:30AM-9:30AM
$22 Residents/$33 Non-Residents

Beulah Brinton (Ages 6-17)............ BN03
(Beg. - White - Yellow Belts)
Mon/Wed/Fri, Sep 9-Nov 8, 4:00PM-4:45PM
$44 Residents/$66 Non-Residents

Beulah Brinton (Ages 6-17)............ BN04
(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Sep 9-Nov 8, 4:45PM-5:30PM
$44 Residents/$66 Non-Residents

Beulah Brinton (Ages 6-17)............ BN05
(Adv. - Red/Black & Blacks Belts)
Mon/Wed/Fri, Sep 9-Nov 8, 5:30PM-6:15PM
$44 Residents/$66 Non-Residents

Beulah Brinton (Ages 6-17)............ BN08
(Beg. - White - Yellow Belts)
Mon/Wed/Fri, Nov 11-Jan 17, 4:00PM-4:45PM
$37 Residents/$56 Non-Residents

Beulah Brinton (Ages 6-17)............ BN09
(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Nov 11-Jan 17, 4:45PM-5:30PM
$37 Residents/$56 Non-Residents

Beulah Brinton (Ages 6-17)............ BN10
(Adv. - Red/Black & Blacks Belts)
Mon/Wed/Fri, Nov 11-Jan 17, 5:30PM-6:15PM
$37 Residents/$56 Non-Residents

Beulah Brinton (Ages 3-5).............. BN06
(Not eligible for reduced fees)
Sat, Nov 16-Jan 18, 8:00AM-8:30AM
$9 Residents/$14 Non-Residents

Beulah Brinton (Ages 6-14)............ BN07
Sat, Nov 16-Jan 18, 8:30AM-9:30AM
$16 Residents/$24 Non-Residents

Cooper (Ages 3-5)....................... CP01
(Beg. - White - Star Belts - Tiny Tigers; Taught by Omar Juarez)
Tue/Thu, Sep 17-Nov 7, 4:30PM-5:00PM
$18 Residents/$27 Non-Residents

Cooper (Ages 3-5)....................... CP04
(Int./Adv. - Orange Belts and up - Tiny Tigers; Taught by Omar Juarez)
Tue/Thu, Sep 17-Nov 7, 4:30PM-5:00PM
$18 Residents/$27 Non-Residents

Weathers Policy & Program Cancellations:
School Day Cancellations: If weather conditions cause Milwaukee Public Schools to close or dismiss early, recreation programs will be canceled. Weekend weather cancellations for Milwaukee Recreation activities, interscholastic athletics/academics, and MPS music lessons will be announced via the MPS website (mpsmke.com), social media, and local media.

To Sign up, see page 2 • All centers will be closed November 28
Cooper (Ages 6-17) .................. CP02
(Beg. - White - Yellow Belts; Taught by Omar Juarez)
Tue/Thu, Sep 17-Nov 7, 5:00PM- 5:45PM $26 Residents/$39 Non-Residents

Cooper (Ages 6-17) .................. CP03
(Int./Adv. - Camo - Black Belts; Taught by Omar Juarez)
Tue/Thu, Sep 17-Nov 7, 5:45PM- 6:30PM $26 Residents/$39 Non-Residents

Cooper (Ages 3-5) .................. CP05
(Beg. - White - Star Belts - Tiny Tigers; Taught by Omar Juarez)
Tue/Thu, Dec 3-Jan 16, 4:30PM- 5:00PM $12 Residents/$18 Non-Residents

Cooper (Ages 3-5) .................. CP08
(Int./Adv. - Orange Belts and up - Tiny Tigers; Taught by Omar Juarez)
Tue/Thu, Dec 3-Jan 16, 4:30PM- 5:00PM $12 Residents/$18 Non-Residents

Cooper (Ages 6-17) .................. CP06
(Beg. - White - Yellow Belts; Taught by Omar Juarez)
Tue/Thu, Dec 3-Jan 16, 5:00PM- 5:45PM $17 Residents/$26 Non-Residents

Cooper (Ages 6-17) .................. CP07
(Int./Adv. - Camo - Black Belts; Taught by Omar Juarez)
Tue/Thu, Dec 3-Jan 16, 5:45PM- 6:30PM $17 Residents/$26 Non-Residents

Hamilton (Ages 6-14) ............. HA01
(Class is combined with adult class)
Mon/Wed, Sep 23-Nov 13, 6:30PM- 7:30PM $35 Residents/$53 Non-Residents

MacDowell (Ages 6-14) .......... JU01
Tue/Thu, Sep 24-Nov 14, 6:00PM- 7:00PM $35 Residents/$53 Non-Residents

MacDowell (Ages 6-14) .......... JU02
Tue, Sep 24-Nov 12, 6:00PM- 7:00PM $18 Residents/$27 Non-Residents

MacDowell (Ages 6-14) .......... JU03
Thu, Sep 26-Nov 14, 6:00PM- 7:00PM $18 Residents/$27 Non-Residents

Milwaukee Marshall (Ages 6-14) .... MR02
(Beg. - White, Orange, & Yellow Belt)
Wed, Sep 25-Oct 23, 6:00PM- 7:00PM $12 Residents/$18 Non-Residents

Milwaukee Marshall (Ages 6-14) .... MR06
(Beg. - White, Orange, & Yellow Belt)
Mon, Oct 28-Dec 9, 6:00PM- 7:00PM $14 Residents/$21 Non-Residents

Milwaukee Marshall (Ages 6-14) .... MR08
(Beg. - White, Orange, & Yellow Belt)
Mon/Wed, Oct 28-Dec 11, 6:00PM- 7:00PM $26 Residents/$39 Non-Residents

Milwaukee Marshall (Ages 6-14) .... MR07
(Beg. - White, Orange, & Yellow Belt)
Wed, Oct 30-Dec 11, 6:00PM- 7:00PM $14 Residents/$21 Non-Residents

Milwaukee Marshall (Ages 6-14) .... MR09
(Beg.)
Sat, Sep 14-Nov 9, 9:00AM- 9:30AM $12 Residents/$18 Non-Residents

Riverside (Ages 6-14) .......... RS07
(Beg.)
Sat, Sep 14-Nov 9, 9:00AM- 9:30AM $12 Residents/$18 Non-Residents

Riverside (Ages 6-14) .......... RS08
(Int./Adv., Ara Belt & Higher)
Sat, Sep 14-Nov 9, 9:30AM-10:00AM $18 Residents/$24 Non-Residents

Riverside (Ages 6-14) .......... RS04
(Beg., White-Yellow Belt)
Sat, Sep 14-Nov 9, 10:15AM-11:00AM $16 Residents/$24 Non-Residents

Riverside (Ages 6-14) .......... RS05
(Camo-Black Belts)
Sat, Sep 14-Nov 9, 11:00AM-11:45AM $16 Residents/$24 Non-Residents

Riverside (Ages 6-14) .......... RS01
(Beg., white-yellow belt)
Mon/Wed, Sep 16-Nov 13, 6:00PM- 6:45PM $30 Residents/$45 Non-Residents

Riverside (Ages 6-14) .......... RS02
(Camo-Black Belts)
Mon/Wed, Sep 16-Nov 13, 7:00PM- 8:00PM $39 Residents/$59 Non-Residents

Riverside (Ages 6-14) .......... RS09
(Camo-Black Belts)
Mon, Sep 16-Nov 11, 7:00PM- 8:00PM $26 Residents/$26 Non-Residents

Riverside (Ages 6-14) .......... RS16
(Int./Adv., Ara Belt & Higher)
Sat, Dec 7-Jan 11, 9:30AM-10:00AM $8 Residents/$12 Non-Residents

Riverside (Ages 6-14) .......... RS17
(Beg., White-Yellow Belt)
Sat, Dec 7-Jan 11, 10:15AM-11:00AM $12 Residents/$18 Non-Residents

Riverside (Ages 6-14) .......... RS18
(Int./Adv., Camo/Black Belt)
Sat, Dec 7-Jan 11, 11:00AM-11:45AM $12 Residents/$18 Non-Residents

Riverside (Ages 6-14) .......... RS20
(Int./Adv., Camo-Red/Black Belts)
Mon, Dec 2-Jan 13, 6:15PM- 7:15PM $14 Residents/$21 Non-Residents

Riverside (Ages 6-14) .......... RS11
(Int./Adv., Camo-Red/Black Belts)
Mon, Dec 2-Jan 13, 7:00PM- 8:00PM $14 Residents/$21 Non-Residents

Riverside (Ages 6-14) .......... RS13
(Int./Adv., Camo/Black Belts)
Mon/Wed, Dec 2-Jan 15, 7:00PM- 8:00PM $26 Residents/$39 Non-Residents

Milwaukee Marshall (Ages 6-14) .... MR01
(Beg., White, Orange, & Yellow Belt)
Mon, Sep 23-Oct 21, 6:00PM- 7:00PM $12 Residents/$18 Non-Residents

Milwaukee Marshall (Ages 6-14) .... MR03
(Beg., White, Orange, & Yellow Belt)
Mon/Wed, Sep 23-Oct 23, 6:00PM- 7:00PM $22 Residents/$33 Non-Residents

Milwaukee Marshall (Ages 6-17) .... MR05
(Int./Adv., Camo-Red/Black Belts)
Mon/Wed, Sep 23-Oct 23, 7:00PM- 8:00PM $22 Residents/$33 Non-Residents

Limited scholarships available. Apply today! Please call 414.475.8180 or visit mkerenc.net/scholarship to learn more and complete our short application.
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: 2RCE4501
(Section codes listed below)

MacDowell (Ages 7-13) ................. JU01
Wed, Sep 25-Nov 6, 6:30PM- 7:30PM
$16 Residents/$24 Non-Residents

Judo
Judo or ‘gentle way/technique’ focuses on manipulating an opponent’s force against him/her rather than confronting it with one’s own force. Join us to learn about judo under personalized instruction that focuses on technique and tradition. Students interested in continuing through the advanced level must demonstrate a high level of comfort with properly executed Judo falls and have instructor approval. USJA and USMA associated. Please wear clothes without buttons or metal. Class is combined with adult class.

Activity Code: 2RCE4503
(Section codes listed below)

MacDowell (Ages 7-17) ................. JU01
Mon, Sep 23-Nov 11, 6:30PM- 8:00PM
$26 Residents/$39 Non-Residents

Karate
Self-confidence, self-defense, fitness, and fun, all in one! Work on kicking, punching, combinations, blocking, self-defense techniques, and more. Through practice in performing these skills, participants will learn how to coordinate their movement while strengthening and stretching their minds.

Activity Code: 2RCE4504
(Section codes listed below)

North Division (Ages 6-17) ............. ND01
Sat, Sep 28-Nov 2, 10:00AM-11:00AM
$14 Residents/$21 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: 2RCE3901
(Section codes listed below)

Hamilton (Ages 4-5) ..................... HA01
Sat, Sep 21-Nov 9, 9:40AM-10:35AM
$22 Residents/$33 Non-Residents

Riverside (Ages 4-5) ..................... RS02
Sat, Sep 21-Nov 9, 10:40AM-11:35AM
$22 Residents/$33 Non-Residents

Hamilton (Ages 6-7) ..................... HA03
Sat, Sep 21-Nov 9, 12:05PM- 1:00PM
$22 Residents/$33 Non-Residents

Riverside (Ages 6-7) ..................... RS03
Sat, Sep 21-Nov 9, 12:05PM-12:55PM
$22 Residents/$33 Non-Residents

Hamilton (Ages 8-9) ..................... HA04
Sat, Sep 21-Nov 9, 1:05PM- 2:00PM
$22 Residents/$33 Non-Residents

Riverside (Ages 8-9) ..................... RS04
Sat, Sep 21-Nov 9, 1:05PM- 2:00PM
$22 Residents/$33 Non-Residents

Hamilton (Ages 10-13) ................. HA05
Sat, Sep 21-Nov 9, 2:05PM- 3:00PM
$22 Residents/$33 Non-Residents

Riverside (Ages 10-13) ................. RS05
Sat, Sep 21-Nov 9, 2:05PM- 3:00PM
$22 Residents/$33 Non-Residents

INTRO TO GIRLS LACROSSE
Lacrosse is the fastest growing sport in the country, and also America’s oldest sport! This instructional program offers drills/skills and fundamentals for beginners to intermediate players. This is a great opportunity for girls to learn to play the fun sport of lacrosse, coached by experienced and enthusiastic instructors. Beginners will learn the basic skills of girls lacrosse, while intermediate players will refine their stick skills and work on advanced skills. Lacrosse stick, goggles and mouth guard are required equipment for girls lacrosse. Lacrosse sticks and goggles will be available to borrow, but each participant will need to bring their own mouth guard. No experience necessary!

Activity Code: 2RCE9702
(Section codes listed below)

Riverside (Ages 6-12) ................... RS01
Tue, Sept 17-Nov 5, 6:00PM - 7:00PM
$18 Residents/$27 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: 2RCE3902
(Section codes listed below)

Hamilton (Ages 2-3) .................... HA01
Sat, Sep 21-Nov 9, 8:30AM- 9:00AM
$12 Residents/$18 Non-Residents

Hamilton (Ages 2-3) .................... HA02
Sat, Sep 21-Nov 9, 9:05AM- 9:35AM
$12 Residents/$18 Non-Residents

North Division (Ages 3-4) ............. ND01
Sat, Sep 28-Nov 2, 10:00AM-11:00AM
$17 Residents/$26 Non-Residents

Riverside (Ages 2.5-3) ................. RS01
Sat, Sep 14-Nov 9, 9:00AM- 9:45AM
$20 Residents/$30 Non-Residents

Riverside (Ages 2.5-3) ................. RS02
Sat, Dec 7-Jan 11, 9:00AM- 9:45AM
$19 Residents/$29 Non-Residents

LACROSSE

INTRO TO GIRLS LACROSSE
Lacrosse is the fastest growing sport in the country, and also America’s oldest sport! This instructional program offers drills/skills and fundamentals for beginners to intermediate players. This is a great opportunity for girls to learn to play the fun sport of lacrosse, coached by experienced and enthusiastic instructors. Beginners will learn the basic skills of girls lacrosse, while intermediate players will refine their stick skills and work on advanced skills. Lacrosse stick, goggles and mouth guard are required equipment for girls lacrosse. Lacrosse sticks and goggles will be available to borrow, but each participant will need to bring their own mouth guard. No experience necessary!

Activity Code: 2RCE9702
(Section codes listed below)

Riverside (Ages 6-12) ................... RS01
Tue, Sept 17-Nov 5, 6:00PM - 7:00PM
$18 Residents/$27 Non-Residents

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28
SOCCER

Just for Kicks Soccer
Score the winning goal or make a diving save! Learn dribbling, trapping, and more through drills and game play. Rules, strategy, and teamwork will be introduced. Parents allowed in first and last classes only at no extra charge.

Activity Code: 2RCE5901
(Section codes listed below)

Bay View (Ages 5-6) ............... BV01
Sat, Sep 21-Nov 9, 8:15AM-9:00AM
$14 Residents/$21 Non-Residents

Bay View (Ages 5-6) ............... BV02
Sat, Sep 21-Nov 9, 11:15AM-12:00PM
$14 Residents/$21 Non-Residents

Beulah Brinton (Ages 6-12)........ BN01
Fri, Sep 20-Nov 8, 5:00PM-6:00PM
$18 Residents/$27 Non-Residents

Beulah Brinton (Ages 6-12)........ BN02
Fri, Dec 6-Jan 17, 5:00PM-6:00PM
$12 Residents/$18 Non-Residents

Hamilton (Ages 6-6) ............... HA01
Sat, Sep 21-Nov 9, 8:30AM-9:15AM
$14 Residents/$21 Non-Residents

Milwaukee Marshall (Ages 5-7)..... MR01
Sat, Oct 12-Dec 7, 9:00AM-9:45AM
$14 Residents/$21 Non-Residents

Riverside (Ages 5-6) ............... RS01
Sat, Sep 14-Nov 9, 10:00AM-10:55AM
$20 Residents/$30 Non-Residents

First Step Soccer Instructional League
Your budding players will participate in an instruction based soccer league with six games and two camps. Players will be split into teams at the end of the Week 1 camp. League play will focus on real soccer games and be run by both coaches and parents. Come take the first step into competitive soccer with this fun course!

Activity Code: 2RCE5904
(Section codes listed below)

Hamilton (Ages 5-6) ............... HA01
Sat, Sep 21-Nov 9, 12:00PM-1:00PM
$18 Residents/$27 Non-Residents

Next Step Soccer Instructional League
Take the next step into competitive soccer with this course! In this course players will participate in an instruction based soccer league with six games and two camps. Players will be split into teams at the end of the Week 1 camp. League play will focus on real soccer games and be run by both coaches and parents. Whether you are an experienced player or it is your first time playing competitively this class is for you!

Activity Code: 2RCE5905
(Section codes listed below)

Hamilton (Ages 7-9) ............... HA01
Sat, Sep 21-Nov 9, 1:00PM-2:00PM
$18 Residents/$27 Non-Residents

GOALS Soccer Instructional League
Continue your soccer journey with this fun course! In this course players will participate in an instruction based soccer league with six games and two camps. Players will be split into teams at the end of the Week 1 camp. League play will focus on real soccer games and be run by both coaches and parents. Whether you are an experienced player or it is your first time playing competitively this is the class for you!

Activity Code: 2RCE5906
(Section codes listed below)

Hamilton (Ages 10-13) .......... HA01
Sat, Sep 21-Nov 9, 2:00PM-3:00PM
$18 Residents/$27 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: 2RCE5903
(Section codes listed below)

Hamilton (Ages 7-9) ............... HA01
Sat, Sep 21-Nov 9, 10:00AM-11:00AM
$18 Residents/$27 Non-Residents

Milwaukee Marshall (Ages 7-11).... MR01
Sat, Oct 12-Dec 7, 9:45AM-10:45AM
$18 Residents/$27 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: 2RCE5902
(Section codes listed below)

Bay View (Ages 3-4) ............... BV01
Sat, Sep 21-Nov 9, 9:15AM-10:00AM
$14 Residents/$21 Non-Residents

Bay View (Ages 3-4) ............... BV02
Sat, Sep 21-Nov 9, 10:15AM-11:00AM
$14 Residents/$21 Non-Residents

Beulah Brinton (Ages 3-4) ....... BN01
Wed, Sep 21-Nov 9, 4:00PM-4:45PM
$14 Residents/$21 Non-Residents

Beulah Brinton (Ages 3-4) ....... BN02
Wed, Dec 4-Jan 15, 4:00PM-4:45PM
$10 Residents/$15 Non-Residents

Hamilton (Ages 3-4) ............... HA01
Sat, Sep 21-Nov 9, 9:15AM-10:00AM
$14 Residents/$21 Non-Residents

Milwaukee Marshall (Ages 3-4).... MR01
Sat, Oct 12-Dec 7, 10:45AM-11:15AM
$10 Residents/$15 Non-Residents

Riverside (Ages 3-4) ............... RS01
Sat, Sep 14-Nov 9, 9:00AM-9:45AM
$16 Residents/$24 Non-Residents

SPORTS AND RECREATION

Dodgeball
Dodge, dip, duck, and dive! This is a great class to perfect your technique playing non-exclusive dodgeball variations.

Activity Code: 2RCE6202
(Section codes listed below)

Beulah Brinton (Ages 8-12) ....... BN01
Wed, Sep 18-Nov 6, 5:00PM-6:00PM
$18 Residents/$27 Non-Residents

Beulah Brinton (Ages 8-12) ....... BN02
Wed, Dec 4-Jan 15, 5:00PM-6:00PM
$12 Residents/$18 Non-Residents

www.MilwaukeeRecreation.net
Tennis

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

Activity Code: 2RCE6501
Section codes listed below

Milwaukee Marshall (Ages 6-12) . MR01
(Beg.)
Sat, Oct 12-Dec 7, 9:30AM-10:30AM
$18 Residents/$27 Non-Residents

Milwaukee Marshall (Ages 10-17) . MR02
(Int./Adv.)
Sat, Oct 12-Dec 7, 10:30AM-11:30AM
$18 Residents/$27 Non-Residents
FAMILY CLASSES

Black Friday Family Yoga (BFF Yoga)
You may have done a stomach stretch or two after Thanksgiving dinner, but let BFF Yoga get you and your family back to your regular selves. Class fee is per person, non-refundable, and not eligible for reduced fees.
Activity Code: 2RCE3311
(Section codes listed below)
Beulah Brinton (Ages 5 & up) .......... BN01
Fri, Nov 29, 10:30AM-11:15AM
$4 Residents/$6 Non-Residents

Black Friday Family Walk (BFF Walk)
Take a 2 mile walk to burn off the Thanksgiving meal(s). Walk will start and end at Beulah Brinton. Once back at Brinton, play some volleyball with the family! Class fee is per person, non-refundable, and not eligible for reduced fees.
Activity Code: 2RCE3316
(Section codes listed below)
Beulah Brinton (Ages 5 & up) .......... BN01
Fri, Nov 29, 11:30AM-12:30PM
$4 Residents/$6 Non-Residents

Yoga - Family
The family that does yoga together is...the family that does yoga together. Share the knowledge of breathing and learning to balance while becoming stronger and more relaxed. Parent/guardian must register, pay, and attend with child. Fee is per person and not eligible for reduced fees. Bring your own exercise mat or purchase at site for $10.00.
Activity Code: 2RCE3319
(Section codes listed below)
Beulah Brinton (Ages 5 & up) .......... BN01
Thu, Sep 19-Nov 7, 5:00PM-5:45PM
$14 Residents/$21 Non-Residents

Milw School of Language (Ages 5 & up) .........ML01
Wed, Sep 25-Nov 13, 6:30PM-7:15PM
$15 Residents/$23 Non-Residents

Workout with Words: Family Edition
This class is designed for young readers and their parents/caregivers who are looking to get fit! During class we will make reading even more fun by exercising while we read well-known children’s books! Parents and children are encouraged to read along and participate in the various exercises/movements together! This class will be very interactive and fun for everyone! Parent/guardian must register, pay and attend with child. Fee is per person.
Activity Code: 2RCE3321
(Section codes listed below)

Hamilton ......................... HA01
Sat, Sep 21-Nov 9, 10:15AM-11:15AM
$19 Residents/$29 Non-Residents

Mother & Son Superhero Night
It’s a bird! It’s a plane! It’s our second annual Mother & Son Superhero Night! Come dressed as your favorite hero and join us for an evening of games, crafts, and snacks. Moms and sons will participate in Superhero Training and have the opportunity to take pictures at our prop stations. Fly, swing, or smash your way in for an event you won't want to miss!
Activity Code: 2RCE3322
(Section codes listed below)

Hamilton .......................... HA01
(Mothers)
Sat, Nov 9, 5:30PM-7:30PM
$15 Residents/$23 Non-Residents

Hamilton (Ages 1-10) .............. HA02
(Sons)
Sat, Nov 9, 5:30PM-7:30PM
$5 Residents/$8 Non-Residents

Farmhouse Workshops
Come create a beautiful work of art at Farmhouse Paint and Sip. The workshops are instructor led and projects can take up to 2 hours to complete. All workshops are for kids ages 8 and up. The wood sign classes will consist of choosing between 4 options, a 8” X 11” project. In the canvas painting workshops, students will vote on project selection. Fee includes supply cost and is non-refundable. Workshops held at: Farmhouse Paint and Sip located at 4511 S. 6th Street, Milwaukee WI 53211. Parent/Guardian must register, pay and attend with child. Fee is per person. Not eligible for reduced fees.
Activity Code: 2RCE3325
(Section codes listed below)

Farmhouse Paint (Ages 8 & up)........ FH05
(Dream big little one)
Sun, Sep 15, 11:00AM-12:30PM
$25 Residents/$38 Non-Residents

Farmhouse Paint (Ages 8 & up)........ FH01
(Birch Tree with Initials)
Mon, Sep 23, 6:30PM-9:00PM
$25 Residents/$38 Non-Residents

Farmhouse Paint (Ages 8 & up)........ FH06
(Family is Everything)
Sun, Oct 13, 11:00AM-12:30PM
$25 Residents/$38 Non-Residents

Farmhouse Paint (Ages 8 & up)........ FH02
(Home)
Wed, Oct 16, 6:30PM-9:00PM
$25 Residents/$38 Non-Residents

Farmhouse Paint (Ages 8 & up)........ FH03
(Thankful and Blessed)
Mon, Nov 4, 6:30PM-9:00PM
$25 Residents/$38 Non-Residents

Farmhouse Paint (Ages 8 & up)........ FH07
(You are my Sunshine)
Sun, Nov 17, 11:00AM-12:30PM
$25 Residents/$38 Non-Residents

Farmhouse Paint (Ages 8 & up)........ FH04
(Wisconsin)
Tue, Dec 3, 6:30PM-9:00PM
$25 Residents/$38 Non-Residents

Farmhouse Paint (Ages 8 & up)........ FH08
(Home)
Tue, Dec 10, 11:00AM-12:30PM
$25 Residents/$38 Non-Residents

www.MilwaukeeRecreation.net
Mosaic Glass Workshop

Mosaic projects are here! Come check out our latest craft at The Farmhouse! This is a kid friendly activity. Enjoy a variety of shapes and designs. All materials are included. All workshops are for kids ages 8 and up. Glass mosaic shape (medium), glue and grout. We also do the grouting for you at no cost. So much fun and very relaxing. Fee includes supply cost and is non-refundable. Workshops held at: Farmhouse Paint and Sip located at 4511 S. 6th Street, Milwaukee, WI 53211. Parent/Guardian must register, pay and attend with child. Fee is per person. Not eligible for reduced fees. Find us on Facebook to see all the fun designs our past customers have created @farmhouse-paintandsipbarandcafe.

Activity Code: 2RCE3326

Farmhouse Paint (Ages 8 & up)........ FH01
Thu, Sep 19, 6:30PM- 8:30PM
$35 Residents/$53 Non-Residents

Farmhouse Paint (Ages 8 & up)........ FH02
Wed, Oct 9, 6:30PM- 8:30PM
$35 Residents/$53 Non-Residents

Farmhouse Paint (Ages 8 & up)........ FH03
Wed, Nov 6, 6:30PM- 8:30PM
$35 Residents/$53 Non-Residents

Farmhouse Paint (Ages 8 & up)........ FH04
Mon, Dec 9, 6:30PM- 8:30PM
$35 Residents/$53 Non-Residents

Pumpkin Carving

Have fun with your family learning new safe and spooky pumpkin carving designs with Imani Raiyme of Kreative Fruitz as a family. We will go over proper knife handling for fun Halloween designs while incorporating candy kabobs! Come join in on the not so spooky fun and family memories. All supplies included. Parent/Guardian must register, pay and attend with child. Fee is per person. Not eligible for reduced fees.

Activity Code: 2RCE3327

Hamilton (Ages 10 & up) ............... HA01
Thu, Oct 31, 6:00PM- 8:00PM
$17 Residents/$26 Non-Residents

North Division (Ages 10 & up)......... ND01
Sat, Oct 26, 10:00AM- 2:00PM
$17 Residents/$26 Non-Residents

ArTogether for Tots with Cloud 9 Workshop

Discover and enjoy art experiences with your child. Each class explores a new theme through songs, stories, and art experience. It’s true, things may get a bit messy but we learn best when all senses are involved. Baby siblings in strollers or carriers are welcome. Parent/Guardian must register, pay and attend with child. Fee is per person and not eligible for reduced fees. These workshops are taught by Cloud 9 Workshop, Milwaukee’s local eco-art studio.

Activity Code: 2RCE3328

MacDowell (Ages 2.5-5) ............... JU01
Sat, Nov 2, 8:15PM- 9:15PM
$17 Residents/$24 Non-Residents

MacDowell (Ages 2.5-5) ............... JU02
Sat, Dec 7, 8:15PM- 9:15PM
$16 Residents/$24 Non-Residents

TWILIGHT AND TREAT
SATURDAY, OCTOBER 26TH 2019
4:30 PM - 8:00 PM

FREE DROP-IN EVENT!

Trick-or-Treating
Fun games
Activities
Arts & Crafts

Event will be held at the following
TWILIGHT CENTERS:
Bay View High School • Madison High School
Washington High School

Visit MilwaukeeRecreation.net or call (414) 475-8811 for more information.
Twilight Centers are safe places for you to hang out with your friends. Open to students ages 12-18.

FREE DROP-IN PROGRAM!

FALL HOURS STARTING AUGUST 12:
Monday • Wednesday 6PM-9PM
Saturdays (Families Welcome) 6PM-10PM

Available at the following MPS High Schools:
Bay View • Madison • North Division • Obama
Pulaski • South Division • Washington

Activities include:
Game Room • Open Gym • Dance
Sports Leadership Camp • Weight Room
Digital Music Production • Pop-up Art Studio
Saturday Family Nights • Open Swim (Select Locations)

Activities vary by location.
Visit MilwaukeeRecreation.net or call (414) 475-8811 for more information.
Halloween Glen

JOIN US FOR THE 26TH ANNUAL HALLOWEEN GLEN!

Join us for our 26th Annual Halloween Glen! Actors will present interactive and educational skits at eight decorated stations at Hawthorn Glen, Milwaukee Recreation’s 23-acre nature center. This year’s theme is Nature’s Performers; a chorus of creatures that sing, dance and act. Meet animals that perform to survive; facing thrills, chills, adventure and romance. Discover dramas in the dark, musicals in meadows and pretenders in the prairie. After your journey, you may watch cartoons on the big screen, make a craft to take home or enjoy refreshments (concessions are cash only).

Severe weather could impact this outdoor event. Please call (414) 475-8192 if the weather is questionable. For all other questions, please call (414) 647-6050.

AGES
This event is geared for (ages 3-12) and parent(s)/guardian(s). Children ages 2 and under may attend for free. Parent/guardian must register, pay and attend with child. Children 2 and under must be indicated on the registration form.

TYKE HIKE (4 STATIONS)
This shorter hike is perfect for little ones eager to join in on the adventure! Our energetic tour guides will lead tykes and their families on a hike visiting 4 of the 8 stations. Following the hike families are also welcome to watch Halloween cartoons, make craft projects and enjoy refreshments (concessions are cash only). We are offering this hike at a special price of $3.00 per person.

PICK-UP LOCATION
All participants will board a bus at MPS Central Services, 5225 W. Vliet St. (rear parking lot) and travel to Hawthorn Glen. There will be no parking at Hawthorn Glen. An on-going bus shuttle service will be provided for you to return to MPS Central Services at the end of your tour.

COST
$6.00 per person for Residents and Non-Residents (5:00-8:00PM Sessions)
$3.00 per person for Residents and Non-Residents (4:30PM Tyke Hike)
Fee is per person and not eligible for reduced fees or refunds.

Due to the popularity of this event it is advised for you to register well in advance; space is limited. If our maximum registration is obtained prior to the event, on-site registrations at MPS Central Services will not be accepted.

BUS DEPARTURE TIMES FROM MPS CENTRAL SERVICES

Activity Code: 2P124001

Friday, October 11th
HG01......5:45PM
HG02......6:15PM
HG03......6:45PM
HG04......7:30PM
HG05......8:00PM

HG06......4:30PM
(Tyke Hike-4 stations)
HG07......5:00PM
HG08......5:30PM
HG09......6:00PM
HG10......6:45PM
HG11......7:15PM

Saturday, October 12th
HG01......5:45PM
HG02......6:15PM
HG03......6:45PM
HG04......7:30PM
HG05......8:00PM

HG06......4:30PM
HG07......5:00PM
HG08......5:30PM
HG09......6:00PM
HG10......6:45PM
HG11......7:15PM
Friday Night Tales for Tots
This nature tale time includes a story, craft, and nature hike, or trip to our nature museum. Fee is per person. Parent/guardian must register, pay, and attend with child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125007
(Activity codes listed below)

Hawthorn Glen (Ages 3 & up)........ HG01
(Red Leaf, Yellow Leaf by Lois Ehlert)
Fri, Sep 20, 6:00PM- 7:30PM
$5 Residents/$8 Non-Residents

Hawthorn Glen (Ages 3 & up)........ HG02
(Mouse’s First Halloween by Lauren Thompson)
Fri, Oct 18, 6:00PM- 7:30PM
$5 Residents/$8 Non-Residents

Hawthorn Glen (Ages 3 & up)........ HG03
(Little Tree by Loren Long)
Fri, Nov 15, 6:00PM- 7:30PM
$5 Residents/$8 Non-Residents

Hand-Made Gifts
This is the perfect time of the year to cozy up by our fire, prepare no-bake treats, listen to seasonal music and make hand-made gifts to give or (keep). Fee is per person. Parent/guardian must register, pay, and attend with child. Class fee includes supply cost, is non-refundable, and not eligible for reduced fees.

Activity Code: 2P125062
(Activity codes listed below)

Hawthorn Glen (Ages 6 & up)........ HG01
Sat, Dec 7, 10:00AM-12:00PM
$6 Residents/$9 Non-Residents

Fabulous Fungi
As the days get shorter, the changing seasons bring the opportunity to explore Lapham Peak for those weird, fascinating organisms – mushrooms! You don’t need to be an expert to enjoy the treasure hunt for them in fall, just direct your gaze to the miniature world at your feet, and see how many different kinds of mushrooms you can spot. Our naturalist will help you identify some common mushrooms and introduce you to the ethics, risks, best-practices, and regulations of foraging them. Fee is per person. Parent/guardian must register, pay, and attend with child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125027
(Activity codes listed below)

Lapham Peak (Ages 8 & up)......... LX01
Sat, Sep 21, 10:00AM-11:30AM
$5 Residents/$8 Non-Residents

Howl-o-ween Pumpkin Carving
Be a part of the pack at Hawthorn Glen as we carve animal themed pumpkins for Halloween. Our naturalists will help you discover fun facts about the animals chosen for your punkin’ template. We will also harvest the seeds so we can roast a tasty treat. Once completed, we will take our gourd-geous masterpieces outside to light as we hoot and howl like our animals. Fee is per person. Parent/guardian must register, pay and attend with child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125063
(Activity codes listed below)

Hawthorn Glen (Ages 6 & up)........ HG01
Sat, Oct 19, 6:30PM- 8:00PM
$5 Residents/$8 Non-Residents

Sunset Hike
Kick up some leaves and take in the views during nature’s most spectacular season. Explore Lapham Peak at dusk when the wildlife is abundant. Hike through the pine plantation and enjoy a short segment of the Ice Age Trail on the way to the observation tower. Sunsets are truly a masterpiece painted by Mother Nature. Be sure to bring your camera! Fee is per person. Parent/guardian must register, pay, and attend with a child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125064
(Activity codes listed below)

Lapham Peak (Ages 6 & up)......... LX01
Sat, Oct 26, 4:30PM- 6:00PM
$5 Residents/$5 Non-Residents

History Hike
Walk back in time as we explore Lapham Glen’s history. Discover how glaciers shaped the landscape. Learn of the many different uses of the property throughout the years and plans to ensure and enhance its conservation. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125070
(Activity codes listed below)

Hawthorn Glen (Ages 6 & up)........ HG01
Sat, Sep 28, 10:00AM-11:30AM
$5 Residents/$8 Non-Residents

Iroquois Raised Beading (Eye Glass Case)
The Iroquois developed this technique during the Victorian Era to sell beading art to help support their families. Learn simple Iroquois raised beading techniques and learn the history and culture of the Haudenosaunee (People of the Longhouse). A $15.00 (cash only) supply fee is due to the instructor at the first class.

Activity Code: 2P125073
(Activity codes listed below)

Hawthorn Glen .......................... HG01
Thu, Oct 17-Nov 7, 6:00PM- 8:00PM
$18 Residents/$27 Non-Residents

Autumn Leaves
Fall is a wonderful time to watch nature’s amazing transformation as it prepares itself for the coldest of seasons. Hike through our vibrantly colored urban forest with our naturalists and explore how our native flora and fauna adapt for the changes ahead. Enjoy collecting leaves as we hike, and then paint a brightly hued t-shirt of your own. (Please bring your own t-shirt). 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: 2P125074
(Activity codes listed below)

Hawthorn Glen (Ages 3 & up)........ HG01
Sat, Oct 5, 10:00AM-11:30AM
$5 Residents/$8 Non-Residents

SAVE THE DATE:
WINTER WONDER WOODS
Celebrate winter with us! See Hawthorn Glen in a different light as you stroll just over a ¼ mile of our trails (trail map provided) twinkling with holiday cheer. Over 18,000 lights will illuminate the beauty of the Glen, winding you through the woods & past displays. Cozy up by the fireplace in our assembly room and enjoy seasonal music. Warm drinks, cookies & popcorn available for purchase. Warm yourself at the outdoor fire pit & purchase a s’mores kit. Come join us to experience seasonal serenity in the city while creating lasting memories & new traditions. Drop in any night to register on site beginning at 5:00 p.m. Pre-registration is not available.

December 13 & 14 • December 20 & 21
5:00 p.m. to 9:00 p.m.
Hawthorn Glen, 1130 N. 60th Street
$2 per person (ages 2 & under are free)
OUTDOOR SKILLS

Basic Knots
When in the course of human events, it becomes necessary to join two pieces of rope together, or secure your dog to a picnic table, or even stringing up a clothesline, you need to use some kind of knot. There are many different types of knots available, however, a knot that you use at a campsite might not work so well on a boat. Let us help!! We’ll help you understand how rope is made, the materials used and a few of the most useful knots. We will even show you how to ‘spin’ up a rope using tree bark. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125101
(Section codes listed below)

Hawthorn Glen (Ages 16 & up)........ HG01
Sat, Nov 2, 10:00AM-11:30AM
$5 Residents/$8 Non-Residents

Fire Starters
The ability to start a fire is one of the most important skills you can possess in a survival situation, not to mention a weekend camping trip. Did you know that you can start a fire with a can of Coke and a chocolate bar? We’ll discuss campfire preparation such as laying or building a fire, and how to light it. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125102
(Section codes listed below)

Hawthorn Glen (Ages 16 & up)........ HG01
Sat, Nov 9, 10:00AM-11:30AM
$5 Residents/$10 Non-Residents

Survival Shelter
Anyone could find themselves in an emergency situation and even the most basic of wilderness survival knowledge could mean a world of difference. Did you know that you can get hypothermia at temperatures as high as 60 degrees? A good survival shelter must protect you from the elements and be comfortable enough for resting and sleeping. Learn how to build a debris hut, lean-to and the importance of getting yourself off the ground. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125103
(Section codes listed below)

Hawthorn Glen (Ages 16 & up)........ HG01
Sat, Nov 16, 10:00AM-11:30AM
$5 Residents/$8 Non-Residents

Using a Compass & GPS
Have you ever gotten lost? It can be pretty scary. Knowing how to find your way in the wilderness can mean the difference between finding your car before the sun sets or wandering off in the wrong direction where you are forced to put into practice the outdoor skills you have learned (hint, hint!). You will be introduced to using a compass and GPS, while gaining the knowledge to participate in recreational forms of land navigation and geo-caching. Class fee is non-refundable and not eligible for reduced fees

Activity Code: 2P125104
(Section codes listed below)

Hawthorn Glen (Ages 16 & up)........ HG01
Sat, Nov 23, 10:00AM-11:30AM
$5 Residents/$8 Non-Residents

Knot a Beginner
Take your knot tying to the next level! If you are already comfortable with the difference between a square (reef) knot and a granny knot, know how to tie a clove hitch and an overhand knot, then this is the class for you! We will start with a brief review of the basics and then focus on slightly more ambitious knots and hitches. So, if you want skills that will allow you to impress your friends and family the next time you go camping or when you need to secure a load while helping someone move, you need knot look further as you’ve found the right class! Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125107
(Section codes listed below)

Hawthorn Glen (Ages 16 & up)........ HG01
Sat, Nov 30, 10:00AM-11:30AM
$5 Residents/$8 Non-Residents

SPACE SCIENCE

October Night Sky
The October night sky is more than just a Halloween backdrop, it is filled with starry creatures of its own. Join us for an evening of constellation lore and dare to explore with us the mysteries of space that send chills down the spines of astronomers. Fee is per person. Parent/guardian must register, pay, and attend with child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P126018
(Section codes listed below)

Madison (Ages 6 & up)……………….. MA01
Thu, Oct 17, 6:30PM-7:45PM
$4 Residents/$6 Non-Residents

Zodiac
Astronomy meets astrology. 12 of the 88 constellations create the zodiac, or circle of animals. What’s your sign? Explore the science and entertain the myths that accompany the constellations of the zodiac.

Activity Code: 2P126021
(Section codes listed below)

Hamilton (Ages 6 & up)……………….. HA01
Tue, Nov 12, 6:30PM-7:45PM
$4 Residents/$6 Non-Residents

DON’T MISS OUR “NATURE IN YOUR NEIGHBORHOOD” CLASSES IN THE YOUTH SECTION.

THE LITTLE NATURE MUSEUM AT HAWTHORN GLEN
1130 NORTH 60TH STREET

MON-FRI: 4 PM-5 PM
SAT & SUN: 11 AM-12 PM AND 3 PM-4 PM
ATTENDANCE IS FREE!
COME VISIT OUR LITTLE NATURE MUSEUM & SEE ANIMALS NATIVE TO WISCONSIN, INCLUDING TREE FROGS, SEVERAL SPECIES OF TURTLES & SNAKES, AND MANY BIRDS, EVEN A HAWK.
CALLING ALL ACTORS!

A large cast of actors and understudies, ages 16 and up is needed for the 26th Annual Halloween Glen. This unique family Halloween adventure will be held October 11th and 12th. Actors present humorous, interactive and educational (non-scary!) skits along the luminaria-lighted trails of Hawthorn Glen at night, outdoors, rain or shine. Pay is $40 per night. All actors must pass a criminal background check. Auditions will be held by appointment at Hawthorn Glen, 1130 N. 60th Street, Milwaukee.

For more information: Nicole, 414-647-6043, or e-mail Nicole@MilwaukeeRecreation.net.

LAPHAM PEAK RENTALS

The Hausmann Nature Center is nestled in a beautiful wooded setting inside the Lapham Peak Unit of Kettle Moraine State Forest, just 30 miles west of Milwaukee. It is a perfect place to host birthday parties, showers, wedding receptions, or business meetings/retreats.

Hours of availability are approximately 8 AM - 10 PM, with several different rental options.

For pricing and more information visit mkerec.net/LPRental. Please call (414) 647-6050 to make your reservations.

FREE Naturalist-Led Hikes!

Lapham Peak

Sunday, Sept 1 and Oct 6
2 PM to 3 PM
Meet at the Hausmann Nature Center

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!

- Assembly Room (indoor), maximum 65 people
- Picnic Area #1, maximum 150 people
- Picnic Area #2, maximum 75 people

For reservations or more information, call the Outdoor Education Office at (414) 647-6050.

Additional information is available at: mkerec.net/Hawthorn-Glen
Guidelines from the American Red Cross. Please read to choose the appropriate swim level for your child(ren).

<table>
<thead>
<tr>
<th>Level</th>
<th>Requirements</th>
<th>Course Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant</td>
<td>Ages 6 mos. to 18 mos.</td>
<td>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.</td>
</tr>
<tr>
<td>Li' Squirt</td>
<td>Ages 18 mos. to 36 mos.</td>
<td>Li' 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.</td>
</tr>
<tr>
<td>Tiny-Tot</td>
<td>Ages 3-4 yrs.</td>
<td>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.</td>
</tr>
<tr>
<td>Advanced Tiny-Tot</td>
<td>Ages 4-5 yrs.</td>
<td>Participants are introduced to elementary swimming skills such as kicking in a variety of ways, floating, and rhythmic breathing. This course serves as an appropriate transition to Level One. Parents will elaborate on safety skills, including swimming with their tot in tow.</td>
</tr>
<tr>
<td>Little Lv. 1 OR Little Lv. 2</td>
<td>Ages 4-6 yrs.</td>
<td>In the Li' 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 &amp; skill.</td>
</tr>
<tr>
<td>Level One Water Exploration</td>
<td>Ages 6-14 yrs.</td>
<td>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.</td>
</tr>
<tr>
<td>Level Two Fundamental Aquatic Skills</td>
<td>Ages 6-14 yrs.</td>
<td>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.</td>
</tr>
<tr>
<td>Level Three Stroke Development</td>
<td>Ages 6-14 yrs.</td>
<td>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 ready to swim in deep water.</td>
</tr>
<tr>
<td>Level Four Stroke Improvement</td>
<td>Ages 6-15 yrs.</td>
<td>The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Children learn: improved skills and increased endurance in the familiar strokes (front/back crawl), and are introduced to the elementary backstroke, breaststroke, sidestroke, and butterfly.</td>
</tr>
<tr>
<td>Level Five Advanced Strokes</td>
<td>Ages 6-15 yrs.</td>
<td>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 &amp; surface dives will also be included.</td>
</tr>
<tr>
<td>Level Six Stroke Refinement</td>
<td>Ages 6-16 yrs.</td>
<td>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.</td>
</tr>
<tr>
<td>Level Seven Swimming Proficiency 4 MODULES</td>
<td>Ages 6-16 yrs.</td>
<td>The objective of Level 7 is to fine-tune swimming strokes to allow students to swim with efficiency and power. Four distinct Level 7 modules allow swimmers to broaden their aquatics skills into 4 different areas. Module options include: Personal Water Safety (7PWS), Fundamentals of Diving (7D), Fitness Swimmer (7FS), and Lifeguard Readiness (7LR). Please check the listing to determine which modules are offered this season.</td>
</tr>
</tbody>
</table>
OPEN POOL SCHEDULE & FREE OPEN SWIM

LAP SWIM

Ages 14 and up. Lanes available on a first come, first serve basis. Circle swimming recommended. Swim caps required. Lap Swim Punch Passes* may be purchased at your local community center and are valid for one year from date of purchase.

*Please do NOT send money in the mail for these passes.
10 punch pass: $15
OR $2 per swim paid to community center upon arrival.

** Gaenslen
FRIDAYS, SEPT. 27 – NOV. 15; 7:00PM-8:00PM
Warm-Water Walk

** Hamilton
SATURDAYS, SEPT. 21 – NOV. 9; 7:40AM-8:30AM

** Riverside
SATURDAYS, SEPT. 21 – NOV. 16; 8:00AM-9:00AM
MONDAY & WEDNESDAY, SEPT. 23 – NOV. 13; 8:25PM-9:25PM (Guards Leave at 9PM when no swimmers)

FREE FAMILY SWIM

Enjoy FREE swimming at your local community center. Children 7 years of age and under MUST BE accompanied and supervised in the water by a responsible adult. Participants must furnish a towel, suit, and swim cap. Swim caps available for purchase at pool for $2.

**Bay View TWILIGHT CENTER Swim**
MONDAY, WEDNESDAY, SATURDAY; SEPT. 21 – NOV. 13
6:05PM -7:15PM AND/OR 7:25PM -8:35PM

**Gaenslen Elementary Family Swim Session**
WEDNESDAYS, SEPT. 25 – NOV. 13; 6:45PM-8:15PM

**MacDowell (FKA: Juneau) Family Swim Session**
SATURDAYS, SEPT. 21 – NOV. 9; 3:15PM-4:15PM

**Pulaski TWILIGHT CENTER Swim**
MONDAY, WEDNESDAY, SATURDAY; SEPT. 21 – NOV. 13
6:05PM -7:15PM AND/OR 7:25PM -8:35PM

**North Division TWILIGHT CENTER Swim**
MONDAY, WEDNESDAY, SATURDAY; SEPT. 21 – NOV. 13
6:05PM -7:15PM AND 7:25PM -8:35PM

**South Division TWILIGHT CENTER Swim**
MONDAY, WEDNESDAY, SATURDAY; SEPT. 21 – NOV. 13
6:05PM -7:15PM AND/OR 7:25PM -8:35PM

*Community is welcome to attend as a FREE OPEN SWIM. Adult companion for children under 7 strictly enforced.

GENERAL SWIM INFORMATION

What to Bring: Swimsuit, towel, and swim cap. Please report 10 minutes before class starts. Swim caps must be worn by all individuals entering the pool (exception made for infants, Lil’ Squirt and shallow water exercisers who do not submerge head). Swim caps may be purchased at pools for $2.

**Height Requirements listed for children Ages 6-14:**
Students must meet the minimum height of 48” for each pool (42” at Bay View)
Children not able to stand in the shallow end of the pool should be enrolled in a Tiny-Tot or Advanced Tiny-Tot class where a parent/guardian must accompany the child in the water. 4-6 year olds may enroll in a Little Level One or Two class and enjoy use of a 6 inch booster step & thus be at least 42 inches tall to safely participate.

**Water Temperature:** Normal water temperature is 77–81°. The only exceptions are Gaenslen (84 - 88°F) and Milwaukee Marshall (82 – 86°F).

**Locker Rooms:** Participants may bring a padlock for lockers. All items must be removed after each class. Children of the opposite sex, five years of age or under may accompany a parent in the locker room. Children ages six and above are expected to use designated locker rooms — males in the boys’ and females in the girls’.

**Parents Day (Ages 6-14):** Parents of children enrolled in Levels 1-7 of the Learn to Swim program are invited to observe classes on the first, middle, and last day of class.

**Pre-Testing:** A pre-test is given to swimmers in levels 2-7 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 in levels 1-7 generally occurs during the second to last lesson and final lesson. Certificates will be issued on the last day indicating appropriate swim level to enroll in next.

**Infant, Lil’ Squirt & Tiny-Tot Requirements (ages 0-3):**
“Little swimmers” swim diapers are required regardless of child’s progress in potty training as warm water immersion is proven to stimulate urination in young children.

**Parent Attendance:** Parents must accompany their children in the water for all Infant, Lil’ Squirt, Tiny-Tot, and Adv. Tiny-Tot classes. If a family has more than one child enrolled in the same class the second child must be accompanied by a responsible person 16 years of age or older.

**Make-up Policy:** The Recreation Department works diligently to ensure that our pools stay in working operation to offer consistency of programs. In the event that more than 1 class is cancelled due to circumstances we cannot control, we will work to make-up the missed class at a later date.

www.MilwaukeeRecreation.net
### Swim Lesson Prices

<table>
<thead>
<tr>
<th>CLASS</th>
<th>AGES</th>
<th>FEE</th>
<th>CLASS</th>
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<th>FEE</th>
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<tr>
<td>Infant</td>
<td>6–18 mos.</td>
<td>$32 Res</td>
<td>Adv. Tots</td>
<td>4-5 yrs.</td>
<td>$36 Res</td>
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<tr>
<td>Lil’ Squirts</td>
<td>18-36 mos.</td>
<td>$32 Res</td>
<td>Lil’ Lv. 1/2</td>
<td>4-6 yrs.</td>
<td>$36 Res</td>
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<tr>
<td>Tiny-Tot</td>
<td>3-4 yrs.</td>
<td>$32 Res</td>
<td>Levels 1–7</td>
<td>6-16 yrs.*</td>
<td>$36 Res</td>
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* See level description on page 34 for ages. NON-RESIDENTS PAY DOUBLE LISTED FEES. LENGTH OF CLASSES VARY.

### Bay View Boys Pool

**Tuesday, Sep 24 - Nov 12**

<table>
<thead>
<tr>
<th>Class#</th>
<th>Time</th>
<th>Level</th>
<th>Time</th>
<th>Level</th>
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<tr>
<td>#2RAQ7403-BV02</td>
<td>5:40PM</td>
<td>Tiny Tot</td>
<td>6:10PM</td>
<td>Lil’ Level 1</td>
</tr>
<tr>
<td>#2RAQ0511-BV02</td>
<td>6:10PM</td>
<td>Level 1</td>
<td>6:55PM</td>
<td>Level 2</td>
</tr>
<tr>
<td>#2RAQ0501-BV03</td>
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**Thursday, Sep 26 - Nov 14**

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<tr>
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<tr>
<td>#2RAQ7404-BV02</td>
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<td>Adv. Tiny Tot</td>
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<tr>
<td>#2RAQ0512-BV02</td>
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<td>Lil’ Level 2</td>
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**Saturday, Sep 21 - Nov 9**

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<td>Level 6</td>
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<td>Level 2</td>
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<tr>
<td>#2RAQ0508-BV01</td>
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<tr>
<td>#2RAQ0503-BV01</td>
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<tr>
<td>#2RAQ0501-BV02</td>
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</tr>
<tr>
<td>#2RAQ0504-BV01</td>
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### Gaenslen

**Monday, Sep 23 - Nov 11**

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</tr>
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**Tuesday, Sep 24 - Nov 12**

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<td>Lil’ Level 1</td>
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<tr>
<td>#2RAQ0512-GS02</td>
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<td>Lil’ Level 2</td>
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**Wednesday, Sep 25 - Nov 13**

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**Thursday, Sep 26 - Nov 14**

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<tr>
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<td>Tiny Tot</td>
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<tr>
<td>#2RAQ0502-GS02</td>
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**Friday, Sep 27 - Nov 15**

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<td>Infant</td>
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<td>#2RAQ7402-GS03</td>
<td>6:25PM</td>
<td>Lil’ Squirts</td>
</tr>
<tr>
<td>#2RAQ0511-GS03</td>
<td>6:55PM</td>
<td>Lil’ Level 1</td>
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**Saturday, Sep 21 - Nov 9**

<table>
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<tr>
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### Hamilton

**Monday, Sep 23 - Nov 11**

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### MacDowell

**Wednesday, Sep 25 - Nov 13**

<table>
<thead>
<tr>
<th>Class#</th>
<th>Time</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>#2RAQ0502-JU02</td>
<td>5:40PM</td>
<td>Level 2</td>
</tr>
<tr>
<td>#2RAQ0501-JU02</td>
<td>6:30PM</td>
<td>Level 1</td>
</tr>
</tbody>
</table>

**Saturday, Sep 21 - Nov 9**

<table>
<thead>
<tr>
<th>Class#</th>
<th>Time</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>#2RAQ0502-JU01</td>
<td>12:15PM</td>
<td>Level 2</td>
</tr>
<tr>
<td>#2RAQ0503-JU01</td>
<td>1:10PM</td>
<td>Level 3</td>
</tr>
<tr>
<td>#2RAQ0501-JU01</td>
<td>2:00PM</td>
<td>Level 1</td>
</tr>
</tbody>
</table>

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28
HEIGHT REQUIREMENTS

Bayview 42"
Gaenslen 36"
Hamilton 48"
MacDowell 48"
Madison 48"
Marshall 48"
North Division 48"
Riverside 48"
South Division 48"
Vincent 48"

Madison

Tuesday, Sep 24 - Nov 12
Class# Time Level
#2RAQ0501-MA01 6:00PM Level 1
#2RAQ0502-MA01 6:55PM Level 2

Thursday, Sep 26 - Nov 14
Class# Time Level
#2RAQ7402-MA01 5:50PM Lil’ Squirts
#2RAQ0501-MA02 6:25PM Level 1

Saturday, Sep 21 - Nov 9
Class# Time Level
#2RAQ0501-MA03 9:00AM Level 1
#2RAQ0503-MA01 9:00AM Level 3
#2RAQ0502-MA02 10:00AM Level 2
#2RAQ0505-MA01 10:00AM Level 5
#2RAQ0501-MA04 11:00AM Level 1
#2RAQ0504-MA01 11:00AM Level 4

North Division

Saturday, Sep 21 - Nov 9
Class# Time Level
#2RAQ7403-ND01 9:00AM Tiny Tot
#2RAQ7404-ND01 9:00AM Adv. Tiny Tot
#2RAQ0501-ND01 9:50AM Level 1

Marshall

Monday, Sep 23 - Nov 11
Class# Time Level
#2RAQ7403-MR02 5:30PM Tiny Tot
#2RAQ0511-MR01 6:00PM Lil’ Level 1
#2RAQ0503-MR02 6:00PM Level 3
#2RAQ0504-MR02 6:55PM Level 4

Wednesday, Sep 25 - Nov 13
Class# Time Level
#2RAQ7401-MR02 5:30PM Infant
#2RAQ0503-MR03 6:00PM Level 3
#2RAQ0501-MR03 6:00PM Level 1
#2RAQ0502-MR02 6:55PM Level 2
#2RAQ0505-MR02 6:55PM Level 5

Thursday, Sep 26 - Nov 14
Class# Time Level
#2RAQ7402-MR02 5:30PM Lil’ Squirts
#2RAQ0502-MR03 6:00PM Level 2
#2RAQ0504-MR02 6:20PM Adv. Tiny Tot
#2RAQ0508-MR01 6:55PM Level 7 LR
#2RAQ0501-MR04 6:55PM Level 1

Saturday, Sep 21 - Nov 9
Class# Time Level
#2RAQ0505-MR01 10:05AM Level 5
#2RAQ7402-MR01 10:05AM Level 1
#2RAQ0503-MR01 10:04AM Lil’ Squirts
#2RAQ0506-MR01 10:55AM Level 6
#2RAQ7403-MR01 11:15AM Tiny Tot
#2RAQ0503-MR01 12:30PM Level 3
#2RAQ0501-MR01 12:30PM Level 1
#2RAQ0504-MR01 1:25PM Level 4
#2RAQ0502-MR02 1:25PM Level 2
#2RAQ0501-MR02 2:20PM Level 1
#2RAQ7404-MR01 2:20PM Adv. Tiny Tot

South

Saturday, Sep 21 - Nov 9
Class# Time Level
#2RAQ0501-SD01 9:00AM Level 1
#2RAQ0502-SD01 9:00AM Level 2
#2RAQ0501-SD02 9:55AM Level 1
#2RAQ0503-SD01 9:55AM Level 3
#2RAQ7401-SD01 10:50AM Infant
#2RAQ0504-SD01 10:50AM Level 4
#2RAQ7402-SD01 11:25AM Lil’ Squirts
#2RAQ0503-SD02 11:45AM Level 3
#2RAQ7403-SD01 12:00PM Tiny Tot
#2RAQ0501-SD03 2:20PM Level 1
#2RAQ0502-SD02 2:20PM Level 2
#2RAQ0501-SD04 3:10PM Level 1
#2RAQ0505-SD01 3:10PM Level 5

Vincent

Monday, Sep 23 - Nov 11
Class# Time Level
#2RAQ7403-VN01 6:00PM Tiny Tot
#2RAQ0501-VN02 6:35PM Level 1

Wednesday, Sep 25 - Nov 13
Class# Time Level
#2RAQ0502-VN01 6:00PM Level 2
#2RAQ0501-VN01 6:55PM Level 1

SEMI-PRIVATE LESSONS

Bay View Girls Pool

Tuesday, Sep 24 - Nov 12
Class# Time Level
#2RAQ7302-BV01 6:20PM Level 2 SP
#2RAQ7301-BV01 6:55PM Level 1 SP

Thursday, Sep 26 - Nov 14
Class# Time Level
#2RAQ7303-BV01 6:20PM Level 3 SP
#2RAQ7302-BV02 6:55PM Level 2 SP

Marshall

Tuesday, Sep 24 - Nov 12
Class# Time Level
#2RAQ7302-MR01 6:25PM Level 2 SP
#2RAQ7301-MR01 6:25PM Level 1 SP
#2RAQ7301-MR02 6:55PM Level 1 SP
#2RAQ7303-MR01 6:55PM Level 3 SP

Riverside

Saturday, Sep 21 - Nov 16
Class# Time Level
#2RAQ7301-RS01 10:35AM Level 1 SP
#2RAQ7302-RS01 10:35AM Level 2 SP
#2RAQ7301-RS03 11:10AM Level 1 SP
#2RAQ7303-RS01 11:10AM Level 3 SP
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 and are available at the pools for $2.00.

Activity Code: 2RAQ0401
(Activity codes listed below)

Bay View (Ages 17 & up).............. BV01
Tue, Sep 24-Nov 12, 7:45PM-8:45PM
$36 Residents/$48 Non-Residents

Gaenslen (Ages 17 & up)............. GS01
Mon, Sep 23-Nov 11, 7:50PM-8:50PM
$36 Residents/$48 Non-Residents

Madison (Ages 17 & up)............. MA01
Tue, Sep 24-Nov 12, 7:45PM-8:45PM
$36 Residents/$48 Non-Residents

Milwaukee Marshall (Ages 17 & up)
......................................... MR01
Sat, Sep 21-Nov 9, 9:00AM-10:00AM
$36 Residents/$48 Non-Residents

Milwaukee Marshall (Ages 17 & up)
......................................... MR02
Wed, Sep 25-Nov 13, 7:45PM-8:45PM
$36 Residents/$48 Non-Residents

North Division (Ages 17 & up)..... ND01
Sat, Sep 21-Nov 9, 10:45AM-11:45AM
$36 Residents/$48 Non-Residents

Riverside (Ages 17 & up).......... RS01
Sat, Sep 21-Nov 9, 1:15PM-2:15PM
$36 Residents/$48 Non-Residents

South Division (Ages 17 & up).... SD01
Sat, Sep 21-Nov 9, 1:15PM-2:15PM
$36 Residents/$48 Non-Residents

Vincent (Ages 17 & up).......... VN01
Mon, Sep 23-Nov 11, 7:30PM-8:30PM
$36 Residents/$48 Non-Residents

Fear Factor SP Adult Swim
If the reason you avoid situations that involve water is due to ‘aqua-phobia’ this is the class for you. You and 3 other students will receive specialized instruction to overcome your fear of water and even get you swimming!

Activity Code: 2RAQ0402
(Activity codes listed below)

Bay View (Ages 17 & up).............. BV01
Thu, Sep 26-Nov 14, 7:40PM-8:40PM
$60 Residents/$90 Non-Residents

Gaenslen (Ages 17 & up)............. GS01
Tue, Sep 24-Nov 12, 7:40PM-8:40PM
$60 Residents/$90 Non-Residents

MacDowell (Ages 17 & up).......... JU01
Wed, Sep 25-Nov 13, 7:30PM-8:30PM
$60 Residents/$90 Non-Residents

Milwaukee Marshall (Ages 17 & up)MR01
Sat, Sep 21-Nov 9, 3:15PM-4:15PM
$60 Residents/$90 Non-Residents

AQUA FITNESS

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

Activity Code: 2RAQ0301
(Activity codes listed below)

MacDowell .......................... JU01
Tue, Sep 24-Nov 12, 7:50PM-8:50PM
$36 Residents/$48 Non-Residents

Riverside ................................ RS01
Sat, Sep 22-Nov 17, 9:05AM-10:25AM
$36 Residents/$48 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: 2RAQ0302
(Activity codes listed below)

Hamilton ................................ HA01
Tue, Sep 24-Nov 12, 6:05PM-6:55PM
$36 Residents/$48 Non-Residents

MacDowell ........................... JU01
Sat, Sep 21-Nov 9, 11:15AM-12:05PM
$36 Residents/$48 Non-Residents

Milwaukee Marshall ............... MR01
Tue, Sep 24-Nov 12, 7:30PM-8:20PM
$36 Residents/$48 Non-Residents

Aquanatal
Are you expecting? Water exercise can provide many benefits to expecting and post-partum mothers including reduced joint and back pain. Enjoy all the elements of water exercise modified to reduce twisting and high-impact moves to accommodate your growing baby. Physician approval recommended.

Activity Code: 2RAQ0303
(Activity codes listed below)

Hamilton ............................... HA01
Tue, Sep 24-Nov 12, 7:55PM-8:55PM
$36 Residents/$48 Non-Residents

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28
Cardio Splash
Converting fat into lean muscle as you work against the powerful resistance of water is only the beginning of this high energy session. Fitness studies show that fat loss is expedited through interval training. You will work in sets of higher intensity intervals with periods of active rest. Endurance and intensity build each week for maximum results. Bring water bottle and hand weights to each class.

Activity Code: 2RAQ0304
(Section codes listed below)

Gaenslen .......................... GS01
Tue, Sep 24-Nov 12, 4:45PM-5:45PM
$36 Residents/$48 Non-Residents

Hamilton ......................... HA01
Thu, Sep 26-Nov 14, 7:50PM-8:50PM
$36 Residents/$48 Non-Residents

Milwaukee Marshall ............... MR01
Mon, Sep 23-Nov 11, 7:45PM-8:45PM
$36 Residents/$48 Non-Residents

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. Space is limited.

Activity Code: 2RAQ0305
(Section codes listed below)

Hamilton .......................... HA02
Sat, Sep 21-Nov 9, 9:00AM-10:00AM
$36 Residents/$48 Non-Residents

Hamilton .......................... HA01
Tue, Sep 24-Nov 12, 7:55PM-8:55PM
$36 Residents/$48 Non-Residents

MacDowell ......................... JU01
Thu, Sep 26-Nov 14, 7:50PM-8:50PM
$36 Residents/$48 Non-Residents

Vincent ............................ VN01
Wed, Sep 25-Nov 13, 7:50PM-8:50PM
$36 Residents/$48 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: 2RAQ0306
(Section codes listed below)

Gaenslen .......................... GS01
Mon, Sep 23-Nov 11, 4:45PM-5:45PM
$36 Residents/$48 Non-Residents

Gaenslen .......................... GS02
Wed, Sep 25-Nov 13, 4:45PM-5:45PM
$36 Residents/$48 Non-Residents

Gaenslen .......................... GS03
Fri, Sep 27-Nov 15, 4:45PM-5:45PM
$36 Residents/$48 Non-Residents

Hamilton ......................... HA01
Mon, Sep 23-Nov 11, 7:50PM-8:50PM
$36 Residents/$48 Non-Residents

Hamilton ......................... HA02
Wed, Sep 25-Nov 13, 7:50PM-8:50AM
$36 Residents/$48 Non-Residents

Milwaukee Marshall ............... MR01
Thu, Sep 26-Nov 14, 7:45PM-8:45PM
$36 Residents/$48 Non-Residents

Riverside .......................... RS01
Mon, Sep 23-Nov 11, 7:20PM-8:20PM
$36 Residents/$48 Non-Residents

Riverside .......................... RS02
Wed, Sep 25-Nov 13, 7:20PM-8:20PM
$36 Residents/$48 Non-Residents

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

Activity Code: 2RAQ0307
(Section codes listed below)

Gaenslen .......................... GS01
Thu, Sep 26-Nov 14, 4:45PM-5:35PM
$36 Residents/$48 Non-Residents

Milwaukee Marshall ............... MR01
Tue, Sep 24-Nov 12, 5:35PM-6:25PM
$36 Residents/$48 Non-Residents

Resolution Jump Start
Rev up your engine, pick out your New Years outfit NOW and join us to beat the rush to the gym in January. This wet workout will keep a steady pace to maintain heartrates in the ideal zone for fat burn. The resistance of the water will tone your body and the 90 minute sessions will challenge your endurance. Only 4 weeks of work to feel your best for the holidays this winter. Pool space limited - join today!

Activity Code: 2RAQ0308
(Section codes listed below)

Hamilton .......................... HA01
Mon/Wed, Nov 25-Dec 18, 6:45PM-8:15PM
$36 Residents/$48 Non-Residents

Milwaukee Marshall ............... MR01
Mon/Wed, Nov 25-Dec 18, 6:45PM-8:15PM
$36 Residents/$48 Non-Residents

Lifeguard Training
Ages 15 and above. American Red Cross Lifeguard Training will give you the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes: water rescue skills, first aid and CPR PRO. Prerequisites TESTED on the first day of class include: Swim 300 yards NON-STOP (using breaststroke and front crawl), Submerge 10-12 feet to retrieve a 10 pound brick and tread 2 minutes without hands. Successful participants from this class may be considered for immediate summer employment opportunities. Not eligible for reduced fees. Instructor: Denzel Shareef

Activity Code: 2RAQ0601
(Section codes listed below)

Riverside (Ages 15-79) ............ RS01
(Reserve 12/1 for make-up exams)
Sat, Oct 12-Nov 16, 8:45AM-4:45PM
$100 Residents/$300 Non-Residents

WEATHER POLICY & PROGRAM CANCELLATIONS:
School Day Cancellations: If weather conditions cause Milwaukee Public Schools to close or dismiss early, recreation programs will be canceled. Weekend weather cancellations for Milwaukee Recreation activities, interscholastic athletics/academics, and MPS music lessons will be announced via the MPS website (mpsmke.com), social media, and local media.
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: 2RCS0701
(Section codes listed below)

MacDowell (Ages 16 & up) ..........JU01
(Daily Ground Option Train 4 days per week.)
Mon-Fri, Sep 9-Dec 20, 5:15AM-6:15AM
$72 Residents/$108 Non-Residents

MacDowell (Ages 16 & up) ..........JU02
(Later Weekend: Lifetime Fitness)
Sat, Sep 21-Dec 14, 7:25AM-8:25AM
$38 Residents/$57 Non-Residents

MacDowell (Ages 16 & up) ..........JU03
(Half Ground Option - Select 2 days of 4 to train.)
Tue/Thu, Sep 10-Dec 19, 5:15AM-6:15AM
$56 Residents/$84 Non-Residents

MacDowell (Ages 16 & up) ..........JU04
(Section codes listed below)
Tue, Sep 24-Nov 12, 6:00PM-7:00PM
$38 Residents/$57 Non-Residents

MacDowell (Ages 16 & up) ..........JU05
(Monday Evening Option)
Mon, Sep 9-Dec 16, 7:00PM-8:00PM
$38 Residents/$57 Non-Residents

MacDowell (Ages 16 & up) ..........JU06
(Half Ground Option - Select 2 days of 4 to train.)
Tue/Thu, Sep 10-Dec 19, 6:15AM-7:15AM
$56 Residents/$84 Non-Residents

Riverside (Ages 16 & up) ..........RS01
(Tuesday Evening Option)
Tue, Sep 24-Nov 12, 7:30PM-8:30PM
$38 Residents/$57 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: 2RCS0702
(Section codes listed below)

MacDowell (Ages 16 & up) ..........JU01
(Early Weekend: Triathlon Focus)
Sat, Sep 21-Dec 14, 7:25AM-8:25AM
$38 Residents/$57 Non-Residents

MacDowell (Ages 16 & up) ..........JU02
(Later Weekend: Lifetime Fitness)
Sat, Sep 21-Dec 14, 8:25AM-9:25AM
$38 Residents/$57 Non-Residents

Tidal Wave Parent Swim
Parents and guardians who have children enrolled in the Tidal Wave swim team may swim laps at their leisure in the diving well (20 yard short course) while their children swim practice in the adjacent competitive pool. Set your own pace and workout to be prepared for the ‘race the parents’ day at the end of the session.

Activity Code: 2RCS0703
(Section codes listed below)

South Division (Ages 16 & up) .........SD01
Mon/Wed, Sep 9-Dec 18, 6:30PM-7:30PM
$12 Residents/$18 Non-Residents

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

Activity Code: 2RCS0704
(Section codes listed below)

Riverside (Ages 16 & up) ..........RS01
Tue, Sep 24-Nov 12, 6:00PM-7:30PM
$42 Residents/$56 Non-Residents

YOUTH COMP SWIM

Competitive Swim - Advanced
Advanced Competitive Swim Club is for experienced swimmers who have been recommended by a coach to participate at the highest level of competition. New members should seek the approval of a coach by setting up a placement session at the pool. No swimmers allowed to participate without proof of enrollment. NOT ELIGIBLE FOR REDUCED FEES. Additional family members enrolling in Competitive Swim pay 50% of the listed fees.

Activity Code: 2RCS0801
(Section codes listed below)

MacDowell (Ages 4-19) ..........PK01
(First Saturday Practice on September 22)
Mon/Wed/Thu, Sep 9-Dec 19, 5:30PM-7:00PM
$80 Residents/$160 Non-Residents

Pulaski (Ages 4-19) ..........PK01
Mon/Wed/Thu, Sep 9-Dec 19, 5:30PM-7:00PM
$80 Residents/$160 Non-Residents

Riverside (Ages 4-19) .........RS01
Mon/Wed/Thu, Sep 9-Dec 18, 5:30PM-7:00PM
$80 Residents/$160 Non-Residents

Competitive Swim - Intermediate
Intermediate Competitive swimmers should have graduated from our Pre-Competitive Academy by recommendation of the swim coach or have completed Level 4 of the Learn to Swim program. Swimmers are not allowed to participate without proof of enrollment. Not eligible for reduced fees. Additional family members enrolling in Competitive Swim pay 50% of the listed fees.

Activity Code: 2RCS0802
(Section codes listed below)

MacDowell (Ages 4-19) ..........PK01
(Section codes listed below)
Mon/Wed/Thu, Sep 9-Dec 19, 5:30PM-7:15PM
$60 Residents/$120 Non-Residents

Pulaski (Ages 4-19) ..........PK01
Mon/Wed/Thu, Sep 9-Dec 19, 5:30PM-7:15PM
$60 Residents/$120 Non-Residents

Riverside (Ages 4-19) ..........RS01
Mon/Wed/Thu, Sep 9-Dec 18, 6:15PM-7:15PM
$60 Residents/$120 Non-Residents
Competitive Swim - Pre-Competitive Swim Academy
Ages 4-12. For the beginning swimmer interested in joining the swim team. Swimmers must be able to swim one full length (25 yards) of the pool on their back and stomach. Swimmers are not allowed to participate without proof of enrollment. Swimmers unable to complete prerequisite swim at first practice may be referred to a lesson program to develop swim ability. Not eligible for reduced fees.

Activity Code: 2RCS0803
(Section codes listed below)

MacDowell (Ages 4-19) .................JU01
Tue/Thu, Sep 10-Dec 19, 5:30PM-6:15PM
$40 Residents/$80 Non-Residents

Pulaski (Ages 4-19) ..................PK01
Mon/Wed, Sep 9-Dec 18, 5:30PM-6:15PM
$40 Residents/$80 Non-Residents

Riverside (Ages 4-19) ............... RS01
Mon/Wed, Sep 9-Dec 18, 5:30PM-6:15PM
$40 Residents/$80 Non-Residents

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 to be eligible for this option. Not eligible for reduced fees. Family discount does not apply.

Activity Code: 2RCS0804
(Section codes listed below)

MacDowell (Ages 4-19) .................JU01
Mon, Sep 9-Dec 16, 5:30PM-7:00PM
$24 Residents/$48 Non-Residents

FITNESS IN THE PARKS
FREE OUTDOOR YOGA CLASSES
Enjoy the fresh air as you practice breathing techniques and move through a series of yoga poses to leave you feeling relaxed and refreshed. Register on-site the day of the class. Bring your own exercise mat and water. For program updates and class cancellations, text @mkewell to 81010.

Aug. 3 • Aug. 17 • Sept. 7 • Sept. 14
10-11am
Wick Playfield (4929 W. Vliet St.)
Meet near picnic tables just east of Central Services

Sept. 18 • Sept. 25 • Oct. 2nd • Oct. 16
5:30-6:30pm
Hawthorn Glen Nature Center (1130 N. 60th St.)
Meet at the main building

Questions? Please contact Erica
475-8775 / Erica@MilwaukeeRecreation.net
Acrylic Painting
This is an exciting, intuitive, hands-on class for anyone who wants to have fun while learning how easy it is to produce impressive acrylic paintings using dynamic and intuitive painting techniques! No previous painting ability is required. You do not have to be an artist to participate, but if you are already experienced, this new approach may just take your own work to new heights! A demonstration begins each class. Supply lists are available on the community centers’ Facebook® pages: https://goo.gl/bwnHd.

Activity Code: 2RAE0901
(Reduced) $40 Residents/$60 Non-Residents
(Milwaukee Marshall)
Mon, Sep 16-Nov 11, 6:00PM- 8:00PM
$50 Residents/$75 Non-Residents

Basic Jewelry Making
Make beautiful jewelry by starting easy with a pair of earrings; progress to a bracelet and then a necklace. Class is for beginners or crafters with little beading experience. Instructor will provide coaching on crimping, use of soft wires, clasps, jump rings, split rings, multi-strand bracelets and necklaces, making wrapped loops, use of tools, and making your project fit well. A $5.00 (cash only) supply fee will be due to the instructor at the first class. Students will be provided a list of supplies/materials to purchase for weeks 2-6.

Activity Code: 2RAE0902
(Reduced) $40 Residents/$60 Non-Residents
(Milwaukee Marshall)
Sat, Sep 28-Nov 2, 10:00AM-11:30AM
$26 Residents/$39 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, a crochet hook, and knitting needles.

Activity Code: 2RAE0905
(Reduced) $40 Residents/$60 Non-Residents
(Milwaukee Marshall)
Wed, Sep 25-Nov 13, 5:30PM- 7:30PM
$44 Residents/$66 Non-Residents

Painting Portraits from Photos
Painting in acrylic or oil we will learn to see others in an artistic way. Realizing your own approach will be the goal of this class. We will start with a drawing and progress onto painting. Bone structure, muscles and anatomy will be covered. Each class starts with a short demonstration to get you started. The supply list is available on Facebook: https://goo.gl/bwnHd.

Activity Code: 2RAE0910
(Reduced) $40 Residents/$60 Non-Residents
(Milwaukee Marshall)
Mon, Sep 16-Nov 11, 6:00PM- 8:00PM
$50 Residents/$75 Non-Residents

Landscape Painting
This relaxing class will explore landscape painting in the comfort of the classroom. We will use acrylics and work from photos. The goal of the class is to develop your own interpretation. Class starts with a short demonstration to get you started. Learn to paint and change the way you see the world. The supply list is available on Facebook: https://goo.gl/bwnHd.

Activity Code: 2RAE0907
(Reduced) $40 Residents/$60 Non-Residents
(Milwaukee Marshall)
Wed, Sep 18-Nov 13, 6:00PM- 8:00PM
$44 Residents/$66 Non-Residents

Oil Paint Studio
Students learn basic oil painting techniques and tips for beginning their own project. Time will be split between short lessons and personal studio time allowing the students to work on their painting and request assistance. Supply list will be provided at the first class.

Activity Code: 2RAE0909
(Reduced) $40 Residents/$60 Non-Residents
(MacDowell)
Mon, Sep 23-Nov 11, 6:30PM- 8:00PM
$34 Residents/$51 Non-Residents

Sew Easy
Familiarize yourself with a sewing machine. Use basic sewing skills to work on simple patterns. This is a chance to learn or improve: sewing terminology, construction techniques, understanding a pattern, as well as properly cutting and pressing. Supply list will be provided at the first class.

Activity Code: 2RAE0914
(Reduced) $40 Residents/$60 Non-Residents
(Riverside)
Mon, Sep 16-Nov 11, 6:30PM- 8:30PM
$50 Residents/$75 Non-Residents

Please like us on Facebook!
fb.com/MilwaukeeRecreation
Watercolor Painting
Create splendid, watercolor images applying magical layering of this transparent media. Explore expressive, effortless methods and techniques. Instructor offers demos and enthusiastic, personal guidance. Bring supplies to all sessions (call Brinton for supply list 414-481-2494).

Activity Code: 2RAE0917
(Section codes listed below)

Beulah Brinton .................................. BN01
(Beg.)
Thu, Sep 12-Sep 26, 6:00PM-8:00PM
$19 Residents/$29 Non-Residents

Beulah Brinton .................................. BN03
(Int./Adv.)
Thu, Sep 12-Sep 26, 7:00PM-9:00PM
$19 Residents/$29 Non-Residents

Beulah Brinton .................................. BN04
(Adv.)
Thu, Oct 10-Oct 24, 6:00PM-8:00PM
$19 Residents/$29 Non-Residents

Parkside ............................................ FR01
(Beg.)
Thu, Nov 14-Nov 21, 6:00PM-8:00PM
$13 Residents/$20 Non-Residents

Parkside ............................................ FR02
(Int./Adv.)
Thu, Nov 14-Nov 21, 7:00PM-9:00PM
$13 Residents/$20 Non-Residents

Parkside ............................................ FR03
(Beg.)
Thu, Dec 12-Dec 19, 6:00PM-8:00PM
$13 Residents/$20 Non-Residents

Parkside ............................................ FR04
(Int./Adv.)
Thu, Dec 12-Dec 19, 7:00PM-9:00PM
$13 Residents/$20 Non-Residents

Iroquois Raised Beading
The Iroquois developed this technique during the Victorian Era to sell beading art to help support their families. Learn simple Iroquois raised beading techniques and learn the history and culture of the Haude-noasaunee (People of the Longhouse). A $15.00 (cash only) supply fee is due to the instructor at the first class.

Activity Code: 2RAE0936
(Section codes listed below)

Beulah Brinton .................................. BN01
(New Stitches)
Mon, Sep 16-Nov 4, 10:30AM-11:30AM
$24 Residents/$36 Non-Residents

Beulah Brinton .................................. BN02
(Winter Themed Projects)
Wed, Sep 18-Nov 6, 10:30AM-11:30AM
$24 Residents/$36 Non-Residents

Glass Blowing
Come melt your problems away-Experience Glass Blowing! All classes work on aspects of blocking, marvering, shaping and applying color. Students will create their own work of art in one workshop. The individual process takes approximately 20 minutes per student. Please arrive at least 15 minutes before the start of your class to discuss safety procedures and choose colors. Your individual art piece may be picked up 48 hours after your experience. Please ask your instructor for pick up times. Bring water and snacks to class. Fee includes supply cost and is non-refundable. Classes held at: Square One Art Glass, 5322 W. Vliet Street, www.squareoneartglass.com

Activity Code: 2RAE0928
(Section codes listed below)

Square One Art Class ....................... SG01
(Orb)
Sat, Sep 28, 12:00PM-4:00PM
$40 Residents/$60 Non-Residents

Square One Art Class ....................... SG02
(Bowls)
Thu, Oct 3, 6:00PM-9:00PM
$50 Residents/$75 Non-Residents

Square One Art Class ....................... SG03
(Pumpkins)
Sat, Oct 19, 12:00PM-4:00PM
$75 Residents/$113 Non-Residents

Square One Art Class ....................... SG04
(Gazing Balls)
Wed, Oct 23, 6:00PM-9:00PM
$50 Residents/$75 Non-Residents

Square One Art Class ....................... SG05
(Orb)
Wed, Nov 6, 7:00PM-9:00PM
$40 Residents/$60 Non-Residents

Square One Art Class ....................... SG06
(Orb)
Sat, Nov 23, 12:00PM-3:00PM
$40 Residents/$60 Non-Residents

Square One Art Class ....................... SG07
(Bowls)
Wed, Dec 4, 7:00PM-9:00PM
$50 Residents/$75 Non-Residents

Square One Art Class ....................... SG08
(Orb)
Sat, Dec 14, 12:00PM-4:00PM
$40 Residents/$60 Non-Residents

WEATHER POLICY & PROGRAM CANCELLATIONS:
School Day Cancellations: If weather conditions cause Milwaukee Public Schools to close or dismiss early, recreation programs will be canceled. Weekend weather cancellations for Milwaukee Recreation activities, interscholastic athletics/academics, and MPS music lessons will be announced via the MPS website (mpsmke.com), social media, and local media.
Crochet Your Winter Hat
It’s not technically fall yet and we’re talking about a winter hat. This class will prepare you for the inevitable. Previous experience is not required. Please bring a crochet hook and yarn.
Activity Code: 2RAE0950
(Section codes listed below)
Beulah Brinton ..................................... BN01
Sat, Sep 14, 9:00AM-12:00PM
$11 Residents/$17 Non-Residents

Survival Sewing
Learn the basics of operating a sewing machine by sewing straight and curved lines and turning corners on paper. In this class you will learn how to sew a button on material, thread the sewing machine and a simple pillow with fabric to make a hem. Bring basic sewing supplies which include scissors, sewing pins, seam ripper and fabric to class. This class is for beginners and those who want to be able to utilize a sewing machine or fixing sewing problems at home.
Activity Code: 2RAE0977
(Section codes listed below)
Hamilton ........................................... HA01
Sat, Oct 5-Oct 19, 1:30PM-3:30PM
$19 Residents/$29 Non-Residents

Purrfect Homemade Cat Toys
Attention Cat Lovers! Join us as we create toys for your furry family member. Come and have some fun making a needle felted catnip ball and a sewn material animal for your cat. A $6.00 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.
Activity Code: 2RAE0957
(Section codes listed below)
Hamilton ........................................... HA01
Thu, Oct 24, 6:00PM-9:00PM
$11 Residents/$17 Non-Residents

Portraiture in Oil or Acrylic
Learn realistic paint-handling techniques in the service of realistic portraiture. Learn to use glazes, apply paint alla prima, and both techniques together. Bring a photo of you would like to paint from to class. You will learn how to transfer the image to board accurately using the grid method. You will create a value version of your portrait, and add color and depth as you go. Students have the option of either oil or acrylic. Lessons will be given in facial structure and anatomy, so that you understand how the human head is constructed, as well as time tested tips on how to make your portrait more appealing and interesting than even the original photograph. All supplies included. Just bring your photo(s). Class fee is non-refundable.
Activity Code: 2RAE0980
(Section codes listed below)
Vincent ......................................... VN01
Wed, Oct 2-Oct 23, 6:00PM-8:00PM
$34 Residents/$51 Non-Residents

Explore the Art of Sketching
In this course, you will learn how to use your imagination. We will cover one and two point perspective and how to calculate that when laying out a design. We will touch on figure and motion, light and shadow, and how things develop to look real, not flat. You will be using graphite and pencil with highlights. Students my bring objects along that they want to learn to draw. This class will focus on how to develop a sense of dimension within the minds eye and then how to put that down onto paper. A $10.00 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.
Activity Code: 2RAE0985
(Section codes listed below)
Hamilton ........................................... HA01
Tue, Sep 24-Oct 15, 6:00PM-8:00PM
$24 Residents/$36 Non-Residents

Create with Alcohol Inks
Alcohol inks are a colorful, fast-drying medium used for non-porous surfaces such as ceramic or glass, but can also be used with paper. They are easily blended to create your own vibrant colors. Let us introduce you to yet another creative medium to explore. Join us in decorating three ceramic tiles as well as designing on paper. A $5.00 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.
Activity Code: 2RAE0981
(Section codes listed below)
Hamilton ........................................... HA01
Thu, Oct 17, 6:30PM-8:30PM
$8 Residents/$12 Non-Residents

Explore Painting with Acrylics
Learn how to apply, blend, and layer and the correct way of mixing colors. We will discuss how colors of light affects the colors of the object when it is lit. Students are encouraged to bring photographs they would like to paint within each class. A $10.00 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.
Activity Code: 2RAE0986
(Section codes listed below)
Hamilton ........................................... HA01
(Beg.)
Thu, Sep 26-Oct 31, 6:00PM-8:00PM
$34 Residents/$51 Non-Residents

Sew ‘N Prove
Want to learn how to sew and repair your clothing or accessories? Sew ‘N Prove will explore sewing techniques, and seam/hem finishes. In addition, you will be exposed to how to thread a sewing machine, read and cut pattern designs to utilize for fabric cutting and create new clothing items such as t-shirts and shorts/pants. All supplies included. Class fee is non-refundable.
Activity Code: 2RAE0987
(Section codes listed below)
Washington ....................................... WA01
Thu, Sep 19-Oct 24, 6:30PM-8:30PM
$44 Residents/$66 Non-Residents

Realistic Drawing
You can learn to draw everything realistically. Learn the techniques professional artists use to construct a believable scene. Learn the basics of perspective and how to apply them to everything from landscapes to buildings to people. Learn about how light and shade works and how to interpret it on any drawn object. Learn how to build a composition from a rough drawing, through collecting the proper reference photos, to a finished composition. All supplies included. Class fee is non-refundable.
Activity Code: 2RAE0983
(Section codes listed below)
Vincent ......................................... VN01
Mon, Oct 7-Oct 28, 6:00PM-8:00PM
$39 Residents/$59 Non-Residents

Wine & Paint
Explore the Art of Wine & Paint at the Shattuck Center, 523 E. Shattuck Ave. Call 656-2603 for more information. For more information or to schedule classes and events call 656-2618.

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28
**Sew ‘N Prove II**

Want to learn how to tailor and alter your clothing? In this class we will explore hemming techniques for denim and slacks and tapering jeans and shirts. In addition, you will be required to bring your own garments to tailor and alter. We highly recommend you bring old (practice) garments and not your current wardrobe. All supplies included. Class fee is non-refundable.

*Activity Code: 2RAE0989 (Section codes listed below)*

**Washington**

Sat, Oct 19-Nov 16, 9:00AM-11:00AM

$39 Residents/$59 Non-Residents

**Sewing 101**

Been a long time since you touched a sewing machine? Maybe never? This class will give you the basics on sewing machines, sewing terminology, working with patterns and creating your own projects. Unleash your creativity! Supply list provided at the first class. Sewing machines available or bring your own.

*Activity Code: 2RAE0988 (Section codes listed below)*

**Hamilton**

Thu, Sep 26-Nov 14, 6:00PM-8:30PM

$55 Residents/$83 Non-Residents

**Explore Watercolor Painting**

This is an introduction course to techniques of painting with water colors. Course will introduce students to application techniques and different ways to prep painting surfaces as well as discuss the fundamental differences in painting with watercolor versus painting with acrylics. Course will cover three different forms of watercolor mediums. A $10.00 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

*Activity Code: 2RAE0990 (Section codes listed below)*

**Hamilton**

Tue, Oct 22-Nov 12, 6:00PM-8:00PM

$24 Residents/$36 Non-Residents

**WEAVING AND FIBER ARTS**

**ABK Weaving Center**

**Gaenslen School**

1250 E. Burleigh St.

414-267-5771

www.abkweavingcenter.com

**More Basics and Beyond**

Intended for Weaving Basics & Beyond students who wish to extend their weaving time until the fall session ends to finish a project. Instructor: Judy Larsen

*Activity Code: 2RAE6902 (Section codes listed below)*

**Gaenslen**

Wed, Oct 30-Nov 13, 9:00AM-1:00PM

$35 Residents/$35 Non-Residents

$31 for ages 55 & up

**Not Your Grandma's Knitting**

Learn to knit and make cool contemporary accessories with your first project! This group includes continuing students and beginners. Instructor: MaryLee Knowlton

*Activity Code: 2RAE6903 (Section codes listed below)*

**Gaenslen**

Thu, Dec 26-Nov 14, 4:00PM-6:00PM

$41 Residents/$41 Non-Residents

$37 for ages 55 & up

**Weaving Basics and Beyond**

Beginners will learn to warp the loom and weave a sampler of patterns. Weaver beyond beginning level continue the learning process with a project of choice. Fee does not include materials purchased from weaving center. Fee includes supply cost and is non-refundable.

*Activity Code: 2RAE6905 (Section codes listed below)*

**Gaenslen**

Mon, Sep 23-Nov 18, 10:00AM-12:30PM

$54 Residents/$54 Non-Residents

$49 for ages 55 & up

**Gaenslen**

Tue, Sep 24-Nov 19, 6:00PM-8:30PM

$54 Residents/$54 Non-Residents

$49 for ages 55 & up

**Coiled Baskets**

Coiled basketry can be as simple or as ornate as you like. Techniques vary quite a lot between cultures, and with material choices. With the coiling technique you can make baskets of many shapes: vase, bottle, or wide-bowl shaped. The coiled structure builds a nice tight basket. A $15 (cash only) supply fee is due to the instructor at the first class. Instructor: Robin Leenholz

*Activity Code: 2RAE6910 (Section codes listed below)*

**Gaenslen**

Wed/Thu, Nov 12-Nov 13, 5:30PM-8:30PM

$25 Residents/$25 Non-Residents

**Bobbin Lace**

Bobbin lace is a form of weaving that dates back to the 16th Century. Intro students will learn how to wind the bobbins (warp), the 3 basic stitches, and read a pattern. Continuing students must have taken Intro to Bobbin Lace class and will work on their own projects. Instructor: Naomi Holthaus

*Activity Code: 2RAE6911 (Section codes listed below)*

**Gaenslen**

(Intro to Bobbin Lace)

Thu, Sep 19, 1:00PM-3:00PM

$13 Residents/$13 Non-Residents

$11 for ages 55 & up

**Gaenslen**

(Num & Adv. Overlaps with Beg course)

Sat, Sep 28-Nov 16, 9:00AM-11:30AM

$54 Residents/$54 Non-Residents

$49 for ages 55 & up

**Gaenslen**

(Continuing Bobbin Lace)

Mon, Sep 23-Nov 18, 1:00PM-3:00PM

$41 Residents/$41 Non-Residents

$37 for ages 55 & up
Rigid Heddle Weaving
Dust off that rigid heddle loom and start weaving with it! Learn how to set up and warp your loom and discover the features of the various looms in class. Practice the best techniques for weaving while making a small sampler. Tips for project planning, a look at various weave structures, plus suggestions and resources for future projects will be included. Looms will be available for rent. Prior weaving experience is helpful but not essential.

Activity Code: 2RAE6917
Beginning: Sat, Oct 5, 1:00PM-4:00PM
$25 Residents/$25 Non-Residents

Felted Table Runner
Learn how to wet felt a fabulous centerpiece mat for your table. Use prefect, Merino roving, different color ways, extra embellishments, and add your own wool yarn to customize (optional). There are many possibilities for designs including a flower motif, or even a butterfly shape. Please bring an old bath towel, sharp scissors, and a plastic bag. $12 Materials fee. Some upper body strength is needed for this class, but we can adapt.

Activity Code: 2RAE6945
Beginning: Wed, Oct 9, 5:30PM-8:30PM
$8 Residents/$12 Non-Residents

Zen Stitch
Stitching by hand is a way to stimulate your inner creativity and become present in the moment. In this class we will explore Zen stitchery through hand sewing, embroidering, and embellishing with beads, buttons and baubles as a way to transform materials while relaxing and letting go of daily worries. You can stitch away for the sheer pleasure of doing so, or work toward a creative project to tell your personal story through a pillow, book cover, bag or even a small quilt.

Activity Code: 2RAE6955
Beginning: Wed, Sep 25-Oct 23, 1:00PM-3:30PM
$34 Residents/$34 Non-Residents
$30 for ages 55 & up

Crochet Around the Block
AKA Granny’s got her groove back! You can make an afghan, a throw, a shawl, and numerous other awesome things. It all starts with the crocheted block. These granny squares are nothing if not cool. Make one and get ideas for many others. Supply fee $5.

Activity Code: 2RAE6956
Beginning: Fri, Oct 4-Oct 18, 2:30PM-5:00PM
$24 Residents/$24 Non-Residents

Twined Rag Rug Weaving
In this class Students will learn the technique for twined rag rug weaving on a framed loom. Students will need to bring 10lb of rags or materials to be made into rags. Frame looms will be provided. Contact Shelly for any other questions at rjhagcrew@gmail.com. A $10 (cash only) supply fee is due to the instructor at the first class.

Activity Code: 2RAE6954
Beginning: Tue, Sep 24-Nov 12, 1:00PM-3:30PM
$24 Residents/$24 Non-Residents
CATE’S COOKERY

Roots and Squashes
This class is a tribute to local and seasonal fall vegetables. Roots are a dietary staple to the world over. Both roots and squashes have tremendous health benefits including loads of Vitamins A and C, complex carbs and fiber. The class will include a variety of delicious approaches these wonderful vegetables have to soups, entrees, spaghetti and much more. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1922
(Section codes listed below)

Hamilton ........................................... HA01
Wed, Oct 9, 6:00PM- 9:00PM
$26 Residents/$39 Non-Residents

Apple of My Eye
Archeologists have found evidence that humans have been enjoying apples since 6500 BC. In Ancient Greece, to throw an apple to someone was to declare your love for them, and if they caught it, they were declaring their affection in return. Wisconsin produces about 54 million pounds of apples worth over $24 million per year. That’s a whole lot of love! There will be no apple throwing in this class, but lots of great ideas on how to use this seasonal wonder including: Creamy Apple Parsnip Soup, Curried Apple Salad, Wapatuli Apple Sauce, Apple Chutney (great for gifts) and Mrs. Milly’s Exceptional Apple Walnut Cake. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1933
(Section codes listed below)

Hamilton ........................................... HA01
Sat, Sep 21, 11:00AM- 2:00PM
$26 Residents/$39 Non-Residents

ExtraVEGANza
A well-balanced vegan diet which is low in salt and processed food may have benefits for cardiovascular health, helping to prevent heart disease, stroke and reducing the risk of diabetes. Choosing a vegan lifestyle doesn’t have to mean making dietary sacrifices. The meatless alternatives in this class will be appealing to non-vegans and vegans alike. You will learn how to make seitan spectacular with Seitan Mushroom Stroganoff served with Home Made Vegan Noodles. Espinacas a la Catalana is elegant Catalan-style spinach in any language. The menu also includes Creamy Mac ´N´ Cheese and an irresistible Vegan Carrot Cake. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1934
(Section codes listed below)

Beulah Brinton ............................... BN01
Wed, Oct 23, 6:30PM- 9:30PM
$26 Residents/$39 Non-Residents

Just Chocolate
Carolus Linnaeus, the father of plant taxonomy, dubbed cocoa beans from the Theobroma Cacaois fruit tree “food of the gods.” They were so valued in early Mesoamerican society, they were used as currency. Although cocoa cultivation is sourced to Mexico, Central and South America going back to 1000 BC or before, 70% of the cocoa produced today comes from Africa. From a health standpoint, dark chocolate is a powerful source of antioxidants. This class includes a variety of skills involved in making recipes for holiday and year-round entertaining including: Too Easy Truffles, Souffle, Crepes, Meringue Cookies, Buche de Noel (Holiday Yule Log Cake) and Russian Hot Chocolate. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1935
(Section codes listed below)

Hamilton ........................................... HA01
Sat, Nov 16, 12:00PM- 3:00PM
$26 Residents/$39 Non-Residents

That’s Just How I Roll Sushi
Cate Miller, The Gutless Gourmet, studied sushi making with itamisan (sushi chefs) at Ichiban restaurant and has been teaching the craft for over a decade. In this class, Cate shares techniques to make traditional sushi rolls with the roasted seaweed sheets (nori) on the outside and California Rolls with the rice on the outside. She provides a bountiful buffet of veggies, surimi crab and Cates own hotsi Totsi Smoked Salmon fillings so that participants can customize each of their two rolls. It is all gluten free, fresh and healthy. Cate will entertain you with sushi history and etiquette while you enjoy her Loaded Miso Soup. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1936
(Section codes listed below)

Hamilton ........................................... HA01
Wed, Oct 2, 6:00PM- 9:00PM
$26 Residents/$39 Non-Residents

COOKING

TOFU
We know, we know... this is another “four letter word” to some of you, but tofu really is good for you and tasty too! Learn fun and exciting ways to prepare and eat this power-packed food. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1611
(Section codes listed below)

Hamilton ........................................... HA01
Tue, Nov 12, 6:00PM- 8:00PM
$21 Residents/$32 Non-Residents

The Art of Cooking Italian Style Vegetables
Are you eating your servings of vegetables every day? Do you think cooking vegetables is too time consuming or maybe that is not your favorite food? We will, be ready to change your mind. Just as any other Italian food, this class will teach you how to cook easy and delicious vegetable side and main dishes that will make your family and friends delighted! All recipes are authentically Italian as well as your instructor! Fee includes food cost and is non-refundable.

Activity Code: 2RAE1616
(Section codes listed below)

MacDowell .......................................... JU01
Tue, Oct 1, 6:00PM- 9:00PM
$26 Residents/$39 Non-Residents
**How to Make Authentic Italian Sauce**
Learn the secret of the real thing! You will learn how to make the authentic Italian spaghetti sauce with meatballs and sausage. This sauce can be used for lasagna, spaghetti, as side dish, subs, and more. You can freeze it for later use. Be ready to taste the best sauce ever! Fee includes food cost and is non-refundable.

*Activity Code: 2RAE1617 (Section codes listed below)*

**MacDowell** ........................................... JU01
Tue, Oct 15, 6:00PM-9:00PM  
$26 Residents/$39 Non-Residents

**New England Classics**
The New England area covers several states. These states include: Connecticut, Maine, New Hampshire, Rhode Island, and Vermont. We will be making some traditional New England food dishes such as: Boston Baked Beans, Harvard Beets, New England American Chop Suey, New England Corn Chowder, New England Succotash, Tourtiere (meat pie), and a New England dessert. Fee includes food cost and is non-refundable.

*Activity Code: 2RAE1621 (Section codes listed below)*

**Riverside** ........................................... RS01
Sat, Oct 5, 11:00AM-2:00PM  
$26 Residents/$39 Non-Residents

**Taste of the World: South America**
CHILE is a country in central South America. The capital of Chile is Santiago. We will be making traditional Chilean food: Chili Pepper Salsa (chili pepper salsa), Ensalada chilena (salad), Carbonada (vegetables & meat soup), Pastel de choclo (corn & meat pie), and Pastel de Manzanas con Dulce de Leche (apple & walnut tart). Fee includes food cost and is non-refundable.

*Activity Code: 2RAE1637 (Section codes listed below)*

**Riverside** ........................................... RS01
Sat, Sep 28, 11:00AM-2:00PM  
$26 Residents/$39 Non-Residents

**It’s Harvest Time for Autumn Soups!**
Get ready for those brisk FALL DAYS with a big pot of nutritious soup. The ingredients will include fresh seasonal vegetables and a variety of spices. The soups will be easy to make and they will keep you healthy and warm. We will be making: Colombian Chicken soup, Creamy Parsnip soup, Hungarian Bean & Ham soup, and Southwest Pumpkin Soup. Fee includes food cost and is non-refundable.

*Activity Code: 2RAE1638 (Section codes listed below)*

**MacDowell** ........................................... JU01
Wed, Nov 13, 6:00PM-8:30PM  
$23 Residents/$35 Non-Residents

**Healthy Fall Soups**
Fall is here and it’s time for “Healthy Soups”. Fresh seasonal vegetables will be the main ingredients. These soups have plenty of vitamins to help you stay healthy when the cool windy days come as the seasons begin to change. We will be making: Roasted Sweet Potato Soup, Butternut Squash & Apple Soup, and Hearty Vegetable Soup. Fee includes food cost and is non-refundable.

*Activity Code: 2RAE1683 (Section codes listed below)*

**A Taste of the Mediterranean**
SAN MARINO is known officially as “The Serene Republic of San Marino”. It is a very tiny Mediterranean country bordered and surrounded by Italy. Food and meals are an important part of life in San Marino. The cuisine is Mediterranean and fresh locally grown produce, pasta and meat are a major part in their food dishes. We will be making traditional San Marino food dishes such as: Butternut Squash Salad, Italian Baked Beans, Pasta e Ceci (chickpeas & pasta stew), Apple & Herb Meatballs, Nidi di Rondine (Swallow’s Nest), Faggioli con le Cotiche (bean soup with pork belly), and a traditional San Marino dessert. Fee includes food cost and is non-refundable.

*Activity Code: 2RAE1690 (Section codes listed below)*

**Slovenia Revisited**
After our popular Slovenia class, we’re making a trip back to check out new dishes! Slovenia has 24 gastronomic (good eating) regions and included in that are castle, cottage, farmhouse, parsonage and monastic Slovenian cuisine. Slovene foods are mainly heavy, hearty and plain. Slovenia is known for its soups, stews, breads, noodles, dumplings, casseroles, cheeses, honey and desserts. We will be making traditional Slovenian food: Dandelion salad, Gojba Juha (mushroom soup), Red steamed cabbage, Jota (bean & beef stew) Goveji Golaz (beef goulash) and Palachink (crepes). Fee includes food cost and is non-refundable.

*Activity Code: 2RAE1658 (Section codes listed below)*

**Please like us on Facebook!**
fb.com/MilwaukeeRecreation

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28
Cooking Adventures: Caribbean Street Food Dishes!!

We will be making popular Caribbean street food dishes that are typically served in food trucks, carts and street cafes. You will learn how to make Caribbean Street Food from Costa Rica, Dominican Republic and Guyana. We will be making: Sopa Negra (Black bean soup) (Costa Rica), Sancocho (National meat dish) (Dominican Republic), Channa & Potato Curry (Guyana) and a Caribbean dessert. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1691
(Section codes listed below)

MacDowell ........................................ JU01
Wed, Sep 25, 6:00PM- 8:30PM
$23 Residents/$35 Non-Residents

It’s All About the CRANBERRY!!

Cranberries are high in fiber and low in sugar. They are a great source of anti-oxidants and help boost your immune system. Come and explore several ways that we will be using cranberries. We will be making: Cranberry muffins, scones, cranberry spinach salad, garlic green beans & cranberries, cranberry chutney and candied cranberries. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1692
(Section codes listed below)

MacDowell ........................................ JU01
Wed, Oct 16, 6:00PM- 8:30PM
$23 Residents/$35 Non-Residents

Taste of the World - West Africa Ivory Coast

The Ivory Coast is located on the south coast of West Africa. It is the world’s largest exporter of cocoa beans. The major language is French. There are seven main ethnic groups in the Ivory Coast. We will be making some of the traditional Ivory Coast food dishes such as: Alocos (fried bananas), Arachid Sauce, Avocado & Peanut Salad, Chilled Avocado Soup, Cornmeal Cookies, Melon Fingers with Lime, Calalou (vegetable stew), Kedjenou (seasoned meat & vegetable dish), and an Ivory Coast dessert. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1693
(Section codes listed below)

Riverside ........................................ RS01
Sat, Oct 19, 11:00AM- 2:00PM
$26 Residents/$39 Non-Residents

COOKING AND CANNING WITH ANNIE

Fruit and Vegetable Canning 101

This class is an introductory class and demonstration of the basic techniques of canning both fruits and vegetables and a good primer for upcoming preserving classes but not a prerequisite. There will be no hands-on participation in this course. Class fee is non-refundable.

Activity Code: 2RAE9901
(Section codes listed below)

Beulah Brinton ...................... BN01
Wed, Sep 25, 7:00PM- 8:30PM
$7 Residents/$11 Non-Residents

Fall Fruit Preservation

Learn how to keep seasonal fruits through winter by preserving them as jams or chutneys, sauces or whole in a light sugar syrup. Canning materials, produce and handouts with instructions, recipes and helpful tips are included. This is a hands-on course. Please bring a box to carry home still-hot preserves. Fee includes food cost and is non-refundable.

Activity Code: 2RAE9902
(Section codes listed below)

Beulah Brinton ...................... BN01
Wed, Oct 2, 7:00PM- 9:00PM
$28 Residents/$42 Non-Residents

Fall Pickling

Learn to preserve fall vegetables in both sweet and sour brines. Canning materials, produce and handouts with instructions, recipes and helpful tips are included. This is a hands-on course. Please bring a box to carry home still-hot preserves. Fee includes food cost and is non-refundable.

Activity Code: 2RAE9903
(Section codes listed below)

Beulah Brinton ...................... BN01
Wed, Oct 30, 7:00PM- 9:00PM
$28 Residents/$42 Non-Residents

Fine Dining on a $15 Budget

You are wondering how FINE DINING MEALS can be made on a $15 BUDGET!! Come and see how this can be done. The following ingredients will be used to make FINE DINING MEALS: Fresh vegetables and fruit, chicken, seafood and steak, and a variety of spices. The MENU will include: Salads, soups, main dishes and desserts. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1695
(Section codes listed below)

Riverside ........................................ RS01
Sat, Nov 9, 11:00AM- 2:00PM
$26 Residents/$39 Non-Residents

Cooking with Coffee!!

Coffee is a very popular drink throughout the world. The origin of coffee was in the 15th century in Ethiopia. About 450 million cups of coffee are consumed every day. The combination of coffee and food are a perfect match. We will be making: Coffee Salad Vinaigrette, Roasted Vegetables with Coffee Glaze, Coffee Steak Rub, Coffee Chicken Marinade, Chocolate Coffee Brownies, and Cappuccino Cheesecake. Fee includes food cost and is non-refundable.

Activity Code: 2RAE1694
(Section codes listed below)

Riverside ........................................ RS01
Sat, Oct 12, 11:00AM- 2:00PM
$15 Residents/$23 Non-Residents
Microsoft Office Applications

In each Microsoft office program, participants will gain hands-on experience in the many components that make these systems so powerful, including the basic functionality of each program (e.g., Excel, Word). The specific program is listed next to each site.

Activity Code: 2RAE1503
(Section codes listed below)

Hamilton .................... HA01
(Excel - Level 1)
Mon, Sep 23-Oct 14, 6:00PM- 8:00PM
$25 Residents/$38 Non-Residents

Vincent ....................... VN01
(Word - Level 1)
Mon, Sep 23-Oct 14, 6:00PM- 8:00PM
$26 Residents/$39 Non-Residents

Google Suite

From small business, education, to Fortune 500 corporations, see how companies are using Google Suite to work better together. We will be exploring and leveraging Google Suite and see the power in real-time collaboration among the various Google applications offered across the world. This class will include: Google Docs, Google Sheets, Google Drive, Google Forms, Gmail, Google Calendar and Google Hangouts.

Activity Code: 2RAE1509
(Section codes listed below)

Milwaukee Marshall ............... MR01
Tue, Sep 24-Nov 12, 6:00PM- 8:00PM
$44 Residents/$66 Non-Residents

Windows 10 Survival Guide

For your computer novices, Windows is the software that runs on your computer and allows you to browse the internet and install other apps. Windows 10 is a version that came out in 2015 but is widely used due to its very user friendly features. This class is designed for those with little or no computer experience, or those of you who want to make the most of Windows 10 and its many features. Come join us on this action packed adventure into the world of Windows 10.

Activity Code: 2RAE1504
(Section codes listed below)

Hamilton .................... HA01
Wed, Sep 25-Oct 30, 6:00PM- 7:00PM
$19 Residents/$29 Non-Residents

CYCLING AND BIKE MAINTENANCE

Bike Maintenance with Billie

This class will teach you the skills needed to keep and maintain your bike in fine working order. These skills will save you time, money and make your rides easier and safer. With a few tools, you can make your bike rideable. This class is for beginners. In this class you will cover the following: changing a flat tire, fixing a slipped chain, completing a minor brake repair and seasonal cleaning. Class taught by Billie Myhra. Please bring your bike to class. Youth and adult classes are combined. Class fee is non-refundable. Supplies and tools provided by coastinnbikes.com.

Activity Code: 2RAE2807
(Section codes listed below)

MacDowell ..................... JU01
Sat, Sep 28, 10:00AM-11:30AM
$7 Residents/$11 Non-Residents

Bike Safety Basics

Come learn the rules of the road that will make your biking experience a safe and fun adventure. You will learn proper turn signals, good etiquette for city streets and tracks, proper protective gear, how to ride in a group and bike laws. This is a hands on course. Class taught by Billie Myhra. Please bring your bike to class. Youth and adult classes are combined. Class fee is non-refundable.

Activity Code: 2RAE2808
(Section codes listed below)

MacDowell ..................... JU01
Sat, Sep 28, 12:00PM- 1:30PM
$7 Residents/$11 Non-Residents

DANCE

Adult Ballet

Ballet can offer you a complete physical workout. Dance your way to better flexibility, strength, and posture!

Activity Code: 2RAE2901
(Section codes listed below)

Milw School of Language .......... ML01
Mon, Sep 23-Nov 11, 7:35PM- 8:55PM
$34 Residents/$51 Non-Residents

American Tribal Style Belly Dance

This class is based on group improvisational and synchronized movements that are a fusion of traditional and folkloric dances from the Middle East, Africa, Western Europe and Asia. American Tribal style of belly dance embodies strength and beauty, working all muscles in the body. Required: Zils (finger cymbals). Instructor will provide information on where to purchase Zils. Recommended: Hip scarf.

Activity Code: 2RAE2903
(Section codes listed below)

Riverside .................. RS01
Tue, Sep 17-Nov 12, 6:30PM- 8:00PM
$39 Residents/$59 Non-Residents

Ballroom Survival

When you attend a wedding or reunion, are you envious of the people gliding across the dance floor? Learn to waltz, fox-trot, cha-cha, etc., so that when the next song plays, you are the one sweeping others off their feet. Wear casual dress shoes. A partner is recommended. Fee is per person.

Activity Code: 2RAE2904
(Section codes listed below)

Hamilton .................... HA01
Wed, Sep 25-Nov 13, 7:00PM- 8:30PM
$34 Residents/$51 Non-Residents

Milw School of Language ......... ML01
(Beg./Int.)
Mon, Sep 23-Nov 11, 7:00PM- 8:00PM
$24 Residents/$36 Non-Residents

Adult Enrichment • (414) 475-8811

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28
Soul Line Dance
Soul line dancing is a fun and exciting way to dance your way to good health! This dance class will combine low, moderate and high energy line dance routines with aerobics. No previous dance experience is necessary as your instructor will teach you all the basic steps to get started!

Activity Code: 2RAE2910
(Section codes listed below)

North Division ........................................ ND01
Sat, Sep 28-Nov 2, 10:00AM-11:00AM
$19 Residents/$29 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: 2RAE2912
(Section codes listed below)

Milwaukee Marshall .............................. MR01
Wed, Sep 25-Oct 23, 6:00PM- 7:00PM
$24 Residents/$36 Non-Residents

Milwaukee Marshall .............................. MR02
(Inv/Adv.)
Wed, Oct 30-Dec 11, 7:00PM- 8:00PM
$15.50 Residents/$23.25 Non-Residents

Vincent ........................................ VN01
Mon, Sep 23-Nov 11, 6:30PM- 7:30PM
$24 Residents/$36 Non-Residents

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

Activity Code: 2RAE2920
(Section codes listed below)

Parkside .......................... FR01
Wed, Sep 18-Oct 23, 7:00PM- 8:00PM
$19 Residents/$29 Non-Residents

Riverside .......................... RS01
(Salsa & Bachata)
Mon, Sep 16-Nov 11, 7:00PM- 8:00PM
$24 Residents/$36 Non-Residents

Riverside .......................... RS02
(Salsa & Bachata)
Mon, Dec 2-Jan 13, 7:00PM- 8:00PM
$16 Residents/$24 Non-Residents

East Coast Swing
This dance class is a form of social partner rhythm dance that incorporates both a 6 and 8 beat pattern. Whether you are trying to learn the dances for the first time or polish up on skills, this fun class is for you. This class is great for parties, weddings, and reunions that incorporates rock a roll. Dance partner is recommended but not required. Please wear comfortable dress shoes.

Activity Code: 2RAE2923
(Section codes listed below)

Hamilton ................................. HA01
Thu, Nov 21-Dec 19, 6:00PM- 7:00PM
$13 Residents/$20 Non-Residents

Hawaiian Dance
Aloha! Hawaiian Dance offers something that every “body” can enjoy and engages the body, mind, and spirit. While targeting the waist, hips, stomach, calves, and arms, Hawaiian Dance also provides a low-impact and cardiovascular workout. Many Hawaiian songs are about nature; the waves, wind, flowers, rain, clouds, etc. Ease tension and stress by visualizing and interpreting the words and movement as your mind is transported away to the Islands.

Activity Code: 2RAE2924
(Section codes listed below)

Milw School of Language ............. ML01
Mon, Sep 23-Nov 11, 6:30PM- 7:30PM
$24 Residents/$36 Non-Residents

Estate Planning for Peace of Mind
Everyone, regardless of age or wealth, should have an estate plan. Wills, trusts, and beneficiary planning provides necessary direction and continuity when passing on your assets after death. Estate planning also plans for lifetime incapacity through health care powers of attorney, financial powers of attorney, and proper financial planning for your long term needs. We will discuss strategies to help you protect your assets and ease the burden of your loved ones. Class taught by Jacqueline L. Messler, attorney, Davis and Kueithau, Jennifer Roettgers, Financial Adviser, Robert W. Baird, and Brian M. Wielgus, Accredited Wealth Management Advisor, Robert W. Baird. Class fee is non-refundable.

Activity Code: 2RAE3417
(Section codes listed below)

Hamilton (Ages 18-39) ................. HA01
Mon, Oct 7, 6:00PM- 7:30PM
$7 Residents/$11 Non-Residents

Hamilton (Ages 40 & up) ............ HA02
Tue, Oct 8, 6:00PM- 7:30PM
$7 Residents/$11 Non-Residents

Riverside (Ages 18-39) ............... RS01
Mon, Oct 21, 6:00PM- 7:30PM
$7 Residents/$11 Non-Residents

Riverside (Ages 40 & up) ............ RS02
Tue, Oct 22, 6:00PM- 7:30PM
$7 Residents/$11 Non-Residents

FINANCE

Elder Care & Planning for Aging
Do you worry about who will make health and financial decisions for you if you were unable to do so? Do you worry about the cost of a nursing home and protecting your assets in case you would need nursing care? Do you have a aging parent and are unsure how to raise the topic of planning for their incapacity and death, and what your responsibilities will be? This class will cover the basics on planning for aging: what documents you need to have in place, how to avoid a guardianship proceeding, what is Title 19 and how it affects your family, and what is long-term care insurance and whether it makes sense for you to buy it.

Activity Code: 2RAE3413
(Section codes listed below)

MacDowell ....................................... JU01
Tue, Sep 24, 6:00PM- 8:00PM
$8 Residents/$12 Non-Residents

Intelligent Investing for Retirement
Looking for a framework to manage your investments, such as in a 401k or IRA? Not sure, what is in your portfolio? Many investors are concerned with safely growing their assets and spending time understanding the basics. In this class, you will have the opportunity to learn fundamental principles of investing taught using the theories of Benjamin Graham, billionaire Warren Buffett’s mentor. We will use the Benjamin Graham class book The Intelligent Investor, which Warren Buffet calls the best book on investing ever written, as a guide. Presented by Lloyd Frick, Account Executive of KEVIN Bay Investments, LLC. Class fee is non-refundable.

Activity Code: 2RAE3417
(Section codes listed below)

Hamilton (Ages 18-39) ................. HA01
Mon, Oct 7, 6:00PM- 7:30PM
$7 Residents/$11 Non-Residents

Hamilton (Ages 40 & up) ............ HA02
Tue, Oct 8, 6:00PM- 7:30PM
$7 Residents/$11 Non-Residents

Riverside (Ages 18-39) ............... RS01
Mon, Oct 21, 6:00PM- 7:30PM
$7 Residents/$11 Non-Residents

Riverside (Ages 40 & up) ............ RS02
Tue, Oct 22, 6:00PM- 7:30PM
$7 Residents/$11 Non-Residents
Barre Fitness
You do not have to wear pointe shoes or a tutu to get a sculpted body like a dancer. This exercise method uses a ballet barre and combines Pilates, dance and yoga to strengthen, shape and tone muscles. Bring your exercise mat or purchase at site for $10.00.

Activity Code: 2RAE3503
(Section codes listed below)

Beulah Brinton ......................... BN09
Mon, Sep 16-Nov 4, 8:00PM- 8:50PM
$28 Residents/$42 Non-Residents

Beulah Brinton ......................... BN01
Tue, Sep 17-Nov 5, 5:00PM- 5:50PM
$28 Residents/$42 Non-Residents

Beulah Brinton ......................... BN03
Thu, Sep 19-Nov 7, 5:00PM- 5:50PM
$28 Residents/$42 Non-Residents

Beulah Brinton ......................... BN10
Mon, Dec 2-Jan 13, 8:00PM- 8:50PM
$19 Residents/$29 Non-Residents

Beulah Brinton ......................... BN02
Tue, Dec 3-Jan 14, 5:00PM- 5:50PM
$19 Residents/$29 Non-Residents

Beulah Brinton ......................... BN04
Thu, Dec 5-Jan 16, 5:00PM- 5:50PM
$19 Residents/$29 Non-Residents

MacDowell ......................... JU01
Sat, Sep 21-Nov 9, 8:00AM- 8:45AM
$22 Residents/$33 Non-Residents

Milw School of Language ............ ML01
Wed, Sep 25-Nov 13, 6:30PM- 7:30PM
$28 Residents/$42 Non-Residents

North Division ......................... ND01
Sat, Oct 19-Nov 16, 9:15AM-10:00AM
$16 Residents/$24 Non-Residents

Riverside ......................... RS02
Sat, Sep 14-Nov 2, 8:30AM- 9:25PM
$28 Residents/$42 Non-Residents

Belly Dance Aerobics
Belly dance aerobics involves exercises designed to tighten and tone your waist, hips and abdominal muscles through easy-to-follow isometric movements. This class will help to enhance your overall flexibility and general conditioning.

Activity Code: 2RAE3504
(Section codes listed below)

Hamiton ......................... HA01
Mon, Sep 23-Nov 18, 7:00PM- 8:00PM
$28 Residents/$42 Non-Residents

MacDowell ......................... JU01
Thu, Sep 26-Nov 21, 6:30PM- 7:30PM
$28 Residents/$42 Non-Residents

Body Sculpting
Use bands and weights to tone all areas of your body. Improve your mind, as well as your self-image. Bring your own weights and toning band. Bring your own exercise mat or purchase at site for $10.00.

Activity Code: 2RAE3505
(Section codes listed below)

Beulah Brinton ......................... BN01
Tue, Sep 17-Nov 12, 6:00PM- 7:00PM
$31 Residents/$47 Non-Residents

Beulah Brinton ......................... BN02
Thu, Sep 19-Nov 14, 6:00PM- 7:00PM
$31 Residents/$47 Non-Residents

Beulah Brinton ......................... BN03
Sat, Sep 21-Nov 16, 9:00AM-10:00AM
$31 Residents/$47 Non-Residents

Beulah Brinton ......................... BN04
Mon, Dec 2-Jan 13, 6:10PM- 7:10PM
$19 Residents/$29 Non-Residents

Beulah Brinton ......................... BN05
Thu, Dec 5-Jan 16, 6:00PM- 7:00PM
$19 Residents/$29 Non-Residents

Beulah Brinton ......................... BN06
Sat, Dec 7-Jan 18, 9:00AM-10:00AM
$19 Residents/$29 Non- Residents

Boot Camp
Think you have what it takes? Come to Boot Camp where you will get an intense workout participating in different aerobic and anaerobic exercises. Different stations will be set up to work every part of your body. Wear comfortable clothing and tennis shoes. Bring your own exercise mat or purchase at site for $10.00.

Activity Code: 2RAE3507
(Section codes listed below)

Alcott ......................... AL01
Mon, Sep 23-Nov 11, 5:30PM- 6:30PM
$28 Residents/$42 Non-Residents
Cardio Combo
Jumpstart your weekend activities with this invigorating workout. This class combines boxing aerobics, step aerobics and low-impact aerobics. Wear comfortable clothing and tennis shoes. Class taught by Angie Wothe.

Activity Code: 2RAE3509
(Section codes listed below)

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<th>Time</th>
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<td>8:00AM- 9:00AM</td>
<td>$19</td>
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Cardio Plus
Like any fitness class, go at your own pace, but the instructor will make sure you leave with a good work out. Experience the health benefits of cardio exercises along with the muscle toning/building that comes with weight lifting. Wear comfortable clothing and tennis shoes.

Activity Code: 2RAE3510
(Section codes listed below)

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<td>MR02</td>
<td>Wed, Oct 30-Dec 11</td>
<td>6:30PM- 7:30PM</td>
<td>$22</td>
<td>$33 Non-Residents</td>
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</table>

Cardio-Kickboxing
Get ready for a very popular workout. This musically-engaging activity will provide the opportunity to lose weight, tone your body, and have fun while incorporating components of self-defense. Do it for your health or just do it for ‘kicks’. Wear comfortable clothing and tennis shoes. Bring your own exercise mat or purchase at site for $10.00.

Activity Code: 2RAE3511
(Section codes listed below)

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<td>81st Street</td>
<td>8101</td>
<td>Thu, Sep 26-Oct 24</td>
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<td>81st Street</td>
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<td>7:15PM- 8:15PM</td>
<td>$19</td>
<td>$29 Non-Residents</td>
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</table>

Gospel Aerobics
An uplifting experience for your body, mind and soul. Through muscle toning, abdominal control, and cardio stimulation you will receive a total body workout. A variety of gospel selections will be played. Bring your own exercise mat or purchase at site for $10.00.

Activity Code: 2RAE3516
(Section codes listed below)

<table>
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<th>Activity</th>
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<td>6:30PM- 7:30PM</td>
<td>$28</td>
<td>$42 Non-Residents</td>
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</table>

Hoop Dance Workout
Hoop dancing is not just for kids! Today hula hoop dancing has evolved into an exciting dance form called ‘hoopdance’, which has amazing benefits for the body and mind. Plus, it’s fun! Hooping is for EVERY BODY. Hoops will be available to borrow or for purchase at sites. Cost range is $20.00-$35.00 per hoop.

Activity Code: 2RAE3518
(Section codes listed below)

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<td>Beg.</td>
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<td>$16 Residents/$24 Non-Residents</td>
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</table>

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. Bring your own exercise mat or purchase at site for $10.00.

Activity Code: 2RAE3521
(Section codes listed below)

<table>
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<td>Gaenslen</td>
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<td>Beg.</td>
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<td>Riverside</td>
<td>RS02</td>
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</tbody>
</table>

www.MilwaukeeRecreation.net
PiYo
Looking to sweat your way to sculpted abdominals, increased core strength, and greater stability? Then PiYo may be for you! PiYo combines the stretching, strength, and flexibility of yoga with the toning benefits of Pilates. Classes start with yoga style stretching, strength, and flexibility exercises. Each class finishes with mat work focusing on strengthening the core muscles and toning the legs. Bring your own exercise mat or purchase at site for $10.00.

Activity Code: 2RAE3522
(Section codes listed below)

Gaenslen ........................................... GS01
Wed, Sep 18-Nov 13, 8:00PM-8:55PM  $28 Residents/$42 Non-Residents
Milwaukee Marshall ......................... MR01
Thu, Sep 26-Oct 24, 7:30PM-8:30PM  $19 Residents/$29 Non-Residents
Milwaukee Marshall ......................... MR02
Thu, Oct 31-Dec 12, 7:30PM-8:30PM  $22 Residents/$33 Non-Residents

Riverside ......................................... RS02
Sat, Dec 7-Jan 4, 10:30AM-11:30AM  $16 Residents/$24 Non-Residents
Riverside ......................................... RS03
Mon, Dec 2-Jan 13, 8:00PM-9:00PM  $16 Residents/$24 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: 2RAE3524
(Section codes listed below)

Beulah Brinton ......................... BN01
Mon, Sep 16-Nov 11, 5:00PM-6:00PM  $31 Residents/$47 Non-Residents
Beulah Brinton ......................... BN02
Mon, Dec 2-Jan 13, 5:00PM-6:00PM  $19 Residents/$29 Non-Residents

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

Activity Code: 2RAE3526
(Section codes listed below)

Alcott .......................................... AL01
Tue, Sep 24-Nov 12, 5:45PM-6:45PM  $28 Residents/$42 Non-Residents

T’ai Chi Ch’uan
This Chinese form of relaxation will teach you stress-relieving techniques designed to release tension, improve flexibility and relax your body and mind.

Activity Code: 2RAE3527
(Section codes listed below)

Beulah Brinton ......................... BN01
(Beg.) Tue, Sep 17-Nov 5, 12:15PM-1:15PM  $28 Residents/$42 Non-Residents
Beulah Brinton ......................... BN02
(Int.) Tue, Sep 17-Nov 5, 1:25PM-2:25PM  $28 Residents/$42 Non-Residents
Beulah Brinton ......................... BN03
(Beg.) Wed, Sep 18-Nov 6, 11:15AM-12:15PM  $28 Residents/$42 Non-Residents
Beulah Brinton ......................... BN04
(Beg.) Tue, Dec 3-Jan 14, 12:15PM-1:15PM  $22 Residents/$33 Non-Residents
Beulah Brinton ......................... BN05
(Int.) Tue, Dec 3-Jan 14, 1:25PM-2:25PM  $19 Residents/$29 Non-Residents
Beulah Brinton ......................... BN06
(Beg.) Wed, Dec 4-Jan 15, 11:15AM-12:15PM  $19 Residents/$29 Non-Residents
Milw School of Language ............... ML01
(Beg.) Wed, Sep 25-Nov 13, 6:30PM-7:30PM  $28 Residents/$42 Non-Residents
Milw School of Language ............... ML02
(Int./Adv.) Wed, Sep 25-Nov 13, 7:30PM-8:30PM  $28 Residents/$42 Non-Residents

Tummy, Waist, and Thighs
If you’re dissatisfied with the shape or size of your hips, glutes, abs, or thighs, you can choose to transform them into the shape you’ve always wanted. This class is devoted to exercises and nutritional tips that will shape, strengthen and tone your body. Wear comfortable, loose clothing.

Activity Code: 2RAE3532
(Section codes listed below)

81st Street .................................. 8101
Thu, Sep 26-Oct 17, 6:15PM-7:00PM  $16 Residents/$24 Non-Residents

81st Street .................................. 8102
Thu, Nov 7-Dec 5, 6:15PM-7:00PM  $12 Residents/$18 Non-Residents

Parkinson Exercise Class
This class will incorporate stretches, deep breathing exercise, balance, vocal and strength training. The class is designed for people with PD. Within a few weeks, you will notice that exercising does without a doubt slow down the progression of Parkinson’s and improve the quality of your daily living, while having fun and camaraderie. Modifications will be provided. Please wear comfortable clothing. Mary Spidell is a certified Parkinson’s exercise instructor.

Activity Code: 2RAE3534
(Section codes listed below)

Alcott .......................................... AL01
Tue, Sep 24-Nov 12, 4:30PM-5:30PM  $28 Residents/$42 Non-Residents

Yoga
Release some stress in your life with the calming ritual of yoga. Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, and meditation. Wear comfortable clothing. Individuals with medical conditions should be cleared by a physician prior to participation. Bring your own exercise mat or purchase at site for $10.00.

Activity Code: 2RAE3536
(Section codes listed below)

81st Street .................................. 8101
Tue, Sep 24-Oct 22, 7:00PM-8:00PM  $19 Residents/$29 Non-Residents

81st Street .................................. 8102
Tue, Oct 29-Nov 26, 7:00PM-8:00PM  $19 Residents/$29 Non-Residents

Alcott .......................................... AL01
Mon, Sep 23-Nov 11, 6:45PM-7:45PM  $28 Residents/$42 Non-Residents

Beulah Brinton ....................... BN01
Mon/Sat, Sep 16-Nov 11, 9:00AM-10:00AM  $31 Residents/$47 Non-Residents

Beulah Brinton ....................... BN02
Mon, Sep 16-Nov 11, 6:45PM-7:45PM  $31 Residents/$47 Non-Residents

Beulah Brinton ....................... BN03
Tue, Sep 17-Nov 12, 9:00AM-10:00AM  $31 Residents/$47 Non-Residents

Beulah Brinton ....................... BN04
Tue, Sep 17-Nov 12, 6:00PM-7:00PM  $31 Residents/$47 Non-Residents

Beulah Brinton ....................... BN05
Wed, Sep 18-Nov 13, 6:30AM-7:45AM  $31 Residents/$47 Non-Residents

Beulah Brinton ....................... BN06
Wed, Sep 18-Nov 13, 6:30PM-7:30PM  $31 Residents/$47 Non-Residents
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<th>End Date</th>
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**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 $10.00.

**Activity Code: 2RAE3537**

*Activity codes listed below*

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<td>VN01</td>
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<td>$28 Residents/$42 Non-Residents</td>
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**Adult Enrichment • (414) 475-8811**
**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 $10.00.

**Activity Code: 2RAE3538**
(Section codes listed below)

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**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: 2RAE3542**
(Section codes listed below)

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**Zumba® Gold**

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

**Activity Code: 2RAE3543**
(Section codes listed below)

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<td>Wed, Dec 4-Jan 15</td>
<td>6:00PM-7:00PM</td>
<td>$19 Residents/$29 Non-Residents</td>
</tr>
<tr>
<td>Riverside</td>
<td>RS01</td>
<td>Thu, Sep 19-Nov 14</td>
<td>7:00PM-7:55PM</td>
<td>$26 Residents/$26 Non-Residents</td>
</tr>
</tbody>
</table>

**Women & Weights**

Women & Weights is for all the ladies out there looking to get lean, toned and fit - quick! In this class, you will use light to moderate weights with lots of repetition in order to give you a total body workout. You will work through moves and techniques that will help you achieve strength you never knew you had. You will leave class feeling challenged, but ready to come back for more! Bring your own exercise mat or purchase at site for $10.00.

**Activity Code: 2RAE3535**
(Section codes listed below)

<table>
<thead>
<tr>
<th>Location</th>
<th>Code</th>
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<th>Time</th>
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<tbody>
<tr>
<td>Milwaukee Marshall</td>
<td>MR01</td>
<td>Mon, Sep 23-Nov 11</td>
<td>5:30PM-6:30PM</td>
<td>$28 Residents/$42 Non-Residents</td>
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<tr>
<td>Riverside</td>
<td>RS01</td>
<td>Tue, Sep 17-Nov 12</td>
<td>7:30PM-8:30PM</td>
<td>$26 Residents/$39 Non-Residents</td>
</tr>
</tbody>
</table>
Turbo Kick N’ Core
Fun and easy to follow cardio kickboxing to funky beats that will be sure to help you burn up to a thousand calories....bring your fitness device (optional) and see for yourself! The last half of class will be devoted to total core conditioning and stretch. Whittle that waist through cardio and strength with Cherry Stark. Bring your own exercise mat or purchase at site for $10.00.
Activity Code: 2RAE3549
(Section codes listed below)

Milw School of Language ...............ML01
Wed, Sep 25-Nov 13, 7:40PM- 8:40PM
$28 Residents/$42 Non-Residents

Interval Training For Every Body
Bring a mat and wear comfortable shoes for a workout that will challenge both the serious athlete and those new to exercise. Learn the foundational basics of stretching and strength training through a series of quick bursts of exercise that is sure you fire up your metabolism! Starting with your own body weight as resistance and then progressing to incorporate some weights and other equipment will demonstrate that workouts can be done anytime, anywhere. Join Alicia for an hour of fun and creative fitness. Bring your own exercise mat or purchase at site for $10.00.
Activity Code: 2RAE3550
(Section codes listed below)

Milwaukee Marshall .................... MR01
Wed, Sep 25-Nov 13, 5:15PM- 6:15PM
$27 Residents/$40.50 Non-Residents

Nordic Walking
Improve your overall level of conditioning by learning various exercises to improve your overall strength, flexibility, and core using walking poles. Learn the proper technique while walking with poles to work almost every muscle in your body. Led by Marty Malin, a Certified Nordic Walking Instructor.
Activity Code: 2RAE3567
(Section codes listed below)

Hamilton ............................... HA01
Wed, Sep 25-Nov 13, 6:45PM- 7:45PM
$28 Residents/$42 Non-Residents

MacDowell .............................. JU01
Mon, Sep 23-Nov 11, 6:45PM- 7:45PM
$28 Residents/$42 Non-Residents

Riverside ............................... RS01
Thu, Sep 26-Nov 14, 6:45PM- 7:45PM
$28 Residents/$42 Non-Residents

P90X
Harness the proven power of P90X! After helping millions of Americans reach their fitness goals through the home-based exercise program, we’re taking P90X out of the box and offering it as a group exercise class. The P90X® Live workouts offer a rich variety of intense routines from cardio to resistance training, strength training, plyometrics, ab work, and more. Using the science of Muscle Confusion, P90X® constantly switches things up (the blocks, the protocols, the rep ranges) to help class members bust through plateaus.
Activity Code: 2RAE3571
(Section codes listed below)

Riverside ............................... RS01
Wed, Sep 18-Nov 13, 7:50PM- 8:45PM
$26 Residents/$39 Non-Residents

Riverside ............................... RS02
Wed, Dec 4-Jan 15, 7:50PM- 8:45PM
$16 Residents/$24 Non-Residents

Insanity
INSANITY® is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training by Beach Body. By using MAX Interval Training, INSANITY® pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. INSANITY®’s interval training is the pinnacle of cardio training. Class is taught by a certified Insanity instructor.
Activity Code: 2RAE3570
(Section codes listed below)

Riverside ............................... RS01
Wed, Sep 18-Nov 13, 7:00PM- 7:45PM
$21 Residents/$32 Non-Residents

Riverside ............................... RS02
Wed, Dec 4-Jan 15, 7:00PM- 7:45PM
$16 Residents/$24 Non-Residents

Couch Potato to 5k
Have you ever wanted to run a 5k? Don’t know where to start? Do you need a little push and positive motivation? Then this is the class for you! The Couch Potato to 5k program is designed to ease you off the couch and get you up and running a 5k (3.1 miles) in only 6 weeks! Class taught by a certified running coach. Bring your running shoes, towel, water bottle and an exercise mat. Get excited because you’re going to run your first 5k.
Activity Code: 2RAE3569
(Section codes listed below)

Beulah Brinton ......................... BN01
(Taught by Kate)
Tue, Sep 10-Oct 22, 5:30PM- 6:30PM
$25 Residents/$38 Non-Residents

Beulah Brinton ......................... BN02
(Taught by Kate)
Thu, Sep 12-Oct 24, 5:30PM- 6:30PM
$25 Residents/$38 Non-Residents

Hamilton ............................... HA01
Wed, Sep 25-Nov 13, 5:45PM- 6:45PM
$28 Residents/$42 Non-Residents

MacDowell .............................. JU01
Mon, Sep 23-Nov 11, 5:45PM- 6:45PM
$28 Residents/$42 Non-Residents

Riverside ............................... RS01
Thu, Sep 26-Nov 14, 5:45PM- 6:45PM
$28 Residents/$42 Non-Residents

Wear Baby Workout
Together with our babies we will strengthen our own bodies while enhancing their brains! This class is designed for moms and dads interested in working out while wearing their baby/toddler in a carrier (infant carriers from brands such as Infantino, Snugli, Chicco, and Baby Bjorn). This class will teach you how to do simple yet challenging exercises and how to carry out daily tasks safely and comfortably while baby wearing. During class, we will be keeping track of reps and sets by the songs we sing and the music we hear to bond with our babies and to ignite their development. This will be a fun class for all involved and everyone benefits. Carriers not included, please bring your own.
Activity Code: 2RAE3573
(Section codes listed below)

Hamilton ............................... HA01
Sat, Sep 21-Nov 9, 9:00AM-10:00AM
$28 Residents/$42 Non-Residents
Strong by Zumba
Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn.

Activity Code: 2RAE3582
(Section codes listed below)

Milwaukee Marshall .................... MR01
Tue, Sep 24-Nov 12, 6:30PM- 7:30PM
$27 Residents/$41 Non-Residents

Yoga for Runners
This class is not strictly for runners. Yoga teacher and runner Annie Wegner LeFort will offer a threefold focus: 1) stretching the muscles we use most in running 2) encourage participants to explore different planes of the body to diversify their movements 3) build and strengthen the core muscles that runners need to maintain a strong, healthy form.

Activity Code: 2RAE3575
(Section codes listed below)

Beulah Brinton ......................... BN01
Thu, Sep 19-Nov 14, 4:00PM- 5:00PM
$31 Residents/$47 Non-Residents

Beulah Brinton ......................... BN02
Thu, Dec 5-Jan 16, 4:00PM- 5:00PM
$19 Residents/$29 Non-Residents

Mil“WALK”ee
This is a walking club that will give you a tour of Milwaukee. Each week you will start at a different location and walk the distance listed for that week. Participants will be contacted on the day before their walk to receive details on an exact meeting location. With any questions, contact Erica at 414-475-8775.

Activity Code: 2RAE3584
(Section codes listed below)

South Shore Park ..................... BN01
(South Shore Park - 2900 South Shore Dr; 2.5 miles)
Tue, Sep 17, 10:00AM-12:00PM
FREE

Fiserv Forum ......................... BN02
(Fiserv Forum - 1111 Vel R. Phillips Ave; 3 miles)
Tue, Sep 24, 10:00AM-12:00PM
FREE

Miller Park ......................... BN03
(Miller Park - 1 Brewers Way; 3 miles)
Tue, Oct 1, 10:00AM-12:00PM
FREE

Lakeshore State Park ............. BN04
(Lakeshore State Park - 500 N Harbor Dr.; 4 miles)
Tue, Oct 8, 10:00AM-12:00PM
FREE

Mitchell Park Domes ............... BN05
(Mitchell Park Domes - 524 S Layton Blvd; 4 miles)
Tue, Oct 15, 10:00AM-12:00PM
FREE

Milwaukee County Zoo .......... BN06
(Milwaukee County Zoo - 10001 W Bluemound Rd; 4 miles)
Tue, Oct 22, 10:00AM-12:00PM
FREE

Strength Training & Stretching for Runners/Cyclists/Everyone
This class will incorporate 35 minutes of weight training using weights and body weight and 25 minutes of stretching.

Activity Code: 2RAE3588
(Section codes listed below)

Beulah Brinton ......................... BN01
(Taught by Kate)
Tue, Sep 17-Nov 5, 6:30AM- 7:30AM
$28 Residents/$42 Non-Residents

Beulah Brinton ......................... BN02
(Taught by Kate)
Thu, Sep 19-Nov 7, 6:30AM- 7:30AM
$28 Residents/$42 Non-Residents

Beulah Brinton ......................... BN03
(Taught by Kate)
Tue, Dec 3-Jan 14, 6:30AM- 7:30AM
$19 Residents/$29 Non-Residents

Beulah Brinton ......................... BN04
(Taught by Kate)
Thu, Dec 5-Jan 16, 6:30AM- 7:30AM
$19 Residents/$29 Non-Residents

Yoga for Women’s Health
This is a beginner level class that will focus on strengthening work specific to the female body. Class taught by certified yoga instructor, Annie Wegner LeFort.

Activity Code: 2RAE3589
(Section codes listed below)

Beulah Brinton ......................... BN01
Tue, Sep 17-Nov 12, 3:45PM- 4:45PM
$31 Residents/$47 Non-Residents

Beulah Brinton ......................... BN02
Tue, Dec 3-Jan 14, 3:45PM- 4:45PM
$19 Residents/$29 Non-Residents

Pound Fitness
This format is the latest craze. It has been a hit on major talk shows. It is a rock out fitness routine with bright green weighted drumsticks called Ripsticks! You will be rocking out so hard you will forget you were working out. Please bring a towel, water bottle, and a yoga mat to class.

Activity Code: 2RAE3590
(Section codes listed below)

Hamilton ......................... HA01
Thu, Sep 26-Nov 14, 7:00PM- 8:00PM
$28 Residents/$42 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: 2RAE4103
(Section codes listed below)

Milwaukee School of Language ............... ML01
Wed, Oct 9, 6:35PM- 8:00PM
$7 Residents/$11 Non-Residents

Minute Meditation and Reiki
Learn some simple techniques that will teach you to lower your heart rate in minutes and deal with everyday stress. In addition, you will be introduced to Reiki, the ancient ‘healing art’ that is based on the belief that spiritual energy emits out of the practitioner’s hands to curve various physical and emotional ailments. Learn how to make these energy techniques work for you!

Activity Code: 2RAE4107
(Section codes listed below)

Milwaukee Marshall ......................... MR02
Tue, Oct 30-Dec 11, 7:05PM- 7:35PM
$12 Residents/$18 Non-Residents

Reiki for You and Your Pet
Reiki is a Japanese stress reducing, relaxation technique based on the concept of utilizing one’s ‘life energy’. In this informational class, learn how this energy can affect animals and how their chakra systems work. Please do not bring pets to class. Class fee is non-refundable.

Activity Code: 2RAE4118
(Section codes listed below)

Hamilton ....................................... HA01
Thu, Oct 10, 7:15PM- 8:15PM
$6 Residents/$9 Non-Residents

Fairy Gardens & Folklore
Discover some tales, myths, and explore a bit of folklore behind these fantastical creatures. Are they spirits, sprites, or do they really exist? Get a little spritely yourself and learn how to design and plant your own fairy garden. A $5.00 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 2RAE4119
(Section codes listed below)

Milwaukee Marshall ......................... MR01
Tue, Sep 24-Nov 12, 7:00PM- 8:00PM
$28 Residents/$42 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: 2RAE4120
(Section codes listed below)

Milwaukee Marshall ......................... MR01
Tue, Nov 5, 6:00PM- 8:00PM
$8 Residents/$12 Non-Residents

Chakra Energy and Balance
Join us for Chakra Healing - an ancient philosophy and now a hot trend! This class will help you balance your body and mind using this ancient Eastern wellness belief based on seven energy centers that govern your organs and work together as one system yet independently. Take time to improve your well-being. Class fee is non-refundable.

Activity Code: 2RAE4117
(Section codes listed below)

Milwaukee School of Language ............... ML01
Wed, Oct 2, 6:35PM- 8:00PM
$7 Residents/$11 Non-Residents

Minute 2 Minute
Busy schedule keeping you from working out? Then join us and get your cardio and strength training done in only 30 minutes. Participants will rotate through stations of machines, free weights, and more doing each exercise for a one minute interval. This class is guaranteed to keep you moving.

Activity Code: 2RAE3593
(Section codes listed below)

Milwaukee Marshall ......................... MR01
Tue, Sep 18-Oct 16, 7:05PM- 7:35PM
$12 Residents/$18 Non-Residents

Milwaukee Marshall ......................... MR02
Tue, Oct 30-Dec 11, 7:05PM- 7:35PM
$12 Residents/$18 Non-Residents

Striking and Conditioning
MMA Style
Learn how to stay in shape, tone muscles while practicing MMA self defense techniques. This includes kicking, striking and blocking. This is a non-combat class taught by a former Pro Kickboxer and MMA Striking Coach, Carl Love. Please wear comfortable loose-fitting clothing and light weight athletic shoes. Please bring your own gloves.

Activity Code: 2RAE3596
(Section codes listed below)

Milwaukee Marshall ......................... MR01
Tue, Sep 24-Nov 12, 7:00PM- 8:00PM
$28 Residents/$42 Non-Residents

HEALTH AND WELLNESS

5 Secrets to Permanent Weight Loss
Recent research has shown that metabolism and hormones may be the key to effective, permanent weight loss. Learning the ‘5 secrets’ can lead to improved metabolism, permanent weight loss, and improved health and vitality. Participants will learn why fat doesn’t make you fat, and why you must eat real butter and eggs (even if you are overweight). Class is presented by Dr. John P. Corsi, D.C. Chiropractic Company. Class fee is non-refundable.

Activity Code: 2RAE4101
(Section codes listed below)

Milwaukee School of Language ............... ML01
Wed, Oct 2, 6:35PM- 8:00PM
$7 Residents/$11 Non-Residents
Reflexology
Do you have pain or stress? If you do, help yourself with reflexology! Do you know that there is a map of your body on your feet, hands, face and ears that correspond to all organs and parts of your body? Reflexology is a science and art using specific pressure on these areas to aid with pain and stress relief, blood circulation and to bring balance to your being. Classes taught by Gail Vella, CRR, RYT, Certified Registered Reflexologist of Compassionate Reflexology. Wear comfortable clothes and bring water to drink. Class fee is non-refundable.

Activity Code: 2RAE4135
(Section codes listed below)

MacDowell ....................................... JU01
Wed, Nov 13, 6:30PM- 8:30PM
$8 Residents/$12 Non-Residents

Dream Boards
If you have already defined your dreams, it is time to illustrate them visually. Creating a dream board, or vision board, is a valuable visualization tool that serves as your image of your life goals whether it is one specific goal or overall life picture. Bring photos, pictures, various forms of text, personal mementos, etc., to create your board and remind you of who you are and where you want to be. Boards will be provided. Class fee is non-refundable.

Activity Code: 2RAE4138
(Section codes listed below)

Hamilton ......................................... HA01
Tue, Oct 15, 6:00PM- 8:00PM
$8 Residents/$12 Non-Residents

Oh my Aching Back!: How to Avoid Disc Injury & Arthritis
Choosing an exercise regimen that is suited to your fitness level and age is challenging. This course is designed to give the attendee a concise beginner friendly overview on how to create and progress through an exercise program that strengthens and tightens muscles, improves bone density, and prevents injury at all stages of life. Whether you are a retiree looking to age gracefully or a college student who is looking to ward off that freshness 15, these principles will apply. Presented by Dr. John P. Corsi, D.C. Chiropractic Company. Class fee is non-refundable.

Activity Code: 2RAE4139
(Section codes listed below)

Milw School of Language .......... ML01
Mon, Oct 28, 6:35PM- 8:00PM
$7 Residents/$11 Non-Residents

Foot Reflexology Part 1
Reflexology is a science and an art that deals with the principle that there are reflex points on your feet, hands, face and ears. In this class we will discuss the feet and how you can help yourself deal with pain and stress in your body. Please bring clean feet, a dry washcloth, and drinking water. We will learn how to help relieve stress by balancing the parasympathetic nervous system (the Rest and Digest System). If you can not reach your feet, bring a friend who can help you. Class taught by Gail Vella of Compassionate Reflexology. Class fee is non-refundable. A $7.00 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 2RAE4150
(Section codes listed below)

MacDowell ......................................... JU01
Wed, Oct 30, 6:30PM- 8:30PM
$8 Residents/$12 Non-Residents

Foot Reflexology Part 2
During this class we will continue to address your personal issues to help relieve pain and stress through your feet. You need to take Reflexology Part 1. Please bring clean feet, a dry washcloth, drinking water, and lotion. Class taught by Gail Vella of Compassionate Reflexology. Class fee is non-refundable.

Activity Code: 2RAE4151
(Section codes listed below)

MacDowell ......................................... JU01
Wed, Nov 6, 6:30PM- 8:30PM
$8 Residents/$12 Non-Residents

Face Reflexology
We will discuss the map of the body on your face and how to address pain and help bring your body back into balance using your knuckle or a small smooth stone. This class is open to all ages. Please bring a clean face and water to drink and your favorite smooth small stone if you have one. Class taught by Gail Vella of Compassionate Reflexology. Class fee is non-refundable.

Activity Code: 2RAE4152
(Section codes listed below)

MacDowell ......................................... JU01
Wed, Sep 25, 6:30PM- 8:30PM
$8 Residents/$12 Non-Residents

Stress Relief Techniques
GOT STRESS? These movements, combined with break work and other things your mother may have never taught you to help relieve stress and tension to keep yourself healthy and help prevent health related problems. Class taught by Gail Vella, CPR, RYT, Certified Registered Reflexologist of Compassionate Reflexology. Wear comfortable clothes and bring water to drink. Class fee is non-refundable.

Activity Code: 2RAE4154
(Section codes listed below)

MacDowell ......................................... JU01
Wed, Nov 20, 6:30PM- 8:30PM
$8 Residents/$12 Non-Residents

Please like us on Facebook!
fb.com/MilwaukeeRecreation

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28
Preserving your Harvest: Jams and Jellies
In this class, you will learn how to make homemade jams and jellies. We will make a batch in class and you will leave with your own jar of jam! We will also cover canning basics related to making jams and jellies and how to sell your product at farmers markets under the WI Pickle Bill. Class taught by Happy Destiny Farm, LLC. Fee includes supply cost and is non-refundable.

**Activity Code:** 2RAE4221

**Section codes listed below**

**Hamilton** ..................................... HA01
Sat, Oct 12, 2:00PM-4:00PM
$30 Residents/$45 Non-Residents

Preserving your Harvest: Salsas and Hot Sauces
In this class, you will learn how to make homemade salsa and hot sauce. We will make a batch of salsa in class and you will leave with your own jar! We will also cover canning basics related to making salsas and hot sauces and how to sell your product at farmers markets under the WI Pickle Bill. Class taught by Happy Destiny Farm, LLC. Fee includes supply cost and is non-refundable.

**Activity Code:** 2RAE4222

**Section codes listed below**

**Hamilton** ..................................... HA01
Sat, Oct 5, 1:00PM-3:00PM
$30 Residents/$45 Non-Residents

Preserving Your Harvest: Dilly Beans
In this class, you will learn how to make a Wisconsin favorite: delicious Dilly Beans! With ingredients and a secret recipe from Happy Destiny Farm, you will learn how to create this delicious treat, and you will make your own jar of Dilly Beans. Class taught by Happy Destiny Farm, LLC. Fee includes supply cost and is non-refundable.

**Activity Code:** 2RAE4226

**Section codes listed below**

**Hamilton** ..................................... HA01
Sat, Sep 28, 1:00PM-3:00PM
$30 Residents/$45 Non-Residents

**LANGUAGE SKILLS**

**German**
Get in touch with Milwaukee’s roots and learn German! Taught by a certified German teacher, this course will use immersion techniques to help you speak, read and understand German. Course topics include introducing yourself, talking about your hobbies, family and food as well as telling time and vocabulary for body parts, animals and colors. Handouts will be provided in class.

**Activity Code:** 2RAE4402

**Section codes listed below**

**Parkside** ...................................... FR01
Mon, Sep 16-Nov 4, 6:00PM-7:30PM
$34 Residents/$51 Non-Residents

**Parkside** ...................................... FR02
Mon, Dec 2-Jan 13, 6:00PM-7:30PM
$23 Residents/$35 Non-Residents

**Sign Language**
This language class focuses on finger spelling, vocabulary, non-verbal expressive skills and sentence structure. Class is combined with adult class.

**Activity Code:** 2RAE4405

**Section codes listed below**

**Milw School of Language** .......... ML01
Mon, Sep 23-Nov 11, 6:30PM-7:30PM
$24 Residents/$36 Non-Residents

**Parkside** ...................................... FR01
Mon, Sep 16-Nov 4, 6:00PM-7:00PM
$24 Residents/$36 Non-Residents

**Parkside** ...................................... FR02
Mon, Dec 2-Jan 13, 6:00PM-7:00PM
$16 Residents/$24 Non-Residents

**Spanish Conversation**
The ability to communicate in Spanish is necessary for many professions and is key to a greater enjoyment of travel south of the border. Receive instruction on basic vocabulary, pronunciation and essential grammar, through reading, writing and conversational practice. You can purchase the textbook for $14.00 (cash or check only) on the first day of the class.

**Activity Code:** 2RAE4406

**Section codes listed below**

**Bay View** .................................... BV01
(Low 1)
Tue, Sep 24-Nov 12, 6:00PM-7:30PM
$34 Residents/$51 Non-Residents

**Bay View** .................................... BV02
(Low 2)
Tue, Sep 24-Nov 12, 7:30PM-9:00PM
$34 Residents/$51 Non-Residents

**Bay View** .................................... BV03
(Low 3)
Thu, Sep 26-Nov 14, 6:00PM-7:30PM
$34 Residents/$51 Non-Residents

**Hamilton** .................................... HA01
(Low 1)
Thu, Sep 26-Nov 14, 7:00PM-8:00PM
$24 Residents/$36 Non-Residents

**MacDowell** ................................. JU01
(Low 1)
Wed, Sep 25-Nov 13, 6:00PM-7:30PM
$34 Residents/$51 Non-Residents

**MacDowell** ................................. JU02
(Low 2)
Wed, Sep 25-Nov 13, 7:30PM-9:00PM
$34 Residents/$51 Non-Residents

**Riverside** ................................. RS01
(Low 1)
Mon, Sep 16-Nov 11, 6:00PM-7:30PM
$39 Residents/$59 Non-Residents

**Riverside** ................................. RS02
(Low 2)
Mon, Sep 16-Nov 11, 7:30PM-9:00PM
$39 Residents/$59 Non-Residents
Italian Language Survival Skills

Learn survival skills to navigate your dream trip to Italy! In this class, participants will learn how to introduce themselves and gain other basic conversation skills that will assist in getting around. You will also receive very useful tips and advice on how to enjoy the Italian culture at its best. My curriculum and Italian Language textbook extracts are included. Let’s have fun while learning.

Activity Code: 2RAE4411

MacDowell ............................................ JU01
(Beg.)
Mon, Sep 23-Nov 11, 6:00PM-7:30PM
$34 Residents/$51 Non-Residents

MacDowell ............................................ JU02
(Int.)
Thu, Sep 26-Oct 17, 6:00PM-7:30PM
$19 Residents/$29 Non-Residents

Spanish 2A

This course is intended for students who completed Spanish 1C in the spring of 2019. We will cover Chapters 7 & 8 in our textbooks. Students will be expected to print out some materials (from pdfs sent by email). We will learn new vocabulary, master new grammar concepts and put our knowledge into practice using games and activities designed especially for this textbook. In addition, students will be given access to websites which will provide practice activities for students to do at home, and links to other helpful websites. This is a great way to continue your Spanish studies! Pre-requisite: Successful completion of Spanish 1C or consent of the instructor.

Activity Code: 2RAE4418

Hamilton ............................................. HA01
Mon, Sep 23-Dec 16, 6:00PM-8:00PM
$65 Residents/$98 Non-Residents

Introduction to Hmong

Nyob Zoo! The ability to communicate in Hmong is necessary for many professions and is key to greater enjoyment of travel in Southeast Asia. Receive instruction on basic vocabulary, pronunciation, and essential grammar, through reading, writing, and conversational practice.

Activity Code: 2RAE4422

Madison ............................................. MA01
Thu, Sep 26-Oct 31, 6:00PM-7:00PM
$19 Residents/$29 Non-Residents

Introduction to Loas

Sabañ Di! The ability to communicate in Laos is necessary for some professions and is key to a greater enjoyment of travel in Northeastern Thailand. Receive instruction on basic vocabulary, pronunciation, and essential grammar through reading, writing, and conversational practice.

Activity Code: 2RAE4423

Madison ............................................. MA01
Thu, Sep 26-Oct 31, 7:00PM-8:00PM
$19 Residents/$29 Non-Residents

Spanish 1B

This course is designed to follow the Spanish 1A course. We use a well-written college textbook and a CD for pronunciation practice. The Beginning Spanish course is presented at a manageable pace. We have time to learn new vocabulary, master new grammar concepts and still have time to put our knowledge into practice using games and activities designed especially for this textbook. If students have not already purchased the materials, a $25.00 (cash only) supply fee is due to the instructor at the first class. No further materials will need to be purchased for the remaining classes in the series. In addition, students will be given access to a website, which will provide practice activities, which students can do at home and links to other helpful websites. Students learn better, when they are having FUN!

Activity Code: 2RAE4424

Tae Kwon Do

Tae Kwon Do is a Korean art of hand and foot fighting. A useful way for you to learn the art of self-discipline, mental preparation, concentration and self-control. Various kicking and punching techniques, correct body positioning and self-defense will be covered. A great opportunity to increase your flexibility, general conditioning and self-defense techniques.

Activity Code: 2RAE4503

Judo

Judo or ‘gentle way/technique’ focuses on manipulating an opponent’s force against him/her rather than confronting it with one’s own force. Join us to learn about Judo under personalized instruction that focuses on technique and tradition. Students interested in continuing through the advanced level must demonstrate a high level of comfort with properly executed Judo falls and have instructor approval. USJA and USMA associated. Please wear clothes without buttons or metal. Class is combined with youth class.

Activity Code: 2RAE4501

MARTIAL ARTS

Hamilton (Ages 15 & up) ............... HA01
(Class is combined with youth class)
Mon/Wed, Sep 23-Nov 13, 6:30PM-7:30PM
$44 Residents/$66 Non-Residents

Milwaukee Marshall (Ages 15 & up) MR01
(White, Orange, & Yellow Belt)
Mon, Sep 23-Oct 21, 6:00PM-7:00PM
$16 Residents/$24 Non-Residents

Milwaukee Marshall (Ages 15 & up) MR03
(White, Orange, & Yellow Belt)
Mon, Oct 28-Dec 9, 6:00PM-7:00PM
$19 Residents/$29 Non-Residents

Milwaukee Marshall (Ages 15 & up) MR04
(White, Orange, & Yellow Belt)
Wed, Oct 30-Dec 11, 6:00PM-7:00PM
$19 Residents/$29 Non-Residents

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28
Riverside (Ages 15 & up)............. RS04
(All Ranks Adults)
Sat, Sep 14-Nov 9, 11:45AM-12:30PM
$21 Residents/$32 Non-Residents

Riverside (Ages 15 & up)............. RS05
(Int./Adv., Camo/Black Belt, combined with youth class)
Mon/Wed, Sep 16-Nov 13, 7:00PM- 8:00PM
$39 Residents/$59 Non-Residents

Riverside (Ages 15 & up)............. RS10
(Black belts only, all ranks all ages)
Sat, Dec 7-Jan 11, 11:45AM-12:30PM
$16 Residents/$24 Non-Residents

Riverside (Ages 15 & up)............. RS07
(Beg. white-yellow belts, combined with youth class)
Mon/Wed, Dec 2-Jan 15, 6:00PM- 7:00PM
$32 Residents/$48 Non-Residents

Riverside (Ages 15 & up)............. RS08
(Black belts only, all ranks, all ages)
Mon/Wed, Dec 2-Jan 15, 7:00PM- 8:00PM
$32 Residents/$48 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: 2RAE4504
(Section codes listed below)

Bay View ......................... BV01
Mon, Sep 23-Nov 11, 6:00PM- 7:00PM
$24 Residents/$36 Non-Residents

MacDowell (Ages 14 & up)............ JU01
Wed, Sep 25-Nov 6, 7:30PM- 8:30PM
$21 Residents/$32 Non-Residents

MUSIC

Songwriting 101
No matter what age, aspiring to be a great musician (or even good one) goes beyond merely practicing. Taught by Dennis Dykstra, learn the basics of music theory including ear training and songwriting. Let us help you become a better performer and increase your options as a musician. Don’t bring an instrument to the first class. Class is combined with youth class.

Activity Code: 2RAE4601
(Section codes listed below)

Hamilton ........................... HA01
Wed, Sep 25-Nov 13, 7:45PM- 8:45PM
$24 Residents/$36 Non-Residents

Drums
Aspiring drummers will learn rhythm, accents, drum rolls and style. Bring a pair of drumsticks and a practice drum pad (available at most music stores). Class is combined with youth class.

Activity Code: 2RAE4603
(Section codes listed below)

Beulah Brinton .................. BN01
Fri, Sep 20-Nov 8, 6:00PM- 7:00PM
$24 Residents/$36 Non-Residents

Beulah Brinton .................. BN02
Fri, Dec 6-Jan 17, 6:00PM- 7:00PM
$16 Residents/$24 Non-Residents

Bass Guitar
Learn the basics, theory, riffs and chord progressions. Bring your own bass guitar. Class is combined with youth class. Class is taught by Dennis Dykstra.

Activity Code: 2RAE4602
(Section codes listed below)

Beulah Brinton .................. BN01
Fri, Sep 20-Nov 8, 7:15PM- 8:15PM
$24 Residents/$36 Non-Residents

Beulah Brinton .................. BN02
Fri, Dec 6-Jan 17, 7:15PM- 8:15PM
$16 Residents/$24 Non-Residents

Guitar
Learn basic chords, notes, and different strumming techniques. Strum your way to fun. Bring your own guitar. Class is combined with youth class.

Activity Code: 2RAE4604
(Section codes listed below)

Beulah Brinton .................. BN01
(Beg.)
Sat, Sep 21-Nov 9, 2:00PM- 3:30PM
$34 Residents/$51 Non-Residents

Beulah Brinton .................. BN02
(Beg.)
Sat, Dec 7-Jan 18, 2:00PM- 3:30PM
$23 Residents/$35 Non-Residents

Beulah Brinton .................. BN03
(Beg.)
Sat, Dec 7-Jan 18, 10:30AM-12:00PM
$23 Residents/$35 Non-Residents

Beulah Brinton .................. BN04
(Adv.)
Sat, Dec 7-Jan 18, 12:15PM- 1:45PM
$23 Residents/$35 Non-Residents

Piano
No matter what you do in life, it’s always important to start with the basics. This class will give beginning piano enthusiasts an introduction to the keyboard, keys, scales, chords, melodies, and note reading. Class is combined with youth class (excluding semi-private). Semi-private classes have a maximum enrollment of 4, the class fee includes books, and is non-refundable. Keyboards are provided for all classes.

Activity Code: 2RAE4607
(Section codes listed below)

Beulah Brinton .................. BN01
(Beg.)
Sat, Sep 21-Nov 9, 10:30AM-12:00PM
$34 Residents/$51 Non-Residents

Beulah Brinton .................. BN02
(Int.)
Sat, Sep 21-Nov 9, 12:15PM- 1:45PM
$34 Residents/$51 Non-Residents

Beulah Brinton .................. BN03
(Beg.)
Sat, Dec 7-Jan 18, 10:30AM-12:00PM
$23 Residents/$35 Non-Residents

Beulah Brinton .................. BN04
(Int.)
Sat, Dec 7-Jan 18, 12:15PM- 1:45PM
$23 Residents/$35 Non-Residents

Hamilton ..................... HA01
Wed, Sep 25-Nov 13, 6:00PM- 7:30PM
$34 Residents/$51 Non-Residents
Rock Band
Join the band, learn some advanced songs, and have fun! All types of musicians welcome: bring your musical instrument. Previous band experience required. Class is combined with youth class.

Activity Code: 2RAE4608
(Section codes listed below)

Beulah Brinton ....................... BN01
Sat, Sep 21-Nov 9, 4:00PM-6:00PM
$44 Residents/$66 Non-Residents

Beulah Brinton ....................... BN02
Sat, Dec 7-Jan 18, 4:00PM-6:00PM
$29 Residents/$44 Non-Residents

Sing Out!
Do you want to learn to sing or improve your confidence and control? Work on basic vocal techniques. Learn proper breathing, voice inflection, range and ear training. Class is combined with youth class.

Activity Code: 2RAE4609
(Section codes listed below)

Hamilton .................................. HA01
Thu, Sep 26-Nov 14, 7:45PM-8:45PM
$24 Residents/$36 Non-Residents

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

Activity Code: 2RAE4611
(Section codes listed below)

Hamilton .................................. HA01
Tue, Sep 24-Nov 12, 6:00PM-7:00PM
$24 Residents/$36 Non-Residents

Music with Love
Experience real life Piano lessons delivered by a professional and experienced musician Carl Buddy Love. Participants will learn the basics of playing the piano. Class is combined with youth class.

Activity Code: 2RAE4612
(Section codes listed below)

Milwaukee Marshall ................... MR01
(Beg.- Semi-Private)
Thu, Sep 26-Nov 14, 5:30PM-6:30PM
$53 Residents/$80 Non-Residents

Milwaukee Marshall ................... MR02
(Int.- Semi-Private)
Thu, Sep 26-Nov 14, 6:30PM-7:30PM
$53 Residents/$80 Non-Residents

ORGANIZATION
Senior Downsizing and Relocation
Discussing the importance to start going through your belongings now and not leaving it to your loved ones to figure out on their own. This way, if/when they are no longer able to stay in their home and must move to senior living, they could have taken time to select the items most important to them instead of being pressured to hurry when that time comes. This can be very stressful for all involved. Also, they can take inventory of what they have and start passing on items they want to go to certain people or organizations or make notes of it for later. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing. Class fee is non-refundable.

Activity Code: 2RAE2601
(Section codes listed below)

Hamilton .................................. HA01
Wed, Sep 25, 6:30PM-8:30PM
$12 Residents/$18 Non-Residents

Moving and Selling Your Home
Discussing what to do when these big events are approaching - de-clutter, organize, downsize, pre-packing and so much more. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing. Class fee is non-refundable.

Activity Code: 2RAE2602
(Section codes listed below)

Hamilton .................................. HA01
Wed, Oct 2, 6:30PM-8:30PM
$12 Residents/$18 Non-Residents

What Clutter Bug are You?
Are you a Cricket, a Butterfly, a Ladybug or a Bee? Marie Kondo, the big thing on Netflix right now, teaches you to de-clutter but she doesn’t talk about how to best organize the items you decide to keep. There is no one size fits all. Most styles of organizing that you see online, are too complicated for some people to maintain so things become cluttered again. Figuring out which bug you are can help figure out the best organizing style for you and your family. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing. Class fee is non-refundable.

Activity Code: 2RAE2603
(Section codes listed below)

Riverside .................................. HA02
(Clothes for a Special Dance)
Thu, Nov 21, 6:00PM-8:00PM
$8 Residents/$12 Non-Residents

Escape!
Based on the popular Escape Room activity, this unique opportunity to solve puzzles and escape will provide a chance to think outside the box! During the first hour participants will review Spanish vocabulary specific to the upcoming ESCAPE challenge. In the second hour participants will work together to solve puzzles and answer questions to unlock a series of padlocks. Winners will share a special treat. Class fee is non-refundable.

Activity Code: 2RAE4419
(Section codes listed below)

Hamilton .................................. HA01
(Lola’s Crazy Monday)
Thu, Oct 10, 6:00PM-8:00PM
$8 Residents/$12 Non-Residents

Hamilton .................................. HA02
(Clothes for a Special Dance)
Thu, Nov 21, 6:00PM-8:00PM
$8 Residents/$12 Non-Residents
Checkmate Chess Club
If you are interested in learning how to play chess or already know how, this class is for you. Players of all skill levels welcome. Don’t get ‘rooked’ by your friends for not playing chess. Be the ‘king’ or ‘queen’ of your block. Chess game supplied. Class combined with youth class.

Activity Code: 2RAE4901
(Section codes listed below)

Milwaukee Marshall ......................... MR01
Tue, Sep 24-Nov 12, 5:30PM-6:30PM
$24 Residents/$36 Non-Residents

North Division ............................... ND01
Sat, Sep 28-Nov 2, 10:30AM-12:00PM
$26 Residents/$39 Non-Residents

PERFORMING ARTS

Introduction to Playwriting
Are you a promising undiscovered playwright who would love to hear your work delivered by a human voice? Are you a Director with untapped potential who has a love for new works? Or are you an actor looking for a place to stretch your instrument? Perhaps, you are all three. A safe and collaborative environment awaits you. Experience is not required. Passion and fearlessness are admired. Class taught by Michael Luccesi.

Activity Code: 2RAE5302
(Section codes listed below)

MacDowell .................................. JU01
Mon, Sep 30-Oct 21, 6:00PM-8:00PM
$24 Residents/$36 Non-Residents

Riverside ..................................... RS01
Mon, Nov 4-Nov 25, 6:00PM-8:00PM
$24 Residents/$36 Non-Residents

Personal Skills

You Have Pictures in Your Camera - Now What?
We have hundreds - if not thousands - of pictures in our camera, smartphones and computers. Now what...? This two-hour seminar teaches techniques to save pictures from cameras and smartphones to a computer, to external devices and to “the Cloud.” Class covers how to organize your pictures, viewing pictures from any device, printing options and how to archive your pictures for the decades to come. Instructor is C.T. Kruger. Class fee is non-refundable.

Activity Code: 2RAE5402
(Section codes listed below)

Hamilton ................................. HA01
Tue, Dec 10, 6:30PM-8:30PM
$15 Residents/$23 Non-Residents

Riverside ................................. RS01
Tue, Nov 12, 6:30PM-8:30PM
$15 Residents/$23 Non-Residents

Herbs, Crystals and Stones
Humans have used plants for thousands of years in many different ways. Learn about the top 10 herbs and their benefits to your daily life. Find out what rocks are associated with love, success, happiness, and health. This workshop will help you explore ancient folklore and show you how to put these practices to work for you. A $5.00 (cash only) supply fee is due to the instructor at class. Class fee is non-refundable.

Activity Code: 2RAE5405
(Section codes listed below)

Hamilton ................................. HA01
Thu, Oct 31, 7:15PM-8:15PM
$6 Residents/$9 Non-Residents

Riverside ................................. RS01
Sat, Oct 26, 9:00AM-11:00AM
$13 Residents/$20 Non-Residents

No Power Tools Necessary
(Basic Home Repairs)
Would you like to learn how to complete easy home repairs all by yourself? These repairs can all be performed using hand tools, no power tools are necessary. Learn which projects you can do yourself and when it’s time to call an electrician or plumber. These hands-on introductory classes will include working safely, examples of materials and tools used for repairs, recommended preparation, and repair options. Class taught by Brian Hunt, who is certified through the state of Wisconsin Department of Safety and Professional Services Dwelling Contractor and has over 15 years of experience in remodeling and new home construction. Class fee is non-refundable.

Activity Code: 2RAE5412
(Section codes listed below)

Hamilton ................................. HA01
Sat, Oct 26, 11:15AM-1:15PM
$13 Residents/$20 Non-Residents

Riverside ................................. RS02
Sat, Nov 2, 11:15AM-1:15PM
$13 Residents/$20 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, back-up and add apps to your iPhone, iPad, or iPad mini device. Instructor is C.T. Kruger. Class fee is non-refundable.

Activity Code: 2RAE5422
(Section codes listed below)

Hamilton ................................. HA01
Tue, Nov 19, 6:30PM-8:30PM
$15 Residents/$23 Non-Residents

Riverside ................................. RS01
Tue, Oct 29, 6:30PM-8:30PM
$15 Residents/$23 Non-Residents
TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOVEMBER 28

**The Camera in Your Smartphone**
It’s a camera, it’s a photo album, it’s a television - it’s your phone. Learn about the apps, tips, tricks and limitations for pictures and video from iPhone and Android smartphone and tablets. This class will cover your device’s camera, home and Cloud storage options, printing and more. Instructor is C.T. Kruger. Class fee is non-refundable.

*Activity Code: 2RAE5423  (Section codes listed below)*

**Hamilton** ......................................... HA01  
Tue, Dec 3, 6:30PM-8:30PM  
$15 Residents/$23 Non-Residents

**Riverside** ......................................... RS01  
Tue, Nov 5, 6:30PM-8:30PM  
$15 Residents/$23 Non-Residents

**Being Mindful of Your Emotions: Emotional Intelligence Workshop**
Who is in control you or your emotions? Emotions are powerful. In order to be mindful, it helps to know what we are feeling when we are feeling it. In this two-hour workshop, you will be guided through a four step process: Self Awareness, Self-Management, Social Awareness and Relationship Management that will put you on the path of responding instead of reacting to the world around you. Class fee is non-refundable.

*Activity Code: 2RAE5432  (Section codes listed below)*

**Hamilton** ......................................... HA01  
Tue, Sep 24, 6:00PM-8:00PM  
$8 Residents/$12 Non-Residents

**Interviewing, Networking and Resume Creation**
Bring your best professional self every time! Through role playing, and mapping out back-pocket questions, you will be prepared for whatever your next interview holds. Who knows you? When it comes to networking, it is all about the give and take. What are you giving to others? Before you go to another networking event, find out how to make the most of it. Google “resume” and there are so many options; where do you start? Bring a copy of your current resume and business cards if you have one, otherwise we will create a resume. Class fee is non-refundable.

*Activity Code: 2RAE5437  (Section codes listed below)*

**Hamilton** ......................................... HA01  
Thu, Oct 3, 6:00PM-8:00PM  
$8 Residents/$12 Non-Residents

**Time Management**
Do you feel stressed, frustrated and unproductive? Learn how to take back your life with practical tips and tricks to get time on your side. Class fee is non-refundable.

*Activity Code: 2RAE5439  (Section codes listed below)*

**Hamilton** ......................................... HA01  
Thu, Oct 24, 6:00PM-8:00PM  
$8 Residents/$12 Non-Residents

**Vital Communications**
Everything starts with a conversation. When conflict arises, do you go into fight, flight or freeze mode? We avoid important conversations for a variety of reasons. Develop the courage to have these tough conversations. Discover how even the conflict-averse can begin to learn how to start having those difficult conversations. Join us for a two-hour workshop on improving your critical conversational skills. Class fee is non-refundable.

*Activity Code: 2RAE5440  (Section codes listed below)*

**Hamilton** ......................................... HA01  
Thu, Nov 7, 6:00PM-8:00PM  
$8 Residents/$12 Non-Residents

**Foster Care in our Community**
The foster care crisis in our community is growing. In Wisconsin alone, over the past six years there has been a 25% increase in the number of children in foster care and nearly 40% of children coming from homes in southeastern Wisconsin. This free course is being offered so that participants can walk away understanding more about the foster care system, ways that they can consider helping, and the role of trauma in children in families’ lives. Results from the Adverse Childhood Experiences (ACEs) study will be discussed. Participants will have the opportunity to leave with materials to help in continuing to educate the community. Course is taught by Teresa Cocker, Chief Program Officer at Norris. Norris is a nonprofit social service agency in southeastern Wisconsin.

*Activity Code: 2RAE5441  (Section codes listed below)*

**MacDowell** ......................................... JU01  
Sat, Oct 12, 9:00AM-10:30AM  
FREE

**Riverside** ......................................... RS01  
Wed, Sep 25, 6:00PM-7:30PM  
FREE

**How to do Happy Better**
The words journey and journaling both find their origins in the French word jour which means day. A day can be a routine 365 times a year, a point in time that holds a specific memory or event, or a small step leading to a larger journey. Join us for a day where David White, author of How to do Happy Better as well as several other books, will be your guide in writing your own book to not only reflect on your individual journey toward healing and self-improvement, but to plan your self-adventure as well. This workshop will consist of open discussion, timed exercises and guided meditation to help ponder and plan one’s own path. Class fee is non-refundable.

*Activity Code: 2RAE5442  (Section codes listed below)*

**Hamilton** ......................................... HA01  
Tue, Sep 24, 6:00PM-8:00PM  
$8 Residents/$12 Non-Residents

**PROFESSIONAL SKILLS**

**Tongue Tied to Top Notch**  
(Intro to Public Speaking)
You have just been asked to give a presentation...now what? Do you get weak in the knees or break into a cold sweat at the mere thought of standing up in front of a group? Rest assured, you are not alone. Despite how it feels, public speaking is not fatal. Three out of four people have some level of speech anxiety. Join us in this 2 hour introductory workshop and begin your path to being more confident with your presentation skills. Class fee is non-refundable.

*Activity Code: 2RAE1405  (Section codes listed below)*

**Hamilton** ......................................... HA01  
Thu, Oct 10, 6:00PM-8:00PM  
$8 Residents/$12 Non-Residents
SPORTS AND RECREATION

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: 2RAE6201
(Section codes listed below)

Beulah Brinton (Ages 30 & up) ........ BN01
Mon, Sep 9-Nov 4, 6:00PM-9:00PM
$42 Residents/$53 Non-Residents

Beulah Brinton (Ages 30 & up) ........ BN02
Mon, Nov 11-Jan 13, 6:00PM-8:25PM
$36 Residents/$54 Non-Residents

Volleyball - Co-Ed League
BUMP, SET, SPIKE! Register now for this structured coed volleyball league. The registration must be complete with team name and information for all players including address, zip code and telephone number. Game times will fluctuate from week to week. Each team will be provided schedules the first week of play. A staff member will keep score. Teams must have 3 or more females. Online registration is not available for teams or individuals. Teams and individuals must register at Beulah Brinton Community Center. Fee is per person.

Activity Code: 2RAE6203
(Section codes listed below)

Beulah Brinton ......................... BN01
Tue, Sep 17-Dec 10, 6:00PM-9:00PM
$37 Residents/$56 Non-Residents

Beulah Brinton ......................... BN02
Fri, Sep 20-Dec 13, 6:00PM-9:00PM
$34 Residents/$51 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. Please sign up early; maximum enrollment is 15.

Activity Code: 2RAE6205
(Section codes listed below)

Milwaukee Marshall .................. MR01
Wed, Sep 25-Oct 23, 7:00PM-8:30PM
$23 Residents/$35 Non-Residents

Milwaukee Marshall .................. MR02
Wed, Nov 6-Dec 11, 7:30PM-9:00PM
$23 Residents/$35 Non-Residents

You Got Next - Season Pass
Waiting to play your next game of basketball, but don’t have the place to go? You Got Next provides open-play opportunities for adults. Shoot around or play a full court pickup game. It’s up to you. Registration and ID required. A daily visit fee of $2.00 per visit for residents / $3.00 per visit for non-residents is also available at the site. Class fee is non-refundable.

Activity Code: 2RAE6208
(Section codes listed below)

North Division .......................... ND01
Thu, Sep 5-Dec 5, 6:30PM-9:00PM
$10 Residents/$15 Non-Residents

Football Lingo
Do you live with or know someone who watches a LOT of football? Do you want to become more knowledgeable of the game and contribute to the conversation? Learn the lingo of America’s most popular sport. Packers played the Bears to open the season and you may have questions about what you saw. We will kick knowledge like a football so you won’t be left 3 yards behind in a cloud of dust. Everybody will go home with a football dictionary to use for future reference. Class fee is non-refundable.

Activity Code: 2RAE6255
(Section codes listed below)

Beulah Brinton .......................... BN12
Sat, Sep 7, 9:00AM-11:00AM
$8 Residents/$12 Non-Residents

Flannel Flag Football and Franks
Grab your friends, wrap your favorite flannel around your waist and join us in a friendly game of flannel flag football! After the game we will enjoy some franks on the fire! Cost includes a long sleeve t-shirt. Individual sign-up only, no teams. Teams will be formed on-site the day of the event. Limited to 30 individuals. Please call 414-647-6046 with any questions.

Activity Code: 2RAS3701
(Section codes listed below)

Hawthorn Glen ......................... HG01
Sat, Sep 28, 1:00PM-3:00PM
$15 Residents/$22.50 Non-Residents

Golf Lessons
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: 2RAE6212
(Section codes listed below)

Milwaukee Marshall .................. MR01
Sat, Sep 21-Nov 9, 2:30PM-3:30PM
$24 Residents/$36 Non-Residents
If you haven’t signed your team up yet, league spots are filling up quickly. Limited space remains open for men’s, women’s and coed teams still seeking a place in our leagues. Get more details and your team registration today by looking us up on the web http://milwaukeerecreation.net/rec/Programs/Sports/Adults.htm or call the Adult Sports Office at (414)647-6046.

FALL FLAG FOOTBALL LEAGUES
We’re a first-round pick for football teams in the Milwaukee metro area. We offer men’s and women’s leagues! The season will culminate with an All-City Tournament. League play begins in late August or early September.

FALL VOLLEYBALL LEAGUES
Join us for our 6’s women and coed volleyball league play which is hosted at 2 south side locations of Hamilton High School and Wedgewood School. League play begins in late August.

WINTER BASKETBALL LEAGUES
Our basketball leagues are among some of the most competitive in the Milwaukee area. We offer men’s, women’s and coed leagues. The season will culminate with an All-City Tournament. League play begins in December.

WANTED: OFFICIALS FOR ADULT LEAGUES
If you have experience officiating adult softball, flag football, kickball, volleyball, soccer, or basketball we need you! Contact us to officiate in our men’s, women’s and coed leagues. It’s a great part-time job and a lot of fun. For further information call us at (414) 647-6046 or E-mail: Adultsports@milwaukeerecreation.net

CALLING ALL INDIVIDUAL PLAYERS/FREE AGENTS!
The Adult Sports Office only accepts TEAM registration for most sports. If you are an individual interested in participating, post a message on our free agent board at www.MilwaukeeRecreation.net. This is an excellent opportunity for individuals and teams to have fun and meet people.

Flannel Flag Football and Franks
Grab you favorite friends, wrap your favorite flannel around your waist, and join us in a friendly game of flannel flag football followed by a cookout and a campfire at Hawthorn Glen. Cost includes long sleeve t-shirt.

Saturday, September 28, 2019 • 1pm - 3pm
Hawthorn Glen - 130 N. 60th St.
$15/person

Individual sign up only, no teams. Teams will be formed on site the day of the event. Limited to 30 individuals. Please call (414) 647-6046 with any questions and register online at MilwaukeeRecreation.net with activity code: 2RAS3701 – HG01.
MIDNIGHT SPORTS LEAGUE

FREE Men’s and Co-ed Soccer League
Bay View High School
Mondays
Men’s League: Nov. 11 - Jan. 20
Co-ed League: Jan. 27 - March 23

AGES 17 TO 25
CANNOT BE ENROLLED IN HIGH SCHOOL IN ORDER TO BE ELIGIBLE TO PLAY
GAMES AT 8:00PM, 9:00PM, 10:00PM, 11:00PM
If you have a team already formed, please contact us.

Call 414.475.8040 for details

Free Men’s Basketball League
Northside: Obama High School
Tuesdays and Thursdays
Fall Session: Sep. 5 – Nov. 14
Draft Night for Obama is Sep. 5

Southside: Bradley Tech High School
Wednesdays and Saturdays
Fall Session: Sep. 7 – Nov 13
Draft Night for Tech is Sep. 7

MPS C.A.R.E.S.
COMMUNITY AND RECREATION ENGAGING STUDENTS
**THERAPEUTIC RECREATION**

**Splish, 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). This is a Therapeutic Recreation Program for individuals with disabilities. Call (414) 647-6065 for more information.

**Activity Code: 2RTR6501**
*(Section codes listed below)*

**Gaenslen (Ages 3 & up) ................ GS01**
Thu, Sep 26-Nov 14, 6:55PM- 7:55PM
$36 Residents/$72 Non-Residents

**Hamilton (Ages 3 & up) ............... HA01**
Tue, Sep 24-Nov 12, 6:55PM- 7:55PM
$36 Residents/$72 Non-Residents

**Alley Cats**
Bring your friends and family; create your own bowling team. Cost includes three games of bowling, shoes, and special events. Agencies must provide support staff. You must be a registered club member to bowl. An additional $6.50 is due at the alley each week for bowling fees. Call (414) 647-6065 for more information. Meet at AMF Bowlero Lanes. Transportation is not provided. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

**Activity Code: 2RTR6601**
*(Section codes listed below)*

**AMF Bowlero (Ages 6 & up) .......... AM01**
(No program Nov. 30)
Sat, Sep 21-Dec 7, 9:00AM-11:00AM
$8 Residents/$8 Non-Residents

**Awesome Appetizers and Desserts Too!**
Like to cook and socialize with friends? Each week we will make either a dessert or an appetizer for all to enjoy. Great ideas for entertaining at home! An $8.00 cash fee will be collected at the first meeting for additional supplies. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6602**
*(Section codes listed below)*

**Gaenslen (Ages 10 & up) ............... GS01**
Thu, Sep 26-Dec 12, 7:00PM- 8:00PM
$40 Residents/$45 Non-Residents

**Hamilton (Ages 10 & up) ............... HA01**
Wed, Sep 25-Dec 11, 7:30PM-8:30PM
$40 Residents/$45 Non-Residents

**Book Club Night**
Join us for our very own Therapeutic Recreation Book Club!! We will pick a book to read as a group and will read it out loud together. As we are reading, we will talk about the characters, adventures, and topics we are reading about. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6603**
*(Section codes listed below)*

**OASIS (Ages 10 & up) ............... 5501**
Tue, Sep 24-Dec 10, 6:00PM- 8:00PM
$33 Residents/$38 Non-Residents

**Desserts Too!**
Each week we will make either a dessert or an appetizer for all to enjoy. Great ideas for entertaining at home! An $8.00 (cash only) supply fee is due at the first gathering. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6605**
*(Section codes listed below)*

**OASIS (Ages 13 & up) ............... 5501**
(No program Nov. 29)
Fri, Sep 27-Dec 13, 5:00PM- 7:00PM
$43 Residents/$48 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. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6604**
*(Section codes listed below)*

**OASIS (Ages 13 & up) ............... 5501**
(No program Nov. 29)
Fri, Sep 27-Dec 13, 4:00PM- 5:00PM
$73 Residents/$83 Non-Residents

**Culture Cafe**
Culture Cafe has been a long time favorite cooking class and one you don’t want to miss! Join us as we cook and enjoy delicious dishes from all over the world in addition to learning fun facts about the countries they originate from. An $8.00 (cash only) supply fee is due at the first class. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6606**
*(Section codes listed below)*

**OASIS (Ages 13 & up) ............... 5501**
(No program Nov. 29)
Fri, Sep 27-Dec 13, 4:00PM- 9:00PM
$73 Residents/$83 Non-Residents

**Diner’s Club**
Good friends and great food is what you’ll find on Friday nights. We’ll create a delicious dinner each Friday evening. Feel free to bring a favorite recipe to share and your appetite. An $8.00 (cash only) supply fee is due at the first gathering. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6607**
*(Section codes listed below)*

**Culture Cafe**
Our Friday Night Combo with Boot Camp includes T.R. Boot Camp, Diner’s Club, and Movers & Shakers. Sign up for the Combo and save $5.00! An $8.00 (cash only) supply fee is due at the first gathering. An additional $2.00 (cash only) fee is due each week upon entry. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

**Activity Code: 2RTR6608**
*(Section codes listed below)*

**OASIS (Ages 13 & up) ............... 5501**
(No program Nov. 29)
Fri, Sep 27-Dec 13, 4:00PM- 9:00PM
$73 Residents/$83 Non-Residents
**Friday Night Combo with Computers!**
Our Friday Night Combo with Computers includes Computer Club, Diner’s Club, and Movers & Shakners. Sign up for the Combo and save $5.00! An $8.00 (cash only) supply fee is due at the first gathering. An additional $2.00 (cash only) fee is due each week upon entry. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

- **Activity Code:** 2RTR6608
- **Section codes listed below**
- **OASIS (Ages 13 & up) ........... 5501**
  - (No program Nov. 29)
  - Fri, Sep 27-Dec 13, 4:00PM- 9:00PM
  - $73 Residents/$83 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. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

- **Activity Code:** 2RTR6611
- **Section codes listed below**
- **Hamilton (Ages 10 & up) ............... HA01**
  - (No program Nov. 28)
  - Thu, Sep 26-Dec 12, 6:00PM-7:00PM
  - $30 Residents/$38 Non-Residents

**OASIS (Ages 13 & up) ........... 5501**
- Fri, Sep 27-Dec 13, 4:00PM- 9:00PM
- $73 Residents/$83 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. This is a Therapeutic Recreation Program for individuals with disabilities.

- **Activity Code:** 2RTR6610
- **Section codes listed below**
- **OASIS (Ages 10 & up) ............... 5501**
  - (No program Nov. 29)
  - Fri, Sep 27-Dec 13, 4:00PM- 5:00PM
  - $30 Residents/$38 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. Call 414-647-6065 for more information. This is a Therapeutic Recreation Program for Individuals with disabilities.

- **Activity Code:** 2RTR6613
- **Section codes listed below**
- **Hamilton (Ages 10 & up) ............... HA01**
  - (No program Nov. 27)
  - Wed, Sep 25-Dec 11, 6:00PM- 7:30PM
  - $37 Residents/$43 Non-Residents

**Sunday Movie Madness**
Love movies? So do we, so let’s enjoy them together! On various Sundays, we will enjoy an afternoon matinee at South Shore Cinema, 7261 S.13th St., Oak Creek. You will be notified by mail of specific movies and times after registration. The one-time $8.00 registration fee does not include the cost of the movie. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable and not eligible for reduced fees.

- **Activity Code:** 2RTR6615
- **Section codes listed below**
- **South Shore Cinema (Ages 13 & up) VL01**
  - Sun, Sep 29-Dec 8, Times Vary
  - $8 Residents/$8 Non-Residents

**Super Saturday**
Are you ready to have a Super Saturday?! Every Saturday afternoon we will have new and exciting things to do! From creating fantastic art projects to making delicious snacks to participating in exciting gym activities there’s something for everyone to enjoy! And don’t forget the awesome field trips and special events we will have throughout the season! It’s an afternoon of fun that you and your friends don’t want to miss!! Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

- **Activity Code:** 2RTR6616
- **Section codes listed below**
- **Manitoba (Ages 6 & up) .............. MB01**
  - (No program Nov. 30)
  - Sat, Sep 21-Dec 7, 12:30PM- 4:00PM
  - $69 Residents/$79 Non-Residents

- **Milwaukee Marshall (Ages 6 & up). MR01**
  - (No program Nov. 30)
  - Sat, Sep 21-Dec 7, 12:30PM- 4:00PM
  - $69 Residents/$79 Non-Residents

**T.R. Boot Camp**
Working out with friends is the best way to stay motivated!! Join our TR boot camp to help get you in a routine. We will try a variety of work-outs to keep it exciting and work various muscle groups. As always, we will adapt activities so all can participate. Call (414)-647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

- **Activity Code:** 2RTR6617
- **Section codes listed below**
- **OASIS (Ages 13 & up) ............... 5501**
  - (No program Nov. 29)
  - Fri, Sep 27-Dec 13, 4:00PM- 5:00PM
  - $30 Residents/$38 Non-Residents
Thursday Night Combo at Hamilton
Our Thursday Night Combo at Hamilton includes Let's Get Moving and Culture Cafe. An $8.00 (cash only) supply fee is due to the instructor at the first class. Sign up for the Combo and save $5.00! Call (414) 647-6065 for more information. This is a Therapeutic Recreation program for individuals with disabilities.

Activity Code: 2RTR6618
(Section codes listed below)
Hamilton (Ages 10 & up) .............. HA01
(Let’s Get Moving & Culture Cafe) No program Nov. 28
Thu, Sep 26-Dec 12, 6:00PM- 8:30PM
$65 Residents/$78 Non-Residents

Wednesday Night Combo
Our Wednesday Night Combo includes Scrapbooking and Awesome Appetizers & Desserts Too. An $8.00 (cash only) supply fee is due at the first gathering. Sign up for the Combo and save $5.00! Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6620
(Section codes listed below)
Hamilton (Ages 10 & up) .............. HA02
(No program Nov. 27)
Wed, Sep 25-Dec 11, 6:00PM- 8:30PM
$70 Residents/$83 Non-Residents

Wii Games
Have you tried Nintendo Wii, one of the 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. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6621
(Section codes listed below)
OASIS (Ages 8 & up) .................... 5501
Tue, Sep 24-Dec 10, 6:00PM- 8:00PM
$33 Residents/$38 Non-Residents

Sunday Super 6 Fall
Ready to end your weekend with fun in Milwaukee?! We have planned six different exciting outings. Join as many as you like. It’s sure to be a great time! The one-time registration fee of $8.00 does not include the cost of the outing. Information about specific outings will be sent to you after registration. Program registration fee is non-refundable.

Activity Code: 2RTR6628
(Section codes listed below)
OASIS (Ages 13 & up) .................... 5501
Sun, Oct 6-Nov 24, Times Vary
$8 Residents/$8 Non-Residents

Card Making
Do you enjoy spreading cheer to friends and family? Then this is the crafty class for you! We will design and create our own greeting cards for many events and seasons throughout the year. Fee includes supply cost and is non-refundable. Call 414.647.6065 for more information. This is a Therapeutic Recreation Program for Individuals with disabilities.

Activity Code: 2RTR6629
(Section codes listed below)
Gaenslen (Ages 10 & up) 2RTR6629GS01
(No program Nov. 28)
Thu, Sep 26-Dec 12, 7:30PM- 8:30PM
$37 Residents/$43 Non-Residents

Marvelous Movie Night
Join us for an awesome night of watching Marvel Movies with friends! Whether it’s your first time seeing them or your tenth, this will be a night of movie watching fun! We will work our way through the Marvel Movie catalog in chronological order. Light snacks will be enjoyed while watching the movie.

Activity Code: 2RTR6633
(Section codes listed below)
OASIS (Ages 5 & up) .................... 5501
Tue, Sep 24-Dec 10, 6:00PM- 8:00PM
$33 Residents/$38 Non-Residents

Thursday Night Combo at Gaenslen
Our Thursday Night Combo at Gaenslen includes Card Making and Awesome Appetizers and Desserts Too! An $8.00 (cash only) supply fee is due to the instructor at the first class. Sign up for the Combo and save $5.00! Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for Individuals with Disabilities.

Activity Code: 2RTR6631
(Section codes listed below)
Gaenslen (Ages 10 & up) ............. GS01
Thu, Sep 26-Dec 12, 6:30PM- 8:30PM
$55 Residents/$68 Non-Residents

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## TEAM MILWAUKEE SPECIAL OLYMPICS

Team Milwaukee is a registered agency with Special Olympics Wisconsin

This year-round sports program offers both adults and youth with intellectual disabilities the opportunity to learn and improve skills through training and competition in various sports. These programs will encourage participants to become more physically fit, socialize with others, and increase self-confidence. To participate in Area/State Special Olympics competitions, individuals must be 8 years or older and have completed the required Special Olympics medical form. Come join the fun!

### YEARLY SCHEDULE:

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<th>WINTER</th>
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<td>Sports Season (December - April)</td>
<td>Sports Season (March - June)</td>
<td>Sports Season (May - August)</td>
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<td>Bowling</td>
<td>Team Basketball &amp; Basketball Skills</td>
<td>Track &amp; Field</td>
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<tr>
<td>• Marquette University Union Annex</td>
<td>• Audubon Middle Sch.</td>
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<td>• Wick Field</td>
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<tr>
<td>• Burnham Bowl</td>
<td>• Wedgewood Park International</td>
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<tr>
<td>• AMF West</td>
<td>• Hi-Mount</td>
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<td>• 78th St. Field</td>
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<tr>
<td>• AMF Bowlero</td>
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<td></td>
<td>Bocce</td>
</tr>
</tbody>
</table>

| Volleyball                    | Gymnastics - Rhythmic | Swimming (Feb.-June)    |                       |
| • Audubon Middle School       | • Juneau Campus        | • Hamilton              |                       |

| Flag Football                |                         |                         |                       |
| • Wick Field                 |                         |                         |                       |

### HOW TO SIGN UP AND THE COST:

There is a $25 one-time registration fee required per sport.

Milwaukee Recreation is pleased to offer online registration for Team Milwaukee Special Olympics. Simply visit mkerec.net/teammilwaukee and click on “Register for Team Milwaukee Here”.

Of course, you can still call (414) 647-6041 if you would like us to send you a paper registration form.
Wisconsin Adaptive Sports Association
Programs for Individuals with physical and visual disABILITIES

Wisconsin Adaptive Sports Association • (414) 430-6543

Not disABLED sports… wheelchair and adaptive sports!
WASA currently provides wheelchair and adaptive sports for those with physical and visual impairments to over 100 athletes from 6 to 60 years old. From the beginner to the Paralympian and everything in between WASA provides an outlet to be fit, active and healthy. Join us whether you just want to recreate locally or travel competitively, WASA has a place for you. Come join the FUN! – It’s just a Different Pair of Shoes!

Fall September - December
Wheelchair Basketball – Adult
    Mon. & Wed. nights
Wheelchair Basketball – Youth
    Thurs. nights (ages 13+)
    Sat. mornings (ages 5-13)
Wheelchair Rugby
    Thurs. nights
Sled Hockey
    Sun. nights
Goal Ball
    Tues. nights
Tennis
    Saturdays

Spring December - April
Wheelchair Basketball – Adult
    Mon. & Wed. nights
Wheelchair Basketball – Youth
    Thurs. nights (ages 13+)
    Sat. mornings (ages 5-13)
Wheelchair Rugby
    Thurs. nights
Sled Hockey
    Sun. nights
Wheelchair Lacrosse
    Mon. nights (February - April)
Goal Ball
    Tues. nights
Tennis
    Saturdays

Summer May - August
Wheelchair Basketball – Adult
    Mon. & Wed. night
Wheelchair Basketball – Youth
    Thurs. nights (ages 13+)
    Sat. mornings (ages 5-13)
Wheelchair Basketball – Skill workshop
    Sat. night
Wheelchair Rugby
    Thurs. night
Wheelchair Softball
    Thurs. night
Wheelchair Lacrosse
    Mon. nights
Tennis
    Saturdays

Who can play?
These sports are for many more than you think! You do not have to be a wheelchair user. We help you find which sport works best. Qualifying injuries can be as little as:

- Permanent orthopedic impairments, such as but not limited to:
  - Significant ligament instability/damage
  - Arthritis, knee replacement
  - Spinal Cord Injuries / Paraplegics
  - Spina Bifida
  - Cerebral palsy
  - Muscular dystrophy
  - Lower limb amputees
  - Visual Impairments
  - And many more

To sign up contact:

Sam Gracz, CTRS
Program Director
Wisconsin Adaptive Sports Association, Inc.
501(c)(3) tax exempt, nonprofit organization

Phone: 414-430-6543
Email: sam@wasa.org
www.wasa.org

*Programming times & dates are subject to changes.
Active Older Adults Program

Make your life more fulfilling by joining the Active Older Adults Program! The program provides active fitness, educational and recreational offerings for senior adults, fifty years and older. In addition to travel, classes, clubs and leagues, various services and volunteer opportunities are available. Activities are held indoors and outdoors, daytime, and some weekends.

Included with Oasis Membership

Membership cards are available at the Oasis Senior Center for $15 for city of Milwaukee residents and $25 for non-residents. Membership fee is good for one year from purchase date.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Schedule</th>
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</thead>
<tbody>
<tr>
<td>Bingo</td>
<td>Tues. 12:15pm-1:30pm.</td>
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<tr>
<td>Fitness Center</td>
<td>Mon.-Fri. 7:30am-3:00pm.</td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>Mon., Wed., Fri. 9:00am-10:00am.</td>
</tr>
<tr>
<td>Computer Lab</td>
<td>Mon.-Fri. 7:30am-3:00pm.</td>
</tr>
<tr>
<td>Movies and Popcorn</td>
<td>Dates and times vary. Please call 414-647-6041 for more information.</td>
</tr>
<tr>
<td>Sheepshead</td>
<td>Wed. 12:15pm-2:00pm.</td>
</tr>
<tr>
<td>Blood Pressure Screenings</td>
<td>Tue. Or Thur. – Dates of screenings vary. Please call 647-6041 for more information.</td>
</tr>
<tr>
<td>String Ensemble</td>
<td>Wed. 9:45am-11:15am.</td>
</tr>
<tr>
<td>Outdoor Education Classes</td>
<td>Thur. – Once a month 12:15pm-1:45pm. Please call 647-6041 for more information.</td>
</tr>
</tbody>
</table>
Sports

Adult Pickleball
Pickleball: one of the fastest growing sports in the country is an enjoyable and fun game that is played on a badminton court with a lower net. The sport uses a perforated plastic ball and a wood or composite paddle. It is easy for beginners to learn and play but it can also offer a quick, fast-paced, and competitive game for experienced pickleballers. Come join us for open play with our avid pickleball players!

Activity Code: 2R550101

Juneau Playfield ...................... JU01
Wed, Aug 14-Oct 16, 9:00AM-12:00PM
$18 Residents/$23 Non-Residents

Juneau Playfield ...................... JU02
Sat, Aug 17-Oct 12, 9:00AM-12:00PM
$18 Residents/$23 Non-Residents

Pulaski .................................. PK01
Sat, Oct 19-Dec 14, 9:00AM-12:00PM
$18 Residents/$23 Non-Residents

50+ Softball
Come on out and join players of all skill levels as they enjoy the great game of softball through our 50+ Softball League. For more information please contact 414-647-6053.

Activity Code: 2R558102

Burnham Playfield ..................... B201
Tue, Apr 28-Aug 18, 9:15AM-11:45AM
$15 Residents/$30 Non-Residents

50+ Volleyball
Come and join our 50+ volleyball league! This league offers both fun and competition to ensure that everyone has a great experience. Please call 647-6053 for more information.

Activity Code: 2R556801

Beulah Brinton ......................... BN01
(Competitive Level Fall & Winter leagues)
Tue/Thu, Sep 10-Apr 9, 9:15AM-11:45AM
$15 Residents/$30 Non-Residents

Beulah Brinton ......................... BN02
(Social Level Fall & Winter leagues)
Tue/Thu, Sep 24-Mar 26, 9:15AM-11:45AM
$15 Residents/$30 Non-Residents

Arts & Crafts

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: 2R550903

(Section codes listed below)

Knitting Circle
Learn to knit or continue your knitting knowledge with a project during the off season. Learn the basics, emphasis on pattern reading, gaining confidence and problem solving. Please bring a short pair of needles, size 8 and yarn. Free with O.A.S.I.S. Center Membership (membership fees are $15.00/Res and $25.00/Non-Res). Membership is good for one year from purchase date. On-line registration is not available. Please contact 414-647-6041 for more information.

Activity Code: 2R550904

(Section codes listed below)

OASIS (Ages 50 & up) .................. 5501
(O.A.S.I.S. Membership Required. See fees above.)
Wed, Sep 11-Dec 11, 9:00AM-11:00AM
FREE

Acrylic Painting
In this course you will have fun learning painting techniques such as recognizing shapes, light sources, and values. Beginners to advanced will improve at their own pace. We will start with working from photographs along with professional guidance from award-winning artist Laura Easely-Jones. This is a continuing class. A supply list will be given out to students on the first day of class.

Activity Code: 2R550913

(Section codes listed below)

OASIS .................................. 5501
Mon, Sep 9-Oct 14, 9:30AM-11:30AM
$26 Residents/$39 Non-Residents

OASIS .................................. 5503
Wed, Oct 21-Nov 25, 9:30AM-11:30AM
$26 Residents/$39 Non-Residents

Computers

Computer Lab
Surf the net, send emails, write letters, or research current events! Our computer lab is open on a first-come, first-serve basis. Lab is closed during class times. Free with O.A.S.I.S. Center Membership (Membership fees are $15.00/Res and $25.00/Non-Res). Membership is good for one year from purchase date. On-line registration is not available. Please contact 414-647-6055 for more information.

Activity Code: 2R551504

(Section codes listed below)

OASIS (Ages 50 & up) ................. 5501
(O.A.S.I.S. Membership Required. See fees above.)
Mon-Fri, Sep 3-Dec 20, 8:00AM-3:00PM
FREE

Fitness

Arthritis Exercise
This program features gentle, joint-safe exercises developed specifically for people with arthritis to help relieve stiffness, decrease arthritis pain and improve balance. The course incorporates the optional use of resistance bands and weights for an added workout as well as interactive health education lessons and stress-reducing relaxation techniques to help participants better manage their arthritis. The low-impact exercises can be done while sitting, standing or on the floor. Led by certified yoga instructors. Class is non-refundable.

Activity Code: 2R553501

(Section codes listed below)

OASIS (Ages 50 & up) ................. 5501
Fri, Sep 6-Dec 6, 11:15AM-12:00PM
$26 Residents/$39 Non-Residents
Zumba Gold
Zumba® Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active Older participant, as well as those just starting their journey to a fit and healthy lifestyle. Join other Older adults that want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold® is the perfect fit. It is a dance-fitness class that feels friendly, and most of all, fun.

Activity Code: 2R553503
(OASIS (Ages 50 & up) ................. 5505
Thu, Sep 5-Oct 24, 10:15AM-11:15AM $18 Residents/$36 Non-Residents

OASIS (Ages 50 & up) ................. 5501
Mon, Sep 9-Oct 28, 10:15AM-11:15AM $18 Residents/$36 Non-Residents

OASIS (Ages 50 & up) ................. 5506
Thu, Oct 31-Dec 19, 10:15AM-11:15AM $18 Residents/$36 Non-Residents

OASIS (Ages 50 & up) ................. 5502
Mon, Nov 4-Dec 6, 10:15AM-11:15AM $18 Residents/$36 Non-Residents

Gentle Yoga
You can be fit at any age and healthy at any size. Registered yoga instructor, Gail Vella, will help you learn to let go of stress, relax and breathe as you strengthen your body and calm your mind.

Activity Code: 2R553504
(OASIS (Ages 50 & up) ................. 5502
Tue, Sep 3-Dec 17, 9:00AM-10:00AM $39 Residents/$26 Non-Residents

OASIS (Ages 50 & up) ................. 5501
Fri, Sep 6-Dec 6, 10:15AM-11:15AM $39 Residents/$26 Non-Residents

Chair Yoga
People of all abilities experience greater health and well-being in this chair yoga plus strength exercise class. Poses are done while sitting in or standing by a chair. Benefits include increased muscle strength, greater range of motion, improved posture, balance, and breathing, and an overall sense of greater well being. Free with O.A.S.I.S. Center Membership (membership fees are $15.00/Res and $25.00/Non-Res). Membership is good for one year from purchase date. On-line registration is not available. Please contact 414-647-6041 for more information.

Activity Code: 2R553508
(OASIS (Ages 50 & up) ................. 5501
Mon/Wed/Fri, Sep 9-Dec 18, 9:00AM-10:00AM FREE

Fitness Center
Come and be active at the O.A.S.I.S. Fitness Center. A full range of exercise equipment is available for you to utilize. Assistance is provided on certain days and times. Open year round! Free with O.A.S.I.S. Center Membership (membership fees are $15.00/Res and $25.00/Non-Res). Membership is good for one year from purchase date. On-line registration is not available. A signed waiver and an orientation are required. Please contact 414-647-6065 for more information.

Activity Code: 2R553509
(OASIS (Ages 50 & up) ................. 5501
Mon-Fri, Sep 3-Dec 13, 8:00AM-3:00PM FREE

T’ai Chi / Exercise
A variety of mild exercises and movements. Wear comfortable, loose-fitting clothing and non-skid tennis shoes.

Activity Code: 2R553510
(SECTION CODES LISTED BELOW)

Enderis Playfield (Ages 50 & up)........ EF01
Mon, Sep 9-Dec 16, 9:00AM-9:45AM $25 Residents/$35 Non-Residents

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

Activity Code: 2R553511
(SECTION CODES LISTED BELOW)

OASIS (Ages 50 & up) ................. 5501
Wed, Sep 4-Oct 23, 12:30PM-1:30PM $20 Residents/$25 Non-Residents

HEALTH AND WELLNESS

Blood Pressure Check
Have your blood pressure checked regularly by nursing students from Marquette University. No appointment or O.A.S.I.S. membership necessary. Days of screenings vary, please contact 414-647-6053 for specific dates.

Activity Code: 2R554101
(SECTION CODES LISTED BELOW)

OASIS (Ages 50 & up) ................. 5501
Tue/Thu, Sep 10-Dec 5, 9:30AM-11:30AM FREE

TOPS Club, Inc.
Established in 1948 to champion weight loss support and success, TOPS has helped millions of people live healthier lives. Join us today! Please call 414-647-6053 for more information. There is a yearly membership fee of $32.00 for TOPS. Membership will be collected by the group leader on the first day of class.

Activity Code: 2R554102
(SECTION CODES LISTED BELOW)

OASIS (Ages 50 & up) ................. 5501
Wed, Sep 11-Dec 11, 10:00AM-10:45AM FREE

Milwaukee County Senior Dining Program

Beulah Brinton Community Center · 2555 South Bay Street
Oasis · 2414 W. Mitchell Street

For all Milwaukee County Adults 60 years and older. A great place to enjoy good food and to meet new friends! Register for your senior dining card at any Milwaukee County senior dining program site.

MEALS ARE SERVED AT 11:30 AM · MONDAY THROUGH FRIDAY.
For more information call 414-289-6995.
LANGUAGE SKILLS

Spanish
Learn appropriate Spanish words for: greeting, health, household, daily activities, weather and much more. Class meets once a week. The book that is used for the class is ‘Spanish made Simple’. You can purchase the textbook for $13.00 (cash or check only) on the first day of the class.

Activity Code: 2R554401
(OASIS (Ages 50 & up) ................. 5502)
Fri, Sep 6-Dec 20, 11:30AM-12:30PM
$25 Residents/$30 Non-Residents

MUSIC

Harmonica Lessons
The harmonica is more than a musical instrument; it is also an effective tool for those suffering from lung disease to improve their breathing. Students will learn basic techniques on the harmonica. You will have fun while learning to play with instructor Margarita Wisniewski. Class fee is non-refundable.

Activity Code: 2R554601
(OASIS (Ages 50 & up) ................. 5501)
Thu, Sep 5-Oct 3, 10:00AM-11:00AM
$8 Residents/$11 Non-Residents

Mandolin
Learn how to play the Mandolin. Instructed by experienced musician, Jim Pilot. Bring your own Mandolin or rent one from instructor. Class fee is non-refundable.

Activity Code: 2R554602
(OASIS (Ages 50 & up) ................. 5501)
Fri, Sep 13-Oct 4, 10:00AM-11:00AM
$8 Residents/$11 Non-Residents

ORGANIZED GAMES

Bingo
Join us every Tuesday in our bright and cheerful Senior Cafe’ for a relaxing time playing bingo. Non-Smoking environment. No bingo on election days. Free with O.A.S.I.S. Center Membership (membership fees are $15.00/Res and $25.00/Non-Res). Membership is good for one year from purchase date. On-line registration is not available. Please contact 414-647-6041 for more information. Cookies and Coffee available for $.50

Activity Code: 2R554901
(OASIS (Ages 50 & up) ................. 5501)
Tue, Sep 3-Dec 17, 12:15PM-1:30PM
FREE

Sheepshead Club
Come join the group and settle in for a fun and exciting game of sheepshead. You will be among friends when you join this club! Club meets every Wednesday. Free with O.A.S.I.S. Center Membership. Membership fees are $15.00/Res and $25.00/Non-Res). Membership is good for one year from purchase date. On-line registration is not available. Please contact 414-647-6065 for more information.

Activity Code: 2R554902
(OASIS (Ages 50 & up) ................. 5501)
Wed, Sep 4-Dec 18, 12:15PM-2:00PM
FREE

50+ TRAVEL CLUB

The 50+ Travel Club offers trips to exciting destinations for adults 50 years and over. We put together all the details that go into planning a perfect travel adventure for you. Our trips provide a great way to travel for those who don’t want to drive or worry about how to get there. New Trips are added on a regular basis, so don’t hesitate. Give us a call at (414) 647-6071.

SEPTEMBER
“The Color Purple” – Drury Lane (Oakbrook, IL)
Sunday, September 29, 2019

OCTOBER
“Ho-Chunk Gaming” – Madison, WI
Thursday, October 17, 2019

“Cher & Neil Diamond” (A Tribute) – Wisconsin Dells
Friday, October 25, 2019

NOVEMBER
“Holly Jolly Christmas”– Wisconsin Dells
Tuesday, November 19, 2019

DECEMBER
“3 Redneck Tenors”– Hartford, WI
Saturday, December 14, 2019

“Joseph & The Amazing Dreamcoat”– Evanston, IL
Friday, December 20, 2019

Meeting Dates

Northside
Capitol Library - 1:30 PM
3969 N. 74th Street, Milwaukee
Thurs. Sept. 12th & Nov. 7th

Southside
Oasis Senior Center - 8:30 AM
2414 W. Mitchell Street, Milwaukee
Friday – Sept.13th & Nov. 8th
OUTDOOR EDUCATION

Winter Bird Feeding
Many of our birds that brave the cold winter depend upon dried fruits and seeds for food to survive our harshest season. Learn which birds stay in Wisconsin throughout the winter and what else they need to survive. Listen to recordings of bird calls and learn to identify some of our feathered friends by the songs they sing, and even make your own feeder and other simple and fun hanging bird buffets to help our feathered friends during this chilly time. Open to bird watchers of all ages. Class fee is non-refundable and not eligible for reduced fees. Dress appropriately for an outdoor hike.

Activity Code: 2R555001
(Oasis codes listed below)

OASIS ........................................... 5501
Thu, Nov 14, 12:15PM-1:45PM
$5 Residents/$10 Non-Residents

Ornaments
We will use objects found in nature to create seasonal and festive ornaments. These hand-made ornaments are perfect for decorating your house or giving as gifts! Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2R555002
(Oasis codes listed below)

OASIS ........................................... 5501
Thu, Dec 12, 12:15PM-1:45PM
$5 Residents/$10 Non-Residents

Leaf Prints
Using real leaves and paint we will make permanent and precise prints of leaves. Leaf prints are a great way to identify plants, start a nature journal and create fantastic art projects! Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2R555003
(Oasis codes listed below)

OASIS ........................................... 5501
Thu, Oct 17, 12:15PM-1:45PM
$5 Residents/$10 Non-Residents

Pressed Plant Bookmarks
Design, decorate and laminate a beautiful bookmark using our pre-pressed plants! You will also be provided a how-to instruction for creating pressed plants at home. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2R555004
(Oasis codes listed below)

OASIS ........................................... 5501
Thu, Sep 19, 12:15PM-1:45PM
$5 Residents/$10 Non-Residents

Share Today. Shape Tomorrow.

Mentor a child. Share your wisdom. Make a difference.

As a volunteer, your experience, abilities and skills can positively shape the lives of children in our community. The Social Development Commission is looking for older adults (55+) to volunteer one-on-one with elementary school children in Milwaukee Public Schools.

Improve a child’s life by:
• Tutoring in reading, math and other subjects
• Showing interest, encouragement and compassion
• Developing self-esteem

Volunteers receive:
• Paid training
• Hourly stipend
• Mileage reimbursement

The Foster Grandparent Program serves Milwaukee Public Schools. When you volunteer, you leave a lasting legacy. Help a child create pathways to success.

For additional information about SDC’s Foster Grandparent Program, please call 414.906.4608 or visit us at cr-sdc.org

Social Development Commission • 1730 W. North Avenue • Milwaukee, WI 53215 • 414.906.2700 • cr-sdc.org

www.MilwaukeeRecreation.net
The Vanguard Sculpture Services art foundry is tucked into a hidden side street on the edge of Milwaukee’s Garden Homes neighborhood, but one step inside the sprawling structure reveals a world rarely seen in southeastern Wisconsin. A badger the size of a minivan. A bust of Abraham Lincoln. A life-size statue of Sargento co-founder Leonard Gentine. It’s a cast of characters more unique than anything on television, but for Michael Nolte, it’s home.

Nolte, one of Vanguard’s co-owners alongside Beth Sahagian, has been in the sculpting business since 1986. Vanguard works with outside artists to create and complete sculptures by mold making, enlarging scale models, bronze casting, fabrication, installation, restoration, repair, and more. Vanguard has brought pieces to life all across the area, including the “Bronze Fonz” in downtown Milwaukee, the Mary Tyler Moore statue in Minneapolis, Gertie the Duck on Milwaukee’s riverwalk, and countless others. Vanguard also finished off the popular “Da Crusher” statue, which was unveiled earlier this month in South Milwaukee to a crowd of tens of thousands.

The length of the process varies on the size of the piece, but once the artist brings in a design, Nolte and his Vanguard team create a mold of that piece using rubber, plaster, and wax; construct a ceramic shell on top of the wax; and eventually pour the liquefied bronze into the shell.

Not only is there plenty of precision required to complete each project, but many pieces are incredibly labor intensive as well. “Da Crusher,” for example, weighs over 600 pounds and took roughly 400 hours to complete.

Unsurprisingly, routinely creating, lifting, and moving heavy objects can put some wear and tear on the body. That’s where Nolte’s T’ai Chi habit comes in.

“In 1986, when I started working at the foundry, I had terrible back problems,” Nolte said. “And it was because of the work I was doing. I was reaching into a dip tank and standing up, and it was terrible on my back. So a friend of mine - my current business partner - said, ‘hey, there’s a guy teaching T’ai Chi down at the park; let’s go.’ So we went down there, and while I was doing T’ai Chi, my back didn’t hurt. I did it every day, many times a day, because that was the only time I wasn’t in pain.”

“And after six months of that, my back pain went away, and has never returned.”

Of course, that didn’t mean Nolte was going to simply give up T’ai Chi once his back issues were resolved; T’ai Chi “allows him to do what he [does]” - work in his art foundry.

Nolte eventually flipped from a T’ai Chi participant to an instructor, and just completed his 27th year leading T’ai Chi classes for a variety of age groups and class sizes. He has had many long-time participants - some of whom have taken his classes for over a decade - and he enjoys seeing their progression with each lesson. He currently instructs at the Milwaukee School of Languages for Milwaukee Recreation, and understands that guiding these sessions helps him continue to hone his own T’ai Chi.

“Teaching is the best way to learn T’ai Chi, [at least] once you get past the basics,” Nolte said. “Without explaining it to someone else, I don’t believe T’ai Chi would be so clear in my head.”

He still completes the T’ai Chi forms each day, once in both the morning and the evening, and plans on working at the foundry as long as he can keep doing T’ai Chi.

“It saves my life every day,” Nolte said.

Register for Michael’s class:

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: 2RAE3527
(Section codes listed below)

Milw School of Language ............. ML01
(Adult, Beg.)
Wed, Sep 25-Nov 13, 6:30PM-7:30PM
$28 Residents/$42 Non-Residents

Milw School of Language ............. ML02
(Adult, Int./Adv.)
Wed, Sep 25-Nov 13, 7:30PM-8:30PM
$28 Residents/$42 Non-Residents
Halloween Glen

A NON-SCARY ALTERNATIVE TO HAUNTED HOUSES

Join us for the 26th year of Halloween Glen! This humorous and educational outdoor adventure is a great alternative to the usual Halloween events. Actors will present interactive skits along the luminaria-lighted trails of Hawthorn Glen, Milwaukee Recreation’s 23-acre nature center. Families can then make craft projects, watch Halloween cartoons, and enjoy refreshments. Halloween Glen is geared for children ages 3-12 and their families. You will find more event details in the Outdoor Education section of this booklet.

October 11 & 12 • This year’s theme: Nature’s Performers!

Now hiring!

Discover the careers available at MPS!
Competitive pay. Great benefits.
Full- and part-time positions available.

- Teachers
- Support staff
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- Instructional aides
- Special education
- Office support
- Safety aides
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- Building engineers
- Service helpers

Apply mpsmke.com/jobs

For questions, call (414) 475-8224.

Residency in Milwaukee is not required.

MPS RUN BACK TO SCHOOL

LEARN MORE AND REGISTER ONLINE: MKEREC.NET/RBTS

SATURDAY, AUGUST 24, 2019

EVENT PROCEEDS BENEFIT MPS YOUTH RECREATION ACTIVITIES
FALL 2019 RECREATION GUIDE
FUN AND AFFORDABLE PROGRAMS FOR YOUTH, TEENS, ADULTS & SENIORS

Register online at MilwaukeeRecreation.net & call us with any questions:

Administration ................................................... 475-8180
Adult Enrichment ................................................. 475-8811
Adult Team Sports .............................................. 647-6046
Driver Education ................................................. 647-6044
Family Classes .................................................... 475-8811
Fifty Plus Program / Active Older Adults ............... 475-6050
Fifty Plus Travel Club .......................................... 475-6071
General Program Information .............................. 475-8811
Gymnastics .......................................................... 475-8811
Interscholastic Athletics/Academics ....................... 475-8219
MPS School-Based Adaptive Athletics & Special Olympics ... 647-6041
MPS Special Olympics (Team Milwaukee) ................. 647-3824
Outdoor/Nature Activities ..................................... 647-6050
Paralympic Sports ................................................ 430-6543
Swimming ............................................................ 475-8050
Therapeutic Recreation ......................................... 647-6065
Youth & Teen Classes .......................................... 475-8811
Youth Sports ......................................................... 475-8811

Para obtener ayuda en español: (414) 475-8180
Rohingya zuban ot modot ollá: (414) 475-8182

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Xav tau kev pab hais ua lus Hmoob hu: (414) 475-8182

THE WINTER GUIDE WILL BE MAILED TO ALL CITY OF MILWAUKEE HOUSEHOLDS DURING THE FIRST WEEK IN DECEMBER.