Meeting the ever-changing needs of our community

Milwaukee Public Schools Department of Recreation and Community Services is constantly evolving to meet the ever-changing needs of our community. I would like to update you on some of the Department’s initiatives that make Milwaukee a better place to live, learn, work and play.

By action of the Milwaukee Board of School Directors, the Recreation Department was established in 1911. This long-standing history has served our community well with exemplary programs for individuals of all ages. However, this longevity has taken its toll on our outdoor facilities, many of which are over 80 years old. As stewards of these treasured community assets, we’ve developed a Recreation Facility Master Plan to maintain the quality of our field houses, wading pools, playgrounds and other outdoor structures. I’m excited that one of the preliminary projects resulting from this work will be the redo of the tennis courts at Juneau and Sijan playfields this summer. Stay tuned for additional improvements as the plan is executed.

One of the most important roles played by our Recreation Department involves providing oversight to all of the after-school programs in MPS. Every day, more than 5,000 students in 100 schools “stay after” for tutoring, enrichment and recreation activities. These programs are essential because they expand learning opportunities, promote positive social behavior and keep students safe while their parents are still at work. We are grateful to the community-based organizations that collaborate with us to provide these mission-critical services.

As you read this booklet, you’ll begin to appreciate the full depth and breadth of the Department’s work, which includes management of our award-winning Partnership for the Arts & Humanities. Please review the inside back cover for a list of free and low-cost opportunities, open to all youth in Milwaukee. Sponsored in part by MPS, these innovative camps and classes engage young minds with a range of inspiring lessons in music, theater, dance, outdoor education, leadership and so much more.

Milwaukee Public Schools Department of Recreation and Community Services has been an invaluable community resource for 105 years thanks in a large part because we are committed to adjusting our programs in response to customer feedback. With the advent of social media, it’s easier than ever to stay informed and share your opinions. Please like our Facebook page (facebook.com/MilwaukeeRecreation) and follow us on Twitter @mkerc. Of course, we still welcome your phone calls at (414) 475-8180. Together, we’ll continue to evolve and build upon the 900+ classes you’ll discover in this booklet.

Sincerely,

Darienne B. Driver, Ed.D.
Superintendent of Schools

We have a new online registration system!

We launched a new online registration system in winter. If you didn’t register in winter, here’s what you need to know:

● You should still visit www.MilwaukeeRecreation.net to register online. See page 2 for details.

● If you have only registered with our previous system, we have transferred your account information to our new system. However, your old username and password will not work. To receive your new password, click “Forgot Your Password?” in the Account Login window and enter your e-mail address. If your e-mail address is not on file, please call (414) 475-8180.
Important Dates — See page 2 for details.

March 1  Priority registration for city of Milwaukee residents begins at 10AM.
March 8  Non-city of Milwaukee residents’ registration begins.
March 24 Mail-in registration deadline. Mail must be received by March 24.
March 24 Fax-in registration deadline. Fax registrations must be received by 4:00 p.m.
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 REGISTRATION:
Hamilton & Morse-Marshall: Saturday, March 19, 10:00AM to Noon
South Division: Monday, March 21 and Wednesday, March 23, 6:00PM-8:00PM

Para ayuda en español: 475-8812
**5 Easy Ways to Register**

Priority registration is given to city of Milwaukee residents beginning **March 1, 2016 at 10:00AM**. Non-city of Milwaukee residents may register beginning **March 8, 2016** 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. This year, we’re launching a new online registration system. If you have registered in the past, we have transferred your account information to our new system. However, your old username and password will not work. Your new username is the e-mail address we have on file. To receive your new password, click “Forgot Your Password?” in the Account Login window and enter your e-mail address. If your e-mail address is not on file, please call (414) 475-8180.

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. 162 or Rm. 56
   - **Office Hours**: Mon.–Fri. from 8:15 a.m.–4:30 p.m.
   - **Citywide Programs Office**: 2414 W. Mitchell St.
   - **Office Hours**: Mon.–Fri. from 8:15 a.m.–4:00 p.m.
   Offices are closed Friday, March 25.

3. **FAX-IN REGISTRATION**
   **Through Thursday, March 24 at 4:00 p.m.**
   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, March 24.**
   1. Make check or money order payable to: Milwaukee Recreation Department.
   2. Mail to: Milwaukee Public Schools Recreation Department, P.O. Box 461, Milwaukee, WI 53201-0461.
   3. Active Older Adults: Mail to 2414 W. Mitchell St., 53204

5. **IN-PERSON REGISTRATION**
   **Hamilton & Morse-Marshall**: Saturday, March 19, 10AM to Noon
   **South Division**: Monday, March 21 and Wednesday, March 23, 6:00PM-8:00PM

**Nondiscrimination Notice**: It is the policy of Milwaukee Public Schools that, as required by section 118.13, Wisconsin Statutes, no person will be denied admission to any public school or be denied the benefits of, or be discriminated against in any curricular, extracurricular, pupil services, recreational or other program or activity because of the person’s sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation or physical, mental, emotional or learning disability. This policy also prohibits discrimination under related federal statutes, including Title VI of the Civil Rights Act of 1964 (race, color, and national origin), Title IX of the Education Amendments of 1972 (sex), and Section 504 of the Rehabilitation Act of 1973 (disability), and the Americans with Disabilities Act of 1990 (disability). For section 118.13, Wisconsin Statutes, federal Title IX: Patricia Gil, Director, Office of Family Services, Room 133, Milwaukee Public Schools, 5225 West Vliet St. P.O. Box 2181, Milwaukee, Wisconsin. 53201-2181. For Section 504 of the Rehabilitation Act of 1973 (Section 504), federal Title I: Jeff Moler, 504/ADA Coordinator for Students, MPS Department of Special Services, 5225 West Vliet St., P.O. Box 2181, Milwaukee, Wisconsin, 53201-2181. (414) 475-8139 TTD: (414) 475-8139.

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

**MAIN CONTACT**

<table>
<thead>
<tr>
<th>LAST NAME</th>
<th>FIRST NAME</th>
<th>MIDDLE INITIAL</th>
<th>DATE OF BIRTH Month/Day/Year</th>
</tr>
</thead>
</table>

**ADDRESS**

(NO PO BOX #s, PLEASE)

<table>
<thead>
<tr>
<th>APT. #</th>
<th>CITY</th>
<th>ZIP CODE</th>
</tr>
</thead>
</table>

**EVENING PHONE (_______) **

<table>
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<tr>
<th>DAY PHONE (_______)</th>
<th>E-MAIL</th>
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</thead>
</table>

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

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

**PHOTO PERMISSION/RELEASE:**

I understand, as parent/legal guardian of the above-named child, that there are times when the local news media, national news media and/or nonprofit organizations partnering with Milwaukee Public Schools request the opportunity to videotape, take photographs and/or interview children within Milwaukee Recreation and Milwaukee Public Schools. By signing this, I understand that and give permission for MPS to allow this with respect to my child. I also understand that by signing this release I give permission to the Milwaukee Public Schools to make or use pictures, slides, digital images, or other reproductions of me, of my minor child or of materials owned by me or my child, and to put the finished pictures, slides, or images to use without compensation in broadcast productions, publications, on the Web, or other printed or electronic materials related to the role and function of the Milwaukee Public Schools. I understand that by signing this, I am, on behalf of myself and my child, releasing MPS and its directors, officers, employees and agents, from any future claims as well as from any liability arising from the use of any photograph or other images. This form shall be valid for the duration of the current Milwaukee Recreation program season.

I hereby certify that I have read and do understand the above information:

[ ]

Signature required for all registrations

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**ACTIVITY**

<table>
<thead>
<tr>
<th>ACTIVITY CODE</th>
<th>SECTION CODE</th>
<th>ACTIVITY NAME</th>
<th>DAY</th>
<th>TIME</th>
<th>FEE</th>
<th>SEX</th>
<th>DATE OF BIRTH Month/Day/Year</th>
<th>AGE</th>
</tr>
</thead>
</table>

**TOTAL FEES** $___

**REDUCED ACTIVITY FEE** $___

**SCHOOL NAME:**

**TOTAL PAYMENT DUE** $___

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**RECEIPT # (OFFICE USE ONLY)**

**PREVIOUS ADDRESS (IF YOU’VE RECENTLY MOVED):**

PREVIOUS ADDRESS (IF YOU’VE RECENTLY MOVED):

- **CASH**
- **MONEY ORDER**
- **CREDIT CARD #**
- **EXP. DATE**
- **CHECK (#) #**
- **CARDHOLDER NAME**
- **SECURITY CODE:**

**CHECKS PAYABLE TO MILWAUKEE RECREATION**

**PHONE NUMBER (_______) **

**SIGNATURE:**

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**REDUCED ACTIVITY FEE (17 YEARS & UNDER)**

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

[ ]

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

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Please sign this form at left, enclose total payment, and mail to Milwaukee Recreation PO Box 461 Milwaukee, WI 53201 or fax to (414) 475-8183 before the advertised registration deadlines.

[ ]

$1 DONATION?

$1 DONATION?

TOTAL FEES $___

REDUCED ACTIVITY FEE $___

SCHOOL NAME: _____________________________

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

TOTAL PAYMENT DUE $___
BE IN SCHOOL.
ALL DAY. EVERY DAY. OWN YOUR FUTURE.

Jabari Parker
Milwaukee Bucks
Program Locations

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

Alcott School
3563 S. 97th St., 940-9186
Enter main door on 97th St.

Bay View High School
2751 S. Lenox St., 610-5635
Enter door #4 off Montana St.

Brinton Community Center
2555 S. Bay St., 481-2494

Cooper School & Fieldhouse
5143 S. 21st St., 550-5154
Enter main entrance

81st Street School
2964 N. 81st Street, 550-3865
(Enter main door on 81st St.)

Gaenslen School
1250 E. Burleigh St., 267-5734
Enter north door, #4

Hamilton High School
6215 W. Warnimont Ave., 327-9402
Enter door #5 off south parking lot

Hawthorn Glen
1130 N. 60th St., 475-5300

MacDowell Montessori (Juneau)
6415 W. Mt. Vernon Ave., 935-1387
Enter door #7

Madison High School
8135 W. Florist Ave., 393-6307
Enter door #7 off south parking lot

Milw. School of Lang.
8400 W. Burleigh St., 393-5739
Enter main or parking lot door

Morse-Marshall School
4141 N. 64th St., 393-2502
Enter door #10 – N. 64th St. & W. Hope Ave.

MPS Central Services
5225 W. Vliet St., 475-8180
Enter southwest door off rear parking lot

North Division High School
1011 W. Center St., 267-5077
Enter west side of building near tennis courts

OASIS
2414 W. Mitchell St., 647-6041

Parkside School for the Arts (Fritsche)
2969 S. Howell Ave., 550-5154
Enter main entrance on Howell Ave.

Riverside High School
1615 E. Locust St., 906-4959
Enter door #5 on Locust St.

South Division High School
1515 W. Lapham Blvd., 902-8377
Enter east door off faculty parking lot on 13th St.

Washington High School
2525 N. Sherman Blvd., 875-6025
Enter main gym door on Sherman Blvd.
ARTS CRAFTS

Comic Books and Graphic Novels
Whether they fly through the sky or lurk within the shadows make your superheroes and villains come to life! This introductory course covers the basics to creating fun and imaginative comics, much like the popular superhero comics of today. The course will focus on the development of both characters and stories to make amazing heroes, dastardly villains, and fantastic creatures come to life and jump off the page. A creative workshop process will also be utilized to help students continue to learn and grow as story tellers. All aspiring hero’s welcome!

Activity Code: 4RCE0901
(Section codes listed below)

Hamilton (Ages 10-16) ................. HA01
Mon, Apr 4-May 23, 6:00PM- 7:30PM
$26 Residents/$52 Non-Residents

Drawing Techniques
Students will work with charcoal pencils, vine charcoal, erasers, drawing pencils, and other media to learn a variety of drawing techniques that are both additive and subtractive. We will explore portraiture and still life. Class is intended for beginners or intermediate students. Fee includes supply cost and is non-refundable.

Activity Code: 4RCE0902
(Section codes listed below)

MacDowell (Ages 8-12) ................. JU01
Sat, Apr 30-May 21, 12:00PM- 2:00PM
$18 Residents/$36 Non-Residents

Hand Sewing Techniques
Students will learn the basics of hand sewing. Decorative stitches such as blanket stitch, chain stitch, French knots, the lazy daisy, and many more will be covered. Students will create two projects: a decorative animal pillow or cat toys with felt and a wall hanging that incorporates embroidery. Fee includes supply cost and is non-refundable.

Activity Code: 4RCE0904
(Section codes listed below)

MacDowell (Ages 8-12) ................. JU01
Sat, Apr 30-May 21, 12:00PM- 2:00PM
$18 Residents/$36 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: 4RCE1601
(Section codes listed below)

Hamilton (Ages 6-9) ................. HA01
Sat, Apr 2-May 7, 9:30AM-10:30AM
$21 Residents/$42 Non-Residents

Hamilton (Ages 10-14) ................. HA02
Sat, Apr 2-May 7, 11:00AM-12:00PM
$21 Residents/$42 Non-Residents

Morse-Marshall (Ages 6-9) ........... MR01
Sat, Apr 2-May 7, 12:00PM- 1:30PM
$21 Residents/$42 Non-Residents

Morse-Marshall (Ages 10-14) ........ MR02
Sat, Apr 2-May 7, 1:30PM- 3:00PM
$21 Residents/$42 Non-Residents

DANCE

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

Activity Code: 4RCE2901
(Section codes listed below)

Morse-Marshall (Ages 8-14) .......... MR01
Wed, Apr 6-May 25, 6:30PM- 7:30PM
$18 Residents/$36 Non-Residents

Riverside (Ages 6-17) ................. RS01
Sat, Apr 2-May 21, 1:00PM- 2:00PM
$18 Residents/$36 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: 4RCE2902
(Section codes listed below)

Alcott (Ages 4-12) .................. AL01
Mon, Apr 4-May 23, 4:30PM- 5:30PM
$18 Residents/$36 Non-Residents

Hamilton (Ages 4-12) ................. HA01
Sat, Apr 2-May 21, 12:00PM- 1:00PM
$18 Residents/$36 Non-Residents

Morse-Marshall (Ages 8-10) ........ MR01
Sat, Apr 2-May 21, 10:30AM-11:30AM
$18 Residents/$36 Non-Residents

North Division (Ages 6-12) ........... ND01
Sat, Apr 2-May 21, 9:30AM-10:30AM
$18 Residents/$36 Non-Residents

Riverside (Level 2, Ages 5-8) ....... RS03
Sat, Apr 2-May 21, 12:00PM-12:50PM
$18 Residents/$36 Non-Residents

Riverside (Ages 7-10) ................. RS01
Sat, Apr 2-May 21, 1:00PM- 1:50PM
$18 Residents/$36 Non-Residents

Riverside (Ages 5-6) ................. RS02
Sat, Apr 2-May 21, 11:00AM-11:50PM
$16 Residents/$32 Non-Residents

South Division (Ages 4-12) .......... SD01
Thu, Apr 7-May 26, 6:15PM- 7:15PM
$18 Residents/$36 Non-Residents
**Broadway Kids**
Learn a variety of dances accompanied by kid oriented Broadway music themes. Dance styles include jazz, hip hop and modern dance.

*Activity Code: 4RCE2904 (Section codes listed below)*

**Hamilton (Ages 4-12)....................... HA01**
Wed, Apr 6-May 25, 6:00PM-7:00PM  
$18 Residents/$36 Non-Residents

**Morse-Marshall (Ages 4-6)............. MR01**
(Wee Cheer)  
Sat, Apr 2-May 21, 10:00AM-10:45AM  
$18 Residents/$36 Non-Residents

**Morse-Marshall (Ages 7-10)............. MR02**
(Wee Routines)  
Sat, Apr 2-May 21, 10:45AM-11:45AM  
$18 Residents/$36 Non-Residents

**Madison (Ages 3-5)....................... MA01**
(Wee Cheer)  
Mon, Apr 4-May 23, 6:00PM-7:00PM  
$18 Residents/$36 Non-Residents

**MacDowell (Ages 6-9) ..................... MA01**
Sat, Apr 2-May 21, 10:30AM-11:30AM  
$18 Residents/$36 Non-Residents

**Morse-Marshall (Ages 6-9) .............. MA01**
Thu, Apr 7-May 26, 7:00PM-8:00PM  
$18 Residents/$36 Non-Residents

**Morse-Marshall (Ages 8-12) .......... MR01**
Thu, Apr 7-May 26, 6:00PM-7:00PM  
$18 Residents/$36 Non-Residents

**Morse-Marshall (Ages 13-17) ........ MR02**
Thu, Apr 7-May 26, 7:00PM-8:00PM  
$18 Residents/$36 Non-Residents

**Parkside (Ages 6-12) .................... FR01**
Mon, Apr 4-May 23, 6:00PM-7:00PM  
$18 Residents/$36 Non-Residents

**Washington (Ages 8-14) ............... WA01**
Wed, Apr 6-May 25, 6:00PM-7:00PM  
$18 Residents/$36 Non-Residents

**Riverside (Ages 4-10) .................. RS01**
Mon, Apr 4-May 23, 5:30PM-6:10PM  
$18 Residents/$36 Non-Residents

**Jazzy Tap**
Click your heels in this class to a jazzy beat. Learn basic tap dance, including time step, with a twist of jazz. Tap shoes required.

*Activity Code: 4RCE2910 (Section codes listed below)*

**Hamilton (Ages 4-12)....................... HA01**
Tue, Apr 5-May 24, 6:00PM-7:00PM  
$18 Residents/$36 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: 4RCE2911 (Section codes listed below)*

**81st Street (Ages 3-4)..................... 8102**
Tue, Apr 5-May 24, 5:30PM-6:00PM  
$11 Residents/$22 Non-Residents

**Beulah Brinton (Ages 3-5).............. BN01**
Thu, Apr 7-May 26, 4:00PM-4:45PM  
$14 Residents/$28 Non-Residents

**Beulah Brinton (Ages 3-4).............. BN04**
Sat, Apr 9-Jun 6, 10:30AM-11:15AM  
$16 Residents/$32 Non-Residents

**Cooper (Ages 3-4) ....................... CP01**
Thu, Apr 7-May 26, 4:30PM-5:15PM  
$14 Residents/$28 Non-Residents

**Morse-Marshall (Ages 3-5)............. MR01**
Sat, Apr 2-May 21, 9:00AM-9:30AM  
$11 Residents/$22 Non-Residents

**Morse-Marshall (Ages 6-8) ............ MR02**
Sat, Apr 2-May 21, 9:30AM-10:15AM  
$14 Residents/$28 Non-Residents

**Morse-Marshall (Ages 4-7) .......... MR03**
Wed, Apr 6-May 25, 5:45PM-6:30PM  
$14 Residents/$28 Non-Residents

**Parkside (Ages 3-4) .................... FR01**
Mon, Apr 4-May 23, 5:00PM-5:45PM  
$14 Residents/$28 Non-Residents

**Riverside (Ages 3-4) .................. RS01**
Sat, Apr 2-May 21, 10:00AM-10:50AM  
$14 Residents/$28 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: 4RCE2908 (Section codes listed below)*

**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: 4RCE2906 (Section codes listed below)*

**81st Street (Ages 6-9)..................... 8101**
Mon, Apr 4-May 23, 6:00PM-6:45PM  
$14 Residents/$28 Non-Residents

**Hamiton (Ages 4-12)....................... HA01**
Sat, Apr 2-May 21, 1:00PM-2:00PM  
$18 Residents/$36 Non-Residents

**Riverside (Ages 4-10).................. RS01**
Mon, Apr 4-May 23, 5:30PM-6:10PM  
$18 Residents/$36 Non-Residents

**Drill Team Dance**
Always admired the half time shows during your favorite sporting events? Well here’s your chance to learn dance routines and get an introduction to some basic gymnastics techniques such as cartwheels and jumps.

*Activity Code: 4RCE2907 (Section codes listed below)*

**Morse-Marshall (Ages 8-12)......... MR01**
Sat, Apr 2-May 21, 11:45AM-12:45PM  
$18 Residents/$36 Non-Residents

**Hip Hop Culture & Modern Dance**
Hip hop is a dance form that has origins in New York’s folk culture and has become popularized by the entertainment industry. The steps evolve from Tap, Jazz & Belly dance. This class will consist of clean hip hop music techniques, steps and a routine.

*Activity Code: 4RCE2909 (Section codes listed below)*

**Hamilton (Ages 4-12)....................... HA01**
Sat, Apr 2-May 21, 2:00PM-3:00PM  
$18 Residents/$36 Non-Residents

**Beulah Brinton (Ages 2-3).............. BN02**
Tue, Apr 5-May 31, 3:15PM-3:45PM  
$11 Residents/$22 Non-Residents

**Beulah Brinton (Ages 3-5).............. BN01**
Thu, Apr 7-May 26, 4:00PM-4:45PM  
$14 Residents/$28 Non-Residents

**Cooper (Ages 5-6) ....................... CP02**
Thu, Apr 7-May 26, 5:15PM-6:00PM  
$14 Residents/$28 Non-Residents
Tumbling Ballerinas
The art of Ballet and the fun of Tumbling go hand-in-hand in this class! Dancers will learn the fundamentals of ballet and to move creatively and expressively while incorporating fun tumbling activities. Posture, positions, rhythm, hand eye coordination and balance will all be covered in this course. Leotards and ballet shoes are recommended.

Activity Code: 4RCE2912
(Section codes listed below)

MacDowell (Ages 3-5) ..................JU01
Sat, Apr 2-May 21, 9:30AM-10:15AM
$14 Residents/$28 Non-Residents

Madison (Ages 3-5) .....................MA01
Fri, Apr 7-May 26, 6:00PM- 6:45PM
$14 Residents/$28 Non-Residents

Hoop Dance for Kids!
Hoop dance is dance with a hula hoop that incorporates both mental engagement and physical movement. Hoop dance is a movement form that can be accessed by kids of all ages and fitness levels. Come join us for an introduction to this joyous dance form where we will learn stretches, hand and body based hoop movements, how to move creatively inside the hoop, and some fun hoop games!

Activity Code: 4RCE2915
(Section codes listed below)

MacDowell (Ages 6-12) ..................JU01
Wed, Apr 6-May 25, 6:00PM- 7:00PM
$18 Residents/$36 Non-Residents

Jazzy Ballet
Jazz and Ballet combine for a fun and unique class guaranteed to excite! Dancers will learn the fundamentals of ballet and incorporate jazz movements to create a unique style unlike anything else. Posture, positions, rhythm, hand eye coordination and balance will all be covered throughout the duration of the course.

Activity Code: 4RCE2916
(Section codes listed below)

MacDowell (Ages 6-8) ..................JU01
Mon, Apr 4-May 23, 5:30PM- 6:30PM
$18 Residents/$36 Non-Residents

Giggle, Wiggle, Shake!
This class will teach your child the beginning steps of dance, while having fun learning with other children their age. (no special shoe requirement) Class fee is non-refundable and eligible for reduced fees.

Activity Code: 4RCE2917
(Section codes listed below)

Riverside (Ages 2-3) .................... RS01
Sat, Apr 2-May 21, 9:20AM-9:50AM
$11 Residents/$44 Non-Residents

ENGINEERING FOR KIDS

Over the River
Students will examine attributes of two types of bridges, beam and truss. Students will attempt to build a strong truss bridge using some delicious materials. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE7303
(Section codes listed below)

Hamilton (Ages 4-7) ..................... HA01
Sat, May 14, 9:00AM-10:30AM
$15 Residents/$30 Non-Residents

Driver Education
Driver Education classes are open to all Milwaukee residents who will be at least 16 years old as of January 1, 2017 and younger than 18 years old on the first day of class.

The fee for the course is $150. Not eligible for reduced fees. Behind the wheel lessons are included with your registration and will be scheduled after passing the permit test. Upon successful completion, students will earn an electronic certificate of completion, which will allow them to take a road test to obtain a probationary license.

Summer Information:
Dates: Monday, June 20 - Wednesday, July 27 (No classes July 1 through July 5)
Times: 8:00AM-9:30AM or 10:00AM-11:30AM
Locations: Bay View, Hamilton, Juneau, Milwaukee School of Languages, Morse-Marshall, Ronald Reagan High Schools

Summer sign up begins May, 2016.
For summer registration information, see the Summer Recreation Guide.
Sailing the Skies
A gentle breeze will take the students’ imagination on a journey in the Sailing the Skies activity. Students will be responsible for constructing a hot-air balloon using a helium filled balloon and other everyday items. Similar to the first balloon ride, students will use animals (not real) as their passengers and work to lift them into the air. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4RCE7505
(Section codes listed below)
MacDowell (Ages 4-7)......................... JU01
Sat, Apr 16, 9:00AM-10:30AM
$15 Residents/$30 Non-Residents

FITNESS
Undercover Exercise
Obesity is a problem in today’s society, not only with adults, but children as well. If the issue of obesity can be addressed early in life, it can be more easily prevented as an adult. This class is designed to get inactive and/or overweight children to exercise doing unique activities using all parts of their body. This class is so fun, the kids won’t even know they’re exercising!
Activity Code: 4RCE3502
(Section codes listed below)
Beulah Brinton (Ages 5-12)............. BN01
Wed, Apr 6-Jun 1, 5:00PM-5:45PM
$16 Residents/$32 Non-Residents

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: 4RCE4401
(Section codes listed below)
Beulah Brinton (Ages 6-12)............ BN01
Fri, Apr 8-Jun 3, 4:30PM-5:30PM
$18 Residents/$36 Non-Residents

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facebook.com/MilwaukeeRecreation

www.MilwaukeeRecreation.net
MAD SCIENCE

Mineral Mania
Peek beneath the Earth’s crust and uncover what it’s made of - Discover Planet Earth! This workshop introduces children to the world of geology, including geological formation, classification systems and the fundamental characteristics of rocks and minerals, through fun hands-on, discussions and demonstrations. Jr. Scientists will recreate the process of rock formation and devise ways to identify and classify rocks and minerals. They’ll experience the thrill of panning for gems! They will even be able to take home their own geode to continue the fun at home. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4RCE7601
(Section codes listed below)
MacDowell (Ages 5-12) ..................JU01
Sat, Apr 2, 9:00AM-10:00AM
$12 Residents/$24 Non-Residents

Where’s the Air?
Learn about the air all around us and discover its amazing strength. This workshop introduces the concept of air pressure through hands-on activities that encourages students to interact with principles of air pressure. They are given the opportunity to apply this knowledge while experimenting with their own flying devices. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4RCE7602
(Section codes listed below)
MacDowell (Ages 5-12) ..................JU01
Sat, Apr 2, 10:15AM-11:15AM
$12 Residents/$24 Non-Residents

Seeking Our Senses
This workshop introduces children to how our sense work and function. Through hands-on, eyes-on, and ears-on demonstrations and activities Jr. Scientists will test their vision with our mind-boggling illusions. We’ll also navigate our nerves and give our ears a hand by amplifying sounds. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4RCE7603
(Section codes listed below)
Riverside (Ages 5-12) ................... RS01
Sat, May 21, 9:00AM-10:00AM
$12 Residents/$24 Non-Residents

Digging for Dinosaurs
Future paleontologists will discover the unique science of excavating fossils. What exactly is a dinosaur? What makes it different than a lizard? We’ll join a dinosaur excavation and make our own T-Rex tooth. Join us on a study of our dinosaur friends as we learn about fossilization, carnivores, herbivores, and many other “Jurassic” explorations. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4RCE7604
(Section codes listed below)
Riverside (Ages 5-12) ................... RS01
Sat, May 21, 10:15AM-11:15AM
$12 Residents/$24 Non-Residents

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. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4RCE7605
(Section codes listed below)
Hamilton (Ages 5-12) ................... HA01
Sat, Jun 4, 9:00AM-10:00AM
$12 Residents/$24 Non-Residents

Black and Blue Oceans
Become an environmentalist! We’ll explore the many issues affecting our water system. Students will explore the effects of and difficulties in cleaning up oil spills! We’ll investigate an oil spill and focus on the impact of water pollution. This workshop introduces students to environmental issues relating to our water system. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4RCE7606
(Section codes listed below)
Hamilton (Ages 5-12) ................... HA01
Sat, Jun 4, 10:15AM-11:15AM
$12 Residents/$24 Non-Residents

NATURE IN YOUR NEIGHBORHOOD

Egg-citing Animals
Examine the life cycles of egg laying creatures such as birds, reptiles, amphibians, fish and insects. All of these animals lay eggs, but all are very different in size and construction. Discover why eggs come in so many different shapes and colors. During your exploration, you can make an egg-cellent craft and visit with live oviparous animals. Parent/guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4P124701
(Section codes listed below)
Hamilton (Ages 3 & up) ................. HA02
Tue, May 10, 6:00PM- 7:00PM
$4 Residents/$8 Non-Residents

The Magic of Seeds
How do we get fruits and vegetables? Where do nuts and flowers come from? How do trees begin to grow? We will explore the wide diversity of seeds, cut open a few different types and make a musical instrument using seeds. Each family will go home with a seed planted in a small flower pot. 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: 4P124702
(Section codes listed below)
Hamilton (Ages 3 & up) ................. HA01
Thu, Jun 2, 6:00PM- 7:00PM
$4 Residents/$8 Non-Residents

Furry Friends
Have you ever wondered what a squirrel feels like? How about a rabbit? Do you know why animals look different from each other? Discover the importance of fur coats for animals, discuss why animals have different markings, and feel the difference with real animal furs! Parent/guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4P124703
(Section codes listed below)
81st Street (Ages 3 & up) .............. 8101
Wed, Apr 27, 6:00PM- 7:00PM
$4 Residents/$8 Non-Residents
Nest Hunt
Spring time means birds are nesting and laying eggs. Have you ever seen a nest and wondered who lives there? Explore with us as we find and observe real nests created by different birds. After learning about nests, you will be able to make one of your very own. Parent/guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P124704
(Section codes listed below)

81st Street (Ages 3 & up) .............. 8102
Tue, May 24, 6:00PM- 7:00PM
$4 Residents/$8 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: 4RCE4601
(Section codes listed below)

Hamilton (Ages 12-17) .............. HA01
Wed, Apr 26-May 25, 6:00PM- 7:30PM
$26 Residents/$52 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: 4RCE4604
(Section codes listed below)

Beulah Brinton (Ages 12-17)........... BN01
Fri, Apr 8-Jun 10, 8:30PM- 9:30PM
$20 Residents/$40 Non-Residents

Beulah Brinton (Ages 12-17)........... BN01
Sat, Apr 9-Jun 11, 2:00PM- 3:00PM
$20 Residents/$40 Non-Residents

Beulah Brinton (Ages 12-17)........... BN01
Mon, Apr 10-May 23, 6:00PM- 7:00PM
$20 Residents/$40 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: 4RCE4604
(Section codes listed below)

Beulah Brinton (Ages 12-17)........... BN01
Fri, Apr 8-Jun 10, 8:30PM- 9:30PM
$20 Residents/$40 Non-Residents

Beulah Brinton (Ages 12-17)........... BN01
Sat, Apr 9-Jun 11, 2:00PM- 3:00PM
$20 Residents/$40 Non-Residents

Beulah Brinton (Ages 12-17)........... BN01
Mon, Apr 10-May 23, 6:00PM- 7:00PM
$20 Residents/$40 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: 4RCE4604
(Section codes listed below)

81st Street (Ages 1-3).................... 8101
Mon, Apr 4-May 23, 5:30PM- 6:15PM
$14 Residents/$28 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: 4RCE4606

Beulah Brinton (Beg., Ages 12-17) BN01
Sat, Apr 9-Jun 6, 10:30AM-12:00PM
$29 Residents/$58 Non-Residents

Beulah Brinton (Int., Ages 12-17) .. BN02
Sat, Apr 9-Jun 6, 12:15PM- 1:45PM
$29 Residents/$58 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: 4RCE4607

Beulah Brinton (Ages 12-17)........... BN01
Sat, Apr 9-Jun 6, 12:15PM- 1:45PM
$29 Residents/$58 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 youth class.

Activity Code: 4RCE4901

North Division (Ages 8-12)............. ND01
Sat, Apr 2-May 21, 11:00AM-12:00PM
$18 Residents/$36 Non-Residents

Perfoming Arts
Children’s Playhouse
Children will begin developing basic acting skills and learn about theatre through fun and interesting games. Participants will also explore the musical and physical elements of performing. The program will culminate with a variety show presentation for parents and friends.

Activity Code: 4RCE5301

MacDowell (Ages 3-7) ............... JU01
Tue, Apr 5-May 24, 6:00PM- 7:00PM
$18 Residents/$36 Non-Residents

MacDowell (Ages 8-14) ............... JU02
Tue, Apr 5-May 24, 7:15PM- 8:15PM
$18 Residents/$36 Non-Residents

Morse-Marshall (Ages 3-7).......... MR01
Mon, Apr 4-May 23, 6:00PM- 7:00PM
$18 Residents/$36 Non-Residents

Morse-Marshall (Ages 8-14)......... MR02
Mon, Apr 4-May 23, 7:15PM- 8:15PM
$18 Residents/$36 Non-Residents

Juggling
Juggling is a great way to increase hand-eye coordination and balance in a fun and exciting environment. Students will learn the basic elements of juggling and have the opportunity to practice their new skill with a trained juggler. Fee includes supply cost and is non-refundable. Class is combined with adult class.

Activity Code: 4RCE5308

Riverside (Ages 13-17)............. RS01
Tue, May 17, 6:00PM- 9:00PM
$14 Residents/$28 Non-Residents

Glee-Stars
The Glee Club is back. The hit TV show has made singing and dancing bigger than ever. Come get an idea of what goes into being a performer. Learn basic voice technique, stage direction and dance steps. You’ll do choreography and sing the songs you help choose. Work together to create and polish a show you can be proud of and present to your family and friends at a culminating performance.

Activity Code: 4RCE5304

Riverside (Ages 8-13).................. RS01
Mon, Apr 4-May 23, 6:00PM- 6:50PM
$18 Residents/$36 Non-Residents

Kids on Broadway
On this fantastic, sensational journey, you will learn basic stage direction, performance technique, sequencing, jazz, modern and creative movement; plus vocal techniques for singing and speaking. Opportunities for solo dances and vocal solos are available. This class will end with a musical revue performance.

Activity Code: 4RCE5304

Riverside (Ages 4-7).............. RS01
Mon, Apr 4-May 23, 6:00PM- 6:50PM
$18 Residents/$36 Non-Residents
PLAY GROUPS

Pre-School Playshop Themes
This is a structured playshop with a different theme each week. Register for as many as you like. Class is taught by a licensed teacher. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE5501
(Section codes listed below)

Beulah Brinton (Ages 3-5)............. BN01
(April Showers)
Wed, Apr 6, 10:30AM-11:30AM
$4 Residents/$8 Non-Residents

Beulah Brinton (Ages 3-5)............. BN02
(Radiant Rainbows)
Wed, Apr 13, 10:30AM-11:30AM
$4 Residents/$8 Non-Residents

Beulah Brinton (Ages 3-5)............. BN03
(Mother Earth)
Wed, Apr 20, 10:30AM-11:30AM
$4 Residents/$8 Non-Residents

Beulah Brinton (Ages 3-5)............. BN04
(Father Time)
Wed, Apr 27, 10:30AM-11:30AM
$4 Residents/$8 Non-Residents

Beulah Brinton (Ages 3-5)............. BN05
(Star Wars)
Wed, May 4, 10:30AM-11:30AM
$4 Residents/$8 Non-Residents

Beulah Brinton (Ages 3-5)............. BN06
(Who’s in the Zoo?)
Wed, May 11, 10:30AM-11:30AM
$4 Residents/$8 Non-Residents

Beulah Brinton (Ages 3-5)............. BN07
(In the Kitchen)
Wed, May 18, 10:30AM-11:30AM
$4 Residents/$8 Non-Residents

Beulah Brinton (Ages 3-5)............. BN08
(May Flowers)
Wed, May 25, 10:30AM-11:30AM
$4 Residents/$8 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: 4RCE5503
(Section codes listed below)

Beulah Brinton (Ages 1-3)............. BN01
(April Showers)
Tue/Thu, Apr 5-Apr 7, 10:30AM-11:30AM
$6 Residents/$12 Non-Residents

Beulah Brinton (Ages 1-3)............. BN02
(Radiant Rainbows)
Tue/Thu, Apr 12-Apr 14, 10:30AM-11:30AM
$6 Residents/$12 Non-Residents

Beulah Brinton (Ages 1-3)............. BN03
(Mother Earth)
Tue/Thu, Apr 19-Apr 21, 10:30AM-11:30AM
$6 Residents/$12 Non-Residents

Beulah Brinton (Ages 1-3)............. BN04
(Father Time)
Tue/Thu, Apr 26-Apr 28, 10:30AM-11:30AM
$6 Residents/$12 Non-Residents

Beulah Brinton (Ages 1-3)............. BN05
(Star Wars)
Tue/Thu, May 3-May 5, 10:30AM-11:30AM
$6 Residents/$12 Non-Residents

Beulah Brinton (Ages 1-3)............. BN06
(Who’s in the Zoo?)
Tue/Thu, May 10-May 12, 10:30AM-11:30AM
$6 Residents/$12 Non-Residents

Beulah Brinton (Ages 1-3)............. BN07
(In the Kitchen)
Tue/Thu, May 17-May 19, 10:30AM-11:30AM
$6 Residents/$12 Non-Residents

Beulah Brinton (Ages 1-3)............. BN08
(May Flowers)
Tue/Thu, May 24-May 26, 10:30AM-11:30AM
$6 Residents/$12 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: 4RCE5601
(Section codes listed below)

Beulah Brinton (Ages 11 & up) ....... BN01
Sat, Jun 11, 9:00AM-4:00PM
$90 Residents/$180 Non-Residents

Hamilton (Ages 11 & up) .......... HA01
Sat, May 21, 9:00AM-4:00PM
$90 Residents/$180 Non-Residents

Morse-Marshall (Ages 11 & up) ..... MR01
Sat, Apr 30, 9:00AM-4:00PM
$90 Residents/$180 Non-Residents

Riverside (Ages 11 & up) ............ RS01
Sat, May 7, 9:00AM-4:00PM
$90 Residents/$180 Non-Residents
SCIENCE

Lego Robotics
Do you love to build with Legos? Does building a robot sound exciting? In this class we combine the two! Build a robot and Lego elements and then complete preset challenges in the robot games. This class serves as an introduction to the First Lego League program and guarantees to be a fun and challenging experience.

Activity Code: 4RAE5801
(Section codes listed below)

Hamilton (Ages 9-12) .................. HA01
Sat, Apr 2-May 21, 12:00PM-1:30PM
$26 Residents/$52 Non-Residents

Hamilton (Ages 9-12) .................. HA02
Sat, Apr 2-May 21, 2:00PM-3:30PM
$26 Residents/$52 Non-Residents

SCIENCE QUEST

Dino DNA
Design your dream dinosaur and build a chromosome model of it. Purify real DNA and learn about how DNA stores our genetic information. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE7801
(Section codes listed below)

Riverside (Ages 8-13) ............. RS01
Sat, Apr 23, 10:00AM-11:30AM
$10 Residents/$20 Non-Residents

The Invisible World
Discover the fascinating microbial world present around you every day. Just like a scientist, sample places to find where microbes grow and observe their characteristics. Find out about the good things microbes do for us and how can we control those microbes that make us sick. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE7807
(Section codes listed below)

Hamilton (Ages 5-8) ................. HA01
Sat, Apr 30, 10:00AM-11:30AM
$10 Residents/$20 Non-Residents

MacDowel (Ages 5-8) .......... JU01
Sat, May 7, 10:00AM-11:30AM
$10 Residents/$20 Non-Residents

Science Explorers
How does the natural world in Wisconsin compare to the other places in the world? Learn what kinds of animals and plants live naturally in different places. Through hands-on activities, students will explore water availability, temperature and soil. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE7811
(Section codes listed below)

Hamilton (Ages 5-8) ................. HA01
Sat, Apr 30, 10:00AM-11:30AM
$10 Residents/$20 Non-Residents

MacDowel (Ages 5-8) .......... JU01
Sat, May 7, 10:00AM-11:30AM
$10 Residents/$20 Non-Residents

Science Kids
Preschoolers work with a parent to explore the human body. Why does our body have different parts? What do the parts look like (especially on the inside) and how do they help live and grow. Parent/guardian must register, pay and attend with child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE7813
(Section codes listed below)

Hamilton (Ages 3-5) ................. HA01
Sat, Apr 30, 10:00AM-11:30AM
$10 Residents/$20 Non-Residents

MacDowel (Ages 3-5) .......... JU01
Sat, May 7, 10:00AM-11:30AM
$10 Residents/$20 Non-Residents

Riverside (Ages 3-5) .............. RS01
Sat, Apr 23, 10:00AM-11:30AM
$10 Residents/$20 Non-Residents

Get to Know Your Guts
Examine real preserved specimens of hearts, lungs, and stomachs to learn about the structure and function of the circulatory, respiratory and digestive systems. Use chemical models to understand how these three systems interact to provide energy to all cells of the body. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4RCE7803
(Section codes listed below)

Riverside (Ages 5-8) .............. RS01
Sat, Apr 23, 12:00PM-1:30PM
$10 Residents/$20 Non-Residents

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TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED MAY 27-30 FOR MEMORIAL DAY WEEKEND
LEAGUE PLAY
League Play: Bay View Area Redcats
Coed Baseball and Girls Fast Pitch Softball
Games played at Lewis Field (Pryor & Delaware)
Ages 5–7 Coach Pitch
Ages 8–10 Player Pitch
Ages 11–12 Player Pitch
Ages 13–15 Player Pitch
Season runs from May 1–July 31, 2016.

For further information call the Bay View Area Redcats at (414) 482-7264.

FELIX MANTILLA LITTLE LEAGUE
Ages 4–6 T-Ball
Ages 7–8 Minor A
Ages 9–10 Minor B
Ages 11–12 Majors
Ages 13–15 Juniors
Games played at Baran Park (S. 4th & Chase).

For further information contact Charles Brown at (414) 647-0548 ext. 130.

BOYS & GIRLS CLUBS OF GREATER MILWAUKEE
LITTLE BREWERS
Ages 6–8
Games played at each of the branch sites: Fitzsimonds, Mary Ryan, Davis, Hillside, LaVarnway and Daniel Mardak.

Softball & Baseball
Ages 15 & under
Games will be played on Tuesdays and Thursdays at Carver Park (9th & Brown). League play begins mid-June and ends in August.

Registration fee is $5 per member.

For further information call (414) 267-8100.

MILWAUKEE RECREATION DEPT.
Ages 6-9 T-Ball
Ages 9-11 Coaches Pitch
Ages 9–15 Slow Pitch Softball*
*(Summer Only)
Citywide locations. All leagues coed.
Registration fee is $27–$35.
Spring leagues run from April 22 to May 21. Summer leagues run from June 13-July 20, 2016. Saturday sites run June 4 through July 30, 2016. For further information contact Melissa at (414) 475-8822.

WISCONSIN DISTRICT 1 LITTLE LEAGUE BASEBALL
Ages 5–7 T-Ball
Ages 6–8 Pitching Machine
Ages 9–10 Minors–Live Pitch
Ages 11–12 Majors–Live Pitch
Ages 13–15 Juniors
Season begins in April and ends in July.
Leagues played at:
Beckum Stapleton Little League: Carver Park (9th & Brown)
North Central Little League: Columbus Park (73rd & Hampton)
Lake Park Little League: Riverside Park (Riverside & Oakland)
Questions: registration@ncllmilw.com

WISCONSIN DISTRICT 1 LITTLE LEAGUE BASEBALL
Ages 5-7 T-Ball
Ages 6-8 Pitching Machine
Ages 9-10 Minors Kid Pitch
Ages 11-12 Majors Kid Pitch
Ages 13-15 Juniors
**Girls are welcome at all age levels.
Website: www.ncllmilw.com
Registration begins in November.
Season runs from April to June.
Southern Boundaries: Between N. 51st Street and N. 124th Street, north to Mill Rd and south to I-94.
Northern Boundaries: Between N. Green Bay Ave and N. 124th Street, north to W. Brown Deer Rd and south to Mill Rd.

Pitch, Hit, & Run
May 2016
Ages 7-14 • FREE
Call Melissa @ 414-475-8822

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BASEBALL

Gold Glove T-Ball Instruction League & Play
Learn the fundamentals of batting, fielding, base running, throwing, and general rules. Participants will develop their skills through instructional league play. A minimum of 2 volunteers are needed per team. Fee includes team shirt, cap, and participation medals. Fee based on one hour of activity per session.
Activity Code: 4RYS1001

SPRING SESSION:
Lowell Playfield (Ages 4-6) ........ LW01
Sat, Apr 2-May 21, 9:00AM-11:00AM
$26 Residents/$52 Non-Residents

Wick Playfield (Ages 4-6) .......... W201
Sat, Apr 2-May 21, 9:00AM-11:00AM
$26 Residents/$52 Non-Residents

SUMMER SESSION:
Brinton Playfield (Ages 4-6) ........ BN01
Sat, Jun 4-Jul 30, 12:00PM-3:00PM
$28 Residents/$56 Non-Residents

Enderis Playfield (Ages 4-6) ........ EF01
Sat, Jun 4-Jul 30, 11:00AM-1:00PM
$28 Residents/$56 Non-Residents

Fairview Playfield (Ages 4-6) ....... FV02
Sat, Jun 4-Jul 30, 9:00AM-11:00AM
$28 Residents/$56 Non-Residents

Fairview Playfield (Ages 4-6) ....... FV01
Tue/Thu, Jun 14-Jul 21, 6:00PM-8:00PM
$36 Residents/$72 Non-Residents

Stars of Tomorrow Baseball (Coaches Pitch)
Learn the fundamentals, including batting, fielding, base running, throwing, and rules of the game. Following 2 weeks of instruction, participants will test and practice their skills during league play, which coaches will pitch to team and the team will bat until they have either 3 outs or score 7 runs in the inning. A minimum of 2 volunteers are needed per team. Fee includes team shirt, cap and participation medal. Fee based on one hour of activity per session.
Activity Code: 4RYS1002

SUMMER SESSION:
Brinton Playfield (Ages 7-9) ........ BN01
Sat, Jun 4-Jul 30, 12:00PM-3:00PM
$28 Residents/$56 Non-Residents

Enderis Playfield (Ages 7-9) ....... EF01
Sat, Jun 4-Jul 30, 11:00AM-1:00PM
$28 Residents/$56 Non-Residents

Fairview Playfield (Ages 7-9) ...... FV02
Sat, Jun 4-Jul 30, 9:00AM-11:00AM
$28 Residents/$56 Non-Residents

Fairview Playfield (Ages 7-9) ...... FV01
Tue/Thu, Jun 14-Jul 21, 6:00PM-8:00PM
$36 Residents/$72 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: 4RCE1101

BASKETBALL

Bosco’s Little Hoopers Camp
Do you have a child who dreams about playing the game? If so, this camp is for them. The camp will break down every element of the game to their understanding. It will include everything from court recognition to the basic rules.
Activity Code: 4RCE1104

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: 4RCE1101

Girls Basketball Camp
Gain the skills needed to become a basketball star. This camp will cover shooting, passing, dribbling, rebounding, and team play. Rules of the game will also be discussed.
Activity Code: 4RCE1105

Girls Basketball Camp
Gain the skills needed to become a basketball star. This camp will cover shooting, passing, dribbling, rebounding, and team play. Rules of the game will also be discussed.
Activity Code: 4RCE1105

Girls Basketball Camp
Gain the skills needed to become a basketball star. This camp will cover shooting, passing, dribbling, rebounding, and team play. Rules of the game will also be discussed.
Activity Code: 4RCE1105

Girls Basketball Camp
Gain the skills needed to become a basketball star. This camp will cover shooting, passing, dribbling, rebounding, and team play. Rules of the game will also be discussed.
Activity Code: 4RCE1105
B.I.G. Basketball
In this program, participants will learn the fundamentals of basketball, including dribbling, passing, shooting, rebounding, rules, and how the game is played. Combine all of these components with team play for a fun and exciting experience.

Activity Code: 4RCE1102
(Section codes listed below)

81st Street (Ages 7-9)................. 8101
Tue, Apr 5-May 24, 6:15PM-7:00PM
$14 Residents/$28 Non-Residents

Beulah Brinton (Ages 7-9).............. BN01
Tue, Apr 5-May 31, 4:00PM-4:45PM
$16 Residents/$32 Non-Residents

Beulah Brinton (Ages 5-6).............. BN02
Fri, Apr 8-Jun 10, 4:00PM-4:45PM
$16 Residents/$32 Non-Residents

Hamilton (Ages 5-6).................. HA01
Sat, Apr 2-May 21, 9:30AM-10:30AM
$18 Residents/$36 Non-Residents

MacDowell (Ages 5-6)............... JU01
Sat, Apr 2-May 21, 9:30AM-10:15AM
$14 Residents/$28 Non-Residents

Madison (Ages 5-6).................. MA01
Mon, Apr 3-May 23, 7:15PM-8:00PM
$14 Residents/$28 Non-Residents

Morse-Marshall (Ages 5-6).......... MR01
Sat, Apr 2-May 21, 10:00AM-10:45AM
$14 Residents/$28 Non-Residents

Morse-Marshall (Ages 5-6).......... MR02
Mon, Apr 4-May 23, 5:45PM-6:30PM
$14 Residents/$28 Non-Residents

Riverside (Ages 5-6)............... RS01
Sat, Apr 2-May 21, 1:00PM-1:45PM
$18 Residents/$36 Non-Residents

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

Activity Code: 4RCE1106
(Section codes listed below)

Morse-Marshall (Ages 10-12).......... MR01
Sat, Apr 2-May 21, 1:45PM-2:45PM
$18 Residents/$36 Non-Residents

Riverside (Ages 10-12)............... RS01
Sat, Apr 2-May 21, 3:00PM-3:55PM
$18 Residents/$36 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: 4RCE3702
(Section codes listed below)

Beulah Brinton (Ages 3-5)........... BN01
Fri, Apr 8-Jun 10, 4:00PM-5:00PM
$20 Residents/$40 Non-Residents

Hamilton (Ages 5-7).................. HA01
Wed, Apr 6-May 25, 6:45PM-7:30PM
$14 Residents/$28 Non-Residents

MacDowell (Ages 3-5)............... JU01
Thu, Apr 7-May 26, 6:00PM-6:45PM
$14 Residents/$28 Non-Residents

Morse-Marshall (Ages 3-4).......... MR01
Sat, Apr 2-May 21, 9:30AM-10:00AM
$11 Residents/$22 Non-Residents

Morse-Marshall (Ages 5-7).......... MR02
Sat, Apr 2-May 21, 10:45AM-11:30AM
$14 Residents/$28 Non-Residents

Youth Football, Next Step
Continue to improve upon the basic skills of the game with more passing and catching opportunities, along with continuing to develop a sense for plays and in-game scenarios. Skills will continue to grow with position specific and game-like drills.

Activity Code: 4RCE3703
(Section codes listed below)

Hamilton (Ages 8-10)............... HA01
Mon, Apr 4-May 23, 7:30PM-8:30PM
$18 Residents/$36 Non-Residents
TACKLE FOOTBALL ORGANIZATIONS

Milwaukee East Side Steelers Football Organization
Andre Powell 414-467-5126 coachpowell@steelersfootball.org

Quadraovion Henning Sports League (QHSL)
Edieasley1977@gmail.com 414-788-1277

Bay View Red Cats
James Swanagan bvreducts@sbcglobal.net

Boys & Girls Clubs of Milwaukee
LaNelle Ramey 414-267-8100 laneller@boysgirlsclubs.org

Milwaukee Junior Cougars
Maurice Brown, 414-426-0440 maurice.brown@runningrebels.org

Morse-Marshall (Ages 3-5)............. MR01
Sat, Apr 2-May 21, 1:00PM-2:30PM
$18 Residents/$36 Non-Residents

Morse-Marshall (Ages 8-17)........... MR01
Sat, Apr 2-May 21, 1:30PM-2:30PM
$18 Residents/$36 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: 4RCE3801
(Section codes listed below)

Morse-Marshall (Ages 8-17)............. MR01
Sat, Apr 2-May 21, 1:30PM-2:30PM
$18 Residents/$36 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: 4RCE3901
(Section codes listed below)

Hamilton (Ages 4-5).................... HA01
Sat, Apr 2-May 21, 9:40AM-10:35AM
$22 Residents/$44 Non-Residents

Hamilton (Ages 4-5).................... HA02
Sat, Apr 2-May 21, 10:40AM-11:35AM
$22 Residents/$44 Non-Residents

Hamilton (Ages 6-7).................... HA03
Sat, Apr 2-May 21, 12:05PM-1:00PM
$22 Residents/$44 Non-Residents

Hamilton (Ages 8-9).................... HA04
Sat, Apr 2-May 21, 1:05PM-2:00PM
$22 Residents/$44 Non-Residents

Hamilton (Ages 10-13).................. HA05
Sat, Apr 2-May 21, 2:05PM-3:00PM
$22 Residents/$44 Non-Residents

Riverside (Ages 4-5).................... RS01
Sat, Apr 2-May 21, 10:00AM-10:55AM
$22 Residents/$44 Non-Residents

Riverside (Ages 6-7).................... RS02
Sat, Apr 2-May 21, 11:00AM-11:55AM
$22 Residents/$44 Non-Residents

Riverside (Ages 8-10)................... RS03
Sat, Apr 2-May 21, 12:00PM-12:55PM
$22 Residents/$44 Non-Residents

Riverside (Ages 11-13).................. RS04
Sat, Apr 2-May 21, 1:00PM-1:55PM
$22 Residents/$44 Non-Residents

Riverside (Ages 4-6).................... RS05
Thu, Apr 7-May 26, 6:00PM-6:55PM
$22 Residents/$44 Non-Residents

Riverside (Ages 7-9).................... RS06
Thu, Apr 7-May 26, 7:00PM-7:55PM
$22 Residents/$44 Non-Residents

MARTIAL ARTS

Children’s Self-Defense
Be confident about protecting yourself when the need arises. Learn real life strategies and situational awareness to avoid confrontations. Learn basic escape techniques to get out of a situation, if one occurs. Class time includes awareness discussions and practicing techniques.

Activity Code: 4RCE4501
(Section codes listed below)

MacDowell (Ages 7-17)................. JU01
Wed, Apr 6-May 25, 6:00PM-7:00PM
$18 Residents/$36 Non-Residents

Extreme Martial Arts
Extreme Martial Arts is a fusion of martial arts, gymnastics, aerobatics and performance. Practice the principles of power, grace, discipline, concentration and respect in a non-traditional, high-energy setting.

Activity Code: 4RCE4502
(Section codes listed below)

Riverside (Ages 8-15)................... RS01
Thu, Apr 7-May 26, 7:00PM-8:00PM
$18 Residents/$36 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: 4RCE3902
(Section codes listed below)

Hamilton (Ages 2-3).................... HA01
Sat, Apr 2-May 21, 8:30AM-9:00AM
$12 Residents/$24 Non-Residents

Hamilton (Ages 2-3).................... HA02
Sat, Apr 2-May 21, 9:05AM-9:35AM
$12 Residents/$24 Non- Residents

Morse-Marshall (Ages 3-5)............. MR01
Tue, Apr 5-May 24, 6:30PM-7:30PM
$18 Residents/$36 Non-Residents

Riverside (Ages 2.5-3).................. RS01
Sat, Apr 2-May 21, 9:00AM-9:45AM
$14 Residents/$28 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: 4RCE3901
(Section codes listed below)

Hamilton (Ages 4-5).................... HA01
Sat, Apr 2-May 21, 9:40AM-10:35AM
$22 Residents/$44 Non-Residents

Hamilton (Ages 4-5).................... HA02
Sat, Apr 2-May 21, 10:40AM-11:35AM
$22 Residents/$44 Non-Residents

Hamilton (Ages 6-7).................... HA03
Sat, Apr 2-May 21, 12:05PM-1:00PM
$22 Residents/$44 Non-Residents

Hamilton (Ages 8-9).................... HA04
Sat, Apr 2-May 21, 1:05PM-2:00PM
$22 Residents/$44 Non-Residents

Hamilton (Ages 10-13).................. HA05
Sat, Apr 2-May 21, 2:05PM-3:00PM
$22 Residents/$44 Non-Residents

Riverside (Ages 4-5).................... RS01
Sat, Apr 2-May 21, 10:00AM-10:55AM
$22 Residents/$44 Non-Residents

Riverside (Ages 6-7).................... RS02
Sat, Apr 2-May 21, 11:00AM-11:55AM
$22 Residents/$44 Non-Residents

Riverside (Ages 8-10)................... RS03
Sat, Apr 2-May 21, 12:00PM-12:55PM
$22 Residents/$44 Non-Residents

Riverside (Ages 11-13).................. RS04
Sat, Apr 2-May 21, 1:00PM-1:55PM
$22 Residents/$44 Non-Residents

Riverside (Ages 4-6).................... RS05
Thu, Apr 7-May 26, 6:00PM-6:55PM
$22 Residents/$44 Non-Residents

Riverside (Ages 7-9).................... RS06
Thu, Apr 7-May 26, 7:00PM-7:55PM
$22 Residents/$44 Non-Residents

MARTIAL ARTS

Children’s Self-Defense
Be confident about protecting yourself when the need arises. Learn real life strategies and situational awareness to avoid confrontations. Learn basic escape techniques to get out of a situation, if one occurs. Class time includes awareness discussions and practicing techniques.

Activity Code: 4RCE4501
(Section codes listed below)

MacDowell (Ages 7-17)................. JU01
Wed, Apr 6-May 25, 6:00PM-7:00PM
$18 Residents/$36 Non-Residents

Extreme Martial Arts
Extreme Martial Arts is a fusion of martial arts, gymnastics, aerobatics and performance. Practice the principles of power, grace, discipline, concentration and respect in a non-traditional, high-energy setting.

Activity Code: 4RCE4502
(Section codes listed below)

Riverside (Ages 8-15)................... RS01
Thu, Apr 7-May 26, 7:00PM-8:00PM
$18 Residents/$36 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: 4RCE4503 (Section codes listed below)*

**MacDowell (Beg., Ages 7-17)...........JU01**
Mon, Apr 4-May 23, 6:00PM- 7:00PM
$18 Residents/$36 Non-Residents

**MacDowell (Adv., Ages 7-17).........Ju02**
Mon, Apr 4-May 23, 7:00PM- 8:30PM
$26 Residents/$52 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: 4RCE4504 (Section codes listed below)*

**North Division (Ages 9-17).............ND02**
Sat, Apr 2-May 21, 10:45AM-11:45AM
$18 Residents/$36 Non-Residents

**Kidz ‘n Power - Self-Defense**

In this class, your child will receive a well-rounded approach to personal self-defense through Tae Kwon Do techniques. Weekly topics will include ways to avoid child abduction and bullying. Class fee is non-refundable and not eligible for reduced fees.

*Activity Code: 4RCE4505 (Section codes listed below)*

**Riverside (Ages 6-12)..................RS01**
(Child Safety Class)
Sat, Apr 16, 1:30PM- 4:00PM
$7 Residents/$14 Non-Residents

**Riverside (Ages 6-12)..................RS02**
(Bully Prevention Class)
Sat, Apr 30, 1:30PM - 4:00PM
$7 Residents/$14 Non-Residents

**Tae Kwon Do**

Tae Kwon Do is a Korean art of hand and foot fighting. Learn self-discipline, kicking and punching techniques, correct body positioning, and self-defense.

*Activity Code: 4RCE4506 (Section codes listed below)*

**Beulah Brinton (Ages 3-5).............BN01**
Sat, Apr 2-Jun 6, 8:00AM- 8:30AM
$11 Residents/$22 Non-Residents

**Beulah Brinton (Ages 6-14).............BN02**
Sat, Apr 2-Jun 6, 8:30AM- 9:30AM
$20 Residents/$40 Non-Residents

**Beulah Brinton (Ages 6-17).............BN03**
(Beg. - White - Yellow Belts)
Mon, Wed/Fri, Apr 4-Jun 6, 4:00PM- 4:45PM
$46 Residents/$92 Non-Residents

**Beulah Brinton (Ages 6-17).............BN04**
(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Apr 4-Jun 3, 4:45PM- 5:30PM
$46 Residents/$92 Non-Residents

**Beulah Brinton (Ages 6-17).............BN05**
(Adv. - Red/Black & Blacks Belts)
Mon/Wed/Fri, Apr 4-Jun 6, 5:30PM- 6:15PM
$46 Residents/$92 Non-Residents

**Cooper (Ages 3-5).....................CP01**
(Beg. - White - Star Belts - Tiny Tigers)
Tue/Thu, Apr 5-May 26, 4:30PM- 5:00PM
$18 Residents/$36 Non-Residents

**Cooper (Ages 3-5).....................CP02**
(Beg. - White - Yellow Belts)
Tue/Thu, Apr 5-May 26, 4:00PM- 4:45PM
$24 Residents/$48 Non-Residents

**Cooper (Ages 6-17).....................CP03**
(Int./Adv. - Camo - Black Belts)
Tue/Thu, Apr 5-May 26, 5:40PM- 6:20PM
$24 Residents/$48 Non-Residents

**Hamilton (Ages 6-14).................HA01**
(White Belt)
Mon/Wed, Apr 4-May 25, 6:00PM- 7:00PM
$34 Residents/$68 Non-Residents

**Madison (Ages 6-17)...................MA01**
(White, Orange, & Yellow Belt)
Thu, Apr 7-May 26, 6:00PM- 7:00PM
$18 Residents/$36 Non-Residents

**Morse-Marshall (Ages 6-14)...........MR01**
(White, Orange, & Yellow Belt)
Tue, Apr 5-May 24, 6:00PM- 7:00PM
$18 Residents/$36 Non-Residents

**Morse-Marshall (Ages 15-18).........MR02**
(Int./Adv., Camo-Red/Black Belts)
Tue, Apr 5-May 24, 7:00PM- 8:00PM
$18 Residents/$36 Non-Residents

**Riverside (Ages 6-14).................RS01**
(Beg., white-yellow belt)
Mon/Wed, Apr 4-Jun 7, 6:00PM- 6:45PM
$32 Residents/$64 Non-Residents

**Riverside (Ages 6-14).................RS02**
(Int./Adv., Camo-Red/Black Belts)
Mon, Apr 4-Jun 6, 6:45PM- 7:30PM
$32 Residents/$64 Non-Residents

**Riverside (Ages 6-14).................RS09**
(Int./Adv., Camo-Red/Black Belts)
Mon, Apr 4-Jun 6, 6:45PM- 7:30PM
$16 Residents/$32 Non-Residents

**Riverside (Black Belts only, all ranks, all ages)**

Mon/Wed, Apr 4-Jun 7, 8:00PM- 8:45PM
$32 Residents/$64 Non-Residents

**Washington (Ages 6-16)...............WA01**
Tue, Apr 5-May 24, 6:00PM- 7:00PM
$18 Residents/$36 Non-Residents
Just for Kicks Soccer
Score the winning goal or make a diving save! Learn dribbling, heading, 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: 4RCE5901
(Section codes listed below)
Bay View (Ages 5-6) ................. BV01
Sat, Apr 9-May 21, 10:30AM-11:15AM
$13 Residents/$26 Non-Residents
Beulah Brinton (Ages 6-12) ........ BN01
Fri, Apr 8-Jun 10, 5:00PM-6:00PM
$20 Residents/$40 Non-Residents
Hamilton (Ages 5-6) ............... HA01
Sat, Apr 2-May 21, 8:30AM-9:30AM
$18 Residents/$36 Non-Residents
MacDowell (Ages 5-6) ............... JU01
Thu, Apr 7-May 26, 6:15PM-7:00PM
$14 Residents/$28 Non-Residents
Morse-Marshall (Ages 5-6) ........ MR01
Sat, Apr 2-May 21, 11:30AM-12:30PM
$18 Residents/$36 Non-Residents
Morse-Marshall (Ages 5-6) ........ MR02
Wed, Apr 6-May 25, 6:00PM-7:00PM
$18 Residents/$36 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: 4RCE5903
(Section codes listed below)
Hamilton (Ages 7-9) ............... HA01
Sat, Apr 2-May 21, 11:00AM-12:00PM
$18 Residents/$36 Non-Residents
Morse-Marshall (Ages 7-9) ........ MR01
Sat, Apr 2-May 21, 12:30PM-1:30PM
$18 Residents/$36 Non-Residents
Riverside (Ages 7-9) ............... RS01
Thu, Apr 7-May 26, 7:00PM-7:45PM
$14 Residents/$28 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: 4RCE5902
(Section codes listed below)
Bay View (Ages 3-4) ................. BV01
Sat, Apr 9-May 21, 9:30AM-10:15AM
$13 Residents/$26 Non-Residents
Beulah Brinton (Ages 3-4) ........ BN01
Wed, Apr 6-Jun 1, 4:00PM-4:45PM
$14 Residents/$28 Non-Residents
Hamilton (Ages 3-4) ............... HA01
Sat, Apr 2-May 21, 9:00AM-10:15AM
$14 Residents/$28 Non-Residents
Hamilton (Ages 3-4) ............... HA02
Sat, Apr 2-May 21, 10:15AM-11:00AM
$14 Residents/$28 Non-Residents
MacDowell (Ages 3-4) ............... JU01
Thu, Apr 7-May 26, 5:30PM-6:15PM
$14 Residents/$28 Non-Residents
Morse-Marshall (Ages 3-4) ........ MR01
Sat, Apr 2-May 21, 11:00AM-11:30AM
$11 Residents/$22 Non-Residents
Morse-Marshall (Ages 3-4) ........ MR02
Wed, Apr 6-May 25, 5:30PM-6:00PM
$11 Residents/$22 Non-Residents
Riverside (Ages 3-4) ............... RS01
Thu, Apr 7-May 26, 6:15PM-7:00PM
$14 Residents/$28 Non-Residents
Dodgeball League
This is the way to throw something at somebody and not get in trouble for it! Brinton’s Youth Dodgeball League is played with Gator balls which are foam and don’t hurt when they hit you. National Amateur Dodgeball Association (NADA) rules and regulations apply, and will be provided the day of the first game. Each team will be provided schedules the first week of play. A staff member will referee each game. Class fee is per person, non-refundable, and not eligible for reduced fees.
Activity Code: 4RCE6203
(Section codes listed below)
Beulah Brinton (Ages 8-12) ........ BN01
Wed, Apr 6-Jun 1, 6:00PM-7:00PM
$20 Residents/$40 Non-Residents
Junior Athletes
Is your child interested in sports but unsure which one is a good fit? Check out Junior Athletes! a weekly sports of all sorts adventure! Sports presented include basketball, flag football, soccer, and more! In addition to tons of fun through multi-sport exposure, participants will develop gross-motor skills and hand-eye coordination.
Activity Code: 4RCE6204
(Section codes listed below)
81st Street (Ages 3-5) ............ 8101
Wed, Apr 6-May 25, 5:30PM-6:15PM
$14 Residents/$28 Non-Residents
81st Street (Ages 6-10) ............ 8102
Wed, Apr 6-May 25, 6:15PM-7:00PM
$14 Residents/$28 Non-Residents
Hamilton (Ages 4-8) ............... HA01
Wed, Apr 6-May 25, 6:00PM-6:45PM
$14 Residents/$28 Non-Residents
MacDowell (Ages 6-10) ............ JU01
Tue, Apr 5-May 24, 6:45PM-7:30PM
$14 Residents/$28 Non-Residents
Madison (Ages 6-9) ............... MA01
Thu, Apr 7-May 26, 7:15PM-8:00PM
$14 Residents/$28 Non-Residents
Morse-Marshall (Ages 7-9) ........ MR01
Mon, Apr 4-May 23, 6:30PM-7:30PM
$18 Residents/$36 Non-Residents
Morse-Marshall (Ages 4-6) ........ MR02
Thu, Apr 7-May 26, 6:30PM-7:30PM
$18 Residents/$36 Non-Residents
TENNIS

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: 4RCE6501
(Section codes listed below)

Beulah Brinton (Ages 7-17)............. BN01
Thu, Apr 7-Jun 2, 4:00PM- 5:00PM
$20 Residents/$40 Non-Residents

Morse-Marshall (Beg., Ages 4-8) .... MR01
Sat, Apr 2-May 21, 9:00AM-10:00AM
$18 Residents/$36 Non-Residents

Morse-Marshall (Beg., Ages 6-12) .. MR02
Sat, Apr 2-May 21, 10:00AM-11:00AM
$18 Residents/$36 Non-Residents

Morse-Marshall (Ages 10-17)......... MR03
(Int./Adv.)
Sat, Apr 2-May 21, 11:00AM-12:30PM
$26 Residents/$52 Non-Residents

WRESTLING

Wrestling Fundamentals
Wrestling is both an individual and team sport that allows each athlete to have fun while learning discipline, goal-setting, and perseverance. This class will focus on skill development and providing a fun and rewarding experience for each athlete in an encouraging environment. Learn the fundamentals of wrestling including takedowns, rides, escapes, reversals, and pinning techniques while having fun and getting a great workout. Bring shorts and a t-shirt to the first class, as well as wrestling shoes if you have them.

Activity Code: 4RCE68206
(Section codes listed below)

Hamilton (Ages 12-17) ............... HA01
Sat, Apr 2-May 21, 9:30AM-10:30AM
$18 Residents/$36 Non-Residents

City Kids Wrestling Club
Uses the sport of wrestling to promote character development and the pursuit of excellence. Six low cost summer wrestling camps are held Tuesday to Thursday, from 9am to 3pm. with lunch from noon to 1pm. All coaches are highly experienced, licensed and background checked. See www.citykidswrestling.org for registration forms, costs, contacts and complete information.

Activity Code: 4RCE6801
(Section codes listed below)

Parkside (Ages 11-16) ................. FR02
Wed, Apr 6-May 25, 5:00PM- 6:00PM
$18 Residents/$36 Non-Residents

Riverside (Ages 9-14) ............... RS01
Wed, Apr 13-May 18, 6:15PM- 7:30PM
$17 Residents/$34 Non-Residents

VOLLEYBALL

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

Activity Code: 4RCE6801
(Section codes listed below)

Parkside (Ages 7-10) ................. FR01
Wed, Apr 6-May 25, 4:00PM-5:00PM
$18 Residents/$36 Non-Residents

Riverside (Ages 9-14) ............... RS01
Wed, Apr 9 - Jun 4, 4:30 - 5:30 PM
$25 Residents/$25 Non-Residents

MOUNTAIN BIKING

Mountain Biking 101 Plus
This class includes basic mountain biking skills, safety, maintenance, and group rides both on and off road. Participants are encouraged to bring their own bike; however, a limited number of bikes and helmets will be available upon request. This is a great opportunity to become more comfortable with bicycling, receive support from experienced riders, and become more active in the bicycling movement in greater Milwaukee. Interested riders can learn about opportunities to join the MKE MTB Bicycling Team through the Wisconsin High School Cycling League.

Activity Code: 4RCE2803
(Section codes listed below)

Bay View High School (Ages 12-18) ..BV01
Sat, Apr 9 - Jun 4, 9:30 - 11:00 AM
$25 Residents/$25 Non-Residents

TRACK

Mini Track
On your mark, get set, go... Receive instruction in the proper techniques for sprints, distance running, starting stance, relays, and field events. Camps will culminate with a meet on the final day.

Activity Code: 4RCE6703
(Section codes listed below)

Morse-Marshall (Ages 5-12)......... MR01
Sat, Apr 2-May 21, 11:00AM-12:00PM
$18 Residents/$36 Non-Residents
Milwaukee Recreation’s SREC program has been providing enriching summertime fun for youth ages 3-12 since 1992. Each week of camp is centered around a different theme involving sports, games, arts & crafts, fine arts, outdoor education, math & reading enrichment, clubs, and field trips. Sign up your children for a summer to remember!

Dates: Monday-Friday, June 20-August 12
Times: 9:00 a.m. to 4:00 p.m.
Extended hours are available for an additional fee.

Camp fees and details will be available in March. We’ll send you the registration packet if you call us at (414) 475-8701.
FAMILY CLASSES

Family Creative Exercise
This class is centered on a fun way to exercise for everyone involved. Participants will partake in various exercises, trying to utilize all facets of the body while still enjoying the fitness process. Beginning with basic stretching and proceeding into various games activities will provide the entire family with great exercise and fun. Parent/guardian must register, pay, and attend with child. Fee is per person. Not eligible for reduced fees.
Activity Code: 4RCE3303

Hamilton (Ages 8 & up) ...................... HA01
Wed, Apr 6-May 25, 7:30PM-8:30PM
$18 Residents/$36 Non-Residents

Moving with Mommy
Does your little one love to move and groove to music? Watch the joy on his/her face as he/she explores movement, rhythm and self-expression while bonding with his/her Mommy. Parent/guardian must register, pay, and attend with child. Fee is per person.
Activity Code: 4RCE3304

Morse-Marshall (Ages 3 & up) ....... MR01
Wed, Apr 6-May 25, 5:15PM-5:45PM
$11 Residents/$22 Non-Residents

Yoga Bears
You and your child can get fit and improve inner balance in this animal-themed yoga class. Learn poses such as tree, camel, cat and mountain pose. Yoga games will be included as well. Parent/guardian must register, pay and attend with child. Fee is per person. Not eligible for reduced fees.
Activity Code: 4RCE3305

Hamilton (Ages 4 & up) ................. HA01
Sat, Apr 2-May 21, 10:00AM-11:00AM
$18 Residents/$36 Non-Residents

Latin Dance Fitness
This fun and easy-to-do workout is the latest craze in exercise. Routines feature easy-to-follow dance steps to Latin music that will help you tone and sculpt your body. Parent/Guardian must register, pay and attend with child. Fee is per person.
Activity Code: 4RCE3308

South Division (Ages 10 & up) ........ SD01
Thu, Apr 7-May 26, 7:15PM-8:15PM
$18 Residents/$36 Non-Residents

Yoda
May the 4th be with you. Did you know, May 4th is Star Wars Day? This stems from the play on words of the infamous advice ‘May the force be with you’. In this one day adventure, Padawans and Jedis (participants) will do Star Wars poses instead of Yoga poses. Feel free to dress as your favorite Star Wars character. Fun, you will have! Awesome, this will be! Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4RCE3309

Beulah Brinton (Ages 5-12)............. BN01
Wed, May 4, 5:00PM-5:45PM
$5 Residents/$10 Non-Residents

Let’s Have a Tea Party
Bring your favorite stuffed animal and join us for Mrs. Spider’s Tea Party. We will read this beloved children’s book and create a tea party of our own. In this class we will sample flavored teas, make tea sandwiches and homemade tea cakes. This is the party you don’t want to miss! Parent/guardian must register, pay and attend with child. Fee is per person. Fee includes food cost and is non-refundable. Not eligible for reduced fees.
Activity Code: 4RCE3311

Morse-Marshall (Ages 3 & up) ........ MR01
Sat, May 14, 9:00AM-11:00AM
$8 Residents/$16 Non-Residents

SCUBA Experience
Dive masters will explain the basic principles of scuba diving and equipment usage during this exciting evening underwater. Once you feel comfortable, your instructor will take you in the pool to help you practice your basic scuba skills, breathe and swim underwater, play some underwater games and offer you the option to have your picture taken underwater. Pre-requisites: must be able to swim 200 yards and tread/float for 10 minutes. All minors must be accompanied by an adult and sign a liability waiver. Not eligible for reduced fees.
Activity Code: 4RAQ3302

Gaenslen (Ages 10-79) ................. GS02
Fri, Apr 22, 5:00PM-9:00PM
$36 Residents/$48 Non-Residents

Gaenslen (Ages 10-79) ................. GS01
Fri, May 20, 5:00PM-9:00PM
$36 Residents/$48 Non-Residents

Learn to Make Healthy Snacks
The Hungry Caterpillar will join us in book form to inspire us to create delicious healthy snacks. Learn to eat the rainbow by making fruit kabobs, cars out of veggies and much more. Parent/guardian must register, pay and attend with child. Fee is per person. Fee includes food cost and is non-refundable. Not eligible for reduced fees.
Activity Code: 4RCE3310

Morse-Marshall (Ages 3 & up) ........ MR01
Sat, Apr 16, 9:00AM-11:00AM
$8 Residents/$16 Non-Residents
Earth Discovery Camps

Encourage your kids to get out of the house and enjoy nature in a variety of ways! We will explore our environment through many exciting educational activities. Each day will focus on a different nature theme(s) and the kids will learn through hands-on discovery, games, crafts, science experiments and plenty of hiking. Each child should bring a bag lunch, a shoe box and a water bottle with his/her name written on the bottle. Children should attend camp wearing sunblock and insect repellent. Child care is available for participants in the Explorers and Experienced Explorers Camps. Please register in advance for the extended hours. The cost for either or both time offerings is $25 per week for Residents and $50 per week for Non-Residents. Not eligible for reduced fees or refunds.

Explorers

Get up close and personal during a week of exploration of our natural world. From insects to mammals, large and small; let’s journey together and see them all.

Activity Code: 4P125003

Hawthorn Glen (Ages 7-9).... HG01
Monday through Friday, June 20-June 24, 9:00AM- 4:00PM
$100 Residents/$200 Non-Residents

Child Care Options for Explorers Camp
Hawthorn Glen (Ages 7-9).... HG02
7:30am-9am & 4-5:30pm, Monday through Friday, June 20-June 24.
$25 Residents/$50 Non-Residents

WonderBugs

Letting their inherent sense of wonder about nature be the context for learning, your preschooler will explore our environment with all of their senses and learn to communicate their discoveries to those around them through play, songs & crafts.

Activity Code: 4P125016

Hawthorn Glen (Ages 4-4).... HG01
Monday through Friday, June 27-July 1, 9:00AM-12:00PM
$40 Residents/$80 Non-Residents

Hawthorn Glen (Ages 5-6).... HG02
Monday through Friday, June 27-July 1, 1:00PM-4:00PM
$40 Residents/$80 Non-Residents

Experienced Explorers

If you have participated in our summer camps before and are ready to enhance your investigation of nature; then come join us as an Experienced Explorer! Our Naturalists will journey with you through the far reaches of Hawthorn Glen to challenge you and enhance your skills and knowledge of nature.

Activity Code: 4P125002

Hawthorn Glen (Ages 7-9).... HG01
Monday through Friday, July 11-July 15, 9:00AM- 4:00PM
$100 Residents/$200 Non-Residents

Child Care Options for Experienced Explorers Camp
Hawthorn Glen (Ages 7-9).... HG02
7:30am-9am & 4-5:30pm, Monday through Friday, July 11-July 15,
$25 Residents/$50 Non-Residents

Rangers

Come and spend a fun-filled week learning, exploring and discovering the wild world around us. Each day we’ll create a (sometimes messy) experiment. We will observe and analyze our environment to better understand our connection with the Earth.

Activity Code: 4P125010

Hawthorn Glen (Ages 10-12).... HG01
Monday through Friday, July 18-July 22, 9:00AM- 4:00PM
$100 Residents/$200 Non-Residents

OUTDOOR EDUCATION

Gifts for the Future

Celebrate this Arbor Day with free trees; one to plant at Hawthorn Glen and one to plant at home. Trees clean our air, add beauty to our neighborhoods, prevent erosion, provide homes and food for wildlife and people and even help us to conserve energy. Explore the many beneficial uses of trees and learn to identify some of the over 50 species featured on our Arboretum Trail. Trees are our gift to future generations. Lucy Carcom said “He who plants a tree, plants hope.” Parent/guardian must register, pay and attend with child. Fee is per person.

Activity Code: 4P125001
(Section codes listed below)

Hawthorn Glen (Ages 3 & up)........ HG01
Sat, Apr 30, 10:30AM-12:00PM
$4 Residents/$8 Non-Residents

Gardening

We are going to share and discover gardening ideas, tips and advice. Learn how to grow and care for herbs and vegetable plants in the home garden, from choosing plants to gardening design. We will discuss perennial plants vs. annuals, composting and rain barrels, and how to keep pests out of garden areas. Explore the concepts of companion plants and shared space to get the most out of even the smallest garden plot. Don’t have room to dedicate to a garden, we’ll cover container gardening as well. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P125006
(Section codes listed below)

Hawthorn Glen (Ages 3 & up)........ HG01
Sat, Apr 16, 10:00AM-11:30AM
$4 Residents/$8 Non-Residents

NEW
Friday Night Tales for Tots
This nature tale time includes a story, craft, and nature hike, or trip to our nature museum. 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: 4P125004
(Section codes listed below)

Wee Little Bunny by Lauren Thompson
Hawthorn Glen (Ages 3 & up)........ HG01
Fri, Apr 1, 6:00PM-7:30PM
$4 Residents/$8 Non-Residents

Z is for Moose by Kelly Bingham
Hawthorn Glen (Ages 3 & up)........ HG02
Fri, Apr 15, 6:00PM-7:30PM
$4 Residents/$8 Non-Residents

Who Hoots? by Katie Davis
Hawthorn Glen (Ages 3 & up)........ HG03
Fri, May 6, 6:00PM-7:30PM
$4 Residents/$8 Non-Residents

The Hungry Duckling by Claude Clement
Hawthorn Glen (Ages 3 & up)........ HG04
Fri, Jun 17, 6:00PM-7:30PM
$4 Residents/$8 Non-Residents

Father & Son Hike
Spend time with Dad this Father’s Day weekend on a hike with a naturalist and his son at Hawthorn Glen. Go on a hike and explore the wonders of the woods. We will learn interesting animal and plant facts, share small survival tips and likely spot some of the furry and feathery residents of Hawthorn Glen. We will follow this up with a campfire where we will cook hot dogs and share conversation. Parent/Guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4P125005
(Section codes listed below)

Hawthorn Glen (Ages 4 & up)........ HG01
Sat, Jun 18, 10:00AM-12:00PM
$6 Residents/$12 Non-Residents

Herpetology Hike
Spring is the time of year to hear frogs out and about after their long winter. One way to identify and locate frogs in Wisconsin is by the sounds that they make. Join us on a hike and learn the specific frog calls as we explore the trails of Lapham Peak. If possible please bring a headlamp or flashlight and boots or waders. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees. For vehicles without a valid admission sticker, a $5.00 vehicle sticker is required and will be available for purchase at Lapham Peak.
Activity Code: 4P125007
(Section codes listed below)

Lapham Peak (Ages 8 & up) .......... LX01
Sat, May 28, 6:00PM-8:00PM
$5 Residents/$5 Non-Residents

Mother and Daughter Hike
Spending time together outdoors can be the ultimate learning and bonding experience. The key to this experience is the ease and fun of learning outdoors. Spend a day with your daughter or mom at Hawthorn Glen. Strengthen your personal mother-daughter relationship by taking a hike and making a craft. While the activities will be guided by one of our naturalists, you are free to spend time together on your own at our nature center. Parent/guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4P125009
(Section codes listed below)

Hawthorn Glen (Ages 5 & up) .......... HG01
Sat, May 7, 1:30PM-3:00PM
$4 Residents/$8 Non-Residents

Native Landscaping
Learn about nature-scaping which is the use of native plants, rocks and water features, instead of groomed lawns. Native landscaping reaps the benefits of indigenous plants that have evolved locally and are habituated to our climate. Most require few to no soil amendments, irrigation, pesticides, or herbicides for creating a beautiful, low maintenance, and more sustainable landscape. Additionally, native plants, including trees, shrubs, ground cover and grasses, can provide suitable habitat to attract butterflies, birds and other wildlife. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4P125008
(Section codes listed below)

Hawthorn Glen (Ages 13 & up)........ HG01
Sat, Apr 9, 10:00AM-11:30AM
$4 Residents/$8 Non-Residents

Wilderness First Aid
The Wilderness First Aid (WFA) course is the industry standard for outdoor professionals and will help you prepare for the unexpected. This fast paced, hands-on training is designed to meet the needs of trip leaders, camp staff, outdoor enthusiasts and individuals working in remote locations. It will introduce you to caring for people who become ill or injured far from definitive medical care. Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will challenge you to integrate your learning. At the end of the course you will have the knowledge, skills and the ability to make sound decisions in emergency situations. Completion of this course earns you a WFA certification good for 2 years. You must have a valid CPR certification in order to receive a WFA certification. If you do not have a current CPR certification, please contact the Outdoor Education Office for CPR class dates and times. Class fee includes: 16 hour course, individual student handbook, certification cards, field guides and other class materials.
Activity Code: 4P125011
(Section codes listed below)

Lapham Peak (Ages 19 & up) ........ HG01
Sat/Sun, Jun 4-Jun 5, 9:00AM-5:00PM
$200 Residents/$200 Non-Residents

Lapham Peak (Ages 8 & up) .......... LX01
Sat, May 28, 6:00PM-8:00PM
$5 Residents/$5 Non-Residents

One way to identify and locate frogs in Wisconsin is by the sounds that they make. Join us on a hike and learn the specific frog calls as we explore the trails of Lapham Peak. If possible please bring a headlamp or flashlight and boots or waders. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees. For vehicles without a valid admission sticker, a $5.00 vehicle sticker is required and will be available for purchase at Lapham Peak.
Activity Code: 4P125007
(Section codes listed below)

Lapham Peak (Ages 8 & up) .......... LX01
Sat, May 28, 6:00PM-8:00PM
$5 Residents/$5 Non-Residents

Native Landscaping
Learn about nature-scaping which is the use of native plants, rocks and water features, instead of groomed lawns. Native landscaping reaps the benefits of indigenous plants that have evolved locally and are habituated to our climate. Most require few to no soil amendments, irrigation, pesticides, or herbicides for creating a beautiful, low maintenance, and more sustainable landscape. Additionally, native plants, including trees, shrubs, ground cover and grasses, can provide suitable habitat to attract butterflies, birds and other wildlife. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4P125008
(Section codes listed below)

Hawthorn Glen (Ages 13 & up)........ HG01
Sat, Apr 9, 10:00AM-11:30AM
$4 Residents/$8 Non-Residents

Wilderness First Aid
The Wilderness First Aid (WFA) course is the industry standard for outdoor professionals and will help you prepare for the unexpected. This fast paced, hands-on training is designed to meet the needs of trip leaders, camp staff, outdoor enthusiasts and individuals working in remote locations. It will introduce you to caring for people who become ill or injured far from definitive medical care. Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will challenge you to integrate your learning. At the end of the course you will have the knowledge, skills and the ability to make sound decisions in emergency situations. Completion of this course earns you a WFA certification good for 2 years. You must have a valid CPR certification in order to receive a WFA certification. If you do not have a current CPR certification, please contact the Outdoor Education Office for CPR class dates and times. Class fee includes: 16 hour course, individual student handbook, certification cards, field guides and other class materials.
Activity Code: 4P125011
(Section codes listed below)

Lapham Peak (Ages 19 & up) ........ HG01
Sat/Sun, Jun 4-Jun 5, 9:00AM-5:00PM
$200 Residents/$200 Non-Residents
Marvelous, Messy Mud
Let’s face it; we all love to play in the mud. Join our naturalist for a morning of messy fun. We might also discover the creatures that call mud their home. Parent/guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.
Activity Code: 4P125012
(Section codes listed below)
Hawthorn Glen (Ages 3 & up)......... HG01
Sat, Apr 2, 10:00AM-11:30AM
$4 Residents/$8 Non-Residents

Stroll-ing in Nature
Come join us for a naturalist-led stroll through the beautiful trails of Lapham Peak State Park. Our goal is to provide nature appreciation tools to parents, grandparents and their children, while developing networks among families with a common interest in enjoying the great outdoors. Each week we will focus on a different nature-based theme. Along with each theme we will provide a hands-on learning experience using field guides, butterfly nets, bug magnifiers and other tools related to the hike. Parents and grandparents, with or without strollers are welcome to hike with their young children. Please feel free to bring your own binoculars and/or camera. An adult must register pay and attend with a child. Class fee is non-refundable and not eligible for reduced fees. Children are free of charge. For vehicles without a valid admission sticker, a $5.00 vehicle sticker is required and will be available for purchase at Lapham Peak.
Activity Code: 4P125014
(Section codes listed below)
Lapham Peak (Birds) ..................LX01
Wed, May 4, 9:00AM-10:00AM
$5 Residents/$5 Non-Residents
Lapham Peak (Trees) ..................LX02
Wed, May 11, 9:00AM-10:00AM
$5 Residents/$5 Non-Residents
Lapham Peak (Flowers) ...............LX03
Wed, May 18, 9:00AM-10:00AM
$5 Residents/$5 Non-Residents
Lapham Peak (Bugs) ..................LX04
Wed, May 25, 9:00AM-10:00AM
$5 Residents/$5 Non-Residents

Outdoor Survival Skills
Go beyond basic survival and learn how to THRIVE in the outdoors! Learn cool tricks to make your outdoor experience more enjoyable and leave you more time to relax and simply enjoy the experience of being in the wilderness. Participants will learn quick ways to purify water outdoors, make cordage, use fungus as a fire extender, and how to lash a multipurpose tripod as part of setting up the ideal base camp. Participants will also learn the many uses of paracord and then make their own quick release paracord bracelet and take one home! 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: 4P125019
(Section codes listed below)
Hawthorn Glen (Ages 8 & up)........ HG01
Fri, Apr 29, 6:30PM- 8:00PM
$4 Residents/$8 Non-Residents

Speak for the Trees
Enjoy a family night with Dr. Seuss, complete with movie and popcorn, a scavenger hunt and of course trees. Learn how to plant and care for a tree, hands-on, while planting a tree at our nature center & then take one home. “Plant a new Truffula. Treat it with care. Give it clean water. And feed it fresh air. (Help us) grow a forest.” 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: 4P125018
(Section codes listed below)
Hawthorn Glen (Ages 8 & up)........ HG01
Sat, Jun 11, 10:00AM-12:00PM
$5 Residents/$10 Non-Residents

Spring Phenology Hike
Phenology refers to the seasonal changes in plants and animals from year to year, such as migration of birds, flowers blooming, insects emerging, etc. There are new nature discoveries emerging every day! Join us on a hike as we track and record natural events through observation. Listen for bird calls, identify local plant and animal species, discover when trees blossom and learn about habitats, seasons, and climate. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees. For vehicles without a valid admission sticker, a $5.00 vehicle sticker is required and will be available for purchase at Lapham Peak.
Activity Code: 4P125020
(Section codes listed below)
Hawthorn Glen (Ages 6 & up)........ HG01
Sat, May 21, 10:00AM-11:30AM
$4 Residents/$8 Non-Residents
Lapham Peak (Ages 6 & up) ..........LX01
Sat, May 14, 10:00AM-11:30AM
$4 Residents/$4 Non-Residents

Behind the Scenes in the Little Nature Museum
Ever wonder what it takes to keep our resident animals native to Wisconsin alive and well? Well, now is your chance to go behind the scenes in the Little Nature Museum and learn the basics of animal care. You will discover what types of animals can be found in Wisconsin, even in your own backyard (captive wildlife requires not only special care, but special permitting as well). Share insider knowledge of creating suitable habitats and providing enrichment. You might get your hands dirty, so wear clothes that you do not mind getting a little dirty. Parent(s)/guardian(s) are required to attend this class with their child at no extra charge. Class is non-refundable and not eligible for reduced fees.
Activity Code: 4P125017
(Section codes listed below)
Lapham Peak (Ages 16 & up) .........LX01
Sat, Apr 30, 1:00PM- 4:00PM
$15 Residents/$15 Non-Residents
SPACE SCIENCE

Visit Milwaukee’s Stars
As northern winter winds calm down and the days and evenings finally begin to warm up, it is fun to go outside at night and look for the spring constellations: Leo, Virgo and Bootes. Behold the twinkle of the distant suns: Regulus, Spica and Arcturus; and the visible planets: Mercury, Mars, Neptune and Saturn. Program geared to children, but can be interesting for adults. Parent/guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P126002
(Section codes listed below)

Hamilton (Ages 6 & up) ................. HA01
Tue, May 17, 6:30PM-7:45PM
$3 Residents/$6 Non-Residents

NEW PLANETarium
April is a great month for seeing planets. There are five planets that we can see using nothing more than just our eyes. Four of them, Mercury, Mars, Jupiter and Saturn are visible in the night sky throughout the month. Visit the planetarium and we will show you how to identify these unusually bright lights in the sky, and share some interesting facts and stories about them. 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: 4P126003
(Section codes listed below)

Madison (Ages 6 & up) ................. MA01
Thu, Apr 21, 6:30PM-7:45PM
$3 Residents/$6 Non-Residents

Story Time at the Planetarium
It seems as though, for many of us, Greek mythology was a favorite subject back in school. Whether it’s one of your favorite subjects or something you have interest in, come and join us for these fascinating stories under the skies! You will be able to impress your friends during your backyard barbecues and while camping by locating constellations and sharing the stories about them! Parent/Guardian must register, pay and attend with a child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 4P126004
(Section codes listed below)

Hamilton (Ages 6 & up) ................. HA01
Thu, Jun 2, 6:30PM-7:45PM
$3 Residents/$6 Non-Residents

THE GREAT AMERICAN CLEANUP
Saturday, April 23, 2016
9:00 a.m. to Noon
Hawthorn Glen, 1130 N. 60th Street
Help clean for as long as you like
(one hour of volunteer time is encouraged).
For more information, please contact
Nicolette at (414) 647-6043, e-mail Nicole@MilwaukeeRecreation.net or just show up!
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>
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<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</td>
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<td></td>
<td>An adult must accompany the child</td>
<td>program's focus is exploration and includes songs and games. Parents will gain tips</td>
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<tr>
<td></td>
<td>in the water. Swim diapers required.</td>
<td>in water safety for their infants.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lil’ Squirts</td>
<td>Ages 18 mos. to 36 mos.</td>
<td>Lil’ Squirt lessons acquaint the child with water through a combination of songs,</td>
</tr>
<tr>
<td></td>
<td>An adult must accompany the child</td>
<td>games and basic water skills such as kicking and floating. Water safety practices</td>
</tr>
<tr>
<td></td>
<td>in the water. Swim diapers and swim</td>
<td>will also be included.</td>
</tr>
<tr>
<td></td>
<td>caps required.</td>
<td></td>
</tr>
<tr>
<td>Tiny-Tot</td>
<td>Ages 3-4 yrs.</td>
<td>Tiny-tots build elementary aquatic skills including independent floating, breath</td>
</tr>
<tr>
<td></td>
<td>Previous pool experience NOT</td>
<td>control and rudimentary paddling techniques. Safety skills include “breaking” the</td>
</tr>
<tr>
<td></td>
<td>necessary. An adult must accompany</td>
<td>over-confident toddler to allow your child to realize what it takes to swim</td>
</tr>
<tr>
<td></td>
<td>the child in the water. Swim</td>
<td>independently in water.</td>
</tr>
<tr>
<td></td>
<td>diapers recommended. Swim caps</td>
<td></td>
</tr>
<tr>
<td></td>
<td>required.</td>
<td></td>
</tr>
<tr>
<td>Advanced</td>
<td>Ages 4-5 yrs.</td>
<td>Participants are introduced to elementary swimming skills such as kicking in a</td>
</tr>
<tr>
<td>Tiny-Tot</td>
<td>Previous enrollment in Tiny-Tots OR</td>
<td>variety of ways, floating, and rhythmic breathing. This course serves as an</td>
</tr>
<tr>
<td></td>
<td>ability to submerge entire body and</td>
<td>appropriate transition to Level One. Parents will elaborate on safety skills,</td>
</tr>
<tr>
<td></td>
<td>kick across pool with a flotation</td>
<td>including swimming with their tot in tow.</td>
</tr>
<tr>
<td></td>
<td>device. An adult must accompany the</td>
<td></td>
</tr>
<tr>
<td></td>
<td>child in the water.</td>
<td></td>
</tr>
<tr>
<td>Little Lvl. 1</td>
<td>Ages 4-6 yrs.</td>
<td>In the LITTLE Level 1/2 classes, the same elementary aquatic skills from Level One/</td>
</tr>
<tr>
<td>OR Little Lvl. 2</td>
<td>Previous enrollment in Advanced Tots</td>
<td>Two are taught (see descriptions below.) In addition to meeting minimum 42” height</td>
</tr>
<tr>
<td></td>
<td>OR ability to submerge entire body</td>
<td>requirement, your youngster should be able to be in class without you for the 45</td>
</tr>
<tr>
<td></td>
<td>and kick across pool with a kick</td>
<td>minute class period. Instructors will advise promotion options based on age &amp;</td>
</tr>
<tr>
<td></td>
<td>board.</td>
<td>skill.</td>
</tr>
<tr>
<td>Level One</td>
<td>Ages 6-14 yrs.</td>
<td>In Level 1, elementary aquatic skills are taught, which children will build on as</td>
</tr>
<tr>
<td>Water</td>
<td>None (Please see the height</td>
<td>they progress through the six Learn-to-Swim levels. In addition to rhythmic</td>
</tr>
<tr>
<td>Exploration</td>
<td>requirements noted under each swim</td>
<td>breathing and floating, skills include various kicks and arm strokes. At this</td>
</tr>
<tr>
<td></td>
<td>location).</td>
<td>level, children also start to develop positive attitudes and safe practices around</td>
</tr>
<tr>
<td></td>
<td></td>
<td>the water.</td>
</tr>
<tr>
<td>Level Two</td>
<td>Ages 6-14 yrs.</td>
<td>The objective of Level 2 is to give children success with fundamental skills.</td>
</tr>
<tr>
<td>Fundamental</td>
<td>Passed Level 1 or can demonstrate</td>
<td>Children learn: floating without support and recovering to a vertical position,</td>
</tr>
<tr>
<td>Aquatic</td>
<td>completion of all requirements in</td>
<td>exploring simultaneous and alternating arm and leg motion to lay the foundations for</td>
</tr>
<tr>
<td>Skills</td>
<td>Level 1.</td>
<td>future strokes. An introduction to deep water is included in this course.</td>
</tr>
<tr>
<td>Level Three</td>
<td>Ages 6-14 yrs.</td>
<td>Level 3 builds on the skills learned in Level 2 by providing additional guided</td>
</tr>
<tr>
<td>Stroke</td>
<td>Passed Level 2 or can demonstrate</td>
<td>practice. Children learn: coordinating the front crawl, elementary backstroke,</td>
</tr>
<tr>
<td>Development</td>
<td>completion of all requirements in</td>
<td>fundamentals of treading water, rules for head first entries and additional safety</td>
</tr>
<tr>
<td></td>
<td>Level 2.</td>
<td>skills. Most importantly, children who successfully complete this course will be</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ready to swim in deep water.</td>
</tr>
<tr>
<td>Level Four</td>
<td>Ages 6-15 yrs.</td>
<td>The objective of Level 4 is to develop confidence in the strokes learned thus far</td>
</tr>
<tr>
<td>Stroke</td>
<td>Passed Level 3 or can demonstrate</td>
<td>and to improve other aquatic skills. Children learn: improved skills and increased</td>
</tr>
<tr>
<td>Improvement</td>
<td>all Level 3 requirements. Students</td>
<td>endurance in the familiar strokes (front/back crawl), and are introduced to the</td>
</tr>
<tr>
<td></td>
<td>MUST be comfortable in deep water.</td>
<td>elementary backstroke, breaststroke, sidestroke, and butterfly.</td>
</tr>
<tr>
<td>Level Five</td>
<td>Ages 6-15 yrs.</td>
<td>The objective of Level 5 is to coordinate the strokes that were introduced in 4.</td>
</tr>
<tr>
<td>Advanced</td>
<td>Passed Level 4 or can demonstrate</td>
<td>Students will put together the mechanics for elementary backstroke, breaststroke,</td>
</tr>
<tr>
<td>Strokes</td>
<td>completion of all requirements in</td>
<td>sidestroke and butterfly. Underwater swimming &amp; surface dives will also be</td>
</tr>
<tr>
<td></td>
<td>Level 4.</td>
<td>included.</td>
</tr>
<tr>
<td>Level Six</td>
<td>Ages 6-16 yrs.</td>
<td>Level 6 refines all 6 strokes. Children learn: advanced techniques in all strokes</td>
</tr>
<tr>
<td>Stroke</td>
<td>Passed Level 5 or can demonstrate</td>
<td>(front/back crawl, butterfly, breaststroke, elementary backstroke, sidestroke) and</td>
</tr>
<tr>
<td>Refinement</td>
<td>completion of all requirements in</td>
<td>will increase their distance endurance. Flip turns at the wall and improved diving</td>
</tr>
<tr>
<td></td>
<td>Level 5.</td>
<td>skills will provide the student with the essentials to pursue swimming as a sport.</td>
</tr>
<tr>
<td>Level Seven</td>
<td>Ages 6-16 yrs.</td>
<td>The objective of Level 7 is to fine-tune swimming strokes to allow students to swim</td>
</tr>
<tr>
<td>Swimming</td>
<td>Passed Level 6 or can demonstrate</td>
<td>with efficiency and power. Four distinct Level 7 modules allow swimmers to broaden</td>
</tr>
<tr>
<td>Proficiency</td>
<td>completion of all requirements in</td>
<td>their aquatics skills into 4 different areas. Module options include: Personal</td>
</tr>
<tr>
<td>4 MODULES</td>
<td>Level 6.</td>
<td>Water Safety (7PWS), Fundamentals of Diving (7D), Fitness Swimmer (7FS), and</td>
</tr>
<tr>
<td>Read –&gt;</td>
<td></td>
<td>Lifeguard Readiness (7LR). Please check the listing to determine which modules are</td>
</tr>
<tr>
<td></td>
<td></td>
<td>offered this season.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
General Swim Information

**What to Bring to** — 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’ squirts 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, Gaenslen & MHSA) 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.

**Water Temperature** — Normal water temperature is 77–81°. The only exceptions are Gaenslen and Morse-Marshall which range 84-86°.

**Locker Rooms** — Participants may bring a padlock for lockers. All swim gear 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 their designated locker room — males in the boys’ and females in the girls’ locker rooms.

**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 swim 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 generally occurs during the second to last lesson, and the final lesson. Parents will be given certificates on the last day indicating which level to enroll in next.

**Infant and Tiny-Tot Requirements** — Diapers: “Little swimmers” swim diapers are required. Parent Attendance: Parents must accompany their children in the water for all Infant, Lil’ Squirt, Tiny-Tot, and Adv. Tiny-Tot classes. Second Child in Class: If a parent/guardian has more than one child enrolled in the same Infant, Lil’ Squirt, Tiny-Tot or Advanced Tiny-Tot classes, the second child must be accompanied by a responsible person 16 years or older.

**Make-up Policy** — The Recreation Division works diligently to ensure that our pools stay in working operation to offer consistency in our 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.

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Open Pool Schedule

**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)

**Gaenslen (Warm Water Walk: Pool too warm for Lap Swim)**

Fridays, April 8 - May 20
7:15PM -8:00PM

**Hamilton**

Saturdays, April 2 - May 21
7:35AM -8:20AM

**Madison**

Thursdays, April 7 - May 26
7:30PM -8:30PM

**Riverside**

Saturdays, April 2 - May 21
8:00AM -9:00AM

Mondays & Wednesdays, April 4 - May 25
8:45PM -9:30PM

**FREE Family Swim**

Enjoy FREE swimming at a local community center this season. Children 7 years of age and under must be accompanied and supervised IN THE WATER by a parent or guardian. Participants must furnish a towel, suit, and swim cap. Swim caps may be purchased at the pool for $2.

**Gaenslen**

Wednesdays, April 6 - May 25
6:50PM -7:50PM

**MacDowell (formerly known as Juneau)**

Saturdays, April 2 - May 21
3:00PM -4:10PM

**Morse-Marshall**

Tuesdays, April 5 - May 24
7:30 - 8:40 PM

**North**

Wednesdays, April 6 - May 25
7:05PM -8:15PM

**South**

Mondays/Wednesdays, April 4 - May 25
7:30PM -8:40PM

**Washington High School**

Tuesdays, April 5 - May 24
6:00 - 6:55PM - females only
7:00 - 7:55PM - males only
Swim Lesson Prices
CLASS  AGES  LENGTH  FEE
Infant  6 - 18 mos.  30 min.  $26 Res
Lil’ Squirts  18-36 mos.  30 min.  $26 Res
Tiny-Tot  3-4 yrs.  30 min.  $26 Res
Adv. Tots  4-5 yrs.  45 min.  $32 Res
Lil’ Lv. 1/2  4-6 yrs.  45 min.  $32 Res
Levels 1–7  6-16 yrs.  50 min.  $32 Res
NON-RESIDENTS PAY DOUBLE LISTED FEES.

BAY VIEW
Students in Levels 1 - 7 must meet 42” height requirement.
Saturday, Apr 2 - May 21
Class#  Time  Level
#4RAQ7402-BV01  8:05AM  Lil’ Squirt (Girls Pool)
#4RAQ7401-BV01  8:40AM  Level 5 (Boys Pool)
#4RAQ7401-BV01  8:40AM  Infant (Girls Pool)
#4RAQ7401-BV01  8:40AM  Level 1 (Boys Pool)
#4RAQ7402-BV02  9:15AM  Lil’ Squirt (Girls Pool)
#4RAQ7406-BV01  9:35AM  Level 6 (Boys Pool)
#4RAQ7402-BV01  9:35AM  Level 2 (Boys Pool)
#4RAQ7403-BV01  9:50AM  Tiny Tots (Girls Pool)
#4RAQ7403-BV01  10:30AM  Level 3 (Boys Pool)
#4RAQ7404-BV01  10:30AM  Adv. Tots (Girls Pool)
#4RAQ7401-BV01  11:20AM  Little Level 1 (Girls Pool)
#4RAQ7404-BV01  11:25AM  Level 4 (Boys Pool)
#4RAQ7401-BV01  11:25AM  Level 1 (Boys Pool)
#4RAQ7401-BV01  12:05PM  Little Level 2 (Girls Pool)
#4RAQ7408-BV01  10:30AM  Level 7LR (Boys Pool)

Tuesday, Apr 5 - May 24
Class#  Time  Level
#4RAQ7403-BV02  5:40PM  Tiny Tots (Boys Pool)
#4RAQ7401-BV02  5:40PM  Infant (Girls Pool)
#4RAQ7401-BV02  6:10PM  Little Level 1 (Boys Pool)
#4RAQ7401-BV03  6:55PM  Level 1 (Boys Pool)

Thursday, Apr 7 - May 26
Class#  Time  Level
#4RAQ7404-BV02  5:40PM  Adv. Tots (Boys Pool)
#4RAQ7402-BV03  5:40PM  Lil’ Squirt (Girls Pool)
#4RAQ7401-BV02  6:30PM  Little Level 2 (Boys Pool)

GAENSLEN
Students in Levels 1 - 7 must meet 42” height requirement.
Monday, Apr 4 - May 23
Class#  Time  Level
#4RAQ7404-GS02  5:50PM  Adv. Tots
#4RAQ7404-GS02  5:50PM  Level 4
#4RAQ7403-GS02  6:45PM  Level 3
#4RAQ7401-GS02  6:45PM  Level 1

Tuesday, Apr 5 - May 24
Class#  Time  Level
#4RAQ7401-GS02  5:50PM  Little Level 1
#4RAQ7406-GS01  5:50PM  Level 6
#4RAQ7402-GS02  6:45PM  Little Level 2
#4RAQ7405-GS02  6:45PM  Level 5

Wednesday, Apr 6 - May 25
Class#  Time  Level
#4RAQ7403-GS03  5:50PM  Level 3
#4RAQ7401-GS02  6:30PM  Little Level 2

GAENSLEN (CONTINUED)
Saturday, Apr 2 - May 21
Class#  Time  Level
#4RAQ7402-GS01  8:05AM  Lil’ Squirt
#4RAQ7401-GS01  8:40AM  Infant
#4RAQ7402-GS02  9:15AM  Lil’ Squirt
#4RAQ7403-GS01  9:50AM  Tiny Tots
#4RAQ7404-GS01  10:25AM  Adv. Tots
#4RAQ7401-GS01  11:15AM  Little Level 1
#4RAQ7404-GS01  12:40PM  Level 4
#4RAQ7401-GS01  12:40PM  Level 1
#4RAQ7405-GS01  1:35PM  Level 5
#4RAQ7402-GS01  1:35PM  Level 2
#4RAQ7412-GS01  2:30PM  Little Level 2
#4RAQ7403-GS01  2:30PM  Level 3

Thursday, Apr 7 - May 26
Class#  Time  Level
#4RAQ7403-GS02  5:35PM  Tiny Tots
#4RAQ7402-GS02  6:05PM  Level 2
#4RAQ7404-GS03  6:05PM  Level 4

Friday, Apr 8 - May 27
Class#  Time  Level
#4RAQ7401-GS02  5:50PM  Infant
#4RAQ7402-GS03  6:25PM  Lil’ Squirt
#4RAQ7401-GS03  6:55PM  Little Level 1

HAMILTON
Students in Levels 1 - 7 must meet 48” height requirement.
Saturday, Apr 2 - May 21
Class#  Time  Level
#4RAQ7401-HA01  8:35AM  Infant
#4RAQ7402-HA01  9:10AM  Lil’ Squirt
#4RAQ7403-HA01  9:45AM  Tiny Tots
#4RAQ7404-HA01  10:20AM  Adv. Tots
#4RAQ7406-HA01  11:05AM  Level 6
#4RAQ7405-HA01  12:35PM  Level 5
#4RAQ7401-HA01  12:35PM  Level 1
#4RAQ7404-HA01  1:30PM  Level 4
#4RAQ7402-HA01  1:30PM  Level 2
#4RAQ7403-HA01  2:25PM  Level 1
#4RAQ7402-HA02  2:25PM  Level 2
#4RAQ7403-HA02  3:20PM  Level 3
#4RAQ7401-HA01  3:20PM  Level 1
#4RAQ7408-HA01  10:10AM  Level 7LR

Monday, Apr 4 - May 23
Class#  Time  Level
#4RAQ7404-HA02  6:05PM  Level 4
#4RAQ7401-HA02  6:10PM  Infant
#4RAQ7403-HA02  6:50PM  Tiny Tots
#4RAQ7405-HA02  6:55PM  Level 5

Wednesday, Apr 6 - May 25
Class#  Time  Level
#4RAQ7402-HA03  6:05PM  Level 2
#4RAQ7401-HA03  6:55PM  Level 1
#4RAQ7406-HA02  6:05PM  Level 6
#4RAQ7403-HA04  6:55PM  Level 3

Thursday, Apr 7 - May 26
Class#  Time  Level
#4RAQ7403-HA03  6:05PM  Level 3
#4RAQ7401-HA01  6:05PM  Little Level 1
#4RAQ7402-HA02  6:55PM  Lil’ Squirt
#4RAQ7412-HA01  6:55PM  Little Level 2
MACDOWELL
Students in Levels 1 - 7 must meet 48” height requirement.
Saturday, Apr 2 - May 21
Class#  Time  Level
#4RAQ0502-JU01  12:15PM  Level 2
#4RAQ0503-JU01  1:10PM  Level 3
#4RAQ0501-JU01  2:00PM  Level 1
Wednesday, Apr 6 - May 25
Class#  Time  Level
#4RAQ0502-JU02  5:40PM  Level 2
#4RAQ0501-JU02  6:30PM  Level 1

NORTH DIVISION
Students in Levels 1 - 7 must meet 48” height requirement.
Tuesday, Apr 5 - May 24
Class#  Time  Level
#4RAQ0503-ND01  6:10PM  Tiny Tots
#4RAQ7404-ND01  6:10PM  Adv. Tots
#4RAQ0501-ND01  6:55PM  Level 1

RIVERSIDE
Students in Levels 1 - 7 must meet 48” height requirement.
Saturday, Apr 2 - May 21
Class#  Time  Level
#4RAQ0503-RS01  1:20PM  Level 3
#4RAQ0501-RS01  1:20PM  Level 1
#4RAQ0506-RS01  2:15PM  Level 6
#4RAQ0502-RS01  2:15PM  Level 2
#4RAQ0508-RS01  3:10PM  Level 7LR
#4RAQ0501-RS02  3:10PM  Level 1

MADISON
Students in Levels 1 - 7 must meet 48” height requirement.
Thursday, Apr 7 - May 26
Class#  Time  Level
#4RAQ0501-MA01  6:00PM  Level 1
#4RAQ0502-MA01  6:55PM  Level 2

MORSE-MARSHALL
Students in Levels 1 - 7 must meet 48” height requirement.
Saturday, Apr 2 - May 21
Class#  Time  Level
#4RAQ0505-MR01  10:05AM  Level 5
#4RAQ7401-MR01  10:05AM  Infant
#4RAQ7402-MR01  10:40AM  Lil’ Squirt
#4RAQ0506-MR01  10:55AM  Level 6
#4RAQ7403-MR01  11:15AM  Tiny Tots
#4RAQ0503-MR01  12:30PM  Level 3
#4RAQ0501-MR01  12:30PM  Level 1
#4RAQ0504-MR01  1:25PM  Level 4
#4RAQ0502-MR01  1:25PM  Level 2
#4RAQ0501-MR02  2:20PM  Level 1
#4RAQ7404-MR01  2:20PM  Adv. Tots
Monday, Apr 4 - May 23
Class#  Time  Level
#4RAQ7403-MR02  5:30PM  Tiny Tots
#4RAQ0511-MR01  6:00PM  Little Level 1
#4RAQ0503-MR02  6:00PM  Level 3
#4RAQ0512-MR01  6:55PM  Little Level 2
#4RAQ0504-MR02  6:55PM  Level 4
Wednesday, Apr 6 - May 25
Class#  Time  Level
#4RAQ7401-MR02  5:30PM  Infant
#4RAQ0503-MR03  6:00PM  Level 3
#4RAQ0501-MR03  6:00PM  Level 1
#4RAQ0505-MR02  6:55PM  Level 5
#4RAQ0502-MR02  6:55PM  Level 2
Thursday, Apr 7 - May 26
Class#  Time  Level
#4RAQ7402-MR02  5:30PM  Lil’ Squirt
#4RAQ0502-MR03  6:00PM  Level 2
#4RAQ7404-MR02  6:00PM  Adv. Tots
#4RAQ0501-MR04  6:55PM  Level 1
#4RAQ0508-MR01  6:55PM  Level 7LR

SOUTH
Students in Levels 1 - 7 must meet 48” height requirement.
Saturday, Apr 2 - May 21
Class#  Time  Level
#4RAQ0501-SD01  9:00AM  Level 1
#4RAQ0502-SD01  9:00AM  Level 2
#4RAQ0501-SD02  9:55AM  Level 1
#4RAQ0503-SD01  9:55AM  Level 3
#4RAQ7401-SD01  10:50AM  Infant
#4RAQ0504-SD01  10:50AM  Level 4
#4RAQ7402-SD01  11:25AM  Lil’ Squirt
#4RAQ0503-SD02  11:45AM  Level 3
#4RAQ7403-SD01  12:00PM  Tiny Tots
#4RAQ0501-SD03  2:20PM  Level 1
#4RAQ0502-SD02  2:20PM  Level 2
#4RAQ0501-SD04  3:10PM  Level 1
#4RAQ0505-SD01  3:10PM  Level 5

SEMI-PRIVATE SWIM LESSONS

BAY VIEW (GIRLS POOL)
Tuesday, Apr 5 - May 24
Class#  Time  Level
#4RAQ7302-BV01  6:20PM  Level 2
#4RAQ7301-BV01  6:55PM  Level 1
Thursday, Apr 7 - May 26
Class#  Time  Level
#4RAQ7303-BV01  6:20PM  Level 3
#4RAQ7302-BV02  6:55PM  Level 2

MORSE-MARSHALL
Tuesday, Apr 5 - May 24
Class#  Time  Level
#4RAQ7302-MR01  6:25PM  Level 2
#4RAQ7301-MR01  6:25PM  Level 1
#4RAQ7301-MR02  6:55PM  Level 1
#4RAQ7303-MR01  6:55PM  Level 3

RIVERSIDE
Saturday, Apr 2 - May 21
Class#  Time  Level
#4RAQ7304-RS01  10:05AM  Level 4
#4RAQ7301-RS01  10:05AM  Level 1
#4RAQ7302-RS01  10:40AM  Level 2
#4RAQ7303-RS01  11:15AM  Level 3
#4RAQ7303-RS03  11:15AM  Level 1

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www.MilwaukeeRecreation.net

Ages 6-14; 1 to 4 children per class. Semi-private lessons provide a smaller student-to-teacher ratio and greater individual attention to your youngster’s swimming abilities. The small class size is especially beneficial for students with elevated fear of the water or anxiety about the learn to swim process. Sign up today. Space is obviously limited. NOT ELIGIBLE FOR REDUCED FEES.

Eight 30-minute classes:
$60 Residents/ $120 Non-residents

Aquatics • (414) 647-6050
31
ADULT SWIM

Adult Swim Lessons
Adults. 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.

Activity Code: 4RAQ0401
(Section codes listed below)

Bay View (Ages 17 & up) .......... BV01
Mon, Apr 4-May 23, 7:50PM-8:50PM
$36 Residents/$48 Non-Residents

Gaenslen (Ages 17 & up) .......... GS01
Mon, Apr 4-May 23, 7:50PM-8:50PM
$36 Residents/$48 Non-Residents

Madison (Ages 17 & up) .......... MA01
Sat, Apr 2-May 21, 8:30AM-9:30AM
$36 Residents/$48 Non-Residents

Morse-Marshall (Ages 17 & up) ..... MR01
Sat, Apr 2-May 21, 11:15AM-12:05PM
$36 Residents/$48 Non-Residents

Morse-Marshall (Ages 17 & up) ..... MR02
Wed, Apr 6-May 25, 7:45PM-8:45PM
$36 Residents/$48 Non-Residents

North Division (Ages 17 & up) .... ND01
Tue, Apr 5-May 24, 7:45PM-8:45PM
$36 Residents/$48 Non-Residents

Riverside (Ages 17 & up) .......... RS01
Sat, Apr 2-May 21, 11:50AM-12:50PM
$36 Residents/$48 Non-Residents

South Division (Ages 17 & up) .... SD01
Sat, Apr 2-May 21, 12:50PM-1:50PM
$36 Residents/$48 Non-Residents

Fear Factor SP Adult Swim
If the reason you avoid situations that involve water is due to ‘aquaphobia’ 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: 4RAQ0402
(Section codes listed below)

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

Gaenslen (Ages 17 & up) .......... GS01
Tue, Apr 5-May 24, 7:40PM-8:40PM
$60 Residents/$90 Non-Residents

MacDowell (Ages 17 & up) .......... JU01
Thu, Apr 7-May 26, 7:30PM-8:30PM
$60 Residents/$90 Non-Residents

Morse-Marshall (Ages 17 & up) ..... MR01
Sat, Apr 2-May 21, 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: 4RAQ0301
(Section codes listed below)

MacDowell (Ages 17 & up) .......... JU01
Tue, Apr 5-May 24, 7:55PM-8:55PM
$36 Residents/$48 Non-Residents

Riverside (Ages 17 & up) .......... RS01
Sat, Apr 2-May 21, 9:00AM-10:00AM
$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: 4RAQ0302
(Section codes listed below)

Hamilton (Ages 17 & up) .......... HA01
Tue, Apr 5-May 24, 6:05PM-7:05PM
$36 Residents/$48 Non-Residents

MacDowell (Ages 17 & up) .......... JU01
Sat, Apr 2-May 21, 11:15AM-12:05PM
$36 Residents/$48 Non-Residents

Riverside (Ages 17 & up) .......... RS01
Tue, Apr 5-May 24, 7:30PM-8:20PM
$36 Residents/$48 Non-Residents

Aquanatal
Are you expecting? Water exercise can provide many benefits to expecting and postpartum 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: 4RAQ0303
(Section codes listed below)

Hamilton (Ages 17 & up) .......... HA01
Tue, Apr 5-May 24, 7:55PM-8:55PM
$36 Residents/$48 Non-Residents

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: 4RAQ0304
(Section codes listed below)

Gaenslen (Ages 17 & up) .......... GS01
Tue, Apr 5-May 24, 4:45PM-5:45PM
$36 Residents/$48 Non-Residents

Hamilton (Ages 17 & up) .......... HA01
Thu, Apr 7-May 26, 7:50PM-8:50PM
$36 Residents/$48 Non-Residents

Morse-Marshall (Ages 17 & up) ..... MR01
Mon, Apr 4-May 23, 7:45PM-8:45PM
$36 Residents/$48 Non-Residents

North Division (Ages 17 & up) .... ND01
Wed, Apr 6-May 25, 6:00PM-7:00PM
$36 Residents/$48 Non-Residents

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED MAY 27-30 FOR MEMORIAL DAY WEEKEND
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: 4RAQ0305
(Section codes listed below)

Gaenslen (Ages 17 & up).............. GS01
Wed, Apr 6-May 25, 7:55PM- 8:55PM
$36 Residents/$48 Non-Residents

Hamilton (Ages 17 & up).............. HA02
Sat, Apr 2-May 21, 9:00AM-10:00AM
$36 Residents/$48 Non-Residents

Hamiton (Ages 17 & up).............. HA01
Tue, Apr 5-May 24, 7:55PM-8:55PM
$36 Residents/$48 Non-Residents

MacDowell (Ages 17 & up)............. JU01
Thu, Apr 7-May 26, 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: 4RAQ0306
(Section codes listed below)

Gaenslen (Ages 17 & up).............. GS01
Mon, Apr 4-May 23, 4:45PM- 5:45PM
$36 Residents/$48 Non-Residents

Gaenslen (Ages 17 & up).............. GS02
Wed, Apr 6-May 25, 4:45PM- 5:45PM
$36 Residents/$48 Non-Residents

Gaenslen (Ages 17 & up).............. GS03
Fri, Apr 8-May 27, 4:45PM- 5:45PM
$36 Residents/$48 Non-Residents

Hamiton (Ages 17 & up).............. HA01
Mon, Apr 4-May 23, 7:05PM-8:50PM
$36 Residents/$48 Non-Residents

Hamiton (Ages 17 & up).............. HA02
Wed, Apr 6-May 25, 7:05PM-8:50AM
$36 Residents/$48 Non-Residents

Morse-Marshall (Ages 17 & up)..... MR01
Thu, Apr 7-May 26, 7:45PM- 8:45PM
$36 Residents/$48 Non-Residents

Riverside (Ages 17 & up)............. RS01
Mon, Apr 4-May 23, 7:40PM- 8:40PM
$36 Residents/$48 Non-Residents

Riverside (Ages 17 & up)............. RS02
Wed, Apr 6-May 25, 7:40PM- 8:40PM
$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: 4RAQ0307
(Section codes listed below)

Morse-Marshall (Ages 17 & up)..... MR01
Tue, Apr 5-May 24, 5:35PM- 6:25PM
$36 Residents/$48 Non-Residents

Gaenslen (Ages 17 & up).............. GS01
Thu, Apr 7-May 26, 4:45PM- 5:45PM
$36 Residents/$48 Non-Residents

Gaenslen (Ages 17 & up).............. GS02
Thu, Apr 7-May 26, 7:55PM- 8:45PM
$36 Residents/$48 Non-Residents

Lifeguard Review Course
Lifeguards who need to re-new their certifications may register for this course. You must either possess a current Lifeguard certification card from a reputable organization or have participated in a full course within the previous 4 years. In the Water Segment, 3 water scenarios and 1 written exam will be conducted among other basic water rescue skills. The CPR/AED, 1st Aid segment will include 1 written exam along with both practical scenario testing and skill competency demonstrations. Please prepare yourself in advance as little guidance or teaching of skills will occur during a review. The water and CPR/AED segments are required to be done in one session. Space is limited to the first paid 12 individuals.

Activity Code: 4RAQ0602
(Section codes listed below)

MacDowell (Ages 16-80)............. JU01
Fri, Jun 10, 8:45AM- 4:00PM
$60 Residents/$90 Non-Residents

South Division (Ages 16-80)........ SD01
Fri, Apr 1, 8:45AM- 4:00PM
$60 Residents/$90 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: 4RAQ0601
(Section codes listed below)

MacDowell (Ages 15-79)............. JU01
Mon-Fri, Jun 6-Jun 10, 8:45AM- 4:45PM
$100 Residents/$300 Non-Residents

Water Safety Instructor (WSI)
A WSI class will be held during the MPS Spring Break. Obtain details by calling the Aquatics office at 647-6075 or by visiting us on the web at milwaukeerecreation.net
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: 4RCS0701

MacDowell (Ages 16 & up) .............JU01
(Daily Ground Option Train 4 days per week.)
Mon/Tue/Thu/Fri, Apr 4-May 27, 5:15AM-6:15AM
$72 Residents/$108 Non-Residents

MacDowell (Ages 16 & up) .............JU04
(Daily Ground Option Train 4 days per week.)
Mon/Tue/Thu/Fri, Apr 4-May 27, 6:15AM-7:15AM
$72 Residents/$108 Non-Residents

MacDowell (Ages 16 & up) .............JU03
(Half Ground Option - Select 2 days of 4 to train.)
Tue/Thu, Apr 5-May 26, 5:15AM-6:15AM
$56 Residents/$84 Non-Residents

MacDowell (Ages 16 & up) .............JU02
(Half Ground Option - Select 2 days of 4 to train.)
Tue/Thu, Apr 5-May 26, 6:15AM-7:15AM
$56 Residents/$84 Non-Residents

MacDowell (Ages 16 & up) .............JU05
(Monday Evening Option)
Mon, Apr 4-May 23, 7:00PM-8:00PM
$38 Residents/$57 Non-Residents

Riverside (Ages 16 & up) .............RS01
(Thursday Evening Option)
Thu, Apr 7-May 26, 7:40PM-8:40PM
$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: 4RCS0702

MacDowell (Ages 16 & up) .............JU01
(Early Weekend: Triathlon Focus)
Sat, Apr 2-May 21, 7:25AM-8:25AM
$38 Residents/$57 Non-Residents

MacDowell (Ages 16 & up) .............JU02
(Later Weekend: Lifetime Fitness)
Sat, Apr 2-May 21, 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: 4RCS0703

South Division (Ages 16 & up) ........ SD01
Mon/Wed, Apr 4-May 25, 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: 4RCS0704

Riverside (Ages 16 & up) .............RS01
Tue, Apr 5-May 24, 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: 4RCS0801

MacDowell (Ages 4-19) ...............JU01
Saturdays, Apr 2 - May 21, 9:30 - 11:00AM
$60 Residents/$120 Non-Residents

Riverside (Ages 4-19) ...............RS01
Mon/Wed/Thu, Apr 4-May 26, 5:30PM-7:00PM
$60 Residents/$120 Non-Residents

South Division (Ages 4-19) ........ SD01
Mon/Wed/Thu, Apr 4-May 26, 5:45PM-7:15PM
$60 Residents/$120 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: 4RCS0802
(Section codes listed below)
MacDowell (Ages 4-19) ................. JU01
Saturdays, Apr 2 - May 21: 9:30 - 10:30AM
Tues/Thurs, Apr 5 - May 26: 6:15 - 7:15 PM
$40 Residents/$80 Non-Residents
Riverside (Ages 4-19) ................. RS01
Mon/Wed/Thu, Apr 4-May 26,
6:15PM- 7:15PM
$40 Residents/$80 Non-Residents
South Division (Ages 4-19) ........... SD01
Mon/Wed/Thu, Apr 4-May 26,
6:30PM- 7:30PM
$40 Residents/$80 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: 4RCS0803
(Section codes listed below)
MacDowell (Ages 4-19) ................. JU01
Tue/Thu, Apr 5-May 26, 5:30PM- 6:15PM
$24 Residents/$48 Non-Residents
Riverside (Ages 4-19) ................. RS01
Mon/Wed, Apr 4-May 25, 5:30PM- 6:15PM
$24 Residents/$48 Non-Residents
South Division (Ages 4-19) ........... SD01
Fri, Apr 8-May 27, 5:45PM- 7:15PM
$24 Residents/$48 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 of Advanced Competitive Swim to be eligible for this option. Family discount does not apply. Not eligible for reduced fees.
Activity Code: 4RCS0804
(Section codes listed below)
MacDowell (Ages 4-19) ................. JU01
Mon, Apr 4-May 23, 5:30PM- 7:00PM
$16 Residents/$16 Non-Residents
South Division (Ages 4-19) ........... SD01
Fri, Apr 8-May 27, 5:45PM- 7:15PM
$16 Residents/$16 Non-Residents

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fb.com/MilwaukeeRecreation

MPS RUN BACK TO SCHOOL
AUGUST 27, 2016
MPS invites all runners and walkers to join us for the 9th Annual Run Back to School on Saturday, August 27, 2016 (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 using #5RBS3301-WF01.

facebook.com/MilwaukeeRecreation www.MilwaukeeRecreation.net
**ARTS CRAFTS**

**Watercolor Painting**
Do you admire the transparent beauty of watercolor paintings? Would you like to learn the methods applied in creating these images? These classes are structured for the beginner and experienced watercolor artist. Instructor offers enthusiastic personal guidance in traditional and contemporary methods. For supply list, call Brinton at 414-481-2494.

- **Activity Code:** 4RAE0917
- **Beulah Brinton (Beg.)** ............... BN01
  - Thu, Apr 21-May 5, 6:00PM-8:00PM
  - $18 Residents/$27 Non-Residents
- **Beulah Brinton (Adv.)** ............... BN02
  - Thu, Apr 21-May 5, 7:00PM-9:00PM
  - $18 Residents/$27 Non-Residents
- **Beulah Brinton (Beg.)** ............... BN03
  - Thu, May 19-Jun 2, 6:00PM-8:00PM
  - $18 Residents/$27 Non-Residents
- **Beulah Brinton (Adv.)** ............... BN04
  - Thu, May 19-Jun 2, 7:00PM-9:00PM
  - $18 Residents/$27 Non-Residents

**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/bwvnHd

- **Activity Code:** 4RAE0901
- **Riverside (Level 1)** ................. RS01
  - Tue, Apr 5-Apr 26, 6:00PM-8:00PM
  - $23 Residents/$34.50 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. Supply list will be provided at the first class.

- **Activity Code:** 4RAE0907
- **Riverside (Level 1)** ................. RS01
  - Wed, Apr 6-Apr 27, 6:00PM-8:00PM
  - $23 Residents/$34.50 Non-Residents

**Oil Paint Studio**
Students will 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:** 4RAE0909
- **MacDowell** ......................... JU01
  - Mon, Apr 4-May 23, 6:30PM-8:00PM
  - $37 Residents/$55.50 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. Supply list will be provided at the first class.

- **Activity Code:** 4RAE0910
- **Riverside** ......................... RS01
  - Mon, May 2-May 23, 6:00PM-8:00PM
  - $23 Residents/$34.50 Non-Residents

**Studio Acrylics Painting**
This class explores your artistic goals. Bring in your own photos and learn an approach to painting your ideas. Open to beginners and advanced. The instructor will provide you with assignments, if desired. A painting demonstration is done in each class. Ideas might include landscape, portrait, still life, architecture, interiors, figures. Follow your heart and develop your acrylics painting style in this exciting, flexible class.

- **Activity Code:** 4RAE0921
- **Riverside** ......................... RS01
  - Mon, Apr 4-Apr 25, 6:00PM-8:00PM
  - $23 Residents/$34.50 Non-Residents

**Clothing Alteration**
This class is perfect if you want to re-style a favorite garment, if you’ve lost weight but want to keep your clothes, or if you prefer to give your clothes a longer life by giving them a modern fit. Students will bring in a garment of their choice and leave with it fitting them just right! No supplies needed.

- **Activity Code:** 4RAE0904
- **Madison** ......................... MA01
  - Sat, Apr 23-Apr 30, 11:00AM-2:00PM
  - $40 Residents/$60 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: 4RAE0905
(Section codes listed below)

Hamilton (Crocheting only) .............. HA01
Mon, Apr 4-May 23, 6:30PM-8:30PM
$43 Residents/$64.50 Non-Residents

Hamilton (Knitting only) .................. HA02
Thu, Apr 7-May 26, 6:30PM-8:30PM
$43 Residents/$64.50 Non-Residents

Milw School of Language .................. ML01
Mon, Apr 4-May 23, 6:30PM-8:30PM
$43 Residents/$64.50 Non-Residents

Morse-Marshall ............................ MR01
Tue, Apr 5-May 24, 6:30PM-8:30PM
$43 Residents/$64.50 Non-Residents

North Division ............................. ND01
Sat, Apr 2-May 21, 10:00AM-12:00PM
$43 Residents/$64.50 Non-Residents

Parkside ...................................... FR01
Wed, Apr 6-May 25, 6:00PM-8:00PM
$38 Residents/$57 Non-Residents

Rubber Stamping
Explore one of the most popular crafts today. Try a different technique for using rubber stamps, inks, pencils, markers, chalk and embossing materials. Work on masking, background, pop-up folds, and decorative uses. Class is for all skill levels. A $5.00 (cash only) supply fee will be due to the instructor at each class.

Activity Code: 4RAE0913
(Section codes listed below)

Riverside ................................. RS01
Wed, Apr 6-May 25, 6:30PM-8:30PM
$43 Residents/$64.50 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: 4RAE0914
(Section codes listed below)

Hamilton (Beg.) ............................ HA01
Sat, Apr 16-May 21, 9:30AM-11:30AM
$33 Residents/$49.50 Non-Residents

Hamilton (Int.) ............................. HA02
Sat, Apr 16-May 21, 12:30PM-2:30PM
$33 Residents/$49.50 Non-Residents

Madison (Beg.) ............................. MA01
Thu, Apr 7-May 26, 6:00PM-8:00PM
$51 Residents/$76.50 Non-Residents

Riverside (Semi-Private) ................. RS01
Mon, Apr 4-May 23, 6:30PM-8:30PM
$98 Residents/$147 Non-Residents

Washington (Semi-Private) .............. WA01
Tue, Apr 5-May 24, 6:30PM-8:30PM
$74 Residents/$111 Non-Residents

Quilting
Interested in making a beautiful quilt of your own? Join us and learn how to choose and prepare fabrics. Find out what is involved with assembly and which pattern might be right for your patience level. Participants will be exposed to potential pitfalls and learn how to avoid them. Nothing is cozier on a cold night than a quilt made with love! Supply list will be provided at the first class.

Activity Code: 4RAE0919
(Section codes listed below)

Hamilton ..................................... HA01
Mon, Apr 18-May 23, 6:00PM-8:00PM
$33 Residents/$49.50 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 bead-working 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: 4RAE0902
(Section codes listed below)

Morse-Marshall ............................. MR01
Sat, Apr 2-May 21, 10:00AM-11:30AM
$33 Residents/$49.50 Non-Residents

Chain Mail
Chain Mail is an ancient art that may be used to create anything from attractive jewelry to functional armor. Learn the very basics of chain mail as you produce a beautiful pair of earrings and two bracelets. The earrings will be made from aluminum and the bracelets from silver plated jump rings. Please bring to class a beading mat or small towel, two pairs of pliers with flat jaws, such as chain nose, flat nose, or rosary pliers. An $18.00 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 4RAE0920
(Section codes listed below)

Hamilton ..................................... HA01
Sat, May 14-May 21, 12:00PM-1:30PM
$10.50 Residents/$15.75 Non-Residents

Wire Jewelry Making
You will learn how to use simple techniques to take your ordinary jewelry to the next level as elegant, wearable pieces of art. This course teaches you how to make simple bead caps, bead cages, wire findings, wrapped rings and so much more! You will need to bring wire cutters, round nose pliers and flat nose pliers to every class. A $5.00 (cash only) supply fee is due to the instructor at the first class.

Activity Code: 4RAE0922
(Section codes listed below)

Morse-Marshall ............................. MR01
Tue, Apr 5-May 24, 6:00PM-7:30PM
$33 Residents/$49.50 Non-Residents
WEAVING AND FIBER ARTS

Wet Felted Laminate (Nuno) Scarf
Learn how to make a laminate or nuno felt scarf, or come and make another one. You will decorate a hand-dyed silk chiffon scarf with wisps of merino wool and then wet felt them very gently together. The result is a super light beautiful scarf with amazing texture. The finished scarf length will be about 5 feet long. If you wish to make it longer, there will be yarn pieces to extend it. No felting experience necessary. Please bring: a sponge, an old bath towel and a produce size plastic bag. A $15.00 (cash only) supply fee is due to the instructor at class. Class fee is non-refundable.

Activity Code: 4RAE9925

Hamilton (Ages 14 & up) .......... HA01
Sat, Apr 23, 9:30AM-2:00PM
$14.50 Residents/$21.75 Non-Residents

The Little Felted Bag
If you enjoy color, like to get your hands wet, and are interested in creating a small bag for a cellphone, keys, or a few essentials, this class is for you. We will be wet felting a little bag, about 4” x 7”. You can choose to lay it out vertically or horizontally, with or without a felted flap. It will be seamless, working with a plastic resist and can have many surface decorations. No wet felting experience necessary, but some upper body strength is. Please bring an old hand towel, a plastic bag, and a pen. All felting materials supplied. A $10.00 (cash only) supply fee is due to the instructor at class.

Activity Code: 4RAE0927

Riverside (Ages 14 & up) .......... RS01
Wed, May 11, 5:30PM-8:30PM
$18 Residents/$27 Non-Residents

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: 4RAE6903

Gaenslen (Ages 14 & up) .......... GS01
Mon, Apr 4-May 23, 10:00AM-12:30PM
$54 Residents/$54 Non-Residents
$48.50 for ages 55 & up

Open Studio for Experienced Weavers - Int./Adv.
No instructor. Enjoy the camaraderie of studio weaving. For those who wish to weave away from home. Fees are for use of our studio space and equipment. Someone will be on hand the first week to help familiarize you with the Weaving Center.

Activity Code: 4RAE6904

Gaenslen (Ages 14 & up) .......... GS01
Thu, Apr 14-Jun 2, 9:00AM-12:00PM
$49 Residents/$49 Non-Residents
$44 for ages 55 & up

Weaving Basics and Beyond
Beginners will learn to warp the loom and weave a sampler of patterns. Weavers beyond beginning level continue the learning process with a project of choice. Fee does not include materials purchased from weaving center. An $8.00 (cash only) supply fee for beginners’ sampler is due to the instructor at the first class.

Activity Code: 4RAE6905

Gaenslen (Ages 14 & up) .......... GS01
Thu, Apr 7-May 26, 6:00PM-8:30PM
$54 Residents/$54 Non-Residents
$48.50 for ages 55 & up

Wisconsin Handweavers
Anyone interested in weaving and related arts is welcome to join us for monthly membership meetings and programs, which are held on the second Saturday of the month from September to December and from February to May at: Gaenslen School, 1250 E. Burleigh St. Meetings are held from 10 AM until noon. The public is welcome to attend. For online information go to: www.wihandweavers.org.
Screen Printing Workshop
An opportunity to study and discover simple ways to screen print. We will print on both paper & textiles using existing items without special or expensive equipment. Please bring a 6-8” embroidery hoop and a blow dryer if you have one. Printmakers and crafters of all levels and experience are welcome to attend this workshop. A $15.00 (cash only) supply fee will be due to the instructor at the first class. Join us to explore these unique processes. Instructor: Susan Buss
Activity Code: 4RAE6909
(Section codes listed below)

Gaenslen ....................................... GS01
Sat, Apr 23-Apr 30, 9:00AM-11:30AM
$20 Residents/$20 Non-Residents

Gaenslen ....................................... GS02
Wed, May 11-May 18, 6:00PM- 8:30PM
$20 Residents/$20 Non-Residents

Draft Reading for Weavers
In this one-day workshop, participants will learn the basics of reading patterns and identifying structures. Instructor: Susan Buss
Activity Code: 4RAE6912
(Section codes listed below)

Gaenslen ....................................... GS01
Wed, Apr 13, 12:30PM- 3:00PM
$20 Residents/$20 Non-Residents

Gaenslen ....................................... GS02
Wed, May 25, 12:30PM- 3:00PM
$20 Residents/$20 Non-Residents

Bobbin Lace
Bobbin lace is a form of weaving that dates back to the 16th Century. Beginners will learn how to wind the bobbins (warp), the 3 basic stitches, and learn to read a pattern. Continuing students will work on their own projects. All supplies furnished. Instructor: Naomi Holthaus
Activity Code: 4RAE6911
(Section codes listed below)

Gaenslen ....................................... GS01
Mon, Apr 4-May 23, 1:00PM- 3:30PM
$35 Residents/$35 Non-Residents
$31.50 for ages 55 & up

Everything but the Kitchen Sink
Participants in this class will use natural materials to create a hand-dyed silk scarf. A supply list will be posted at www.abkweavingcenter.org/classes before this class begins. A $10.00 (cash only) supply fee is due to the instructor at the class. Instructor: Susan Leopold
Activity Code: 4RAE6913
(Section codes listed below)

Gaenslen ....................................... GS01
Thu, Apr 28, 6:00PM- 8:00PM
$20 Residents/$20 Non-Residents

Exploring Overshot
How is it possible that only 4 shafts can provide such a complex pattern? Come find out! Bring circles and curves to your weaving repertoire. Students will warp and dress 4-harness table looms to create an overshot pattern of their choice. Basic weaving knowledge is required. Studio materials are available for purchase or you may bring your own once you decide on your project. Instructor: Susan Buss
Activity Code: 4RAE6914
(Section codes listed below)

Gaenslen ....................................... GS01
Mon, Apr 4-May 23, 6:00PM- 8:30PM
$52 Residents/$52 Non-Residents
$46.50 for ages 55 & up
COMPUTERS

Facebook®
In this comprehensive workshop you will learn the basics of how to get started on one of the largest social media websites. This introductory series of classes will answer a variety of frequently asked questions from establishing an account to uploading photos and managing privacy settings on your account. In addition to learning the basics of Facebook®, you will learn how to establish a friend list that will connect you with friends and family. **Participants must have a current email address.

Activity Code: 4RAE1501

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

Activity Code: 4RAE1503

Cooking

New Orleans Style Seafood Boil
Did you miss out on the Mardi Gras festivities this year? Well now is your chance to experience a New Orleans style seafood boil with all the fix-ins in this exciting new class! Students will learn how to properly and safely boil seafood and enjoy a little southern hospitality right here in the mid-west. Fee includes food cost and is non-refundable.

Activity Code: 4RAE1606

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: 4RAE1611

Empanadas with a Twist
This hands on class will teach you how to make Mexican homemade empanada dough. You will learn how to fill your empanadas to make different varieties such as apple, pumpkin, and meat. Fee includes food cost and is non-refundable.

Activity Code: 4RAE1619

Make Your Own Pizza
Are you tired of ordering the same pizza from your local pizzeria time and time again? Me too. Let’s step into the kitchen together and create delicious gourmet style pizzas such as Barbecue Chicken Pizza and Reuben Pizza in less time than it takes to call the delivery guy. Fee includes food cost and is non-refundable.

Activity Code: 4RAE1620

Real British Food
What are ‘Bubbles & Squeeze’ ‘Bangers & Mash & ‘Toad in the Hole’? These food dishes are well known in BRITAIN so come and find out how easy they are to make and very tasty. We will be making a variety of traditional British food also scones and madeira sponge cake. Fee includes food cost and is non-refundable.

Activity Code: 4RAE1629

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED MAY 27-30 FOR MEMORIAL DAY WEEKEND
Rustic Tuscan Food
The key to TUSCAN FOOD is the basic simple food ingredients that consist of fresh fruit, vegetables, beans, bread, mushrooms, cheeses and olive oil. Olive oil is a major part of Tuscan cooking. We will be making a traditional Tuscan main dish, Melanzane Alla Parmigiana (Eggplant Parmigiana), several Tuscan salads, Bruschetta appetizers, the classic Tuscan “Ribollito” soup and a delicious Tuscan dessert. Fee includes food cost and is non-refundable.

Activity Code: 4RAE1630
(Section codes listed below)

Riverside ....................................... RS01
Sat, May 21, 11:00AM-2:00PM
$25 Residents/$37.50 Non-Residents

Cafe Morocco
Come take a visit to Cafe Morocco and enjoy some of the traditional dishes. Moroccan food is a fusion of African, Arabian and European cultures. We will be making “Moroccan Street Food” such as Harissa Hot Wings, Tagine Djaj Mqualli (Chicken, Olives, and Lemons), Tagine Kefta (Moroccan Meat Balls), Charmoula (Moroccan condiment), Moroccan salads and Meskouta (Moroccan Yogurt Cake). Fee includes food cost and is non-refundable.

Activity Code: 4RAE1633
(Section codes listed below)

Riverside ....................................... RS01
Sat, Apr 23, 11:00AM-2:00PM
$25 Residents/$37.50 Non-Residents

Spring Soups & Salads
Spring is here! There are lots of great healthy fruits and vegetables available at the local farmers markets. This is a great way to use those great fresh food items. We will be making 4 soups and 4 salads that will help you celebrate spring and eat light and healthy! You will also learn to make delicious homemade salad dressings. Fee includes food cost and is non-refundable.

Activity Code: 4RAE1634
(Section codes listed below)

Riverside ....................................... RS01
Tue, Apr 19, 6:00PM-8:30PM
$22.50 Residents/$33.75 Non-Residents

Taste of Italy
During this class, students can learn the basic steps of Italian cooking. Students will learn some information about Italian cuisine and regional differences. Students will also learn how to make a typical meal with handmade pasta. Fee includes food cost and is non-refundable.

Activity Code: 4RAE1623
(Section codes listed below)

Hamilton ......................................... HA01
Sat, May 7, 9:30AM-12:30PM
$25 Residents/$37.50 Non-Residents

Italian Cooking Secrets Revealed
Discover the secrets on how to make Italian food that compete with any expensive Italian restaurant. Learn recipes that come directly from different regions of Italy through family traditions you can use in a variety of dishes which will amaze your friends and family. Buon Appetito!! Fee includes food cost and is non-refundable.

Activity Code: 4RAE1632
(Section codes listed below)

MacDowell ....................................... JU01
Thu, May 12, 6:00PM-9:00PM
$25 Residents/$37.50 Non-Residents

Morse-Marshall ................................. MR01
Thu, Apr 28, 6:00PM-9:00PM
$25 Residents/$37.50 Non-Residents

Bacon, Bacon, & More Bacon
Calling all BACON LOVERS — this is the class for you. Bacon is not just for breakfast anymore!! See how we can use BACON in side/main dishes and even desserts. Fee includes food cost and is non-refundable.

Activity Code: 4RAE1631
(Section codes listed below)

Riverside ....................................... RS01
Tue, Apr 12, 6:00PM-9:00PM
$25 Residents/$37.50 Non-Residents
COOKING CREATIONS WITH JULIE

Nordic Cuisine II
This popular class from last spring is returning at the request of the students and we’re preparing new recipes. The cuisine of the Scandinavian countries is naturally healthy and continues to increase in popularity. Last year we used some traditional recipes and this year we will be trying out updated recipes. To get yourself in the mood for this class, watch the delightful romantic comedy Love and Lemons about a restaurant in Sweden. We’ll prepare and sample Maud’s Seafood Soup; Danish Spring Salad; Scandinavian Mackerel Appetizer; Icelandic Celery Root and Goat Cheese Appetizer; Norwegian Meatballs; and Finnish Dessert Pancakes. All attendees receive recipes. Fee includes food cost and is non-refundable.

Activity Code: 4RAE1804
(Section codes listed below)

Hamilton ....................................... HA01
Tue, Apr 19, 6:00PM- 8:00PM
$20 Residents/$30 Non-Residents

MacDowell ..................................... JU01
Sat, Apr 30, 11:00AM- 1:00PM
$20 Residents/$30 Non-Residents

Morse-Marshall ............................. MR01
Thu, Apr 21, 6:00PM- 8:00PM
$20 Residents/$30 Non-Residents

The “Other” Mediterranean Diet
Typically, when we hear “Mediterranean Diet,” we think of the foods of Italy and Greece. There are 21 other countries that border the Mediterranean Sea, however. Come to this session where we will prepare and explore the cuisine of these countries found on the other side of the Med,” like Morocco, Tunisia, and Algeria. We’ll cook with seasonings that are familiar to us, but use them in new ways in this hands-on session. We’ll prepare and sample Moroccan Salad; Breakfast Beans; Moroccan Lentil & Chickpea Soup; Algerian Cauliflower and Zucchini Salad; Tunisian Carrot Salad; and Tunisian Garlicky Eggplant Salad. Please bring your own place setting so that you can sample what we prepare in this hands-on session. All attendees receive recipes. Fee includes food cost and is non-refundable.

Activity Code: 4RAE1805
(Section codes listed below)

Hamilton ....................................... HA01
Tue, May 17, 6:00PM- 8:00PM
$20 Residents/$30 Non-Residents

MacDowell ..................................... JU01
Sat, May 21, 11:00AM- 1:00PM
$20 Residents/$30 Non-Residents

Morse-Marshall ............................. MR01
Sat, May 21, 11:00AM- 1:00PM
$20 Residents/$30 Non-Residents

COOKING WITH ANGELA

Celebrate Cinco de Mayo
Cinco de Mayo may not have the same focus in the United States as it does in Mexico, but it’s still a good reason to enjoy some tasty food. Come join us as we gather together in celebration to create Smothered Enchiladas and Mock Fried Ice Cream. You’re welcome to wear your sombrero to this delicious party. Fee includes food cost and is non-refundable.

Activity Code: 4RAE2201
(Section codes listed below)

Morse-Marshall ............................. MR01
Thu, May 5, 6:00PM- 8:00PM
$20 Residents/$30 Non-Residents

DANCE

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

Activity Code: 4RAE2901
(Section codes listed below)

North Division .............................. ND01
Sat, Apr 2-May 21, 10:45AM-11:45AM
$23 Residents/$34.50 Non-Residents

African Dance
Explore the art of African dance as you enhance your rhythmic and creative movement skills. Experience African culture, music, and dance. Please wear comfortable clothing. All levels are welcome. Class is combined with youth class.

Activity Code: 4RAE2902
(Section codes listed below)

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: 4RAE2903
(Section codes listed below)

Riverside ................................. RS01
Sat, Apr 2-May 21, 1:00PM- 2:00PM
$23 Residents/$34.50 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: 4RAE2904
(Section codes listed below)

Alecott (Beg./Int.).........................AL01
Mon, Apr 4-May 23, 6:00PM-7:00PM
$23 Residents/$34.50 Non-Residents

Beulah Brinton .........................BN01
Fri, Apr 29-Jun 10, 6:30PM-7:30PM
$16 Residents/$24 Non-Residents

Hamilton (Beg./Int.)......................HA01
Wed, Apr 6-May 25, 7:00PM-8:30PM
$33 Residents/$49.50 Non-Residents

Egyptian Belly Dance
Tone your core muscles as you learn isolations, undulations, shimmies, and combinations of the ancient art of belly dancing.

Activity Code: 4RAE2906
(Section codes listed below)

Hamilton ..................................HA01
Tue, Apr 5-May 24, 7:00PM-8:00PM
$23 Residents/$34.50 Non-Residents

La Salsa Vida
Escape ‘the grind!’ You will learn the complexities of club-style Salsa and the conventions of leading and following. The course will introduce basic dance, musicality, partnership, and work toward challenging combinations. Shoes or socks that slide are recommended, no sandals. No partner required as partners rotate.

Activity Code: 4RAE2907
(Section codes listed below)

Beulah Brinton .........................BN01
Fri, Apr 29-Jun 10, 6:30PM-7:30PM
$16 Residents/$24 Non-Residents

Sizzlin Salsa for Couples
Get ready for these romantic dances to keep you moving and dancing the night away! Learn leading and following skills, footwork, turns, and patterns for these popular Latin dances. Fee is per person.

Activity Code: 4RAE2909
(Section codes listed below)

Riverside (Salsa & Bachata) ..........RS01
Mon, Apr 4-May 23, 7:00PM-8:00PM
$23 Residents/$34.50 Non-Residents

Soul Line Dancing
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: 4RAE2910
(Section codes listed below)

North Division .........................ND01
Mon, Apr 4-May 23, 6:00PM-7:00PM
$23 Residents/$34.50 Non-Residents

Washington .............................WA01
Thu, Apr 7-May 26, 6:00PM-7:00PM
$23 Residents/$34.50 Non-Residents

Steppin’
Learn Steppin’, Chicago style from The Step Master, Whodini. Create your own style by getting your Step On! A partner is suggested. No tennis shoes; leather-soled shoes preferred. Fee is per person.

Activity Code: 4RAE2911
(Section codes listed below)

Morse-Marshall .........................MR01
Mon, Apr 4-May 23, 6:00PM-7:30PM
$33 Residents/$49.50 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: 4RAE2912
(Section codes listed below)

81st Street ...............................8101
Mon, Apr 4-May 23, 6:00PM-7:00PM
$21 Residents/$31.50 Non-Residents

Morse-Marshall .........................MR01
Wed, Apr 6-May 25, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

Creative Movement for Non-Dancers
We won’t be teaching you to dance, but instead you will learn to express yourself through individual creative movement utilizing some basic dance techniques. Relax, relieve stress and develop a sense of community through expressive motion.

Activity Code: 4RAE2915
(Section codes listed below)

Hamilton ..................................HA01
Wed, Apr 6-May 25, 7:00PM-8:00PM
$23 Residents/$34.50 Non-Residents

Tap Dance
Whether you are a beginner, advanced, or somewhere in between, we have a tap dance class for you. Beginner - Intermediate classes are for beginners through those with some tap experience and understanding of basic tap steps. Intermediate - Advanced classes are for the more advanced intermediate through those with a broad tap vocabulary and understanding of most tap steps.

Activity Code: 4RAE2916
(Section codes listed below)

Riverside (Beg./Int.) .................RS01
Tue, Apr 5-May 24, 7:00PM-7:55PM
$23 Residents/$34.50 Non-Residents

Riverside (Int./Adv.) .............RS02
Tue, Apr 5-May 24, 6:00PM-6:55PM
$23 Residents/$34.50 Non-Residents

Hip Hop
This class teaches a combination of jazz and hip-hop/funk dance routines to popular pop and hip-hop songs.

Activity Code: 4RAE2918
(Section codes listed below)

Milw School of Language ..........ML01
Mon, Apr 4-May 23, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents
FINANCE

Intelligent Investing: What You Think You Know May Hurt You

Many individuals do not appreciate the importance of saving and investing. Others wouldn’t know where to begin if they did. This course will cover the basics of investing: time value of money, compounding, capital markets, value vs. growth investing, and separate accounts vs. mutual funds. Class taught by Adam Ryback, Account Executive, Kevin Bay Investments, LLC. Class fee is non-refundable.

Activity Code: 4RAE3402
(Section codes listed below)

Milw School of Language ............. ML01
Wed, Apr 27, 6:00PM- 7:30PM
$7 Residents/$10.50 Non-Residents

Parkside .................................. FR01
Wed, Apr 20, 6:00PM- 7:30PM
$7 Residents/$10.50 Non-Residents

Retirement Investing: What You Think You Know May Hurt You

Individuals aged 75 and older are participating in the workforce at a rate not seen in years. Did they run out of money during their retirement? Did they fail to plan ahead properly? Many investors, concerned with enjoying their retirement as they see fit, spend time learning or re-learning the basics of investing. Presented by Adam Ryback, Account Executive of Kevin Bay Investments, LLC. Class fee is non-refundable.

Activity Code: 4RAE3403
(Section codes listed below)

Milw School of Language ............. ML01
Wed, May 11, 6:00PM- 7:30PM
$7 Residents/$10.50 Non-Residents

Parkside .................................. FR01
Wed, May 4, 6:00PM- 7:30PM
$7 Residents/$10.50 Non-Residents

Roth IRA’s

This educational seminar is designed for individuals who may own a Traditional, Simple, or Sep IRA and might consider converting to a Roth IRA. Participants will learn the difference between traditional and Roth IRA’s, how a Roth IRA can give you greater flexibility to meet your retirement income needs, and whether converting from a traditional IRA to a Roth IRA makes sense for your retirement goals. Classes taught by Scott Cayo, Edward Jones. Class fee is non-refundable.

Activity Code: 4RAE3404
(Section codes listed below)

Hamilton ................................ HA01
Thu, Apr 7, 6:30PM- 7:30PM
$5.50 Residents/$8.25 Non-Residents

MacDowell ............................... JU01
Thu, May 5, 6:30PM- 7:30PM
$5.50 Residents/$8.25 Non-Residents

Home Buying Workshop

Come and hear from the experts! In this two hour class you will hear from Tabatha DeLeon from BMO Harris Bank and her guests. Join us and let us show you how to purchase a property the right way! Class fee is non-refundable.

Activity Code: 4RAE3406
(Section codes listed below)

Hamilton ................................ HA01
Sat, Apr 16, 12:30PM- 2:30PM
$8 Residents/$12 Non-Residents

South Division ............................ SD01
Sat, May 21, 12:30PM- 2:30PM
$8 Residents/$12 Non-Residents

Start with Nothing
(Create a Savings)

Do you want to save money but struggle with how to start? Maybe you’ve tried in the past, but a family emergency or home repairs set you back. Whether you have a dime, ten dollars, or one hundred dollars, Start with Nothing will help you on your way to a savings. We will discuss the banking and non-banking options as well as small investment with large return opportunities. Participants will also learn the benefits of keeping a spreadsheet to track expenses to increase the success of their savings. Class fee is non-refundable.

Activity Code: 4RAE3407
(Section codes listed below)

Morse-Marshall .......................... MR01
Thu, May 12, 6:00PM- 8:00PM
$8 Residents/$12 Non-Residents
FITNESS

4 in 1 Training
This class is a combination of Spiced up Cardio, Boxing Aerobics, Body Sculpting and Step Aerobics. Burn off the calories and shape your body while having fun!
Activity Code: 4RAE3501
(Section codes listed below)

Beulah Brinton ...................... BN01
Tue, Apr 5-May 31, 6:00PM- 7:00PM
$30 Residents/$45 Non-Residents

Hamilton ......................... HA01
Mon, Apr 4-May 23, 6:00PM- 7:00PM
$27 Residents/$40.50 Non-Residents

ABSoGLUTEly Fit
Want to look and feel better? In this class we will work on your upper and lower abdominals. In addition to improving your abs, students will focus on toning their glutes and hamstrings. Bring your own exercise mat or purchase at site for $10.00.
Activity Code: 4RAE3502
(Section codes listed below)

Beulah Brinton ...................... BN01
Mon, Apr 4-Jun 7, 6:10PM- 7:10PM
$30 Residents/$45 Non-Residents

Beulah Brinton ...................... BN02
Wed, Apr 6-Jun 1, 6:00PM- 7:00PM
$30 Residents/$45 Non-Residents

Milw School of Language .......... ML01
Wed, Apr 6-May 25, 6:30PM- 7:30PM
$27 Residents/$40.50 Non-Residents

Morse-Marshall .................... MR01
Tue, Apr 5-May 24, 6:00PM- 7:00PM
$27 Residents/$40.50 Non-Residents

Riverside ......................... RS02
Mon/Thu, Apr 7-May 26, 8:00PM- 8:30PM
$15 Residents/$22.50 Non-Residents

Barre Fitness
You don’t 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.
Activity Code: 4RAE3503
(Section codes listed below)

MacDowell ......................... JU01
Mon, Apr 4-May 23, 6:30PM- 7:30PM
$27 Residents/$40.50 Non-Residents

Milw School of Language .......... ML01
Mon, Apr 4-May 23, 7:40PM- 8:40PM
$27 Residents/$40.50 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. Bring a large scarf or veil and a towel or mat.
Activity Code: 4RAE3504
(Section codes listed below)

Hamilton .......................... HA01
Mon, Apr 4-May 23, 7:00PM- 8:00PM
$27 Residents/$40.50 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: 4RAE3505
(Section codes listed below)

Beulah Brinton ...................... BN01
Tue, Apr 5-May 31, 6:00PM- 7:00PM
$30 Residents/$45 Non-Residents

Beulah Brinton ...................... BN02
Thu, Apr 7-Jun 2, 6:00PM- 7:00PM
$30 Residents/$45 Non-Residents

Beulah Brinton ...................... BN03
Sat, Apr 9-Jun 6, 9:00AM-10:00AM
$30 Residents/$45 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: 4RAE3509
(Section codes listed below)

Beulah Brinton ...................... BN01
Thu, Apr 7-Jun 2, 7:15PM- 8:15PM
$30 Residents/$45 Non-Residents

Beulah Brinton ...................... BN02
Sat, Apr 9-Jun 6, 8:00AM- 9:00AM
$30 Residents/$45 Non-Residents

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: 4RAE3510
(Section codes listed below)

Beulah Brinton ...................... BN01
Wed, Apr 6-Jun 1, 5:30PM- 6:30PM
$30 Residents/$45 Non-Residents

Beulah Brinton ...................... BN02
Sat, Apr 9-Jun 6, 8:00AM- 9:00AM
$30 Residents/$45 Non-Residents

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: 4RAE3511
(Section codes listed below)

81st Street .......................... 8101
Wed, Apr 6-May 25, 7:00PM- 8:00PM
$27 Residents/$40.50 Non-Residents

Beulah Brinton ...................... BN01
Mon, Apr 4-Jun 7, 7:15PM- 8:15PM
$30 Residents/$45 Non-Residents

Beulah Brinton ...................... BN02
Wed, Apr 6-Jun 1, 7:15PM- 8:15PM
$30 Residents/$45 Non-Residents

81st Street .......................... 8101
Mon, Apr 4-May 23, 6:00PM- 7:00PM
$27 Residents/$40.50 Non-Residents
Fit n’ Fun for 55+
Are you part of the mature 55 and over crowd? If so, this program is designed especially for you and will involve all areas of a safe workout. We will cover the proper way to warm up and cool down and introduce you to a number of activities you can do on your own to maintain a proper level of fitness. You will have fun getting fit! Please wear comfortable clothes, soft sole athletic type shoes and bring your own set of 3 and 5 pound dumbbells.
Activity Code: 4RAE3515
(Activity codes listed below)

Alcott (Ages 55 & up) .........................AL01
Mon, Apr 4-May 23, 6:00PM-6:30PM
$15 Residents/$22.50 Non-Residents

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.
Activity Code: 4RAE3516
(Activity codes listed below)

Morse-Marshall ............................. MR01
Mon, Apr 4-May 23, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

Hoop Dance Workout
Hooping is not just for kids! Today hula hooping 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. For Double Hoop Class: No prerequisite required, but a familiarity with forward 3 beat weave recommended. Hoops will be available to borrow or for purchase at sites. Cost range is $20.00-$35.00 per hoop.
Activity Code: 4RAE3518
(Activity codes listed below)

Riverside (Beg.) ............................ RS01
Sat, Apr 2-May 21, 11:00AM-12:00PM
$27 Residents/$40.50 Non-Residents

Riverside (Int.) .............................. RS02
Tue, Apr 5-May 24, 7:00PM-8:00PM
$27 Residents/$40.50 Non-Residents

Riverside (Double Hoop) ................. RS03
Wed, Apr 6-May 25, 7:00PM-8:00PM
$27 Residents/$40.50 Non-Residents

NIA
NIA is an exhilarating movement and lifestyle practice. As the first cardio workout to combine martial arts, dance and healing arts, NIA has fundamentally changed lives with its evolutionary approach to fitness and self-healing in the body. NIA, an internationally acclaimed practice for over 25 years, is based on the science of the body, The Body’s Way. NIA offers a fun, creative pathway to health and well-being, regardless of age or physical condition.
Activity Code: 4RAE3520
(Activity codes listed below)

Beulah Brinton ............................. BN01
Tue, Apr 5-May 31, 6:45PM-7:45PM
$30 Residents/$45 Non-Residents

Riverside ................................. RS01
Wed, Apr 6-May 25, 6:15PM-7:15PM
$27 Residents/$40.50 Non-Residents

Pilates
A non-impact class where you will improve your core strength and flexibility. This class focuses on lengthening, defining, and strengthening your muscles. Wear comfortable clothing. Individuals with medical conditions should be cleared by their physician prior to participation. Bring your own exercise mat or purchase at site for $10.00.
Activity Code: 4RAE3521
(Activity codes listed below)

Beulah Brinton ............................. BN02
Wed, Apr 6-Jun 1, 7:30PM-8:30PM
$30 Residents/$45 Non-Residents

Cooper ....................................... CP01
Thu, Apr 7-May 26, 7:35PM-8:35PM
$27 Residents/$40.50 Non-Residents

Gaenslen ..................................... GS01
Tue, Apr 5-May 24, 6:00PM-6:55PM
$27 Residents/$40.50 Non-Residents

Hamilton ................................. HA02
Sat, Apr 2-May 22, 11:15AM-12:15PM
$27 Residents/$40.50 Non-Residents

Hamilton ..................................... HA01
Thu, Apr 7-May 26, 6:00PM-7:00PM
$27 Residents/$40.50 Non-Residents

Riverside ................................. RS01
Wed, Apr 6-May 25, 7:00PM-7:55PM
$27 Residents/$40.50 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: 4RAE3524
(Activity codes listed below)

Beulah Brinton ............................. BN01
Mon, Apr 4-Jun 7, 5:00PM-6:00PM
$30 Residents/$45 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: 4RAE3526
(Activity codes listed below)

Gaenslen (Workshop) ..................... GS02
Sat, Apr 9, 9:00AM-12:00PM
$10.50 Residents/$16 Non-Residents

Hamilton ................................. HA01
Thu, Apr 7-May 26, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

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: 4RAE3522
(Activity codes listed below)

Riverside ................................. RS01
Sat, Apr 2-May 21, 10:00AM-10:50AM
$27 Residents/$40.50 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: 4RAE3527
(Activity codes listed below)
Beulah Brinton (Beg.)................. BN01
Tue, Apr 5-May 31, 12:15PM- 1:15PM
$30 Residents/$45 Non-Residents
Beulah Brinton (Int.)..................... BN02
Tue, Apr 5-May 31, 1:25PM- 2:25PM
$30 Residents/$45 Non-Residents
Milw School of Language (Beg.)..... ML01
Wed, Apr 6-May 25, 6:30PM- 7:30PM
$27 Residents/$40.50 Non-Residents
Milw School of Language (Int/Adv) . ML02
Wed, Apr 6-May 25, 7:30PM- 8:30PM
$27 Residents/$40.50 Non-Residents

Total Body Makeover
Total Body Makeover is a strength training class targeting major muscle groups using various equipment and body weight. Total Makeover incorporates bursts of cardio into movements intended to help you tone all major muscles. This class allows each individual to work at their respective fitness level, challenging a variety of heart rate zones for a full strength and cardio workout. Bring your own exercise mat or purchase at site for $10.00.
Activity Code: 4RAE3531
(Activity codes listed below)
Gaenslen.............................. GS01
Mon, Apr 4-May 23, 8:00PM- 9:00PM
$15 Residents/$22.50 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: 4RAE3532
(Activity codes listed below)
81st Street ................................ 8101
Wed, Apr 6-May 25, 6:15PM- 7:00PM
$21 Residents/$31.50 Non-Residents
MacDowell .............................. JU01
Mon, Apr 4-May 23, 7:00PM- 8:00PM
$21 Residents/$31.50 Non-Residents

Walking Club
Take your medicine for life. Walking helps you lose weight by boosting your metabolism and burning fat. Walking also helps lower your blood pressure, improve memory, strengthen your heart and is a recommended exercise to help control blood sugar. This club includes a warm up and cool down and all walking is done indoors. A good pair of walking shoes is recommended and your own hand weights are encouraged. Pedometers available.
Activity Code: 4RAE3533
(Activity codes listed below)
Hamilton .............................. HA01
Wed, Apr 6-May 25, 7:00PM- 8:00PM
FREE

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: 4RAE3535
(Activity codes listed below)
Riverside .............................. RS01
Mon/Tue, Apr 5-May 24, 7:00PM- 8:00PM
$21 Residents/$31.50 Non-Residents

Yoga - Gentle
Gentle Yoga is accessible to all levels and body types, and is especially suited for beginners. Basic stretches, postures and breath work help to develop strength, flexibility, balance, and body awareness. Bring your exercise mat or purchase at site for $10.00.
Activity Code: 4RAE3537
(Activity codes listed below)
Beulah Brinton .......................... BN03
Tue, Apr 5-May 31, 7:00PM- 8:00PM
$30 Residents/$45 Non-Residents
Beulah Brinton .......................... BN01
Thu, Apr 7-Jun 2, 7:00PM- 8:00PM
$30 Residents/$45 Non-Residents
Beulah Brinton .......................... BN02
Sat, Apr 9-Jun 6, 10:10AM-11:10AM
$30 Residents/$45 Non-Residents
Gaensien .............................. GS01
Mon, Apr 4-May 23, 6:00PM- 7:00PM
$27 Residents/$40.50 Non-Residents
MacDowell .............................. JU01
Sat, Apr 2-May 21, 9:00AM-10:00AM
$27 Residents/$40.50 Non-Residents
MacDowell .............................. JU02
Tue, Apr 5-May 24, 6:30PM- 7:30PM
$27 Residents/$40.50 Non-Residents
Milw School of Language .......... ML01
Wed, Apr 6-May 25, 6:30PM- 7:30PM
$27 Residents/$40.50 Non-Residents
Parkside .............................. FR01
Wed, Apr 6-Jun 1, 6:45PM- 7:45PM
$30 Residents/$45 Non-Residents

Yoga - Power
East meets West in this vigorous, fitness-based yoga class with a focus on flow, breath, strength, balance, and flexibility. Prior yoga experience is recommended. Bring your own exercise mat or purchase at site for $10.00.
Activity Code: 4RAE3538
(Activity codes listed below)
Beulah Brinton .......................... BN01
Mon, Apr 4-Jun 7, 6:00PM- 7:00PM
$30 Residents/$45 Non-Residents
Gaensien .............................. GS01
Wed, Apr 6-May 25, 6:15PM- 7:15PM
$27 Residents/$40.50 Non-Residents
Riverside .............................. RS01
Mon, Apr 4-May 23, 5:30PM- 6:30PM
$27 Residents/$40.50 Non-Residents
Riverside .............................. RS02
Tue, Apr 5-May 24, 6:30PM- 7:30PM
$27 Residents/$40.50 Non-Residents

Parkside .............................. FR01
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: 4RAE3536
Section codes listed below

81st Street ....................................... 8101
Tue, Apr 4-May 23, 7:00PM-8:00PM
$27 Residents/$40.50 Non-Residents

Beulah Brinton .................................. BN01
Mon, Apr 4-Jun 7, 7:00AM-9:00AM
$30 Residents/$45 Non-Residents

Beulah Brinton .................................. BN02
Mon, Apr 4-Jun 7, 12:00PM-1:00PM
$30 Residents/$45 Non-Residents

Beulah Brinton .................................. BN04
Mon, Apr 4-Jun 7, 7:00PM-8:00PM
$30 Residents/$45 Non-Residents

Beulah Brinton .................................. BN05
Wed, Apr 6-Jun 1, 9:00AM-10:00AM
$30 Residents/$45 Non-Residents

Beulah Brinton .................................. BN06
Wed, Apr 6-Jun 1, 6:30PM-7:30PM
$30 Residents/$45 Non-Residents

Beulah Brinton .................................. BN07
Thu, Apr 7-Jun 2, 6:00PM-7:00PM
$30 Residents/$45 Non-Residents

Beulah Brinton .................................. BN08
Thu, Apr 7-Jun 2, 8:00PM-9:00PM
$30 Residents/$45 Non-Residents

Beulah Brinton .................................. BN09
Fri, Apr 8-Jun 10, 9:00AM-10:00AM
$30 Residents/$45 Non-Residents

Beulah Brinton .................................. BN10
Sat, Apr 9-Jun 6, 9:00AM-9:00AM
$30 Residents/$45 Non-Residents

Beulah Brinton .................................. BN12
Sat, Apr 9-Jun 6, 9:05AM-10:05AM
$30 Residents/$45 Non-Residents

Gaenslien ........................................ GS01
Tue, Apr 5-May 24, 7:00PM-7:55PM
$27 Residents/$40.50 Non-Residents

Hamilton ........................................... HA01
Mon, Apr 4-May 23, 7:15PM-8:15PM
$27 Residents/$40.50 Non-Residents

MacDowell ........................................ JU02
Sat, Apr 2-May 21, 10:15AM-11:15AM
$36 Residents/$54 Non-Residents

MacDowell ........................................ JU03
Tue, Apr 5-May 24, 7:30PM-8:30PM
$36 Residents/$54 Non-Residents

Morse-Marshall .................................. MR01
Wed, Apr 6-May 25, 5:30PM-6:30PM
$27 Residents/$40.50 Non-Residents

Parkside .......................................... FR01
Mon, Apr 4-May 23, 5:30PM-6:30PM
$27 Residents/$40.50 Non-Residents

Parkside .......................................... FR02
Wed, Apr 6-May 25, 5:30PM-6:30PM
$27 Residents/$40.50 Non-Residents

Riverside ......................................... RS01
Wed, Apr 6-May 25, 6:00PM-7:00PM
$27 Residents/$40.50 Non-Residents

Riverside ......................................... RS02
Sat, Apr 2-May 21, 10:15AM-11:15AM
$27 Residents/$40.50 Non-Residents

Riverside ......................................... RS03
Mon, Apr 4-May 23, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

Riverside ......................................... RS01
Wed, Apr 6-May 25, 6:00PM-7:00PM
$27 Residents/$40.50 Non-Residents

Yoga & Meditation
Slow down. Just breathe. This class invites you to do just that while letting go of the stressful demands of your day. With a series of yoga poses, we’ll help you to center your mind, body and breathing while preparing you for guided meditation and deep relaxation. Yoga increases flexibility, tones the muscles, increases lubrication of the joints, and massages the organs of the body, but those are just some of the benefits. Whether you are new or familiar with yoga, join us for this powerful practice towards better health and inner peace. Bring your own exercise mat or purchase at site for $10.00.
Activity Code: 4RAE3539
(Section codes listed below)

Riverside ......................................... RS01
Thu, Apr 7-May 26, 6:00PM-7:15PM
$33 Residents/$49.50 Non-Residents

Zumba®
Zumba® is a fun and easy workout with routines that feature easy-to-follow dance steps synced to Latin music helping you to tone and sculpt your body.
Activity Code: 4RAE3542
(Section codes listed below)

81st Street ....................................... 8101
Wed, Apr 6-May 25, 5:30PM-6:15PM
$21 Residents/$31.50 Non-Residents

Beulah Brinton .................................. BN01
Sat, Apr 9-Jun 6, 9:00AM-10:30AM
$30 Residents/$45 Non-Residents

Cooper ............................................. CP01
Tue, Apr 5-May 24, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

Cooper ............................................. CP02
Thu, Apr 7-May 26, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

Gaenslien ........................................ GS01
Mon, Apr 4-May 23, 7:00PM-7:55PM
$27 Residents/$40.50 Non-Residents

Hamilton ........................................... HA05
Sat, Apr 2-May 21, 9:00AM-10:30AM
$27 Residents/$40.50 Non-Residents

Hamilton ........................................... HA01
Tue, Apr 5-May 24, 7:00PM-8:00PM
$27 Residents/$40.50 Non-Residents

Hamilton ........................................... HA06
Thu, Apr 7-May 26, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

Morse-Marshall .................................. MR02
Sat, Apr 2-May 21, 9:00AM-10:00AM
$27 Residents/$40.50 Non-Residents

Morse-Marshall .................................. MR01
Mon, Apr 4-May 23, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

Morse-Marshall .................................. MR03
Thu, Apr 7-May 26, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

Parkside .......................................... FR01
Mon, Apr 4-May 23, 6:00PM-7:00PM
$27 Residents/$40.50 Non-Residents

Parkside .......................................... FR02
Wed, Apr 6-May 25, 6:00PM-7:00PM
$27 Residents/$40.50 Non-Residents

Riverside ......................................... RS02
Sat, Apr 2-May 21, 11:00AM-11:55AM
$27 Residents/$40.50 Non-Residents

Riverside ......................................... RS01
Thu, Apr 7-May 26, 7:00PM-7:55PM
$27 Residents/$40.50 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: 4RAE3543
(Section codes listed below)

Hamilton ....................................... HA01
Mon, Apr 4-May 23, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

Milw School of Language .................. ML01
Mon, Apr 4-May 23, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

Yoga Soft Flow
Vinyasa yoga is a dynamic type of yoga that uses a progressive series of postures, connecting movement and breath. Create a conscious, athletic body by utilizing yoga postures and transitional movement for strength, stamina, fluidity and balance. Learning to move with grace and poise, creating suppleness for greater range of motion and freedom of movement while unlocking your joints, and strengthening connective tissues. Discover a new edge in this flowing sequenced yoga class set to motivating music and hands-on adjustments.

Activity Code: 4RAE3546
(Section codes listed below)

Hamilton ....................................... HA01
Thu, Apr 7-May 26, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

Milw School of Language .................. ML01
Thu, Apr 7-May 26, 7:30PM-8:30PM
$27 Residents/$40.50 Non-Residents

Stretching and Breathing
This blended class incorporates yoga stretches, tai chi movements, calming meditative breathing, and guided relaxation. Designed to help participants unwind and release stress standing and sitting activities will occur. Bring your own exercise mat or purchase at the site for $10.00.

Activity Code: 4RAE3548
(Section codes listed below)

MacDowell .................................... JU01
Thu, Apr 7-May 26, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

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: 4RAE3549
(Section codes listed below)

Morse-Marshall .............................. MR01
Wed, Apr 6-May 25, 6:00PM-7:00PM
$27 Residents/$40.50 Non-Residents

Guided Relaxation Yoga
Long day? You need a break! This Yin/Restorative inspired class is just the answer. Great for beginners or new to yoga, this class will take you through a journey of gentle postures and guided meditation techniques called Yoga Nidra. Allow your mind to process the senses of relaxation, leaving you feeling more free and renewed than you ever thought possible. Get ready to let go and be in the now! Bring your own exercise mat or purchase at site for $10.00.

Activity Code: 4RAE3551
(Section codes listed below)

Morse-Marshall .............................. MR01
Wed, Apr 6-May 25, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

Rock Hard Abs
Get the washboard abs you have always wanted. This conditioning class will focus on defining and toning the abdominal muscles while strengthening the lower back.

Activity Code: 4RAE3547
(Section codes listed below)

Milw School of Language .................. ML01
Thu, Apr 7-May 26, 7:30PM-8:30PM
$27 Residents/$40.50 Non-Residents

R.I.P.P.E.D.®
Experience this total body ‘plateau proof fitness formula’ workout, utilizing resistance and cardio training, which masterfully combines ‘R’esistance, ‘I’ntervals, ‘P’ower, ‘P’lyometrics, ‘E’ndurance, and ‘D’iet. The RIPPED workout formula helps you attain and maintain your physique in ways that are fun, safe, doable, and extremely effective. This workout is for EVERYONE. No matter your fitness level, we will help you achieve a stronger, healthier YOU!

Activity Code: 4RAE3553
(Section codes listed below)

Riverside ................................. RS01
Wed, Apr 6-May 25, 7:00PM-7:55PM
$27 Residents/$40.50 Non-Residents

Cize®
The END OF EXERCISE IS COMING. Tired of squats, lunges, push-ups, and boring cardio? Then pay attention because you’re about to look forward to working out! You’ll be LIVIN’ and SWEATIN’ to hot new moves and great music! And if you think you can’t dance, don’t worry. The routines are broken down, step-by-step, move-by-move, and built into a full dance workout. You’ll be so focused on mastering the moves that for 35-40 minutes you’ll forget you’re actually burning fat and calories, and getting in the best shape of your life! Class is taught by a certified Cize® instructor.

Activity Code: 4RAE3555
(Section codes listed below)

Riverside ................................. RS01
Wed, Apr 6-May 25, 8:00PM-8:55PM
$27 Residents/$40.50 Non-Residents

Yoga for Cyclists
No matter what you can handle on your bicycle, this class is geared towards all cyclists. Your cycling skills will be enhanced by strengthening and lengthening of specific muscle groups that contribute to performance and endurance on the bike.

Activity Code: 4RAE3555
(Section codes listed below)

Bay View .................................... BV01
Tue, Apr 5-May 24, 6:30PM-7:30PM
$27 Residents/$40.50 Non-Residents

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Nordic Walking
Improve your overall level of condition- ing 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: 4RAE3567
(Section codes listed below)

Hamilton ................................. HA01
Wed, Apr 27-May 18, 7:15PM- 8:15PM  
$15 Residents/$22.50 Non-Residents

MacDowell .............................. JU01
Mon, Apr 25-May 16, 7:15PM-8:15PM  
$15 Residents/$22.50 Non-Residents

Riverside ................................. RS01
Thu, Apr 28-May 19, 7:15PM-8:15PM  
$15 Residents/$22.50 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 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! Bring your running shoes, towel and a water bottle. get excited because you’re going to run your first 5k.
Activity Code: 4RAE3569
(Section codes listed below)

Beulah Brinton .......................... BN01
Tue/Thu, Apr 12-Jun 2, 6:00PM- 7:00PM  
$30 Residents/$45 Non-Residents

Hamilton ................................. HA01
Wed, Apr 13-May 18, 6:00PM- 7:00PM  
$21 Residents/$31.50 Non-Residents

MacDowell .............................. JU01
Mon, Apr 11-May 16, 6:00PM- 7:00PM  
$21 Residents/$31.50 Non-Residents

Riverside ................................. RS01
Thu, Apr 14-May 19, 6:00PM- 7:00PM  
$21 Residents/$31.50 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: 4RAE3570
(Section codes listed below)

Riverside ................................. RS01
Thu, Apr 7-May 26, 6:00PM- 6:55PM  
$27 Residents/$40.50 Non-Residents

World T’ai Chi and Qigong Day
World Tai Chi and Qigong Day is a global event. It is a day of local celebration for people that practice Tai Chi in their daily lives. At our event in Milwaukee, four different Tai Chi schools will perform a variety of Tai Chi styles, and professional instructors will teach selected martial and healing techniques from their repertoire. Spectators are welcome at no charge. All ages and skill levels are welcome, no experience is necessary. Class fee is non-refundable.
Activity Code: 4RAE3571
(Section codes listed below)

Gaenslen ................................. GS01
Sat, Apr 30, 9:00AM-12:00PM  
$5 Residents/$5 Non-Residents

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: 4RAE4101
(Section codes listed below)

Milw School of Language  .............. ML01
Mon, Apr 18, 6:35PM- 8:00PM  
$7 Residents/$10.50 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: 4RAE4103
(Section codes listed below)

Milw School of Language  .............. ML01
Thu, Apr 21, 6:35PM- 8:00PM  
$7 Residents/$10.50 Non-Residents

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What’s Your Color?
It has been said that we should eat all the colors (of food) to maintain a healthy diet. What about the colors we wear? What color identifies your personality? Let us assist you in finding our more about yourself by discovering how color affects you and how your body’s chakras (energy centers) ‘tune in’ to color. Class fee is non-refundable.
Activity Code: 4RAE4105
(Section codes listed below)

Hamilton .........................................HA01
Tue, Apr 12, 6:00PM-7:30PM
$7 Residents/$10.50 Non-Residents

Meditation
Learn methods to relieve stress, become more focused and more aware of positive and negative emotions and how to manage them. Relaxation techniques will be discussed along with the key ideas of acceptance, kindness to self and others, and becoming mindful of how judgments and habitual mental patterns and actions influence behavior.
Activity Code: 4RAE4106
(Section codes listed below)

MacDowell .......................................JU01
Thu, Apr 7-May 26, 7:30PM-8:30PM
$36 Residents/$54 Non-Residents

Milw School of Language ...............ML01
Wed, Apr 6-May 25, 7:40PM-8:40PM
$36 Residents/$54 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: 4RAE4107
(Section codes listed below)

Hamilton .........................................HA01
Mon, Apr 4-May 23, 6:00PM-7:00PM
$23 Residents/$34.50 Non-Residents

Natural Solutions

VERTIGO & DIZZINESS: Do you feel lightheaded when getting up quickly? Feel like the room is spinning? Do you get dizzy or off balance during daily activities? In this class we will focus on the causes, triggers and natural solutions for treating dizziness and vertigo.
STRESS: Is your biological age older than your chronological age? Learn about the three dimensions of stress, how they affect your body and make you age ahead of your time. We will discuss solutions to reduce the effects of stress on your body and reverse the aging process! Classes are presented by Dr. John Corsi, D.C. Chiropractic Company. Class fee is non-refundable.
Activity Code: 4RAE4108
(Section codes listed below)

Milw School of Language ...............ML01
(Vertigo and Dizziness)
Mon, May 9, 6:35PM-8:00PM
$7 Residents/$10.50 Non-Residents

Milw School of Language ...............ML02
Stress)
Thu, May 19, 6:35PM-8:00PM
$7 Residents/$10.50 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: 4RAE4118
(Section codes listed below)

Hamilton .........................................HA01
Tue, Apr 26, 7:15PM-8:15PM
$8 Residents/$12 Non-Residents

Candle Gazing Meditation
Join 500-hour certified Yoga Therapist Heidi Parkes in practicing this ancient form of meditation called Trataka, meaning intense focus. Some possible benefits include: improved vision, digestion, sleep, focus, patience, willpower, self-confidence, productivity, and it can help with depression, anxiety, food sensitivities, headaches, and fatigue. Learn the proper techniques, and engage in this meditation with a committed group. Candle gazing is a particularly accessible meditation for beginners.
Activity Code: 4RAE4114
(Section codes listed below)

Gaenslen ...........................................GS01
Mon, Apr 4-May 23, 7:00PM-8:00PM
$27 Residents/$40.50 Non-Residents

Dream Pillows
Enhance your dream world as you sleep by learning to make comforting dream pillows. These small pillows are made utilizing aromatic herbs and natural scents to help encourage the type of dreams you wish to have whether adventurous or soothing or merely assist in providing you with a peaceful night’s sleep. Class fee is non-refundable.
Activity Code: 4RAE4115
(Section codes listed below)

Hamilton .........................................HA01
Tue, May 3, 6:00PM-8:00PM
$8 Residents/$12 Non-Residents

Relax and Release
When you relax your mind and body trapped energy can be released. ‘Chi’, in Chinese medicine, is considered a universal energy that permeates everything around you. When all the blockages, pain, and blocked ‘chi’ is released then the body can ‘open up’ increasing healthy energy to you. Learn techniques to truly relax your body allowing more clear thinking, better production, and restful sleep.
Activity Code: 4RAE4109
(Section codes listed below)

Hamilton .........................................HA01
Thu, Apr 7-May 26, 7:15PM-8:15PM
$23 Residents/$34.50 Non-Residents
Chakra Energy & 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: 4RAE4117
(Section codes listed below)

Hamilton ............................... HA01
Tue, Apr 26, 6:00PM- 7:00PM
$5.50 Residents/$8.25 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: 4RAE4119
(Section codes listed below)

Hamilton ............................... HA01
Tue, Apr 19, 6:00PM- 8:00PM
$8 Residents/$12 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: 4RAE4120
(Section codes listed below)

Hamilton ............................... HA01
Tue, May 17, 6:00PM- 8:00PM
$8 Residents/$12 Non-Residents

Understanding Our Dreams
Do you ever have a dream that you feel is trying to tell you something? In this workshop we will cover the basics, working with our dreams as a part of personal development. Using techniques developed by psychologists, participants will learn how to record and analyze their own dreams to better understand them and how we can apply what our unconscious is telling us through dreams to waking life. Bring a dream you are comfortable sharing to practice the techniques we will learn. Class is instructed by Aging Focused Counselor, Kyrié Carpenter, MA.
Activity Code: 4RAE4123
(Section codes listed below)

Beulah Brinton .......................... BN02
Wed, Apr 13, 6:30PM- 8:30PM
$8 Residents/$12 Non-Residents

Beulah Brinton .......................... BN01
Sat, Apr 23, 2:00PM- 4:00PM
$9 Residents/$12 Non-Residents

Dementia 101
A crash course in dementia from the psychological perspective. Dementia is a word that gets used often to refer to a variety of things. In this course we will define dementia from a psychological perspective including; how dementia changes the way we think, the types of dementia, what types of therapy can help, what dementia can teach us, and more. The class will be mostly discussion based. By understanding dementia we can better plan for ourselves and care for others, reducing suffering and increasing quality of life. Class is instructed by Aging Focused Counselor, Kyrié Carpenter, MA.
Activity Code: 4RAE4124
(Section codes listed below)

Beulah Brinton .......................... BN01
Wed, Apr 20, 6:30PM- 8:30PM
$18 Residents/$27 Non-Residents

PLAYful Aging
As culture we tend to be anti-aging and as a result, many Americans don’t know how to age. Resisting aging increases suffering. Aging is inevitable, fear is preventable. In this class participants are given the opportunity to look at aging through a new perspective, an aspect of life to be embraced. Through use of The PLAY Method this class will look at what we can learn from the aging process and how we can cultivate skills to increase the quality of life as we age. Each week we will cover an aspect of PL.A.Y. (Pacing, Life-Story, Aesthetics and Your Perspective) through discussion and activities. Participants will explore ways they can embrace the aging process and increase their quality of life. Class is instructed by Aging Focused Counselor, Kyrié Carpenter, MA.
Activity Code: 4RAE4125
(Section codes listed below)

Healthy Pregnancy
Discover the building blocks of a happy, healthy pregnancy through all three trimesters. Find out how to properly care for yourself including diet, what foods/activities to avoid, how much to exercise, etc. Partners and/or family members are encouraged to attend. Fee is per person. Class fee is non-refundable.
Activity Code: 4RAE4126
(Section codes listed below)

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED MAY 27-30 FOR MEMORIAL DAY WEEKEND
**Healthy Postpartum**
Learn all about the “fourth” trimester and how proper diet and care for mom and baby can set the tone for a healthy and strong family, including steps to a full recovery and avoiding the baby blues. Partners and/or family members are encouraged to attend. Fee is per person. Class fee is non-refundable.
Activity Code: 4RAE4127
(Section codes listed below)

Bay View .............................. BV01
Sat, Apr 23, 9:00AM-11:30AM
$9.50 Residents/$14.25 Non-Residents

**Grow Your Own Organic Shiitake Mushrooms**
Learn how to grow shiitake mushrooms on logs. This will be a hands-on class, where you will inoculate your own log with shiitake mushroom spawn. By fall you will be harvesting fresh organic shiitake mushrooms. Instructions will be provided on how to take care of your log. We will also briefly cover other mushroom varieties that are easy to grow in your yard, especially the Winecap mushrooms. Please bring work gloves, safety glasses (if you have them), and wear work clothes. Class taught by Happy Destiny Farm, LLC. Fee includes supply cost and is non-refundable.
Activity Code: 4RAE4205
(Section codes listed below)

Beulah Brinton .......................... BN01
Wed, May 11, 6:00PM- 9:00PM
$20 Residents/$30 Non-Residents

MacDowell ............................... JU01
Sat, Apr 9, 11:00AM- 2:00PM
$20 Residents/$30 Non-Residents

**Blend Your Own Organic Tea**
Learn how to blend your own personalized batch of boutique tea. First we will briefly cover the history of tea. Then we will discuss the different components that can be used to create a tea blend. We will also learn the correct way to steep tea for perfect results. Then for the real fun, you will create your very own tea blend. We will have a wide range of ingredients and organic flavoring agents. After blending your tea you will learn how to seal it in tea bags. This is a hands on FUN class with lots of sampling from the instructor’s favorite blends. Many of the ingredients are organically grown at the instructor’s local farm (Happy Destiny Farm, LLC). You will be able to blend green tea, black tea, herbal tea or medicinal tea. Class taught by Happy Destiny Farm, LLC. Fee includes supply cost and is non-refundable.
Activity Code: 4RAE4207
(Section codes listed below)

Beulah Brinton .......................... BN01
Wed, May 18, 6:00PM- 8:00PM
$20 Residents/$30 Non-Residents

MacDowell ............................... JU01
Sat, May 7, 11:00AM- 1:00PM
$20 Residents/$30 Non-Residents

**Make Your Own Worm Bin (Indoor Composting)**
Are you looking to improve your green thumb while living in the city? Worn composting is different from traditional backyard composting because it can be done year-round indoors in a house, apartment or condo. It is a neat, easy and odorless way to use your kitchen scraps. You will make and take your own worm compost bin and learn everything you need to know for the care, feeding and maintenance of the bin. Fee includes supply cost and is non-refundable.
Activity Code: 4RAE4216
(Section codes listed below)

Milw School of Language  ............ ML01
Thu, May 12, 6:30PM- 8:30PM
$8 Residents/$12 Non-Residents

**Growing Organic Small Fruit in Your Yard**
Learn which varieties of small fruit that are easy to grow organically in your yard. Varieties that will be covered include: bush cherries, currants, gooseberries, josta berries, elderberries, aronia, blueberries, service berries and honey berries. Topics will include: site selection, planting instructions, care of the plants, harvesting and suggestions for processing and storing your fruit. You will have your choice to select one of the following: a bush cherry plant, a service berry plant or a gooseberry plant. We will also sample jams made from the plants discussed in the class. Class taught by Happy Destiny Farm, LLC. Fee includes supply cost and is non-refundable.
Activity Code: 4RAE4217
(Section codes listed below)

Beulah Brinton .......................... BN01
Wed, May 18, 6:00PM- 8:00PM
$20 Residents/$30 Non-Residents

MacDowell ............................... JU01
Sat, May 7, 11:00AM- 1:00PM
$20 Residents/$30 Non-Residents

**Starting Seedlings Indoors (Vegetables, Annuals, Perennials)**
The weather outside is frightful, but learning how to jump start your growing season indoors is delightful! Many of the seeds you intend to plant this spring can be started inside and transplanted outside when the time is right. Join us to learn all the information you need to know to get from selecting seeds at the store to growing a successful plant. Class fee is non-refundable.
Activity Code: 4RAE4220
(Section codes listed below)

Milw School of Language  ............ ML01
Thu, Apr 7, 6:30PM- 8:30PM
$8 Residents/$12 Non-Residents
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: 4RAE4402
(Please codes listed below)
Parkside .............................. FR01
Mon, Apr 4-May 23, 6:00PM–7:30PM
$33 Residents/$49.50 Non-Residents

Introduction to 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: 4RAE4403
(Please codes listed below)
Riverside .............................. RS01
Thu, Apr 7-May 26, 6:00PM–8:00PM
$46 Residents/$69 Non-Residents

Italian
Ciao! Learn the basics of the Italian language, including basic vocabulary and essential grammar. Become familiar with the traditions and culture of the country shaped like a boot. Grazie!
Activity Code: 4RAE4404
(Please codes listed below)
Milw School of Language  .......... ML01
Mon, Apr 4-May 23, 6:30PM–8:00PM
$33 Residents/$49.50 Non-Residents

Parkside .............................. FR01
Wed, Apr 6-May 25, 6:00PM–7:30PM
$33 Residents/$49.50 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: 4RAE4406
(Please codes listed below)
Bay View (Level 1) ..................... BV01
Tue, Apr 5-May 24, 6:00PM–7:30PM
$33 Residents/$49.50 Non-Residents
Bay View (Level 2) ..................... BV02
Tue, Apr 5-May 24, 7:30PM–9:00PM
$33 Residents/$49.50 Non-Residents
Hamilton (Level 1) ..................... HA01
Sat, Apr 2-May 23, 12:00PM–1:00PM
$23 Residents/$34.50 Non-Residents
Milw School of Language (Level 1) .. ML01
Wed, Apr 6-May 25, 6:30PM–8:00PM
$33 Residents/$49.50 Non-Residents
Milw School of Language (Level 2) .. ML02
Wed, Apr 6-May 25, 8:00PM–9:00PM
$23 Residents/$34.50 Non-Residents

Riverside (Level 1) ..................... RS01
Mon, Apr 4-May 23, 6:00PM–7:30PM
$33 Residents/$49.50 Non-Residents
Riverside (Level 2) ..................... RS02
Mon, Apr 4-May 23, 7:30PM–9:00PM
$33 Residents/$49.50 Non-Residents
Riverside (Level 3) ..................... RS03
Thu, Apr 7-May 26, 6:00PM–7:30PM
$33 Residents/$49.50 Non-Residents

Introduction to Chinese/Mandarin
China plays an important role in our global village. Mr. Wang is a great teacher who helps you build the foundation of learning the Chinese language and its culture. It is a great enrichment class for high school/college foreign language learners and for business travel as well. No book is required; handouts will be provided in class.
Activity Code: 4RAE4410
(Please codes listed below)
Milw School of Language ............ ML01
Mon, Apr 4-May 23, 6:30PM–8:00PM
$33 Residents/$49.50 Non-Residents

Martial Arts
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: 4RAE4501
(Please codes listed below)
MacDowell (Beg.) .................... JU01
Mon, Apr 4-May 23, 6:00PM–7:00PM
$25 Residents/$37.50 Non-Residents
MacDowell (Adv.) .................... JU02
Mon, Apr 4-May 23, 7:00PM–8:30PM
$36 Residents/$54 Non-Residents

Sign Language
This language class focuses on finger spelling, vocabulary, non-verbal expressive skills and sentence structure.
Activity Code: 4RAE4405
(Please codes listed below)
Milw School of Language (Level 1) .. ML01
Thu, Apr 7-May 26, 6:30PM–7:30PM
$23 Residents/$34.50 Non-Residents
Morse-Marshall (Level 1) ............ MR01
Mon, Apr 4-May 23, 6:00PM–7:00PM
$23 Residents/$34.50 Non-Residents
Morse-Marshall (Level 2) ............ MR02
Mon, Apr 4-May 23, 7:15PM–8:15PM
$23 Residents/$34.50 Non-Residents

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED MAY 27-30 FOR MEMORIAL DAY WEEKEND
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: 4RAE4503
(Section codes listed below)

Cooper (Ages 15 & up) ...................... CP01
Tue/Thu, Apr 5-May 26, 5:40PM-6:20PM
$30 Residents/$45 Non-Residents

Hamilton (Ages 15 & up) ............... HA01
(White Belt)
Mon/Wed, Apr 4-May 25, 7:00PM-8:00PM
$43 Residents/$64.50 Non-Residents

Madison (Ages 15 & up)................. MA01
(White, Orange, & Yellow Belt)
Thu, Apr 7-May 26, 7:00PM-8:00PM
$27 Residents/$40.50 Non-Residents

Riverside (Ages 15 & up)............. RS01
(Beg. white-yellow belts, combined with youth class)
Mon/Wed, Apr 4-Jun 7, 6:00PM-6:45PM
$40.50 Residents/$60.75 Non-Residents

Riverside (Ages 15 & up)............. RS05
(Int./Adv., Camo-Red/Black Belt, combined with youth class)
Mon/Wed, Apr 4-May 25, 6:45PM-7:30PM
$40.50 Residents/$60.75 Non-Residents

Riverside (Ages 15 & up)............. RS02
(Black belts only, all ranks, all ages)
Mon/Wed, Apr 4-May 25, 8:00PM-8:45PM
$40.50 Residents/$60.75 Non-Residents

Riverside (Ages 15 & up)............. RS06
(Black belts only, all ranks, all ages)
Mon, Apr 4-May 23, 8:00PM-8:45PM
$20 Residents/$30 Non-Residents

Riverside (Ages 15 & up)............. RS04
(Black belts only, all ranks all ages)
Sat, Apr 9-Jun 4, 11:45AM-12:30PM
$23 Residents/$34.50 Non-Residents

Riverside (Ages 15 & up)............. RS03
(All Ranks, white-red/black)
Sat, Apr 9-Jun 4, 12:30PM-1:15PM
$23 Residents/$34.50 Non-Residents

Washington (Ages 15 & up)........ WA01
Tue/Thu, Apr 5-May 26, 7:00PM-8:00PM
$43 Residents/$64.50 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: 4RAE4504
(Section codes listed below)

MacDowell .................................. JU01
Wed, Apr 6-May 25, 7:00PM-8:00PM
$23 Residents/$34.50 Non-Residents

Milw School of Language .......... ML01
Thu, Apr 7-May 26, 6:30PM-7:30PM
$23 Residents/$34.50 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: 4RAE4603
(Section codes listed below)

Beulah Brinton ................. BN01
Fri, Apr 8-Jun 10, 7:15PM-8:15PM
$25.50 Residents/$34.50 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: 4RAE4601
(Section codes listed below)

Hamilton .................................. HA01
Wed, Apr 6-May 25, 6:00PM-7:30PM
$33 Residents/$49.50 Non-Residents

Beulah Brinton ................. BN01
Fri, Apr 8-Jun 10, 8:30PM-9:30PM
$25.50 Residents/$38.25 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: 4RAE4604
(Section codes listed below)

Beulah Brinton (Beg.) .......... BN01
Sat, Apr 9-Jun 6, 2:00PM-3:30PM
$37 Residents/$55.50 Non-Residents

Hamilton (Beg.) ...................... HA01
Thu, Apr 7-May 26, 6:00PM-7:30PM
$33 Residents/$49.50 Non-Residents

Hamilton (Int.) ...................... HA02
Thu, Apr 7-May 26, 7:45PM-8:45PM
$23 Residents/$34.50 Non-Residents

Riverside (Beg.) ...................... RS01
Mon, Apr 4-May 23, 6:00PM-7:00PM
$23 Residents/$34.50 Non-Residents

Riverside (Adv.) ...................... RS02
Mon, Apr 4-May 23, 7:45PM-8:45PM
$23 Residents/$34.50 Non-Residents

Beulah Brinton (Beg.) .......... BN01
Fri, Apr 8-Jun 10, 8:30PM-9:30PM
$25.50 Residents/$38.25 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: 4RAE4607
(Section codes listed below)

Beulah Brinton (Beg.) ..................... BN01
Sat, Apr 9-Jun 6, 10:30AM-12:00PM
$33 Residents/$49.50 Non-Residents

Beulah Brinton (Int.)....................... BN02
Sat, Apr 9-Jun 6, 12:15PM-1:45PM
$33 Residents/$49.50 Non-Residents

MacDowell (Beg. - Semi-Private) ...... JU01
Sat, Apr 2-May 21, 11:00AM-12:00PM
$50 Residents/$75 Non-Residents

Milw School of Language ............... ML01
(Beg. - Semi-Private)
Mon, Apr 4-May 23, 6:30PM-7:30PM
$50 Residents/$75 Non-Residents

Milw School of Language ............... ML02
(Beg. - Semi-Private)
Wed, Apr 6-May 25, 7:30PM-8:30PM
$50 Residents/$75 Non-Residents

Morse-Marshall ............................ MR01
(Beg. - Semi-Private)
Thu, Apr 7-May 26, 6:00PM-7:00PM
$50 Residents/$75 Non-Residents

Morse-Marshall ............................ MR02
(Int. - Semi-Private)
Thu, Apr 7-May 26, 7:00PM-8:00PM
$50 Residents/$75 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: 4RAE4611
(Section codes listed below)

Hamilton ..................................... HA01
Tue, Apr 5-May 24, 6:00PM-7:00PM
$23 Residents/$34.50 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 youth class.

Activity Code: 4RAE4901
(Section codes listed below)

North Division ............................. ND01
Sat, Apr 2-May 21, 11:00AM-12:00PM
$23 Residents/$34.50 Non-Residents

Birding 101
Join Dianne Robinson, DNR Wildlife Biologist, for a morning of birding. Whether you’ve always been interested in birding but have never gotten the chance to learn, or if you are a beginner birder interested in learning more, this class is for you! This class will include about a 1 hour birding lecture followed by a 1 hour (or more!) birding field trip. Please bring binoculars if you have them and dress for the weather. Some binoculars will be available for use if needed, but bring your own if you have them. Class fee is non-refundable.

Activity Code: 4RAE5007
(Section codes listed below)

Riverside ................................. RS01
Sat, May 21, 9:00AM-11:00AM
$8 Residents/$12 Non-Residents

OUTDOOR EDUCATION

Intro to Milwaukee: Downtown History Hike
Who says you to travel outside of the city to go hiking? When was the last time you got to walk through history? Lace up your hiking boots and grab a bottle of water as we explore Milwaukee. This hybrid hiking/walking tour covers 4-5 miles of downtown history and culture at a leisurely pace. Highlights include the creation of the city, how beer made Milwaukee famous, and stories of notable residents long past. If you’re looking to stretch your legs and learn more about your city this class is for you! Class fee is non-refundable.

Activity Code: 4RAE5003
(Section codes listed below)

Milwaukee City Hall ........................ CH01
Sat, May 21, 12:00PM-2:00PM
$5 Residents/$5 Non-Residents

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED MAY 27-30 FOR MEMORIAL DAY WEEKEND
Coyotes in Our Cities

Coyotes are a common critter we see living in and around the city, and they’ve recently received extra media attention within Milwaukee. They help to keep our local rodent and rabbit populations in check, but it can be frightening to see them wander through your backyard. Learn more about coyote biology, coyote myths and facts, and nuisance management with your local DNR Wildlife Biologist. Class fee is non-refundable.

Activity Code: 4RAE5005
(Section codes listed below)

Permil Parkside .......................... FR01
Mon, Apr 4, 6:30PM- 7:30PM
$5.50 Residents/$8.25 Non-Residents

PERFORMING ARTS

Wisconsin’s Wild Turkeys

Turkeys are common in Wisconsin and even within Milwaukee, but did you know this wasn’t always the case? Prior to the 1970’s, wild turkeys were no longer found anywhere in Wisconsin! Join a DNR Wildlife Biologist for a lecture on Wisconsin’s wild turkeys, including their history, ecology, and status within the city. Come learn all you could hope to know about Wisconsin’s turkeys. Class fee is non-refundable.

Activity Code: 4RAE5004
(Section codes listed below)

Parkside ................................. FR01
Mon, Apr 4, 6:30PM- 7:30PM
$5.50 Residents/$8.25 Non-Residents

Acting I and Community Theater

Explore your abilities to imagine, create, and present with this beginner acting class. Learn the basic skills, concepts and methods of acting. Develop articulation and timing as you work with monologues and build confidence as you perform in front of your peers.

Activity Code: 4RAE5301
(Section codes listed below)

Milw School of Language ............... ML01
Thu, Apr 7-May 26, 6:30PM- 8:30PM
$43 Residents/$64.50 Non-Residents

Acting One - Monologues

Have you ever wanted to audition for a play? Learn the skills necessary to deliver an effective monologue. In this class, you will not only just learn what a monologue is but you will also learn tools that will boost your acting skills such as imagery, pacing, tone and pacing. Students will present their monologues to the class. No experience required and all skill levels welcome!

Activity Code: 4RAE5302
(Section codes listed below)

Hamilton ........................................ HA01
Mon, Apr 4-May 23, 6:30PM- 8:00PM
$33 Residents/$49.50 Non-Residents

Playwriting

Have you ever wanted to write a play but did not know how? In this class, you will learn skills that will show you how to write different types of writings such as a monologue, a scene, and eventually a whole play. You will need to bring a notebook, a writing utensil and your imagination. Classroom discussions will center on students presenting their writing to the class.

Activity Code: 4RAE5305
(Section codes listed below)

Hamilton ........................................ HA01
Tue, Apr 5-May 24, 6:30PM- 8:00PM
$33 Residents/$49.50 Non-Residents

Directing

Act I, Scene I, Action... Do you have a vision for a play? Do you know how to be a leader? In this class, you will learn how to be a director and take charge of a play. You will be learning skills how to be a director such as how to audition actors, blocking and many more skills. Join us! The only thing missing is your own director’s chair!

Activity Code: 4RAE5303
(Section codes listed below)

Hamilton ........................................ HA01
Thu, Apr 7-May 26, 6:30PM- 8:00PM
$33 Residents/$49.50 Non-Residents
Juggling
Juggling is a great way to increase hand-eye coordination and balance in a fun and exciting environment. Students will learn the basic elements of juggling and have the opportunity to practice their new skill with a trained juggler. Fee includes supply cost and is non-refundable. Class is combined with youth class.
Activity Code: 4RAE5307
(Section codes listed below)
Riverside .................................... RS01
Tue, May 17, 6:00PM-9:00PM
$20 Residents/$30 Non-Residents

PERSONAL SKILLS

Beesentations
Bees and Beekeeping revealed! Bees play an important role in our food systems. This is an introduction to bees and beekeeping. Learn the difference between wasps and bees. Discover who's inside the hive and how man has managed bees for pollination and honey. Whether you want to start a dance with bees through beekeeping, or just learn of the dance they do to find nectar, this course gets you buzzing.
Activity Code: 4RAE4218
(Section codes listed below)
Hamilton .................................... HA01
Wed, May 18, 6:00PM-8:00PM
$12 Residents/$18 Non-Residents
Riverside .................................... RS01
Thu, Apr 21, 6:00PM-8:00PM
$12 Residents/$18 Non-Residents

Balms and Salves
Join the Beepods team and learn about how sustainable harvesting from any beekeeping system can create healing products. Get ready to get your hands dirty and make something cool and useful before you leave. A $20.00 (cash only) supply fee is due to the instructor at class. Class fee is non-refundable.
Activity Code: 4RAE4219
(Section codes listed below)
MacDowell .................................... JU01
Sat, May 7, 11:00AM-1:00PM
$12 Residents/$18 Non-Residents

Glycerin Soap Making
Create mini guest glycerin soaps. Learn to mold, add scent and colorant to make lovely soaps to impress your guest who come to visit. Fee includes supply cost and is non-refundable.
Activity Code: 4RAE5404
(Section codes listed below)
Hamilton .................................... HA01
Sat, May 7, 1:00PM-4:00PM
$17.50 Residents/$26.25 Non-Residents

Romantic Story of Scent
Learn about scents and their effect on the mind and body. You can create scent appeal with natural oils and fragrances from your home. You will discover what scents bring love and what common household spice may bring you money. Also, learn how color can create more love and energy. A $7.00 (cash only) supply fee is due to the instructor at class. Class fee is non-refundable.
Activity Code: 4RAE5407
(Section codes listed below)
Hamilton .................................... HA01
Tue, May 10, 6:00PM-7:30PM
$7 Residents/$10.50 Non-Residents

No Power Tools Necessary
(Basic Home Repairs)
Would you like to learn how to complete easy home repairs all by yourself? If so, we have a class for you! These repairs can all be performed using hand tools, no power tools are necessary. 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: 4RAE5412
(Section codes listed below)
MacDowell .................................... JU01
(Patch a Hole in the Wall, Fix a Sticking or Squeaking Door, Paint a Room)
Sat, Apr 16, 9:00AM-11:00AM
$8 Residents/$12 Non-Residents

Cut Your Way to Savings
Being an organized coupon-er allows you to do three things in your home: save money, put purpose to the money saved, and become debt free. You will learn where to find coupons, how to cut those coupons, how to organize for your shopping trip, and how to double (even triple) your savings. The benefits of this workshop far exceed expectations. Class fee is non-refundable.
Activity Code: 4RAE5413
(Section codes listed below)
Hamilton .................................... HA01
Tue, Apr 12, 6:00PM-8:00PM
$8 Residents/$12 Non-Residents

Procrastination Elimination
Do you suffer from procrastination? Learn tools to move in a productive direction! In this workshop, you will learn how the producer thinks differently than the procrastinator, how to have fun and get things done, and to have a more stress-free life - all while becoming much more productive! Class fee is non-refundable.

Activity Code: 4RAE5414
(Rsection codes listed below)

Riverside ........................................ RS01
Mon, Apr 11, 6:00PM-8:00PM
$8 Residents/$12 Non-Residents

Riverside ........................................ RS02
Tue, May 10, 6:00PM-8:00PM
$8 Residents/$12 Non-Residents

Riverside ........................................ RS03
Sat, May 14, 10:00AM-12:00PM
$8 Residents/$12 Non-Residents

Clutter-Free Closets & Drawers
Learn how to de-clutter and organize your closets and drawers. Discover how using the concept of “Magic Numbers” can simplify your life. Getting dressed does not have to be a daily struggle! When you apply what you learn in this class, you'll know what you have and be able to access it easily. This class will empower you to take charge of your belongings once and for all, by providing the tools to create and maintain a clutter-free life.

Activity Code: 4RAE5419
(Rsection codes listed below)

Beulah Brinton ......................... BN01
Mon, Apr 25, 6:30PM-8:30PM
$12 Residents/$18 Non-Residents

Hamilton ................................. HA01
Tue, Apr 26, 6:30PM-8:30PM
$12 Residents/$18 Non-Residents

MacDowell ................................. JU01
Wed, Apr 27, 6:30PM-8:30PM
$12 Residents/$18 Non-Residents

Riverside ..................................... RS01
Thu, Apr 28, 6:30PM-8:30PM
$12 Residents/$18 Non-Residents

Advanced Digital Photography-
Lenses, Light, and Composition
Bring your camera and its instruction manual to this two hour workshop designed to help you understand lens selection and use, use of existing light and flash, and composition ideas. This is an excellent follow-up class for students who have attended either “Advanced Photography Techniques” or Advanced Digital Photography-Exposure”. Class is ideal for people who have purchased interchangeable lens (DSLR) cameras or have an advanced digital camera with Program, Shutter/Aperture Priority and Manual exposure modes.

Activity Code: 4RAE5420
(Rsection codes listed below)

Hamilton ...................................... HA01
Wed, Jun 8, 6:30PM-8:30PM
$12 Residents/$18 Non-Residents

Riverside ..................................... RS01
Mon, Jun 6, 6:30PM-8:30PM
$12 Residents/$18 Non-Residents

Advanced Digital Photography-
Exposure
Bring your camera and its instruction manual to this two hour workshop designed to get you “out of the automatic” and use your camera’s exposure modes and functions in situations like sports, portraits, low light and more. Class is ideal for people who have purchased interchangeable lens (DSLR) cameras.

Activity Code: 4RAE5421
(Rsection codes listed below)

Hamilton ...................................... HA01
Wed, May 25, 6:30PM-8:30PM
$12 Residents/$18 Non-Residents

Riverside ..................................... RS01
Mon, May 23, 6:30PM-8:30PM
$12 Residents/$18 Non-Residents

iPad/iPhone-Tips, Tricks, and
Techniques
This class is specific to Apple iPhone, iPad and iPad Mini devices. Learn some tips, tricks, and techniques to navigate, organize, backup and add apps to your iPhone, iPad, or iPad mini device.

Activity Code: 4RAE5422
(Rsection codes listed below)

Hamilton ...................................... HA01
Wed, May 18, 6:30PM-8:30PM
$12 Residents/$18 Non-Residents

Riverside ..................................... RS01
Mon, May 16, 6:30PM-8:30PM
$12 Residents/$18 Non-Residents

PROFESSIONAL SKILLS
Resume Help! Resume Overhaul and Interview Coaching
Stuck in a job search rut? Have you sent out your resume and not getting any response? Maybe you are getting the interview but still no offers? You will want to be in this class. It’s time to take a look at your resume and other materials along with interview skills and how you are branding yourself to potential employers. This hands-on program will show you how to update and organize your resume, gain confidence for your interview and discover how to make yourself stand out in today’s competitive job market. Participants are invited to bring their laptop or tablet and current resume and cover letter. Updates can be made right in class or if you don’t want to bring your own device, notes can be added to your resume copy or cover letter.

Activity Code: 4RAE1402
(Rsection codes listed below)

Hamilton ...................................... HA01
Sat, Apr 16, 11:00AM-2:00PM
$10.50 Residents/$15.75 Non-Residents

Smart Working: Boost Your Networking Success by Overcoming these Four Key Challenges
Networking can be overwhelming. Many people are uncomfortable approaching others when they need a job. This instructor has identified how to overcome four key challenges to networking today, which can help boost your confidence and your chances of finding the job you want. Class fee is non-refundable.

Activity Code: 4RAE1404
(Rsection codes listed below)

Hamilton ...................................... HA01
Sat, Apr 9, 9:00AM-11:00AM
$5.50 Residents/$8.25 Non-Residents
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: 4RAE1405
(Section codes listed below)

Hamilton ........................................ HA01
Tue, Apr 5, 6:00PM-8:00PM
$8 Residents/$12 Non-Residents

Milw School of Language ................. ML01
Thu, Apr 21, 6:30PM-8:30PM
$8 Residents/$12 Non-Residents

You are Capable: Become an Entrepreneur

Taking what you’re passionate about and turning it into a business is a great step in life. There will be challenges as well as successes. You are Capable helps you envision your options as an entrepreneur, the various structures of business that are beneficial to you, and the future opportunities that come with turning your passion into a sustainable income.

Activity Code: 4RAE1407
(Section codes listed below)

Riverside .................................. RS01
Wed, Apr 6-May 11, 6:30PM-7:30PM
$18 Residents/$27 Non-Residents

RESILIENCY TRAINING

Healing Salve

Many spring plants that are found in neighborhoods and back yards are packed full of medicinal constituents. In this class, you will learn how to identify common medicinal plants that found in most neighborhoods and create a healing salve. Salves are great for everyday use to revitalize dry, cracked skin or help heal cuts, scrapes and abrasions. Everyone will take a tin of healing salve with them that will be created in the class. Fee includes supply cost and is non-refundable.

Activity Code: 4RAE5707
(Section codes listed below)

Hamilton ........................................ HA01
Thu, Apr 28, 6:00PM-8:00PM
$15 Residents/$22.50 Non-Residents

Natural Bug Repellent

In this class, you will learn how to make your own bug repellent, using only all natural ingredients. You will learn how to identify a common plant and use this plant in your recipe. Everyone will go home with a 4 oz. container that was packed full of medicinal constituents. In this class, you will learn how to identify a common plant that has been used throughout neighborhoods and back yards are packed full of medicinal constituents. In this class, you will learn how to identify common medicinal plants that found in most neighborhoods and create a healing salve. Salves are great for everyday use to revitalize dry, cracked skin or help heal cuts, scrapes and abrasions. Everyone will take a tin of healing salve with them that will be created in the class. Fee includes supply cost and is non-refundable.

Activity Code: 4RAE1406
(Section codes listed below)

Morse-Marshall (Ages 16 & up) .... MR01
Thu, Apr 14, 6:00PM-7:00PM
$5 Residents/$7.50 Non-Residents

Hamilton (Ages 16 & up) ............... HA01
Sat, Apr 16, 10:00AM-11:00AM
$5 Residents/$7.50 Non-Residents

Spring Detox-The Dandelion

Learn all about this powerful medicinal plant that has been used throughout history for medicinal and health benefits. We will discuss how this plant has been used in the past and present to cure various ailments as well as a spring detox. The class will also create 3 easy recipes that will help you to incorporate this plant into your diet. By the end of the class, you will be telling your friends, “Don’t kill them, eat them!” Fee includes supply cost and is non-refundable.

Activity Code: 4RAE5709
(Section codes listed below)

Hamiton ...................................... HA01
Thu, May 19, 6:00PM-8:00PM
$15 Residents/$22.50 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: 4RAE6201
(Section codes listed below)

Beulah Brinton (Ages 30 & up) ........ BN01
Mon, Apr 11-May 9, 6:00PM-9:00PM
$16 Residents/$24 Non-Residents

Beulah Brinton (Ages 30 & up) ........ BN02
Mon, May 16-Jun 20, 6:00PM-9:00PM
$16 Residents/$24 Non-Residents

MacDowell (Ages 30 & up) ............... JU01
Sat, Apr 2-May 21, 12:30PM-2:00PM
$16 Residents/$24 Non-Residents

MacDowell (Ages 30 & up) ............... JU02
Sat, Apr 2-May 21, 2:00PM-3:30PM
$16 Residents/$24 Non-Residents
Tennis Lessons
Prepare for the next match. These lessons will teach you the proper forehand, backhand and ground strokes needed to move the ball when it arrives on your side of the court. Learn the proper serving techniques to make ace serves. Bring your own racquet; wear sports clothing.

Activity Code: 4RAE6204
(Section codes listed below)

Beulah Brinton .............................. BN01
Thu, Apr 7-Jun 2, 5:00PM-6:00PM
$25.50 Residents/$38.25 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: 4RAE6205
(Section codes listed below)

Morse-Marshall ............................. MR01
Wed, Apr 6-May 25, 7:30PM-9:00PM
$33 Residents/$49.50 Non-Residents

SUSTAINABLE LIVING
Composting 101
This educational workshop will provide you with a comprehensive overview of the principles and applications of composting. Class will discuss the types of composting set-ups available, benefits, and the science behind composting.

Activity Code: 4RAE7701
(Section codes listed below)

Riverside ................................. RS01
Sat, May 21, 1:00PM-3:00PM
$12 Residents/$18 Non-Residents

Permaculture Practices
This educational workshop will discuss the philosophy and practice of how to live sustainably for future generations. Discussion will include permaculture’s tenets, origin, and how it applies to everyday living.

Activity Code: 4RAE7702
(Section codes listed below)

Riverside ................................. RS01
Sat, Apr 16-May 21, 1:00PM-3:00PM
$12 Residents/$18 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 per visit for residents / $3 per visit for non-residents is also available at the site. Class fee is non-refundable.

Activity Code: 4RAE6208
(Section codes listed below)

Morse-Marshall ............................. MR01
Tue, Apr 5-May 31, 6:30PM-9:00PM
$10 Residents/$15 Non-Residents

North Division ............................. ND01
Thu, Apr 7-Jun 2, 6:30PM-9:00PM
$10 Residents/$15 Non-Residents
ADULT TEAM SPORTS

TEAM REGISTRATION GOING ON RIGHT NOW!
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 www.milwaukeerecreation.net/adult-sports/index.htm or call the Adult Sports Office at (414)647-6046.

TOURNAMENTS AND ONE-DAY EVENTS
We will be offering some different options for Adult Sports including tournaments and one-day events. Less commitment, but the same amount of fun! Stay tuned for offerings on our website. This could include new sports as well!

SOFTBALL LEAGUES
League play begins mid-April and continues for 10 to 14 weeks. We offer men’s, women’s and coed leagues. There is a mandatory pre-season managers’ meeting that all managers must attend. Look at our website for league offerings for 2016!

FLAG FOOTBALL LEAGUES
League play begins mid-April and continues for 6 weeks. We offer a men’s league. Teams must provide their own triple threat flags. Look at our website for league offerings for 2016!

KICKBALL LEAGUES
If you are looking for something new and fun, join our adult kickball leagues. The spring leagues start late-April. The summer leagues start late-June. Both leagues are 8 weeks and are coed. Look at our website for league offerings for 2016!

INDOOR AND NEW SAND VOLLEYBALL LEAGUES
Still offering traditional indoor volleyball, we now also offer sand volleyball! Join us at Hamilton HS for our spring and summer indoor volleyball leagues and Beulah Brinton for our spring and summer outdoor sand volleyball leagues. We’ll be forming 6’s volleyball leagues. The spring leagues start late-April. The summer leagues start late-June. We offer women’s and coed leagues. Look at our website for league offerings for 2016!

GOLF LEAGUES
Always wanted to join a golf league? Our social golf leagues are designed for those who are looking for a weekly golf league without the high fees and highly competitive atmosphere. League play will start the first week in June. We offer coed leagues. Registration will be available in March. Look at our website for more information.

OUTDOOR ABOVE PAR GOLF INSTRUCTION
These lessons will teach you the following techniques: proper grip, stance, swing, and putting position. Golf course etiquette and rules will also be covered. Bring your own 7 or 9 iron & putter. A limited number of clubs will be available for use at the site. Lessons run for 6 weeks, June – July. Online registration is available for this program! Look at our website for more information.

OUTDOOR TENNIS LESSONS
A first class opportunity for adults to sharpen your skills! Thanks to the Milwaukee Tennis Education Foundation, we are able to offer top notch tennis lessons for beginner to intermediate players. The summer lessons run for 6 weeks, July - August. Online registration is available for this program! Look at our website for more information.

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

The Adult Sports Office has moved!

Milwaukee Recreation’s Adult Sports Office has moved to our OASIS Center at 2414 W. Mitchell St. Please note our new phone numbers:
Main Line: (414) 647-6046
Nick Spence: (414) 647-3821
Megan Frey: (414) 647-3858
Geoffrey Thornton: (414) 647-6070
Hours: Monday-Friday, 8:00AM to 5:00PM

Milwaukee Recreation
Adult Sports Office
2414 W. Mitchell Street
Milwaukee, WI 53204

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED MAY 27-30 FOR MEMORIAL DAY WEEKEND
THERAPEUTIC RECREATION

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 fee of $6.50 per week is due at alley for bowling fees. Call (414) 647-6065 for more information. Meet at AMF Bowlero Lanes (see staff for details). Transportation is not provided. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.
Activity Code: 4RTR6601
(Section codes listed below)

AMF Bowlero (Ages 6 & up) ........ AM01
Sat, Apr 16-May 21, 9:00AM-11:00AM
$5 Residents/$5 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. Class fee is non-refundable.
Activity Code: 4RTR6602
(Section codes listed below)

Hamilton (Ages 10 & up) .......... HA01
Wed, Apr 13-May 25, 7:30PM-8:30PM
$24 Residents/$29 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: 4RTR6603
(Section codes listed below)

OASIS (Ages 10 & up) ............. 5501
Tue, Apr 12-May 24, 6:00PM-8:00PM
$18 Residents/$23 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: 4RTR6604
(Section codes listed below)

OASIS (Ages 13 & up) .............. 5501
Fri, Apr 15-May 20, 4:00PM-5:00PM
$18 Residents/$23 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 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: 4RTR6605
(Section codes listed below)

Hamilton (Ages 10 & up) .......... HA01
Thu, Apr 14-May 26, 7:00PM-8:30PM
$24 Residents/$29 Non-Residents

Diner's Club
Good friends and great food is what you’ll find on Friday nights. We’ll create a delicious dinner each Friday evening. Feel free to bring a favorite recipe to share and your appetite. $8.00 cash fee due at first meeting for additional supplies. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.
Activity Code: 4RTR6606
(Section codes listed below)

OASIS (Ages 13 & up) .............. 5501
Fri, Apr 15-May 20, 5:00PM-7:00PM
$24 Residents/$29 Non-Residents

Friday Night Combo with Boot Camp!
Our Friday Night Combo with Boot Camp includes T.R. Boot Camp, Diner’s Club, and Moviers & Shakers. Sign up for the Combo and save $5.00! ($8.00 cash due at first meeting for additional supplies and a cash fee of $2.00 per week upon entry.) Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.
Activity Code: 4RTR6607
(Section codes listed below)

OASIS (Ages 13 & up) .............. 5501
Fri, Apr 15-May 20, 4:00PM-9:00PM
$42 Residents/$52 Non-Residents

Friday Night Combo with Computers!
Our Friday Night Combo with Computers includes Computer Club, Diner’s Club, and Moviers & Shakers. Sign up for the Combo and save $5.00! ($8.00 cash due at first meeting for additional supplies and a cash fee of $2 per week upon entry.) Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.
Activity Code: 4RTR6608
(Section codes listed below)

OASIS (Ages 13 & up) .............. 5501
Fri, Apr 15-May 20, 4:00PM-9:00PM
$42 Residents/$52 Non-Residents

Friday Night Combo with Games!
Our Friday Night Combo with Games includes Game and Card Night, Diner’s Club, and Moviers & Shakers. Sign up for the Combo and save $5.00! ($8.00 cash due at first meeting for additional supplies and a cash fee of $2 per week upon entry.) Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.
Activity Code: 4RTR6609
(Section codes listed below)

OASIS (Ages 13 & up) .............. 5501
Fri, Apr 15-May 20, 4:00PM-9:00PM
$42 Residents/$52 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: 4RTR6611
(Section codes listed below)
Milw. Sch. of Lang. (Ages 10 & up) ML01
Thu, Apr 14-May 26, 7:30PM- 8:30PM
$18 Residents/$23 Non-Residents

OASIS (Ages 10 & up) ................. 5501
Fri, Apr 15-May 20, 4:00PM- 5:00PM
$18 Residents/$23 Non-Residents

Movement / Yoga for Beginners
Come try this relaxing, yet effective form of exercise. We will focus on the basics: breathing, stretching, beginner moves. 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: 4RTR6614
(Ages 13 & up)..........................VL01
(Locations will be announced at a later date)
Sun, Apr 24-May 22, Various Times
$5 Residents/$5 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: 4RTR6613
(Section codes listed below)

Hamilton (Ages 10 & up) .............. HA01
Wed, Apr 13-May 25, 6:00PM- 7:30PM
$18 Residents/$23 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 $5.00 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.

Activity Code: 4RTR6615
(Section codes listed below)

South Shore Cinema (Ages 13 & up) VL01
Sun, Apr 17-May 15, Various Times
$5 Residents/$5 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: 4RTR6616
(Section codes listed below)

Manitoba (Ages 6 & up) ............... MB01
Sat, Apr 16-May 21, 12:30PM- 4:00PM
$35 Residents/$45 Non-Residents

Morse-Marshall (Ages 6 & up) ...... MR01
Sat, Apr 16-May 21, 12:30PM- 4:00PM
$35 Residents/$45 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: 4RTR6617
(Section codes listed below)

OASIS (Ages 13 & up) .................. 5502
Wed, Apr 13-May 25, 6:00PM- 7:00PM
$18 Residents/$23 Non-Residents

OASIS (Ages 13 & up) .................. 5501
Fri, Apr 15-May 20, 4:00PM- 5:00PM
$18 Residents/$23 Non-Residents

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED MAY 27-30 FOR MEMORIAL DAY WEEKEND
Therapeutic Recreation • (414) 647-6065
Programs for Individuals with Disabilities

Thursday Night Combo at Hamilton
Our Thursday Night Combo at Hamilton includes your choice of Movement & Yoga for Beginners or Knitting and Duck Tape Crafts and Culture Cafe. An $8.00 cash fee will be collected at the first meeting for additional supplies. Sign up for the Combo and save $5.00! Call (414) 647-6055 for more information. This is a Therapeutic Recreation program for individuals with disabilities.
Activity Code: 4RTR6618
(Section codes listed below)

Hamilton (Ages 10 & up) .............. HA01
(Movement/Yoga & Culture Cafe)
Thu, Apr 14-May 26, 6:00PM- 8:30PM
$37 Residents/$47 Non-Residents

Hamilton (Ages 10 & up) .............. HA02
(Knitting/Duck Tape Crafts & Culture Cafe)
Thu, Apr 14-May 26, 6:00PM- 8:30PM
$37 Residents/$47 Non-Residents

Thursday Night Combo at MSL
Our Thursday Night Combo at Milwaukee School of Languages includes both Movement/Yoga for Beginners and Game & Card Night. Sign up for the Combo and save $5.00! Call (414) 647-6055 for more information. This is a Therapeutic Recreation program for individuals with disabilities.
Activity Code: 4RTR6619
(Section codes listed below)

Milw. Sch. of Lang. (Ages 10 & up) . ML01
Thu, Apr 14-May 26, 6:30PM- 8:30PM
$31 Residents/$41 Non-Residents

Wednesday Night Combo
Our Wednesday Night Combo includes both Awesome Appetizers & Desserts Too. An $8.00 cash fee will be collected at the first meeting for additional supplies. 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: 4RTR6620
(Section codes listed below)

Hamilton (Ages 10 & up) .............. HA01
Wed, Apr 13-May 25,  6:00PM- 8:30PM
$37 Residents/$47 Non-Residents

Wii Games
Have you tried Nintendowii, 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: 4RTR6621
(Section codes listed below)

OASIS (Ages 8 & up) ................. 5501
Tue, Apr 12-Apr 24,  6:00PM- 8:00PM
$18 Residents/$23 Non-Residents

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 nondisabled 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: 3RTR0501
(Section codes listed below)

Gaenslen (Ages 3 & up)............. GS01
Thu, Apr 7-May 26,  6:55PM- 7:55PM
$32 Residents/$64 Non-Residents

Hamilton (Ages 3 & up).......... HA01
Tue, Apr 5-May 24,  6:55PM- 7:55PM
$32 Residents/$64 Non-Residents

Therapeutic Water Exercise
This class is designed for individuals with or without disabilities who would like to benefit from the therapeutic values water provides. Personalization of water exercises allows for variety in this course. Walk, lunge, squat, ski: water makes the possibilities limitless. Participants should be able to enter our beautiful ZERO DEPTH walk-in entry (no ladders) on his/her own or bring an attendant to assist.
Activity Code: 4RTR0301
(Section codes listed below)

Gaenslen (Ages 18-100) .......... GS01
Sat, Apr 2-May 21,  3:25PM- 4:25PM
$36 Residents/$48 Non-Residents

Lawn Games
Come play some fun-filled, low-intensity lawn games this spring! Learn new games or play a classic game like badminton while socializing with friends. Activities will occur outdoors weather permitting. All activities can be adapted to individual’s ability levels. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for Individuals with Disabilities.
Activity Code: 4RTR6622
(Section codes listed below)

Hamilton (Ages 10 & up) .......... HA01
Wed, Apr 13-May 25,  6:00PM- 7:30PM
$18 Residents/$23 Non-Residents

Please like us on Facebook!
facebook.com/ MilwaukeeRecreation

www.MilwaukeeRecreation.net
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 cognitive 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:**

**FALL**
Sports Season (September - December)

- Bowling
  - Marquette University Union Annex
  - Burnham Bowl
  - AMF West
  - AMF Bowlero

- Volleyball
  - Audubon Middle School

**WINTER**
Sports Season (December - April)

- Team Basketball & Basketball Skills
  - Audubon Middle Sch.
  - Wedgewood Park International
  - Juneau Campus

- Gymnastics - Rhythmic
  - Juneau Campus

**SPRING**
Sports Season (March - June)

- Track & Field
  - Hamilton High School
  - Marshall High School

- Soccer
  - Audubon Middle School

- Swimming (Feb.-June)
  - Hamilton

**SUMMER**
Sports Season (May - August)

- Softball
  - 78th St. Field
  - 88th St. Field
  - Bryant Field

- T-Ball
  - 88th St. Field

- Bocce
  - Juneau 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 MilwaukeeRecreation.net, click “Online Registration” and then click on the “Search Programs” tab to find Special Olympics.

Of course, you can still call (414) 647-6044 if you would like us to send you a paper registration form.
PARALYMPIC SPORTS

Quad Rugby
Join the Milwaukee Iron rugby team as they continue to build their skills and develop into a competitive team. Quad rugby is a fun sport for players to work on overall endurance, fitness, and skills. Teams will run drills and scrimmage. Practices are conducted in preparation for tournaments. This program is for individuals with quadriplegia who use manual wheelchairs and are over the age of 18. Sign up anytime during the season. Call (414) 647-6041 for more information and special registration form.

Activity Code: 4PAR5201
(Section codes listed below)

Gaenslen ....................................... GS01
Thu, Apr 7-Jun 2, 6:00PM-8:30PM
$20 Residents/$20 Non-Residents

Gaenslen ....................................... GS02
Sat, Apr 6-Jun 4, 12:30PM-3:00PM
$20 Residents/$20 Non-Residents

Wheelchair Basketball - Adults
Join the adult wheelchair basketball team practices. Structured practices are provided for participants to develop skills which may enable athletes to compete locally and nationally. Wheelchair basketball is a great way to build endurance, increase strength, and socialize with others. All are welcome to join at either a competitive or recreational level. Equipment provided. For adults age 21 and older. Sign up anytime during the season. Call (414) 647-6041 for more information and special registration form.

Activity Code: 4PAR5203
(Section codes listed below)

MacDowell (Ages 21 & up) ............... JU01
Wed, Apr 6-Jun 1, 6:30PM-9:00PM
$20 Residents/$20 Non-Residents

Wheelchair Basketball - Youth
The Milwaukee Recreation Department will be partnering with WASA to provide a wheelchair basketball program for youth in the Milwaukee area. Participants will learn everything from pushing and dribbling to shooting and scrimmaging, individualized and team skills will be emphasized. Participants will be assigned to a team based on age and skill level. Teams may compete locally and nationally. Sign up anytime during the season. Call (414) 647-6041 for more information and special registration form.

Activity Code: 4PAR5204
(Section codes listed below)

Gaenslen (Ages 6-12) ..................... GS01
(Junior Bucks Prep Team)
Sat, Apr 16-Apr 30, 10:00AM-12:00PM
$20 Residents/$20 Non-Residents

Hi-Mount (Ages 13-21) ................... HI01
(Junior Bucks Varsity)
Tue, Apr 5-May 3, 6:30PM-8:30PM
$20 Residents/$20 Non-Residents

ADAPTIVE SPORTS

Wheelchair & Adaptive Sports
Open Gym
4 Opportunities Per Month
4 Park & Rec Locations
1st Monday of each month:
1:00PM to 4:00PM
Milwaukee County Sports Complex
6000 W. Ryan Rd.
Franklin, WI 53132

2nd Friday of each month:
6:00PM to 9:00PM
Whitman Middle School
11100 W. Center St.
Milwaukee, WI 53222

3rd Friday of each month:
6:00PM to 9:00PM
General Mitchell Elementary School
10125 W. Montana Ave.
West Allis, WI 53227

4th Friday of each month:
6:00PM to 9:00PM
Hi-Mount Community School
4921 W. Garfield Ave.
Milwaukee, WI 53208

For more information, please call 414-430-6543 or e-mail sam@wisconsinadaptivesports.org.

facebook.com/MilwaukeeRecreation

www.MilwaukeeRecreation.net
ACTIVE OLDER ADULTS

Pickleball
Pickleball is one of the fastest growing sports in the country! Pickleball 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 at the same time it can offer a quick, fast-paced, competitive game for experienced pickleballers. Come join us for open play or instruction from our avid pickleball players.

Activity Code: 4R550101

Bay View (Ages 50 & up) .................. BV01
(Int./Adv. 3.0 or higher - Open Play. Drop-in fee is $3 per day)
Tue, Mar 29-May 31, 6:00PM-9:00PM
$15 Residents/$20 Non-Residents

Bay View (Ages 50 & up) .................. BV02
(Int./Adv. 3.0 or higher - Open Play. Drop-in fee is $3 per day)
Thu, Mar 31-Jun 2, 6:00PM-9:00PM
$15 Residents/$20 Non-Residents

Pulaski (Ages 50 & up) ................. PK01
(Open Play - No drop-in fee available at this site)
Sat, Mar 26-Jun 4, 9:00AM-12:00PM
$15 Residents/$20 Non-Residents

Pulaski (Ages 50 & up) ................. PK02
(Open Play - No drop-in fee available at this site)
Wed, Mar 30-Jun 1, 6:30PM-9:30PM
$15 Residents/$20 Non-Residents

ADULT SWIM

Swimming - Open (Senior)
To participate, swimmers must purchase a swim pass for $15.00. A family pass may be purchased for $20.00. Swim passes are valid from Sept. 1, 2015 - Aug. 31, 2016. Swimmers without a swim pass will be required to pay the daily swim fee of $1.00. Participants must provide towel, suit and swim cap.

Activity Code: 4R550401

South Division (Ages 50 & up) ............ SD01
Mon/Wed/Fri, Apr 4-May 27, 7:30AM-8:30AM
$15 Residents/$20 Non-Residents

AQUA FITNESS

Water Aerobics - Senior
Exercise in a warm pool to strengthen your heart and lungs. This is a great way to get in shape while having fun. Our terrific instructor will lead you in water aerobics adapted for seniors.

Activity Code: 4R550301

South Division (Ages 50 & up) ............ SD01
Mon, Apr 4-May 23, 7:30AM-8:30AM
$30 Residents/$35 Non-Residents

South Division (Ages 50 & up) ............ SD02
Wed, Apr 6-May 25, 7:30AM-8:30AM
$30 Residents/$35 Non-Residents

South Division (Ages 50 & up) ............ SD03
Fri, Apr 8-May 27, 7:30AM-8:30AM
$30 Residents/$35 Non-Residents

ARTS & CRAFTS

Beginner Beading
Use your creative skills to design and make beautiful jewelry with beading. Learn the basics of beginning beading including stringing, crimping and attaching clasps. Create your own wearable works of art. Participants should bring their own beads or purchase kit from instructor for $5.00 (cash only). String, crimping beads, clasps, glue and tools will be provided. Class fee is non-refundable.

Activity Code: 4R550901

OASIS (Ages 50 & up) .................. 5501
(“Mardi Gras” Beading)
Thu, May 12, 9:00AM-11:00AM
$5 Residents/$10 Non-Residents

Craft Club
Enjoy making a variety of craft projects (jewelry making and scrapbooking at Enderis) while socializing with wonderful people. Projects vary weekly and by site. Class fee is non-refundable.

Activity Code: 4R550903

Enderis Playfield (Ages 50 & up) ........ EF01
Tue, Apr 5-May 10, 9:00AM-12:00PM
$6 Residents/$11 Non-Residents

OASIS
(Organization for Active Seniors in Society)
2414 W. Mitchell Street, Milwaukee, WI 53204-3025.

Membership is required for participation in all programs at the OASIS Center.

Membership cards are available at the OASIS Senior Center for $10 for city of Milwaukee residents and $20 for non-residents.

Membership fee is good for one year from purchase date.
**OASIS (Ages 50 & up)**

(O.A.S.I.S. Membership Required. See activities listed below)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Code</th>
<th>Description</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Internet for Absolute Beginners</td>
<td>4R550904</td>
<td>Let's talk about the world's largest encyclopedia in understandable terms. This class provides an overview of how to search the Internet for information that matters to YOU. We'll learn how to use a search engine called Google, which is a powerful and easy-to-learn tool that helps you 'surf the internet' in seconds! We will talk about the top Internet websites and visit them, too! Finally, we will discuss a few do's and don'ts of Internet browsing with safety in mind. We will learn some of the basics of Windows 7. (Windows 8 not available at the O.A.S.I.S.) Bring your questions to class and go home with the answers!</td>
<td>$20 Residents/$25 Non-Residents</td>
</tr>
<tr>
<td><strong>FREE</strong></td>
<td><strong>5501</strong></td>
<td>Morse-Marshall (Ages 50 &amp; up)</td>
<td>Free with O.A.S.I.S. Membership. (Membership fees are $10.00/Res and $20.00/Non-Res) Membership fee is good for one year from purchase date. On-line registration is not available. Please contact 414-647-6041 for more information.</td>
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<tr>
<td>Urban Line Dance</td>
<td>4R552902</td>
<td>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.</td>
<td><strong>5501</strong></td>
</tr>
<tr>
<td>AARP Foundation Finances 50+</td>
<td>4R553401</td>
<td>This program is designed to motivate and empower participants to take charge of their financial future and make the most of the financial resources that you have. Finances 50+ materials cover budgeting and goal setting, taking charge of credit and debt, and developing a savings plan and protecting your assets. Small group workshops are led by a trained facilitator.</td>
<td><strong>5501</strong></td>
</tr>
<tr>
<td>Arthritis Exercise</td>
<td>4R553501</td>
<td>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 fee is non-refundable.</td>
<td><strong>5501</strong></td>
</tr>
<tr>
<td>Ballroom Dance</td>
<td>4R552901</td>
<td>When you attend a wedding or reunion, are you envious of the people gliding across the dance floor? Learn to waltz, foxtrot, 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.</td>
<td><strong>5501</strong></td>
</tr>
<tr>
<td>Morse-Marshall (Ages 50 &amp; up)</td>
<td>4R553402</td>
<td>This program is designed to motivate and empower participants to take charge of their financial future and make the most of the financial resources that you have. Finances 50+ materials cover budgeting and goal setting, taking charge of credit and debt, and developing a savings plan and protecting your assets. Small group workshops are led by a trained facilitator.</td>
<td><strong>5501</strong></td>
</tr>
<tr>
<td>Morse-Marshall (Ages 50 &amp; up)</td>
<td>4R553403</td>
<td>This program is designed to motivate and empower participants to take charge of their financial future and make the most of the financial resources that you have. Finances 50+ materials cover budgeting and goal setting, taking charge of credit and debt, and developing a savings plan and protecting your assets. Small group workshops are led by a trained facilitator.</td>
<td><strong>5501</strong></td>
</tr>
<tr>
<td>Morse-Marshall (Ages 50 &amp; up)</td>
<td>4R553404</td>
<td>This program is designed to motivate and empower participants to take charge of their financial future and make the most of the financial resources that you have. Finances 50+ materials cover budgeting and goal setting, taking charge of credit and debt, and developing a savings plan and protecting your assets. Small group workshops are led by a trained facilitator.</td>
<td><strong>5501</strong></td>
</tr>
</tbody>
</table>

**FINANCE**

**ARMS**

**FITNESS**

**COMPUTERS**

**Computer for Absolute Beginners**

If you are brand new to computers then this class is for you! This is a practical, hands-on class that will explain the fundamentals of using a computer with easy to understand terms. We will discuss the mouse and the keyboard in detail. We will learn some of the basics of Windows7. (Windows8 not available at the O.A.S.I.S.) Bring your questions to class and go home with the answers! | **FREE** |

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<tr>
<td>Computer Lab</td>
<td>4R551501</td>
<td>Surf the net, send emails, write letters or research current events! Our computer lab is open to utilize 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 $10.00/Res and $20.00/Non-Res) Membership fee is good for one year from purchase date. On-line registration is not available. Please contact 414-647-6041 for more information.</td>
<td><strong>20 Residents/$25 Non-Residents</strong></td>
</tr>
<tr>
<td>Morse-Marshall (Ages 50 &amp; up)</td>
<td>4R553405</td>
<td>This program is designed to motivate and empower participants to take charge of their financial future and make the most of the financial resources that you have. Finances 50+ materials cover budgeting and goal setting, taking charge of credit and debt, and developing a savings plan and protecting your assets. Small group workshops are led by a trained facilitator.</td>
<td><strong>20 Residents/$25 Non-Residents</strong></td>
</tr>
<tr>
<td>Morse-Marshall (Ages 50 &amp; up)</td>
<td>4R553406</td>
<td>This program is designed to motivate and empower participants to take charge of their financial future and make the most of the financial resources that you have. Finances 50+ materials cover budgeting and goal setting, taking charge of credit and debt, and developing a savings plan and protecting your assets. Small group workshops are led by a trained facilitator.</td>
<td><strong>20 Residents/$25 Non-Residents</strong></td>
</tr>
<tr>
<td>Morse-Marshall (Ages 50 &amp; up)</td>
<td>4R553407</td>
<td>This program is designed to motivate and empower participants to take charge of their financial future and make the most of the financial resources that you have. Finances 50+ materials cover budgeting and goal setting, taking charge of credit and debt, and developing a savings plan and protecting your assets. Small group workshops are led by a trained facilitator.</td>
<td><strong>20 Residents/$25 Non-Residents</strong></td>
</tr>
</tbody>
</table>
Move It or Lose It
Ty from our fitness center will motivate you to get moving. Exercise to different fitness videos every week. Working out can help you feel energetic and young! Do not miss the fun! All levels welcome! Class fee is non-refundable.
Activity Code: 4R553502

(OASIS Codes listed below)

OASIS (Ages 50 & up) .................... 5501
Mon, Apr 4-Jun 6, 12:30PM-1:30PM
$5 Residents/$10 Non-Residents

Zumba Gold
Zumba® Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the older participant, as well as those just starting their journey to a fit and healthy lifestyle. Join other 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: 4R553503

(OASIS Codes listed below)

OASIS (Ages 50 & up) .................... 5501
Mon, Apr 4-May 23, 10:15AM-11:15AM
$20 Residents/$25 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. Exercise on a mat and standing unassisted.
Activity Code: 4R553504

(OASIS Codes listed below)

OASIS (Ages 50 & up) .................... 5501
Fri, Apr 8-Jun 3, 10:15AM-11:15AM
$20 Residents/$25 Non-Residents

Arthritis Walking Club
The Arthritis Foundation Walk With Ease (WWE) program is designed for people with or without arthritis - young and old, male and female, fit and not-so-fit. It is a program to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit. Individuals can join others in a six-week group series led by a certified WWE leader. The series is shown to reduce pain and increase balance and walking pace, Walk With Ease provides participants with the information and tools they need to develop a safe exercise routine that fits their unique needs and goals.
Activity Code: 4R553505

(OASIS Codes listed below)

MacDowell (Ages 50 & up) ............... JU01
Sat, Apr 2-May 21, 9:00AM-10:00AM FREE

Pilates For Older Adults
This class focuses on controlled breathing and quality of movement, not quantity of repetitions. Many experts agree that Pilates is one of the best ways for older adults to stay healthy. The benefits of Pilates include increased levels of strength, balance, flexibility, muscle tone, stamina and well being.
Activity Code: 4R553507

(OASIS Codes listed below)

OASIS (Ages 50 & up) .................... 5501
Tue/Thu, Apr 19-May 19, 10:15AM-11:00AM
$30 Residents/$35 Non-Residents

Chair Yoga
People of all abilities experience greater health and well-being in this chair yoga plus strength exercises 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 $10.00/Res and $20.00/Non-Res) Membership fee is good for one year from purchase date. On-line registration is not available. Please contact 414-647-6041 for more information.
Activity Code: 4R553508

(OASIS Codes listed below)

OASIS (Ages 50 & up) .................... 5501
Mon/Wed/Fri, Apr 4-Jun 3, 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!

O.A.S.I.S. center membership along with a signed waiver and an orientation are required. (Membership fees are $10.00/Res and $20.00/Non-Res) Membership fee is good for one year from purchase date. On-line registration is not available. Please contact 414-647-6041 for more information.
Activity Code: 4R553509

(OASIS Codes listed below)

OASIS (Ages 50 & up) .................... 5501
(O.A.S.I.S. Membership Required. See fees above.)
Mon-Fri, Apr 4-Jun 3, 8:00AM-3:00PM FREE

SENIORFEST 2016
Wednesday, June 8, 2016
Italian Community Center
631 E. Chicago St.
Milwaukee, WI 53202
Milwaukee Recreation invites you to enjoy a variety of music, dancing, food, prizes, bingo, and activities. Then, visit with over 75 exhibitors who serve older adults. Tickets cost $4 in advance; $5 at the gate. Park for free and enjoy the day! Call (414) 647-6041 for details.
HEALTH AND WELLNESS

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. The payment is due to the group leader, Lynn Egan.
Activity Code: 4R554102
(Organization codes listed below)

OASIS (Ages 50 & up) ............... 5501
Wed, Apr 6-Jun 1, 10:00AM-10:45AM
FREE

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: 4R554101
(Organization codes listed below)

OASIS (Ages 50 & up) ............... 5501
Tue/Thu, Apr 5-Jun 2, 9:30AM-11:30AM
FREE

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. It can be purchased at the first class for $13.00. O.A.S.I.S.
Activity Code: 4R554401
(Organization codes listed below)

OASIS (Ages 50 & up) ............... 5501
Fri, Apr 8-May 6, 12:30PM-1:30PM
$25 Residents/$30 Non-Residents

OASIS (Ages 50 & up) ............... 5502
Fri, May 13-Jun 10, 12:30PM-1:30PM
$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. Class fee is non-refundable.
Activity Code: 4R554601
(Organization codes listed below)

OASIS (Ages 50 & up) ............... 5501
Thu, Apr 7-May 5, 10:00AM-11:00AM
$5 Residents/$8 Non-Residents

ORGANIZED GAMES

Bingo
Join us every Tuesday in our bright and cheerful Senior Cafe’ for a relaxing time playing bingo. O.A.S.I.S. Membership is required. Non-Smoking environment. No bingo on election days. Free with O.A.S.I.S. Center Membership. (Membership fees are $10.00/Res and $20.00/Non-Res) Membership fee 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: 4R554901
(Organization codes listed below)

OASIS (Ages 50 & up) ............... 5501
Fri, Apr 8-May 6, 10:00AM-11:00AM
$5 Residents/$8 Non-Residents

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 $10.00/Res and $20.00/Non-Res) Membership fee is good for one year from purchase date. On-line registration is not available. Please contact 414-647-6041 for more information.
Activity Code: 4R554902
(Organization codes listed below)

OASIS (Ages 50 & up) ............... 5501
Wed, Apr 6-Jun 1, 12:15PM-1:30PM
FREE
Wii Games

You may think that video games are for kids, but the Wii is for everyone! You can come and play or just watch and learn. Participants will get a chance to play bowling, tennis, golf and baseball by using the Wii game controller. All are welcome. Free with O.A.S.I.S. Center Membership is required. (Membership fees are $10.00/Res and $20.00/Non-Res) Membership fee is good for one year from purchase date. On-line registration is not available. Please contact 414-647-6041 for more information.

Activity Code: 4R554903
(Section codes listed below)

OASIS (Ages 50 & up) ............... 5501
(O.A.S.I.S. Membership Required. See fees above.)
Mon, Apr 4-May 30, 9:30AM-11:00AM
FREE

OASIS (Ages 50 & up) ............... 5502
(O.A.S.I.S. Membership Required. See fees above.)
Thu, Apr 7-Jun 2, 9:30AM-11:00AM
FREE

TRAVEL CLUB

50+ Travel Club
The 50+ Travel Club offers trips to exciting destinations for adults 50 years and over. There is no registration fee and we put together all the details that go into planning a perfect travel adventure for you. Our trips are affordable and it is 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.

Activity Code: 4R554903
(Section codes listed below)

OASIS (Ages 50 & up) .................. 5501
(O.A.S.I.S. Membership Required. See fees above.)
Mon, Apr 4-May 30, 9:30AM-11:00AM
FREE

OASIS (Ages 50 & up) .................. 5502
(O.A.S.I.S. Membership Required. See fees above.)
Thu, Apr 7-Jun 2, 9:30AM-11:00AM
FREE

May
“From Door To Door” - Memories
Tuesday, May 3, 2016

June
“Rockin’ At The Fireside” – Fort Atkinson, WI
Saturday, June 11, 2016

“The Music Man” – Mt. Morris, IL
Tuesday, June 14, 2016

Meeting Dates
Northside - Capitol Library - 1:30 PM
3969 N. 74th Street, Milwaukee
Thursday – March 10 & May 12, 2016

Southside - Oasis Senior Center - 8:30 AM
2414 W. Mitchell Street, Milwaukee
Friday – March 11 & May 13, 2016

Pass on your wisdom
to the next generation

If you’re 55+, volunteer at a MPS elementary school for just 90 minutes once a week and see a child succeed.

For more information:
call: (414) 220 - 8653
email: tutor@interfaithmilw.org
visit: www.interfaithmilw.org

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED MAY 27-30 FOR MEMORIAL DAY WEEKEND
FREE and low-cost arts programs, sponsored in part by the MPS Partnership for the Arts & Humanities

**All Hands Boatworks:** RiverVentures Teen Camp: June 20-24. FREE to high school students living in Milwaukee. Build a boat. Explore the Menomonee River. Learn about careers in water tech, environmental science, and the construction trades. Additional summer boatbuilding and on-water activities for youth ages 13-17. FREE Guided Community Rowing throughout the summer for youth groups and families. Contact bill@allhandsboatworks.org or 262-290-0228.

**Arts Working in Education (A.W.E.):** Drop-in visual and public art activities at ALL Milwaukee Public Libraries this spring and various Milwaukee parks, playgrounds and community locations. Visit any library or www.awe-inc.org or call 414-933-3877 for further details.

**Danceworks:** Summer Creative Arts Camps are week-long camps that integrate dance and visual art along with music, creative drama and creative writing into one fun-filled program. Designed for ages 3-13, programming is inclusive of all abilities and learning styles. Need-based scholarships are available. Visit our website or call for more details: danceworksmke.org, 414-277-8480.

**First Stage:** Theater Academy classes foster life skills through stage skills, such as acting, musical theater, improvisation, etc. Next Steps Academy classes for students on the autism spectrum are also offered. Financial assistance is available. Families may also attend our Pay What You Choose performances to view one of our professional theater productions at minimal cost. www.FirstStage.org

**Milwaukee Children’s Choir (MCC):** An audition-based, advanced children’s choir for students in grades K-12. Need-based tuition assistance available. Contact us for more info. or to schedule an audition: membership@MilwaukeeChildrensChoir.org, 414-221-7040, MilwaukeeChildrensChoir.org.

**Milwaukee Repertory Theater:** Teen Council offers theater-lovers ages 13-18 VIP access to The Rep! Participants plan events, attend productions & workshops, & more! Meetings held every other Thursday, 7-8:30pm. To apply, visit: www.milwaukeerep.com/Education/Outreach, or contact hprow@milwaukeerep.com or 414-290-5398.

**Milwaukee Public Theatre:** FREE public performances this spring: *Pieces: In My Own Voice*, about teens and mental illness; *Stories from the Medicine Wheel*, Native American tales; *Cuentame un Cuento*, Latin American stories and music; and *Proyecto Bembe*, Afro/Latino dance and drumming. For a calendar and information, visit www.milwaukeepublictheatre.org or call 414-347-1685.

**Neighborhood House of Milwaukee:** FREE Family adventures - come explore the natural world through hiking, birding, and maple sugaring. Contact Christina Hill, 414-933-6161 ext. 175 for dates & to register.

**Present Music:** The Creation Project pairs local composers with students from the Urban Ecology Center to create their own “Music of Nature.” Students will be performing their original compositions at the UEC’s Earth Day of Service, 12:00 PM Saturday, April 23rd at Washington Park, and on Sunday, June 12 with Present Music’s Compose Milwaukee concert. For more info: 414-271-0711, presentmusic.org

**Sophia’s Heart Foundation:** Students ages 11–17 participate in a FREE music and arts experience of performing top Billboard hits, learning professional audio & video production skills, and dance. Bus transportation is available. We meet Mon/Wed/Sat at 275 W. Wisconsin Ave. (2nd Floor) from 4-6:30 p.m. and Tues/Thurs at Heart Love Place on MLK Dr. from 4– 6 p.m. Email ashley@sophiasheart.org to sign up. Homework labs also available for assistance with academics.

**Urban Ecology Center:** Join us at the Menomonee Valley or Washington Park branches for the Young Scientists Club! Participate in a range of activities from hiking to gardening to research. For youth ages 5-13 at Washington Park every Tues-Fri (4-6pm), Sat 1-4pm and at Menomonee Valley Tues and Thurs 4-6pm and Sat. 1-4pm. Visit www.urbanecologycenter.org for more info.

**Victory Garden Initiative:** Youth Farmstand students learn how to grow food and sell it at their own farm stand, marketing, customer service skills, and of course, the value of eating healthy food. They even take home veggies to their families. For information, go to www.VictoryGardenInitiative.org or e-mail educator@victorygardeninitiative.org.

**Walker’s Point Center for the Arts:** FREE “Hands-On” Art & Movement classes: Tues-Fri, 3-5pm, also 1-5pm on School Days Off AND Summer Art Camps. For class descriptions, schedule and scholarships: www.wpca-milwaukee.org. To register, contact: 414-672-2787 ext. 12 or mailue@wpca-milwaukee.org

**Wild Space Dance Company:** Wild Arts Summer Camp is a 5 week program (9am –12:00 noon), Monday-Thursday, June 22–July 23. You will make artwork, create theater scenes and create dances to share in a performance on July 23. Contact 414-271-0307, info@wildspacedance.org, or visit wildspacedance.org.

**Wisconsin Conservatory of Music:** The MPS Summer Music Institute, June 20-July 1 (9am-12pm) at the Milwaukee High School of the Arts, gives students in grades 3-12 the opportunity to explore different musical instruments and styles, participate in their first large ensemble, or refine their musical skills with our expert faculty. Only $30 for MKE residents. Call 414-276-5760 or visit www.wcmusic.org

**Xalaat Africa Drum and Dance for Life Ltd** will be holding our second annual Summer Dance Intensive at Marquette University, Helfaer Theater Studio from June 27 through July 29, 2016. The camp will serve youth ages 13-19 and the focus will be African dance, Modern Dance, Drumming, Dance Composition, and Stage Production. Please contact Roxy Kess 414-534-5503 for more information.

**YWCA - Everytown Wisconsin:** This week-long camp is an action-oriented training experience for teen girls who want to become leaders for social change among their peers and in their communities. Everytown Wisconsin will be held August 14-19, 2016 in Almond, WI at Camp Helen Brachman. For more information visit www.ywcasew.org/everytown.
ECRWSS
RESIDENTIAL CUSTOMER

SPRING 2016 RECREATION GUIDE
FUN AND AFFORDABLE PROGRAMS FOR YOUTH, TEENS, ADULTS & SENIORS

Register online at MilwaukeeRecreation.net & call us with any questions:

Program Information, Playgrounds, and Rec. Centers .......................... 475-8811
Service Office ...................................................................................... 475-8811
Youth & Teen Classes ................................................................. 475-8811
Youth Sports ...................................................................................... 475-8811
Gymnastics ......................................................................................... 475-8811
Swimming ............................................................................................ 647-6050
Adult Enrichment ................................................................................ 475-8811
Family Classes .................................................................................... 475-8811
Adult Team Sports .............................................................................. 647-6046

Interscholastic Athletics/Academics .................................................. 475-8219
MPS School-Based Adaptive Athletics & Special Olympics .............. 647-3860
MPS Special Olympics (Team Milwaukee) ......................................... 647-6044
Outdoor/Nature Activities ................................................................. 647-6050
Paralympic Sports ............................................................................. 647-6041
Therapeutic Recreation ..................................................................... 647-6065
Fifty-five Plus Program .................................................................... 647-6041
Fifty-five Plus Travel Club ................................................................. 647-6070
Administration .................................................................................. 475-8180

THE SUMMER ACTIVITY GUIDE WILL BE MAILED TO ALL CITY OF MILWAUKEE HOUSEHOLDS DURING THE LAST WEEK IN APRIL.