

PROGRAMMING FOR YOUTH, ADULTS & SENIORS

FALL 2026



Whitefish Bay RECREATION

Bringing **Community** Together



**COMMUNITY
BIKE SAFETY
RODEO -
SEPTEMBER 12**



**RESIDENT LOTTERY REGISTRATION
BEGINS JULY 27, 2026**

Non-Resident Registration begins August 11, 2026.



**CHECK
INSIDE:** Flag Football | Youth Basketball Leagues
Ski Club | And More...



Lydell Preschool

An exceptional place for young hearts and minds

**ENROLL
TODAY!**

WE ARE GETTING A NEW 2-3 YEAR OLD ROOM!

Our new (and bigger!) room will provide:

- More Room to Grow
- Expanded Learning Centers
- All-New Dramatic Play Zone
- The Ultimate Art Studio
- Space to Breathe and Play

SAME TEACHERS, BETTER VIEW

Mrs. K (Ashley Keenan) and Mrs. Kim (Kim Wong) are ready to welcome your little ones into this bright, airy, and organized environment.



Space still available for the
2026-2027 school year!

3-4 Year Old Classroom

3-Day Program - Mon, Wed, Fri

2-Day Program - Tues, Thurs

(must be 3 by Sept 1)

2-3 Year Old Classroom

3-Day Program - Mon, Wed, Fri

2-Day Program - Tues, Thurs

(must be 2 by Sept 1)

For more information and rates, please call Caitlin Meyer at (414)963-3801
or visit www.wfbschools.com/community-recreation



WHICH HOME PROJECTS ADD THE MOST VALUE?

ASK ESSAM.

414.350.4611

ESSAM.ELSAFY@KW.COM
ELSAFYTEAM.COM



Each office is independently owned and operated.



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Whitefish Bay RECREATION

Bringing **Community** Together

RECREATION GUIDE

FALL 2026

Dear Residents,

We are thrilled to launch our Fall 2026 Program Guide! Following a fantastic summer filled with sunshine and vibrant activities for all ages, we hope to keep that same energy and high level of community involvement going right into the autumn months.

The start of a new school year brings more than just the nostalgia of fresh pencils and notebooks—it marks the kickoff of our brand-new Recreation Programming! This season, we are excited to introduce a dynamic Double-Dutch Program, a Google Skills & AI Workshop for Adults, and a warm welcome to our new Coordinator of Senior and Community Services. In this vital role, our newest team member will manage the District's Crossing Guard Program and design enriching activities and workshops tailored for residents aged 55 and better.

Additionally, connecting with us just got easier. We are proud to debut our new WebTrac App—the simplest, most efficient way to browse our seasonal guides, register for classes, and get firsthand notifications sent straight to your phone. As the saying goes, "There's an app for that!"

We hope you enjoy exploring everything we have in store for you this season. We can't wait to see you out there this fall!

Recreationally Yours,

Carin Keland



Carin Keland,
Director of Recreation &
Community Education
Whitefish Bay Schools





Whitefish Bay SCHOOL DISTRICT

An Exceptional Place to Learn

MESSAGE FROM THE DISTRICT ADMINISTRATOR

Greetings Residents of Whitefish Bay

We are incredibly grateful for your ongoing engagement with the Whitefish Bay Recreation and Community Education Department. Thanks to the enthusiasm of our residents, the dedication of our staff, and the passion of our volunteers, we continue to fulfill our mission: providing “opportunities to be involved in activities that promote collective growth, learning, and well-being” (District Focus Plan).

Discover Something New

Inside our Fall 2026 Recreation Guide, you will find an inspiring lineup of programs tailored to fitness, lifelong learning, creativity, and community connection. Whether your goal this season is to discover a new passion, stay active, or simply spend quality time with friends and neighbors, our offerings are designed with everyone in mind.

Shaping Our Programs Together

We strive to offer innovative, inclusive experiences that truly reflect what our community wants and needs. Your voice matters to us. If there is a class or activity you would love to see added in the future, please reach out! Your ideas help us shape the future of our programming.

Investing in Your Well-Being

As we welcome a new season, we hope you and your family are thriving. The programs in this guide are built to support your total physical, emotional, and mental well-being, while keeping you closely connected to the vibrant spirit of Whitefish Bay.

Save the Date: Annual School District Meeting

We invite you to join us for the Whitefish Bay School District’s Annual Meeting, which will take place on **Wednesday, September 2, 2026, at 7:00 PM in the Whitefish Bay High School Auditorium** (1200 E. Fairmount Ave). We welcome and value your participation.

Thank you for your continued partnership in making Whitefish Bay an *Exceptional Place to Engage*.



Warm regards,

Jamie J. Foeckler

Dr. Jamie J. Foeckler
Superintendent of Schools

WHITEFISH BAY SCHOOL DISTRICT FACILITIES:

DISTRICT OFFICE:

1200 E. Fairmount Avenue
Whitefish Bay, Wisconsin 53217
414-963-3921

LYDELL SCHOOL & COMMUNITY CENTER:

5205 N. Lydell Avenue
Whitefish Bay, Wisconsin 53217
414-963-3947

CUMBERLAND ELEMENTARY:

4780 N. Marlborough Drive
Whitefish Bay, Wisconsin 53217
414-963-3943

RICHARDS ELEMENTARY:

5812 N. Santa Monica Boulevard
Whitefish Bay, Wisconsin 53217
414-963-3951

WHITEFISH BAY MIDDLE SCHOOL:

1144 E. Henry Clay Street
Whitefish Bay, Wisconsin 53217
414-963-6800

WHITEFISH BAY HIGH SCHOOL:

1200 E. Fairmount Avenue
Whitefish Bay, Wisconsin 53217
414-963-3928

Annual Meeting, Budget Hearing & State of the District Address

**WEDNESDAY,
SEPTEMBER 2, 2026
@ 7:00 PM**

Whitefish Bay High School
1200 E. Fairmount Ave.

All are invited and
welcome to attend.

For more information, please
visit www.wfbschools.com



Whitefish Bay
SCHOOL DISTRICT
An Exceptional Place to Learn



REGISTRATION INFORMATION

HOW TO REGISTER:



DROP OFF / MAIL

5205 N. Lydell Avenue
Whitefish Bay, WI 53217



ONLINE

www.wfbschools.com

DROP OFF/MAIL: Registrations may be dropped off or mailed.

ONLINE: Use your household ID to log in and register, using the online portal. Complete the Whitefish Bay Recreation Account Set-Up form on the website if you need a household account as a first-time participant.

If you have forgotten your household ID, please contact the office during business hours.

IMPORTANT REGISTRATION DATES

JULY 27

Resident Lottery Registration Begins

AUGUST 10

Resident Lottery Selection Date

*Registration Closed: no registrations are processed

AUGUST 11

**Resident Registration Continues,
Non-Resident Registration Begins**

OFFICE INFORMATION

Monday thru Friday
8:00 am–4:30 pm (starting Aug 10)

The office will be closed on the following dates:

Sept 7, Nov 26, 27, Dec 24, 25

Phone: 414-963-3947

DROP BOX HOURS

- Monday thru Thursday
7:30 am–9:00 pm
- Friday 7:30 am–6:00 pm

ONLINE REGISTRATION

1. Log onto the School District of Whitefish Bay at www.wfbschools.com.
2. Click on the "Community & Recreation" link.
3. Under Stay Informed, click "Register Online" to open the log-in page.

Make sure that you have your household ID number available.



VIRTUAL LEARNING - (VL)

VL means virtual learning. If you see this next to a course offering, it means it is a virtual offering and you can participate from the comfort of your home.



CO-OP

CO-OP means cooperative programming that is hosted by a neighboring Recreation Department.



LIKE US ON FACEBOOK



CO-OP CONTACT INFORMATION

NICOLET RECREATION DEPARTMENT
414-351-7566 www.nicolet.k12.wi.us

MEQUON/THIENSVILLE RECREATION DEPARTMENT
262-238-7535 www.mtsd.k12.wi.us

SHOREWOOD RECREATION DEPARTMENT
414-963-6913 www.shorewoodschoools.org

BROWN DEER PARKS & RECREATION DEPARTMENT
414-371-3070 www.browndeerwi.org

NOTE: Don't wait to register...a \$10.00 late fee is assessed if you register on or after the start date of a program.

Bike Safety Rodeo

SATURDAY, SEPTEMBER 12TH, 11AM TO 1PM



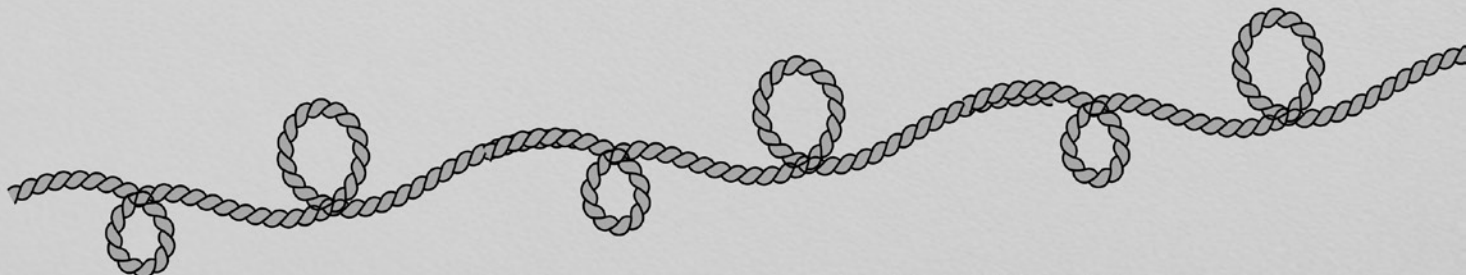
5205 N. LYDELL AVE, WHITEFISH BAY, WI, 53217

Learn traffic laws,
bike signals & bike
safety with activity
stations!

Goodie bags!
(while they last)

Helmet fittings by
North Shore Health
Department!

Helmetts required! Don't have one? Purchase
one! Kids \$10, Adults \$15 or use a WFBPD
loaner



**BROUGHT TO YOU BY: NORTH SHORE HEALTH DEPT.,
WHITEFISH BAY POLICE DEPARTMENT AND WHITEFISH BAY
RECREATION AND COMMUNITY EDUCATION DEPT.**



Whitefish Bay REC

DATE _____

SCHOOL'S OUT CARE HEALTH & EMERGENCY CARE PLAN



Whitefish Bay
RECREATION

Child's Name _____ Teacher _____

School _____ Grade _____

Email Address _____

Home Address _____

1. PARENT/GUARDIAN

Name _____ Relationship _____

Cell Phone _____ Home Phone _____ Work Phone _____

Employer _____

2. PARENT/GUARDIAN

Name _____ Relationship _____

Cell Phone _____ Home Phone _____ Work Phone _____

Employer _____

AUTHORIZED PICK-UP (Valid ID required at pick up)

Name _____ Relationship _____

Cell Phone _____ Home Phone _____ Work Phone _____

Name _____ Relationship _____

Cell Phone _____ Home Phone _____ Work Phone _____

Special Accommodations Needed _____

ALTERNATE EMERGENCY CONTACT: Please list persons that are NOT the 1st or 2nd primary parent/guardian.

Emergency Contact #1 _____ Relationship _____

Cell Phone _____ Home Phone _____ Work Phone _____

Emergency Contact #2 _____ Relationship _____

Cell Phone _____ Home Phone _____ Work Phone _____

HEALTH HISTORY : Does your child have any health concerns, allergies, or special needs? If so, please list below.

Allergies _____

Medications _____

Accommodations _____

PERMISSIONS

- ☐ My child has permission to go on walking field trips.
- ☐ I give the Connects Before and After School Staff permission to seek medical attention for my child in case of emergency.

PARENT/GUARDIAN SIGNATURE _____

DATE _____



LET'S PLAY TOGETHER: ART AND ACTIVITY

Instructors: Sarah Cottrill (Art) and Sarah Alter (Activity), WFB Recreation Instructors

Location: Lydell School and Community Center, Room 24 and Gym

Ages: 1 – 4 years with Parent/Caregiver

Section Fee: Art Program res./non-res. \$55.00/\$65.00
Activity Program res./non-res. \$50.00/\$60.00

Course Code: 211201

MONDAY PROGRAMS

Dates: Sept 14 – Nov 16

Section A1: Art **Time:** 9:55 – 10:40 am

Section A2: Activity **Time:** 10:45 – 11:30 am

WEDNESDAY PROGRAMS

Dates: Sept 16 – Nov 18

Section A3: Art **Time:** 9:55 – 10:40 am

Section A4: Activity **Time:** 10:45 – 11:30 am

Art Description - Young artists will get the opportunity to explore various art forms. Children will build hand-eye coordination and fine motor skills that will help them later in school as they create a different masterpiece each week. Parents/caregivers must participate in the class with their child. An adult may bring more than one child to class, but each child must be registered.

Activity Description - Your child will enjoy balls, obstacle courses, musical instruments, and even a parachute! Balance, timing, and spatial awareness will be developed through instructional play while emphasizing large and small motor skills. Parents/caregivers must attend class with their child. An adult may bring more than one child to class, but each child must be registered.

OPEN ART

Instructors: Sarah Cottrill, WFB Recreation Instructor

Location: Lydell School and Community Center, Room 24

Ages: 1 – 3 years with Parents/Caregiver

Day: Fridays

Time: 10:00 – 10:45 am

Course Code: 211205

Section A1: Sept 11 – Oct 16

Section A2: Nov 6 – Dec 18 (skip Nov 27)

Section Fee: res./non-res. \$55.00/\$65.00

Explore the fun of art with your child in an informal, freestyle setting. Various art materials and supplies will be set out for you to create your own projects. An instructor will be there to assist, but parents/caregivers must participate in the class with their child. This program is scheduled to be compatible with the Open Gym program.

OPEN GYM

Instructors: Caregiver Supervision Only

Location: Lydell School and Community Center, Gym

Ages: 1 – 3 years with Parent/Caregiver

Day: Fridays **Time:** 11:00 – 11:45 am

Course Code: 211206

Section A1: Sept 11 – Oct 16

Section A2: Nov 6 – Dec 18 (skip Nov 27)

Section Fee: res./non-res. \$30.00/\$40.00

Open Gym offers a variety of play equipment available for parents or

caregivers to enjoy with their children. Parents/guardians are responsible for their child's supervision and behavior. Only children meeting the age requirements may participate. This program is scheduled to be compatible with the Open Art program.

JUNIOR JAMBOREE

Instructor: Dana Sherman, WFB Recreation Instructor

Location: Lydell School and Community Center, Room 19

Ages: 6 months – 4 years with Parents/Caregivers

Day: Tuesdays

Course Code: 210201

Dates: Sept 1 – Oct 27

Section A1: 9:00 – 9:30 am

Section A2: 9:40 – 10:10 am

Section A3: 10:20 – 10:50 am

Dates: Nov 3 – Dec 29

Section B1: 9:00 – 9:30 am

Section B2: 9:40 – 10:10 am

Section B3: 10:20 – 10:50 am

Section Fee: res./non-res. \$99.00/\$109.00

Get moving and singing in this music class for children and their parents or caregivers. Your child will be immersed in children's songs, interactive finger play, creative dance music, and the exploration of different rhythms. We hope you will learn some new songs while inspiring the love of music in your child. Bring your dancing feet and come share some special music moments in this fun family class. An adult may bring more than one child to class, but each child must be registered.

PRE-BALLET

Instructor: Miss Ceci Broussard, WFB Recreation Instructor

Location: Lydell School and Community Center, Room 19

Ages: 3 – 4 years

Course Code: 220401

THURSDAYS

Section A1: Sept 10 – Oct 15 **Time:** 4:15 – 4:50 pm

SATURDAYS

Section A2: Nov 7 – Dec 19 (skip Nov 28) **Time:** 9:45 – 10:20 am

Section A3: Nov 7 – Dec 19 (skip Nov 28) **Time:** 10:30 – 11:05 am

Section Fee: res./non-res. \$52.50/\$62.50

Your child will love moving to various tempos of music and learning some introductory ballet terminology. He or she will also increase body awareness, coordination, and listening skills. Clothing for active movement and footwear, such as ballet slippers, is recommended.

BALLET AND CREATIVE DANCE

Instructor: Miss Ceci Broussard, WFB Recreation Instructor

Location: Lydell School and Community Center, Room 19

Ages: 5 years and up

Days: Thursdays

Time: 5:00 – 5:40 pm

Course Code: 230401

Section A1: Nov 5 – Dec 17 (skip 11/26)

Section Fee: res./non-res. \$52.50/\$62.50

A creative opportunity to develop coordination and listening skills while learning to dance and move to various tempos of music! Some preliminary ballet steps will be taught. Clothing for active movement and footwear, such as ballet slippers, is recommended.



ELEMENTARY BALLET/TAP COMBO

Coordinator: Mequon/Thiensville Recreation Department
Instructor: Academy of Dance Arts Instructor
Location: Range Line Community Center, Room 101, Mequon
Ages: 5 – 7 years
Day: Mondays
Time: 5:00 – 6:00 pm
Course Code: 240402
Section A1: Sept 21 – Nov 16
Registration Deadline: Monday, Sept 14
Section Fee: res./non-res. \$120.00/\$130.00
 (\$10 costume fee included)

Students will learn ballet terminology, basic barre work, and begin center work in ballet. Beginner tap technique and terminology will also be covered. The dress code is a leotard, tights, leather ballet slippers, and any color tap shoes. There will be a Dance Recital on the last day of the class, in the cafeteria, during class time.

HIP HOP DANCE

Coordinator: Mequon/Thiensville Recreation Department
Instructor: Academy of Dance Arts Instructors
Location: Range Line Community Center, Room 101, Mequon
Ages: 7 – 10 years
Day: Mondays **Time:** 6:15 – 7:00 pm
Course Code: 240401
Section A1: Sept 21 – Nov 16
Registration Deadline: Monday, Sept 14
Section Fee: res./non-res. \$120.00/\$130.00
 (\$10 costume fee included)

Learn the latest hip-hop moves and techniques taught in a gentle format. A final dance will be created that is fun and energetic. Comfortable stretch clothing must be worn with tennis shoes. All music will be age- and content-appropriate. There will be a Dance Recital on the last day of class in the cafeteria during class time.

IRISH DANCE

Coordinator: Shorewood Recreation Department
Instructor: Celeste, Milwaukee Academy of Irish Dance
Location: Shorewood High School, Performing Arts Building, Room 276
Ages: 6 – 9 years
Day: Wednesdays **Time:** 4:00 – 4:45 pm
Course Code: 251304
Section A1: Sept 23 – Oct 28
Section Fee: res./non-res. \$42.00/\$52.00

In this class, will learn the basics of Irish Dance as part of the Milwaukee Academy of Irish Dance Curriculum. Dancers will be taught basic Irish dance form, positions, and foundational movements. No dance experience is required! Be sure to bring tennis shoes or ballet slippers and a water bottle.

MUSICSTART

Instructor: Afterschool Enrichment Staff
Location: Lydell School and Community Center, Room 17
Ages: 5 – 9 years
Day: Wednesdays **Time:** 4:00 – 5:00 pm
Course Code: 260601
Section A1: Sept 16 – Oct 21
Section A2: Nov 4 – Dec 16 (skip Nov 25)
Section Fee: res./non-res. \$180.00/\$190.00

Learn to read music and play tunes! Brought to you by AES and The Music Path Company, this amazing program teaches young students the beginnings of music! Using specialized, proprietary MusicStart keyboards, students learn to play familiar tunes in a group setting by color, letter, and note matching while using problem-solving strategies - without sacrificing any important musical knowledge. We are not taking shortcuts to playing and reading music. Prepare your student to take any instrument by giving them a solid musical foundation with this exciting program! Students must bring their own laptop or tablet.

VERY MUCH, DOUBLE DUTCH! JUMP ROPE PROGRAM

Instructor: Marilyn Green
Location: Lydell School and Community Center, Gym
Grades: 2 – 5
Day: Tuesdays **Time:** 6:00 – 7:30 pm
Course Code: 231201
Section A1: Sept 15 – Oct 20
Section Fee: res./non-res. \$65.00/\$75.00

Very Much Double Dutch is a fun and energetic program focused on movement, teamwork, coordination, rhythm, and fitness! Participants will build confidence, improve cardio health, strengthen balance and motor skills, and enjoy positive social interaction while staying active. This program is open to all skill levels for students in 2nd through 5th grade, whether they are learning for the first time or already love to jump. Participants should wear comfortable clothing and tennis shoes each week so everyone can jump safely and comfortably. Come ready to move, laugh, learn new skills, and have fun!

FUTURA SPANISH - LET'S GO WITH TRADITIONS AND CELEBRATIONS

Instructors: Futura Language Professionals
Location: Cumberland Elementary School, Room 210
 Richards Elementary School, Makerspace
Grades: K5 – 5
Course Code: 221003

CUMBERLAND ELEMENTARY

Days: Wednesdays **Time:** 3:05 – 4:05 pm
Section A1: Oct 7 – Dec 9 (skip Oct 28, Nov 25)
Section Fee: res./non-res. \$170.00/\$180.00 (One Semester)

DON'T WAIT... IT MIGHT BE TOO LATE...

Decisions on whether to run or cancel a program due to low enrollment typically take place one week prior to a program start date. We hate to cancel classes due to late registrations.

PLEASE DON'T WAIT TO REGISTER.



Section A2: Oct 7 – Dec 9 (skip Oct 28, Nov 25)
and Feb 10 – Apr 7 (skip Mar 24)
Section Fee: res./non-res. \$285.00/\$295.00 (Full Year)

RICHARDS ELEMENTARY

Days: Tuesdays **Time:** 3:05 – 4:05 pm
Section B1: Oct 13 – Dec 1
Section Fee: res./non-res. \$170.00/\$180.00 (One Semester)
Section B2: Oct 13 – Dec 1 and Feb 9 – Apr 20 (skip Mar 23)
Section Fee: res./non-res. \$285.00/\$295.00 (Full Year)

Celebrate the seasons in Spanish with Vamos con las Tradiciones y Celebraciones. Through songs, games, and festive cultural traditions, students build Spanish vocabulary and gain confidence using simple conversations. Fall lessons explore fall and winter themes, while spring introduces spring and summer topics. Along the way, students discover celebrations from Spanish-speaking cultures while practicing greetings, colors, weather, clothing, emotions, nature, and seasonal vocabulary. No prior Spanish experience required—just curiosity and a love of fun!

AFTER-SCHOOL CHINESE LANGUAGE AND CULTURE

Instructors: Cricket Chinese Academy Instructors
Location: Cumberland Elementary School, Room 217
Richards Elementary School, Room 18
Grades: K5 – 5
Time: 3:05 – 4:05 pm
Course Code: 231001
Section Fee: res./non-res. \$150.00/\$160.00

CUMBERLAND ELEMENTARY

Day: Tuesdays
Section A1: Sept 22 – Nov 10

RICHARDS ELEMENTARY

Day: Thursdays
Section A2: Sept 24 – Nov 19 (skip Oct 29)

Cricket Chinese Academy's after-school program welcomes all families, especially those without a Chinese heritage background, offering an accessible and engaging way to explore the Chinese language and culture. This course offers beginner-friendly Chinese language lessons, hands-on cultural activities, and a welcoming and inclusive environment.

LEARN CURSIVE

Instructor: Sara Alter, Retired WFB Elementary School Teacher
Location: Richards Elementary School, LMC
Cumberland Elementary School, LMC
Ages: 8 – 11 years
Course Code: 250503
Section Fee: res./non-res. \$85.00/\$95.00

CUMBERLAND ELEMENTARY

Day: Wednesday **Time:** 3:05 – 4:15 pm
Section A1: Sept 9 – Nov 18 (skip 10/28)

RICHARDS ELEMENTARY

Day: Tuesdays **Time:** 3:05 – 4:15 pm
Section A2: Sept 8 – Nov 10

Learn how to read and write in cursive. Participants will be taught using the Zaner-Bloser cursive method with veteran WFB Teacher, Sara Alter. Bring a nut-free snack and a pencil to class each day!

AI ADVENTURE: INNOVATORS CLUB

Instructor: AI Adventure Instructors
Location: Richards Elementary School, Room 18
Cumberland Elementary School, Room 210
Grades: 2 – 5
Course Code: 221004
Section Fee: res./non-res. \$146.00/\$156.00

CUMBERLAND ELEMENTARY

Day: Thursdays **Time:** 3:05 – 4:05 pm
Section A1: Oct 22 – Dec 17 (skip Oct 29, Nov 26)

RICHARDS ELEMENTARY

Day: Mondays **Time:** 3:05 – 4:05 pm
Section A2: Oct 26 – Dec 14 (skip Nov 30)

Think about it. Build it. Solve it. Ever wondered how AI works? Find out by building your own: Lego worlds, apps, games, animations, quizzes, you name it. Each week, you'll tackle a new hands-on challenge with your team. Every project teaches safe and responsible AI, critical thinking, and problem-solving in small groups.

New for Fall 2026: We have fresh projects and challenges ready for both new and returning pros. No coding experience needed, just bring your curiosity.

SCHOOL'S OUT: AI ADVENTURE BUILDER'S CHALLENGE

Instructor: AI Adventure Instructors
Location: Lydell School and Community Center, Room 15
Grades: 2 – 5
Day: Monday **Time:** 9:00 am – 12:00 pm
Course Code: 241100
Section A1: Nov 30
Section Fee: res./non-res. \$57.00/\$67.00

School's out! Game on. Build something cool and take it home. Work with your team to design, build, test, and showcase an AI-powered project from scratch. What you'll build: A custom 3D-printed design, yours to keep, AI-powered LEGO inventions that move and respond, your own apps and games, built from your ideas, team challenges that test your creativity and problem-solving, and a final showcase where you demo your build to the group.

SCHOOL'S OUT: CLUB SCIKIDZ

Instructor: ClubSciKidz Staff
Location: Lydell School and Community Center, Room 19
Grades: K5 – 5
Time: 9:00 am – 4:00 pm
Course Code: 241101
Section A1: Monday, Sept 21 – Sea Adventures
Section A2: Friday, Oct 30 – Jr. Entomologist
Section Fee: res./non-res. \$111.00/\$121.00

Sea Adventures - From colorful coral reefs to mysterious deep-sea creatures, discover how the ocean shapes our world through hands-on projects. Then become a pirate for the day as you solve clues, create treasure maps, and search for hidden treasure! Each participant should bring lunch, snacks, and a water bottle.

Jr. Entomologist - Creepy, crawly, and completely fascinating! Campers will explore the world of insects through hands-on projects, bug investigations, pollination experiments, and insect-themed challenges while learning how these tiny creatures make a big impact on our world. Each day, campers should bring lunch, snacks, and a water bottle.



WEATHER ON THE WILD SIDE

Instructor: ClubSciKidz Staff
Location: Lydell School and Community Center, Room 17
Grades: K5 – 5
Day: Saturday
Time: 9:00 am – 12:00 pm
Course Code: 241102
Section A1: Nov 21
Section Fee: res./non-res. \$59.00/\$69.00

Calling all future meteorologists! Discover why our weather changes through hands-on projects that explore the tools meteorologists use and the greenhouse effect. We will create our own tornadoes, make snow, and learn about the three states of matter by making ice cream!

RESILIENCE AND MINDFUL SELF-COMPASSION PARENT/CHILD WORKSHOP

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor
Location: Lydell School and Community Center, Room 17
Ages: 7 – 11 years with adult caregiver
Day: Wednesday **Time:** 6:00 – 6:45 pm
Course Code: 260302
Section A1: Oct 14
Section Fee: res./non-res. \$40.00/\$50.00 (per pair)

This fun and engaging workshop enables caregivers and children ages 7-11 to enjoy time with one another and learn resilience and self-compassion skills together. Caregivers and children will increase connection, coping skills, and emotional intelligence in this interactive session. This workshop was developed by a child-mindful self-compassion educator and author, Jamie Lynn Tatera. Visit <http://jamielynntatera.com> to learn more about how to cultivate resilience and self-compassion in children and their caregivers. Parents/Guardians can sign up an additional child or children to participate for \$20.00 per child. Register using **Course Code:** 260302, Section A2.

PARENT AND CHILD MINDFUL YOGA

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor
Location: Lydell School and Community Center, Room 15
Ages: 7 years and up with an adult caregiver
Day: Tuesday **Time:** 6:00 – 6:40 pm
Course Code: 260303
Section A1: Oct 13-27
Section Fee: res./non-res. \$120.00/\$130.00 (per pair)

Parents and children can strengthen and relax their minds and bodies together. This fun and engaging class incorporates mindfulness and yoga to help reduce stress and increase resilience. Mindfulness practice will be followed by yoga, including playful parent-child poses. With our busy lifestyles, it is truly a gift for parents and children to simultaneously take care of themselves and enjoy time with one another. To sign an additional child up to participate with you for an extra \$60.00, please use Course Code 260303 A2. Parents/Guardians can sign up an additional child or children to participate for \$60.00 per child. Register using **Course Code:** 260303, Section A2.

SAFE SITTER® ESSENTIAL W/CPR

Instructor: Teresina Simmons, RN
Location: Lydell School and Community Center, Room 17
Ages: 11 yrs and older
Day: Thursday **Time:** 8:30 am – 4:00 pm
Course Code: 251001
Section A1: Oct 29 **Registration Deadline:** Thursday, Oct 22
Section Fee: res./non-res. \$145.00/\$155.00

This course will be taught using the Safe Sitter® Essentials with CPR curriculum. Safe Sitter® is designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. The Instructor-led class is filled with fun games and role-playing exercises. Students learn: Safety Skills: How to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. Child Care Skills: Tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering. First Aid & Rescue Skills: Choking rescue and CPR are often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses. Life & Business Skills: The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays.

SAFE AT HOME

Instructor: Jessica Heller, Owner of Heller Safety Solutions
Location: Lydell School and Community Center, Room 17
Grades: 4 – 6
Course Code: 291207
Section A1: Thursday, Sept 24 **Time:** 5:30 – 7:00 pm
Section A2: Tuesday, Nov 3 **Time:** 5:30 – 7:00 pm
Section Fee: res./non-res. \$25.00/\$35.00
*Optional \$2.00 badge for scout groups.

Safe at Home prepares 4th – 6th graders to care for themselves while their parents are away for short periods of time. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. The program is designed to prepare students for their first steps towards independence. Includes a hard copy textbook.

ADULT AND PEDIATRIC CPR/FIRST AID CERTIFICATION

Instructor: Jessica Heller; Heller Safety Solutions
Location: Lydell School and Community Center, Room 17
Ages: 11 yrs and older
Time: 5:00 – 7:30 pm
Course Code: 291027
Section A1: Tuesday, Sept 29
Registration Deadline: Tuesday, Sept 22
Section A2: Tuesday, Oct 27
Registration Deadline: Tuesday, Oct 20
Section A3: Thursday, Dec 10
Registration Deadline: Thursday, Dec 3
Section Fee: res./non-res. \$85.00/\$95.00

NOTE: Don't wait to register... a \$10.00 late fee is assessed if you register on or after the start date of a program.



This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children, and infants while meeting OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skills session. Information on completing the online portion will be sent one week before the class, and must be completed before attending the in-person portion. Allow for approximately 2 hours and 30 minutes to complete the online portion. Upon successful completion of this course, you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

SAT WORKSHOP

Instructor: Coretta Lemaitre
Location: Virtual
Grades: 9 – 12
Day: Sundays
Time: 1:30 – 3:00 pm
Course Code: 281004
Section A1: Oct 4 – Nov 22
Section Fee: res./non-res. \$290.00/\$300.00

In this SAT workshop, students will learn how to recognize the question types that appear on the Digital SAT and apply proven strategies for each content area, as well as for timing and test confidence. The course is taught by a former Princeton Review SAT and ACT instructor. The instructor will send the conference link to students one week before the first session. Students should purchase Kaplan's SAT Total Prep 2026 before the first session.

ACT WORKSHOP

Instructor: Fred Silver, Owner of North Shore Tutoring
Location: Virtual via Zoom
Grades: 11 and 12
Day: Sundays
Time: 6:30 – 8:30 pm
Course Code: 281002
Section A1: Oct 4 – Nov 22
Section Fee: res./non-res. \$227.00/\$237.00

Students will gain direct experience during this 8-week ACT workshop. They will become familiar with the types of questions they will encounter on the four multiple-choice tests, as well as learn a variety of strategies to attack those questions. Students will also learn how to approach the writing section, specifically how to conceptualize, organize, and execute an effective essay within the test's timeframe. Students should purchase The Official ACT Prep Guide 2026-2027 workbook and have a spiral notebook and a pencil available during each class.

JEWELRY MAKING – EARRINGS AND BRACELETS

Instructor: Carol Ann Skurulsky, Recreation Department Instructor
Location: Lydell School and Community Center, Room 24
Ages: 13 years and up
Day: Wednesday **Time:** 6:00 – 7:00 pm
Course Code: 291022
Section A1: Oct 7 – Earrings
Section A2: Oct 14 – Bracelets
Section Fee: res./non-res. \$25.00/\$35.00

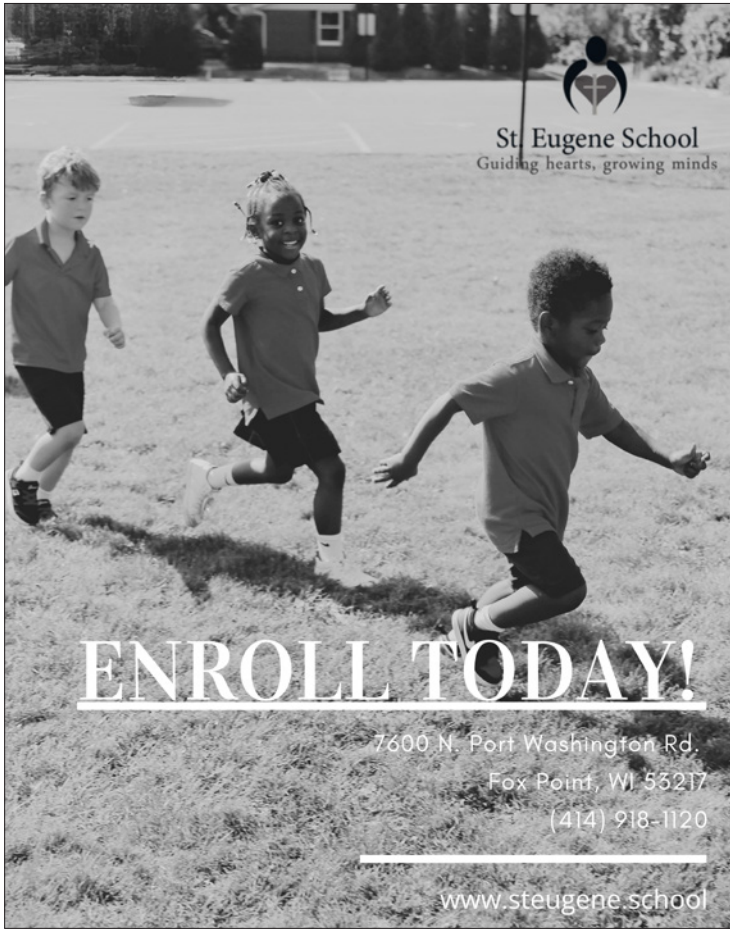
Learn how to make beautiful personalized earrings or bracelets for yourself or as the perfect holiday present! You will gain skills on how

to make either clip or pierced earrings with a variety of bead colors of your choice. For the bracelet class, make a personalized hand-crafted bracelet and also get tips on how to turn this same bracelet into the latest craze... cell phone and purse jewelry. Great gifts for family, co-workers, and friends!

COOKING CLUB

Instructor: Afterschool Enrichment Staff
Location: Lydell School and Community Center, Room 24
Ages: 5 – 10 years
Day: Thursdays
Time: 4:00 – 5:00 pm
Course Code: 260502
Section A1: Nov 5 – Dec 17 (skip Nov 26)
Section Fee: res./non-res. \$172.00/\$182.00

Cooking Club offers children the exciting and delicious opportunity to explore the world of Culinary Arts in a safe and educational environment! As they chop, stir, measure, grill, and cook their own after-school snacks and treats, students will learn essential cooking skills, nutritional fundamentals, and the importance of kitchen safety. This enriching program aims to inspire a lifelong love of cooking, promote creativity in the kitchen, and instill valuable life skills that students can carry with them into adulthood!



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www.steugene.school



THE WINNING CHRISTMAS COOKIE TIN

Coordinator: Nicolet Recreation Department
Instructor: Frederick Kaimann
Location: Nicolet Union High School – Room B133 (Culinary Lab)
Ages: 8 years and up
Day: Wednesday
Time: 6:00 – 8:00 pm
Course Code: 292707
Section A1: Nov 4
Section Fee: res./non-res. \$75.00/\$85.00

Hone your baking skills and win your holiday Christmas cookie exchange by perfecting some classic techniques and adding a few Old World twists to your cookie repertoire. This hands-on workshop goes way beyond creaming sugar into butter, emphasizing consistent shaping, quality textures, and bold flavors that will make you the envy of the block, office, or social circle. You'll wow your friends and family after we unlock the secrets to chocolate caramel treasures, the snowballs that are pfeffernusse, chocolate-dipped macarons, an upscale gingerbread treat, and more. No experience necessary, but we'll work at a fast pace with exacting standards and a fun outlook. All participants will go home with recipes and samples from every cookie we make.

About the Instructor: Frederick Kaimann, award-winning. He went on to become a food contest judge, cookbook contributor, restaurateur, and frequent culinary instructor. He has studied cooking techniques from master chefs in Europe, Asia, the Middle East, and the United States, most recently at the Culinary Institute of America.

INTRODUCTION TO SEWING FOR TEENS

Instructor: Terry Roller, WFB Recreation Instructor
Location: Lydell School and Community Center, Room 22
Ages: 12 – 18 years
Days: Tuesdays
Dates: Sept 22 – Nov 10 (skip Oct 6)
Course Code: 270719
Section A1: 6:00 – 8:00 pm
Section Fee: res./non-res. \$105.00/\$115.00

Whether you are new to sewing or would like to expand your skills, this class is "tailor-made" for you! We will learn how to use a sewing machine while completing projects such as upcycling jeans, wearable art, easy clothing, and more! Basic supplies and machines are available in the sewing lab; you will need to bring some of your own supplies based on a list provided by the instructor and fabric for each project. We will highlight our creations with a runway finale!

CREATIVE WRITING CLUB

Instructor: Afterschool Enrichment Staff
Location: Lydell School and Community Center, Room 15
Ages: 5 – 13 years
Day: Fridays **Time:** 3:30 – 4:30 pm
Course Code: 276543
Section A1: Sept 18 – Oct 23
Section A2: Nov 6 – Dec 18 (skip Nov 27)
Section Fee: res./non-res. \$138.00/\$148.00

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." - Albert Einstein. The Creative Writing Club, brought to you by Afterschool Enrichment Solutions, is designed to ignite young writers' imaginations, foster their love of language,

and cultivate their creative expression. Through exploration of classic literature, inspiring writing exercises, creative language games, and collaboration, students will explore different genres, learn and practice grammatical concepts, develop their writing skills, and build confidence in their ability to communicate effectively.

YOUTH PAINTING

Coordinator: Nicolet Recreation Department
Instructor: Briona Conway
Location: Nicolet High School, Room B117
Ages: 6 – 12 years
Day: Saturday **Time:** 9:00 – 10:00 am
Course Code: 230702
Section A1: Sept 12
Section A2: Oct 17
Section A3: Nov 14
Section A4: Dec 19
Section Fee: res./non-res. \$22.00/\$32.00

Do you have a mini Picasso? We have just the thing! Children will explore their creative side while following step-by-step instructions to create their very own masterpiece. Instructions courtesy of Grape Escape LLC.

YOUNG REMBRANDTS

Instructor: Young Rembrandts Staff
Location: Cumberland Elementary School, Room 1
 Richards Elementary School, Makerspace
Grades: K5 – 5
Course Code: 230705

CUMBERLAND ELEMENTARY

Days: Fridays **Time:** 3:05 – 4:05 pm
Section A1: Sept 18 – Nov 13 (skip Oct 30)
Section A2: Nov 20 – Feb 5 (skip Nov 27, Dec 25, Jan 1, Jan 22)

RICHARDS ELEMENTARY

Days: Thursdays **Time:** 3:05 – 4:05 pm
Section B1: Sept 17 – Nov 12 (skip Oct 29)
Section B2: Nov 19 – Jan 28 (skip Nov 26, Dec 24, Dec 31)
Section Fee: res./non-res. \$168.00/\$178.00

We grow creative, young minds and praise individual differences through the power of drawing. Unlock your child's potential and watch their confidence blossom as they develop skills critical to tomorrow's innovators. With BRAND NEW lessons every week (we never repeat), your child will enjoy learning through our award-winning, educational drawing programs. All supplies included. Visit our website at www.youngrembrandts.com for more information.

REGISTER TODAY!



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 Whitefish Bay, WI 53217



ONLINE

www.wfbschools.com



MAD SCIENCE: NASA ACADEMY OF FUTURE SPACE EXPLORERS

Instructor: Mad Science Staff
Location: Cumberland Elementary School, Room 1
 Richards Elementary School, Room 18
Grades: K5 – 5
Time: 3:05 – 4:05 pm
Course Code: 232107
Section Fee: res./non-res. \$218.00/\$228.00

CUMBERLAND ELEMENTARY

Days: Mondays
Section A1: Sept 28 – Nov 9 (skip Oct 26)

RICHARDS ELEMENTARY

Days: Wednesdays
Section A2: Sept 23 – Nov 4 (skip Oct 28)

NASA and Science collaborate to educate the next generation! Children go on a voyage of discovery to space with unique hands-on activities and amazing demonstrations. They explore the sun and stars, space technology, rocket science, the atmosphere, planets and moons, supernovae, and more!

MINECRAFT

Coordinator: Shorewood Recreation Department
Instructor: Nick Burkee
Location: Shorewood High School, Science Building, Room 133
Ages: 5 – 12 years
Day: Saturdays
Course Code: 234812
Ages: 5 – 7 **Time:** 1:00 – 2:00 pm
Section A1: Sept 12 – Oct 17
Section A2: Nov 7 – Dec 19 (skip Nov 28)
Ages: 8 – 12 **Time:** 2:10 – 3:10 pm
Section A3: Sept 12 – Oct 17
Section A4: Nov 7 – Dec 19 (skip Nov 28)
Section Fee: res./non-res. \$30.00/\$40.00

Are you looking for a place to make new friends while improving your skills in Minecraft? Try new mini-games and build some amazing team projects. Each week will include a new project or challenge that will push your creativity to the limits.

PROGRAM CANCELLATIONS & ANNOUNCEMENTS...



There are several convenient ways to keep up-to-date on our latest program cancellations.

- Check your email for weather or other emergency-related class updates.
- Visit us on Facebook for the latest department news including cancellations.
- Log into our Online Registration system and browse what classes are active or canceled.



Whitefish Bay RECREATION
 Bringing Community Together

CHESS SCHOLARS

Instructor: Afterschool Enrichment Staff
Location: Lydell School and Community Center, Room 15
Ages: 5 – 13 years
Day: Monday
Time: 4:00 – 5:00 pm
Course Code: 260501
Section A1: Sept 14 – Oct 26 (skip Sept 21)
Section A2: Nov 9 – Dec 21 (skip Nov 30)
Section Fee: res./non-res. \$138.00/\$148.00

Develop your child's intellect through the royal game of Chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Chess has been proven to enhance children's motivation, concentration, focus, social skills, and creativity. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will learn under the guidance of an experienced Chess Scholar Coach.

COMPETITIVE CHESS CLUB

Instructor: Afterschool Enrichment Staff
Location: Whitefish Bay Middle School, LMC
Grades: 6 – 8
Day: Tuesdays **Time:** 3:30 – 4:30 pm
Course Code: 211411
Section A1: Sept 15 – Oct 20
Section A2: Nov 10 – Dec 15
Section Fee: res./non-res. \$138.00/\$148.00

Strengthen your middle schooler's intellect through the royal game of chess! Come join us for our Middle School Chess Club to prepare your students for high school-level competition as well as tournament play. In this club, we will be focusing on advanced gameplay such as openings, gambits, and historical game studies, as well as the notation and clock use/management. Compete against other students virtually and in-person to bring your game to the next level! A fundamental understanding of chess is required to participate in this club.

SHEEPSHEAD

Coordinator: Nicolet Recreation Department
Instructor: Dennis Staral
Location: Nicolet High School, Room B112
Ages: 13 years and up
Day: Monday
Time: 4:00 – 5:00 pm
Course Code: 260504
Section A1: Sept 28 – Nov 16
Section Fee: res./non-res. \$40.00/\$50.00

Learn the popular card game of Sheepshead (Schafkopf -- in German). It is a card game that originated in Central Europe in the late 1700s, and is popular in Wisconsin because of its large German-American population. Many European nationalities now enjoy this game of Sheepshead, which uses 32 cards (7s through Aces) and accumulates points to determine the winner. Sign up for this fun and low-key course to learn the basics or to improve your fundamental concepts. The instructor has many years of experience and knowledge to share with you. You may even want to participate in the Nicolet Recreation Department's (and the Glendale Senior Citizens' Club) Annual Sheepshead Tournament, held in the spring of each year.



WFB ADVENTURERS GUILD

Instructor: John Hardin, Master Dungeon Master
Location: WFB Middle School, LMC
Grades: 6 – 8
Day: Wednesdays **Time:** 3:30 – 5:30 pm
Course Code: 220601
Section A1: Sept 16 – Dec 2 (skip Oct 28, Nov 25)
Section Fee: res./non-res. \$450.00/\$460.00
Note: Returning members are eligible for a discounted fee; please register with the office to receive the discount.

The WFB Adventurer's Guild is a master level cohort using Dungeons and Dragons as an engine for building elite collaboration, executive, and emotional resilience. This isn't just a club; every adventurer receives a "Varsity Jersey," which is a custom t-shirt representing the D&D team. This is a safe "no fail" environment for students to practice diplomacy and strategic planning while forging lifelong social bonds. This D&D Adventurers' Guild will serve the Whitefish Bay community! *A Monday or Friday session may be added if a waitlist warrants.

ROBOTICS: MUSCLE 'BOTS

Coordinator: Mequon/Thiensville Recreation Department
Instructor: Youth Enrichment League
Location: Range Line Community Center Conference Room
Grades: 1 – 5
Day: Saturdays **Time:** 1:00 – 2:00 pm
Course Code: 232108
Section A1: October 24 – Nov 21
Section Fee: res./non-res. \$85.00/\$95.00

YEL! Robotics: Muscle 'Bots, Gr 1-5, Get ready to flex some robot muscle! We'll build a robot to compete in a tug-of-war competition, a truck pull, and haul heavy loads. Students use these robots to learn basic computer coding and engineering principles. Sign up today and FLEX!! For more information, visit YELKids.com.

PARENT CHILD BOWLING

Coordinator: Shorewood Recreation Department
Instructor: Recreation Staff
Location: Shorewood High School PE Bldg., Bowling Lanes
Ages: 6 years and up
Days: Saturday **Time:** 2:00 – 3:15 pm
Course Code: 241302
Section A1: Oct 17 – Nov 21
Section Fee: res./non.res. \$20.00/\$30.00

Description: Come and experience the Shorewood School Bowling Alley. We will have the Moon-Glow Bowl on the last Saturday of the session. Enjoy bowling with friends or family! No bowling instruction is given during this program. Socks are required.

RECREATIONAL TREE CLIMBING

Coordinator: Mequon Thiensville Recreation Department
Instructor: Riveredge Staff
Location: Riveredge Nature Center, 4458 County Hwy. Y Saukville, WI 53080
Ages: 7 years and up
Day: Tuesday
Time: 4:30 – 6:30 pm
Course Code: 260903
Section A1: Sept 22
Registration Deadline: Tuesday, September 15
Section Fee: res./non-res. \$50.00/\$60.00

Encounter the giants of the forest and explore trees from a new perspective as you climb into the canopy under the guidance of trained facilitators. Ascend to the top, swing from a branch, or try a "bat hang". Adventure awaits!

YOUNG AMERICAN MARTIAL ARTS CLUB

Instructor: Phil Sauer, Owner of YAMAC
Location: Lydell School and Community Center, Gym
Ages: 4 – 13 years
Course Code: 221201
Section Fee: res./non.res. \$179.00/\$189.00
 (25% additional family member discount)

MONDAYS

Dates:	Sept 21 – Dec 7		
Section A1:	Little Samurai	4 – 6 years	Time: 4:30 – 5:00 pm
Section A2:	Samurai	7 – 13 years	Time: 5:00 – 5:45 pm

WEDNESDAYS

Dates:	Sept 23 – Dec 9		
Section A3:	Little Samurai	4 – 6 years	Time: 4:30 – 5:00 pm
Section A4:	Samurai	7 – 13 years	Time: 5:00 – 5:45 pm

Let your child experience the challenges of the Young American Martial Arts Club. This dynamic program has been developed in cooperation with the University of Wisconsin-Milwaukee Children's Center, a leader in early childhood development and education. This innovative martial arts program will encourage your child to develop a positive attitude, perseverance, self-confidence, and self-discipline.

NORTHSHORE MARTIAL ARTS

Instructor: Phil Sauer, Owner of YAMAC
Location: Lydell School and Community Center, Gym
Ages: 11 years and up
Course Code: 221205
Days: Mondays **Time:** 6:00 – 7:15 pm
Section A1: Sept 21 – Dec 7
Section Fee: res./non.res. \$179.00/\$189.00
Days: Mondays and Wednesdays **Time:** 6:00 – 7:15 pm
Section A2: Sept 21 – Dec 9
Section Fee: res./non.res. \$225.00/\$235.00
 (25% additional family member discount)

Improve fitness and have fun while learning the Martial Arts from North Shore resident Phil Sauer. Phil has been a Martial Art instructor since 1972 and has taught at UW-Milwaukee since 1979. This program will challenge you, mentally and physically, as you learn kicking, punching, and self-defense techniques that will keep you safe and fit.



ROCK CLIMBING: A BEGINNER'S COURSE

Coordinator: Brown Deer Park and Recreation Department
Instructor: Brown Deer Park and Recreation Staff
Location: Novak Family Fieldhouse,
 8200 N. 60th Street, Brown Deer
Ages: 5 – 14 years
Course Code: 251302
Ages: 5 – 8 **Time:** 5:00 – 6:00 pm
Section A1: Sept 1 – Sept 22 Tuesdays
Section A2: Oct 7 – Oct 28 Wednesdays
Section Fee: res./non-res. \$45.00/\$55.00
Ages: 9 – 14 **Time:** 6:00 – 7:00 pm
Section A3: Sept 1 – Sept 22 Tuesdays
Section A4: Oct 7 – Oct 28 Wednesdays
Section Fee: res./non-res. \$45.00/\$55.00

In this introductory course, students will be guided through basic climbing techniques and safety precautions. Participants will enhance coordination, problem-solving, balance, and strength through bouldering (traversing) and climbing. Students will enhance their skills through games and challenges throughout the course. Climbers ready?

ROCK CLIMBING CLUB

Instructor: Gretchen Froelich, Turner Hall Gym Coordinator
Location: Milwaukee Turner Hall Climbing Gym,
 1034 N. Vel R. Phillips Ave, Milwaukee 53202
Ages: 10 – 14 years
Day: Saturdays
Time: 10:00 – 11:30 am
Course Code: 251300
Section A1: Sept 5 – Oct 17
Section A2: Oct 24 – Dec 19 (skip Nov 28, Dec 12)
Section Fee: res./non-res. \$195.00/\$205.00

This is a 7-week introductory course to rock climbing at Milwaukee Turner Hall's historic climbing gym. Throughout the course, the students will learn basic safety protocols for bouldering and top rope climbing. Students will learn physical skills such as: falling safely, knot tying, basics of belaying, bouldering climbing skills and techniques, top rope climbing skills and techniques, and rappelling. Rock climbing not only builds physical and muscular strength, but also develops our minds and social skills. Students will learn how to support each other in a non-competitive environment, build trust, and develop key communication skills. Our team of specially selected instructors and coaches will ensure your child learns in a safe, friendly, and encouraging environment. No experience is required/necessary; this course is for beginner climbers. All gear and safety equipment will be provided. Additional notes: Parents are welcome to stay in the gym and observe the class, or drop off your child and return for pickup. Parents will not be involved in climbing/belaying; our staff will handle all of the instruction. We have a maximum 1:7 instructor-to-child ratio. For more information/comments/questions/concerns, please contact gretchen@milwaukeeeturners.org.

YOUTH INDOOR SOCCER

Instructor: Rob Dubinski, WFB High School Head Varsity Coach
Location: WFB High School, Field House
Grades: K5 – 3
Day: Saturdays
Dates: Nov 7 – Dec 19 (skip Nov 28)
Course Code: 231205
Section A1: Grades K5 – 1 **Time:** 11:00 am – 12:00 pm
Section A2: Grades 2 – 3 **Time:** 12:15 – 1:15 pm
Section Fee: res./non-res. \$60.00/\$70.00

Our highly successful indoor soccer program consists of instruction and competitive play. Emphasis is on learning the fundamentals of the game, techniques, conditioning, and sportsmanship. Participants divide into teams to play scrimmage games and have fun! All players should wear shin guards and athletic shoes to each practice.

SPRING INTO SOCCER

Instructor: Spring Sports, LLC
Location: WFB Middle School, Old Gym
Ages: 3 – 10 years
Day: Tuesday
Course Code: 221204
Dates: Sept 15 – Oct 13
Section A1: Prestars **Ages** 3 – 4 **Time:** 6:30 – 7:00 pm
Section A2: Kinderstars **Ages** 5 – 7 **Time:** 7:00 – 7:45 pm
Section A3: Prepstars **Ages** 8 – 10 **Time:** 7:45 – 8:30 pm
Dates: Oct 27 – Nov 24
Section A4: Prestars **Ages** 3 – 4 **Time:** 6:30 – 7:00 pm
Section A5: Kinderstars **Ages** 5 – 7 **Time:** 7:00 – 7:45 pm
Section A6: Prepstars **Ages** 8 – 10 **Time:** 7:45 – 8:30 pm
Section Fee: res./non-res. \$65.00/\$75.00 for Ages 3 – 4
 res./non-res. \$78.00/\$88.00 for Ages 5 – 10

Spring into Soccer is an introductory class to the beautiful game we all love. Focus is on age-appropriate progressions for each skill, with main coaching points that are explained with age-appropriate language. We will train our Prestars, Kinderstars, and Prepstars in categories of dribbling, passing, defending, shooting, and end with a World Cup competition. This 5-week course is perfect for anyone who is looking to be introduced to the game of soccer. Come join the fun today!

NOTE: Don't wait to register... a \$10.00 late fee is assessed if you register on or after the start date of a program.



JUNIOR GOLF LESSONS

Instructor: Missing Links Staff
Location: Missing Links Golf Club
 12950 N. Port Washington Road
 Mequon, WI 53097
Course Code: 241501

TIGER TOTS

AGES: 4 – 6 YEARS

Days: Saturdays
Dates: Sept 12 – Oct 3
Section A1: 8:00 – 8:45 am
Section A2: 9:00 – 9:45 am
Section A3: 10:00 – 10:45 am
Section Fee: res./non.res. \$135.00/\$145.00

The grand familiarization of golf is geared towards introducing and entertaining the youngest golfer. Tiger Tots offers a fun exposure to the mechanics of the swing, hand-eye coordination, putting, stretching, and safe practice. Let's not forget about priceless photo ops with equipment!

MICKELSON MIDDLEERS

AGES: 7 – 10 YEARS

Days: Saturdays
Dates: Sept 12 – Oct 3
Section B1: 9:00 – 10:00 am
Section B2: 10:15 – 11:15 am
Section Fee: res./non.res. \$135.00/\$145.00

Discover the joy of golf in our fun introductory lessons at Missing Links Mequon, led by award-winning PGA pros who make beginners feel like pros, fast! We will perfect your grip, alignment, posture, and swing while setting your personal goals in a relaxed vibe. Dive deep into the short game—putting and chipping on our excellent greens – for quick improvements and lower scores right away! Golf clubs are provided.

PALMERS PLAYERS

AGES: 11 – 17 YEARS

Days: Saturdays
Dates: Sept 12 – Oct 3
Section C1: 11:30 am – 12:30 pm
Section Fee: res./non.res. \$135.00/\$145.00

Same instruction as Mickelson Middlers, but geared towards an older, more mature youth. Golf clubs are provided. Unlock the fun of golf with our exciting introductory lessons at Missing Links Mequon, where our award-winning PGA pros turn beginners into confident players fast! You'll dial in your grip, alignment, posture, and full swing mechanics while setting personal goals in a relaxed, encouraging environment. We put extra magic into the short game—mastering putting and chipping on our top-notch greens and chipping areas—so you'll see quick wins and lower scores right away. Come join the smiles and breakthroughs at Southeastern Wisconsin's premier teaching spot!

HOGAN'S HEROES

AGES: 7 - 16 YEARS

Instructor: Missing Links Staff
Days: Tuesdays
Time: 4:00 – 5:00 pm
Section D1: Sept 29 – Oct 20
Section D2: Oct 27 – Nov 17
Days: Wednesdays
Time: 4:00 – 5:00 pm
Section D3: Sept 30 – Oct 21
Section D4: Oct 28 – Nov 18
Section Fee: res./non-res. \$155.00/\$165.00

Tailored to your off-season development at Missing Links Mequon. The lessons take place in our heated outdoor TopTracer bays. Our award-winning PGA pros help you set goals and refine grip, alignment, posture, and swing mechanics. We place strong emphasis on the short game—putting and chipping—for noticeable improvement and lower scores, even in winter.

QUICKSTART AND BEGINNER TENNIS

Instructor: North Shore Elite Staff
Location: North Shore Elite Racquet and Fitness Club
 5750 North Glen Park Road; Glendale
Ages: 3 – 10 years

Quickstart Lessons: QuickStart is a beginner-level introductory tennis program for youth that is put together with special care to give young players confidence, build skills, and pave the way for them to enjoy a lifetime of this wonderful sport.

MONDAYS

Course Code: 241601
Dates: Aug 24 – Nov 23 (skip Sept 7)
Section A1: 3 – 4 yrs **Time:** 4:30 – 5:00 pm
Section Fee: res./non.res. \$260.00/\$270.00
Section A2: 5 – 6 yrs **Time:** 5:00 – 6:00 pm
Section A3: 7 – 8 yrs **Time:** 5:00 – 6:00 pm
Section A4: 9 – 10 yrs **Time:** 5:00 – 6:00 pm

Section A2 – A4 Fee: res./non.res. \$520.00/\$530.00

Course Code: 242601
Dates: Nov 30 – Mar 1
Section A1: 3 – 4 yrs **Time:** 4:30 – 5:00 pm
Section Fee: res./non.res. \$280.00/\$290.00



Section A2:	5 – 6 yrs	Time: 5:00 – 6:00 pm
Section A3:	7 – 8 yrs	Time: 5:00 – 6:00 pm
Section A4:	9 – 10 yrs	Time: 5:00 – 6:00 pm
Section A2 – A4 Fee: res./non.res. \$560.00/\$570.00		

THURSDAYS

Course Code:	241602	
Dates:	Aug 27 – Nov 19 (Nov 26)	
Section A1:	3 – 4 yrs	Time: 4:30 – 5:00 pm
Section Fee:	res./non.res. \$260.00/\$270.00	
Section A2:	5 – 6 yrs	Time: 5:00 – 6:00 pm
Section A3:	7 – 8 yrs	Time: 5:00 – 6:00 pm
Section A4:	9 – 10 yrs	Time: 5:00 – 6:00 pm
Section A2-A4 Fee:	res./non.res. \$520.00/\$530.00	
Course Code:	242602	
Dates:	Dec 3 – Mar 4 (skip Dec 24, Dec 31)	
Section A1:	3 – 4 yrs	Time: 4:30 – 5:00 pm
Section Fee:	res./non.res. \$240.00/\$250.00	
Section A2:	5 – 6 yrs	Time: 5:00 – 6:00 pm
Section A3:	7 – 8 yrs	Time: 5:00 – 6:00 pm
Section A4:	9 – 10 yrs	Time: 5:00 – 6:00 pm
Section A2 – A4 Fee:	res./non.res. \$480.00/\$490.00	

SATURDAYS

Course Code:	241603	
Dates:	Aug 29 – Nov 28	
Section A1:	3 – 4 yrs	Time: 9:00 – 9:30 am
Section Fee:	res./non.res.	\$280.00/\$290.00
Section A2:	5 – 6 yrs	Time: 9:30 – 10:30 am
Section A3:	7 – 8 yrs	Time: 9:30 – 10:30 am
Section A4:	9 – 10 yrs	Time: 10:30 – 11:30 am
Section A2 – A4 Fee:	res./non.res.	\$560.00/\$570.00
Course Code:	242603	
Dates:	Dec 5 – Mar 6	
Section A1:	3 – 4 yrs	Time: 9:00 – 9:30 am
Section Fee:	res./non.res.	\$280.00/\$290.00
Section A2:	5 – 6 yrs	Time: 9:30 – 10:30 am
Section A3:	7 – 8 yrs	Time: 9:30 – 10:30 am
Section A4:	9 – 10 yrs	Time: 10:30 – 11:30 am
Section A2 – A4 Fee:	res./non.res.	\$560.00/\$570.00

Beginner Lessons: Beginner tennis is a program for older youth, put together with attention to age-appropriate activities. Players will gain confidence, build skills, and pave the way for them to enjoy a lifetime of this wonderful sport. Players should bring their own racquet.

THURSDAYS

Course Code:	251604
Ages:	11 – 13 years
Section A1:	Aug 27 – Nov 19 (skip Nov 26)
	Time: 4:00 – 5:00 pm
Section A1 Fee:	res./non.res. \$520.00/\$530.00
Section A2:	Dec 3 – Mar 4 (skip Dec 24, Dec 31)
	Time: 4:00 – 5:00 pm
Section A2 Fee:	res./non.res. \$480.00/\$490.00

MIDDLE SCHOOL SKI & SNOWBOARD CLUB



Advisor:	Bizzy Schultz, WFB Middle School Teacher & Middle School Teacher Chaperones
Location:	Little Switzerland, Slinger, WI
Ages:	Grades 6 thru 8
Note:	Registration deadline: Oct 30 A pre-recorded parent orientation meeting will be sent via email on Nov 10.
Transportation:	All transportation to and from the hill is provided by the parent/guardian.
Day:	Mondays
Dates:	Dec 7, Dec 14, Dec 21, Jan 4, Jan 11 (make-up days for inclement weather Feb 1 and Feb 8)
Check-In Time:	4:15 – 4:45 pm
Check-Out Time:	8:15 pm
Course Code:	281301
Section A1:	Group Lift Ticket (No Lesson/No rental) res./non-res. \$179.00/\$189.00
Section A2:	Group Lift Ticket (No Lesson) or Beginner Ski/Board Lesson (w/Rental) res./non-res. \$308.00/\$318.00
Section A3:	Beyond Ski or Board Lesson (no Rental) res./non-res. \$199.00/\$209.00
Section A4:	Beyond Ski or Board Lesson(w/Rental) res./non-res. \$328.00/\$338.00
Section A5:	Existing Season Pass Holder (WFB Supervision only) res./non-res. \$40.00/\$50.00

All middle school skiers, snowboarders, or those who want to learn are encouraged to join! The Middle School Ski and Snowboard Club is a five-night group package. On the 5th outing, club members hit the hill with their classmates. All participants must wear a helmet. Rental packages include the helmet, or students must bring their own. Existing Little Switzerland Pass Holders pay for supervision from the Middle School staff while at the hill. Beginner lessons are for the "never-ever" skiers or those who have taken 1-2 lessons. Beyond lessons are an upgrade to Basic and take place on the 3rd and 4th outing, and introduce skiers to all the chairlift runs as well as green and blue runs (which are more advanced). The group lift ticket option is for intermediate/advanced skiers and boarders. All participants will receive a Loyalty Card for discounts on lift tickets and rentals for future skiing/boardboarding. Don't forget to check out the Parent/Guardian Stay and Ski packages that are available for all those family members who are driving or in charge of a carpool out to the hill. Specific instructions on arrival and departure will be provided before the first outing.

PARENT/GUARDIAN STAY & SKI PACKAGE

Since parents/guardians will be transporting to and from the hill, we are offering a Stay and Ski Package for our Club parents/guardians. Stay and ski while you wait AND take advantage of the group pricing. Parents/guardians will receive their own Loyalty Card.

Section B1:	Parent/Guardian Stay and Ski/Board w/ Rental res./non-res. \$268.00/\$278.00
Section B2:	Parent/Guardian Stay and Ski/Board w/o Rental res./non-res. \$139.00/\$149.00



ICE SKATING

Location: Polly and Henry Uihlein Sr. Ice Arena
University School, 2100 W. Fairy Chasm Road,
River Hills, WI 53217

Registration Link: www.usm.org/fallwinterskating

NEW REGISTRATION PROCESS

Please register through The University School of Milwaukee's registration system by visiting www.usm.org/fallwinterskating and select referred by **Whitefish Bay Recreation** during the online process. For registration questions or for more information about the program, please contact Brandon Bayer at bbayer@usm.org.

LEARN TO SKATE TOTS (AGES 3-5) & YOUTHS (AGES 6-17) \$115

SATURDAYS:

Session 1: Oct 3 – 31
Session 2: Nov 7 – Dec 12 (skip Nov 28)
Times: 8:45 – 9:30 a.m., 9:30 – 10:15 a.m., 10:15 – 11:00 a.m.

SATURDAYS:

Session 3: Dec 19 – Jan 30 (Skip Dec 26, Jan 2)
Session 4: Feb 6 – March 6
Times: 8:45 – 9:30 a.m., 9:30 – 10:15 a.m., 10:30 – 11:15 a.m.
Note: *Learn to Skate Youth 11:15 – 12:00 pm will be added should registration exceed capacity

MONDAYS:

Session 1: Sept 28 – Oct 26
Session 2: Nov 2 – Nov 30
Session 3: Dec 7 – Jan 18 (skip Dec 21, Dec 28)
Session 4: Jan 25 – Feb 22
Times: 12:30 – 1:15 p.m.

TUESDAYS:

Session 1: Sept 29 – Oct 27
Session 2: Nov 3 – Dec 1
Session 3: Dec 8 – Jan 19 (skip Dec 22 and Dec 29)
Session 4: Jan 26 – Feb 23
Times: 12:30 – 1:15 p.m.

THURSDAYS:

Session 1: Sept 25 – Oct 23
Session 2: Oct 30 – Dec 4 (skip Nov 26)
Session 3: Dec 11 – Jan 22 (skip Dec 24, Dec 31)
Session 4: Feb 4 – March 4
Times: 9:30 – 10:15 a.m. and 12:30 – 1:15 p.m.

Participants will learn basic through advanced skating skills for enjoyment, or skaters may prepare to move into Hockey, Figure Skating, or Speed Skating. Skaters will be divided into classes by age and skating skills.

LEARN TO PLAY HOCKEY (AGES 4 – 12) \$115

SATURDAYS:

Session 1: Oct 3 – 31
Session 2: Nov 7 – Dec 12 (skip Nov 28)
Time: 9:30 – 10:15 am

SATURDAYS:

Session 3: Dec 19 – Jan 30 (skip Dec 26, Jan 2)
Session 4: Feb 6 – March 6
Time: 11:15 am – 12:00 pm

Participants will learn the basic skills to learn how to play and enjoy hockey and/or join a hockey team. Skills learned: How to skate fluently forward and backward with a stick, hitting a puck and making goals, and increasing power and speed. Prerequisite: Hockey helmet with full face cage required. General knowledge of basic skating skills is needed for this class.

HOCKEY POWER SKATING (AGES 6 – 12) \$115

SATURDAYS:

Session 1: Oct 3 – Oct 31
Session 2: Nov 7 – Dec 12 (skip Nov 28)
Time: 10:15 – 11:00 am

SATURDAYS:

Session 3: Dec 19 – Jan 30 (skip Dec 26, Jan 2)
Session 4: Feb 6 – March 6
Time: 10:30 – 11:15 am

Skaters will work on increasing power, quickness, edge control, and extension by reinforcing proper technique and using repetition to improve upon edgework. A hockey helmet, stick, and mask are required.

ADVANCED FIGURE SKATING (AGES 7 – 17) \$120

SATURDAYS:

Session 1: Oct 3 – Oct 31
Session 2: Nov 7 – Dec 12 (skip Nov 28)
Session 3: Dec 19 – Jan 30 (skip Dec 26, Jan 2)
Session 4: Feb 6 – March 6
Time: 7:30 – 8:45 am

Participants will perfect skills, choreography, power, and footwork. Skaters will perform a program to music at the end of each semester. Choice of music, choreography, and skills will be chosen by each skater. Prerequisite: Participants must have taken skating lessons before this class. Ski headbands or winter hats are required. Helmets are encouraged for younger skaters.

LEARN TO SKATE ADULT (AGES 18 AND UP) \$115

TUESDAYS:

Session 1: Sept 29 – Oct 27
Session 2: Nov 3 – Dec 1
Session 3: Dec 8 – Jan 19 (skip Dec 22, Dec 29)
Session 4: Jan 26 – Feb 23
Time: 9:30 – 10:45 am

SATURDAYS:

Session 1: Oct 3 – 31
Session 2: Nov 7 – Dec 12 (skip Nov 28)
Time: 8:45 – 9:30 am

SATURDAYS:

Session 3: Dec 19 – Jan 30 (skip Dec 26, Jan 2)
Session 4: Feb 6 – March 6
Time: 8:45 – 9:30 am and 11:15 – 12:00 pm

Participants will learn beginning to advanced skating skills. Coaches will work with each skater or small group of skaters individually so that the participants may quickly achieve goals and advance at their own comfort level. Prerequisites: ski or hockey helmets are encouraged. Ski headbands or winter hats are required.



COMMUNITY FITNESS CENTER – STUDENT MEMBERSHIP

Supervisor: WFB Recreation Department Staff
Location: WFB High School, Fitness Center
Days: Mon and Wed **Time:** 5:30 – 7:30 am
 Mon – Thurs **Time:** 6:30 – 8:30 pm
 Sat **Time:** 8:00 – 11:00 am
Dates: Sept 1 – Dec 30 (skip Sept 5, 7, Nov 25, 26, 28, Dec 23, 24, 26)
Note: The fitness center is a shared high school facility. At times, WFBHS Athletic Teams and various Recreation Programs may use equipment during Community Fitness Center times. Members are allowed into the gym during the supervised dates, days, and times.
Course Code: 291315
Section A5: WFB HS Students
Section Fee: \$30.00

Students can purchase a seasonal membership to the fitness center and enjoy a vigorous workout on our cardio equipment and weight machines during the designated hours.

WHITEFISH BAY SCHOOL OF STRENGTH

Instructor: Connor Karwowski, MS, CSCS, NSCA-CPT, WSBB Special Strengths Certified
Location: WFB High School, Fitness Center
Grades: 6 – 8
Course Code: 261203
Dates: Sept 8 – Oct 22 (skip Sept 7)
Section A1: Mon and Wed – Co-ed **Time:** 5:45 – 6:45 pm
Section A2: Tue and Thur – Co-ed **Time:** 5:45 – 6:45 pm
Section A3: Tue and Thurs – Girls Only **Time:** 6:45 – 7:45 pm
Dates: Oct 26 – Dec 17 (skip Nov 23 – 26)
Section A4: Mon and Wed – Co-ed **Time:** 5:45 – 6:45 pm
Section A5: Tue and Thur – Co-ed **Time:** 5:45 – 6:45 pm
Section A6: Tue and Thur – Girls Only **Time:** 6:45 – 7:45 pm
Section Fee: res./non-res. \$100.00/\$110.00

In this twice-per-week training program, middle school athletes will be introduced to the fundamentals of athletic performance training and allowed to grow under the direct coaching of Whitefish Bay High School's head strength & conditioning coach. This program is designed to be a light version of the same program they will be involved in when they reach high school and, as such, lays a strong and continuous foundation for long-term athletic development. Athletes will be challenged physically in order to improve strength, power, speed, and agility.

WRESTLING CLUB

Instructor: Luke Davey, WFBHS Head Wrestling Coach
Location: Whitefish Bay High School, Wrestling Room
Grades: 1 – 8
Day: Tuesdays
Time: 6:30 – 7:30 pm
Course Code: 232301
Section A1: Oct 27 – Dec 1
Section Fee: res./non-res. \$60.00/\$70.00

Participants will be taught a variety of wrestling skills and techniques to help them develop as wrestlers. Your child will have the opportunity to compete against others during selected Saturday tournaments. Enter Door #8, go downstairs, and follow the signs to the Wrestling Room.

ARCHERY

Coordinator: Nicolet Recreation Department
Instructor: Inna Lebedinsky
Location: Kletzsch Park Archery Range
Course Code: 261208
Section Fee: res./non-res. \$75.00/\$85.00

PARENT WITH CHILD

AGES 5 – 9

Time: 4:30 – 5:00 pm
Section A1: Tuesdays Sept 1 – Oct 6
Section A2: Wednesdays Sept 2 – Oct 7
Section A3: Thursdays Sept 3 – Oct 8

PRE-TEEN

AGES 10 – 13

Time: 5:00 – 5:45 pm
Section A4: Tuesdays Sept 1 – Oct 6
Section A5: Wednesdays Sept 2 – Oct 7
Section A6: Thursdays Sept 3 – Oct 8

TEEN

AGES 14 – 18

Time: 5:45 – 6:30 pm
Section A7: Tuesdays Sept 1 – Oct 6
Section A8: Wednesdays Sept 2 – Oct 7
Section A9: Thursdays Sept 3 – Oct 8

Focused attention from the instructor with an emphasis on learning proper techniques and avoiding bad habits. Learn the fundamentals and build your skills. Instructed by Inna Lebedinsky, an Olympian who represented the Soviet Union in the 1980 Olympic Games. Questions? Contact Inna Lebedinsky at (414) 333-8784. Equipment is provided; participants are also welcome to bring their own bows. We recommend parents attend the program with their children.

FENCING

Coordinator: Mequon/Theinsville Recreation Department
Instructor: Mequon/Theinsville Staff
Location: Oriole Lane Elementary School, New Gym (enter door #4 on the west side of the building) 12850 Oriole Ln, Mequon 53097
Day: Thursdays
Dates: Oct 22 – Dec 17 (skip Nov 26)
Course Code: 251303
Section A1: Grades 2 – 5 **Time:** 6:15 – 7:15 pm
Section A2: Grades 6 – 12 **Time:** 7:20 – 8:20 pm
Section Fee: res./non-res. \$136.00/\$146.00

Join this fast-paced, inclusive (everyone participates) Olympic Sport. YEL's Teach it, Practice it, Play it@ approach teaches fencers new skills each class, practices those skills in kid-friendly fencing games, and then encourages students to use those skills in fencing bouts (matches). All equipment provided. Sign up today! For more information, visit YELKids.com.



YOUTH GYMNASTICS

Coordinator: Coach Sarah Woods, Gymnastics Coordinator and Head Coach

Location: WFB High School Memorial Gym

RECREATIONAL LEVEL PROGRAMS

The Gymnastics Recreational Level Program focuses on basic skills for vault, bars, beam, and floor. Our skill tracking program helps kids monitor their accomplishments and celebrate their achievements. As children progress through the different levels, they will develop in the areas of agility, strength, flexibility, balance, and coordination. In addition to these physical improvements, participants will learn life skills such as self-confidence, goal-setting, teamwork, responsibility, friendship, and sportsmanship. At the end of the term, each gymnast will be notified which level they should register for next. Parents who choose to watch their children must observe from the hallway. Students must be in first grade to enroll in Levels A or B. Preschoolers are not allowed in the levels program without instructor approval. Contact Coach Sarah Woods at Sarah.n.woods@gmail.com with any questions.

RECREATIONAL LEVELS

PARENT /TOT. res./non-res. \$100.00/\$120.00
(Ages 1.5 - 3 years old, with parent or guardian)

PRE 3, PRE 4, PRE 5/6. res./non-res. \$100.00/\$120.00
(Ages 3 - 6 years old, according to child's age)

LEVEL A. res./non-res. \$115.00/\$125.00
(Grades 1 - 8, Beginners or those who have participated in at least one term)

LEVEL B. res./non-res. \$115.00/\$125.00
(Grades 1 - 8, gymnasts who have passed Level A)

***MINI MITES.** res./non-res. \$165.00/\$175.00
(Ages 3 - 7 years old, enrollment must be invited by Coach Sarah Woods)

***MIGHTY MITES.** res./non-res. \$275.00/\$285.00
(Ages 5 - 9 years old, enrollment must be approved by Coach Sarah Woods)

COMPETITIVE LEVEL PROGRAMS

The Gymnastics Competitive Level Programs are designed for more experienced athletes who have mastered the skills necessary to compete in the USA Junior Olympic Program Levels 1-4 and the WIAA-based optionals. Gymnasts are expected to attend all scheduled practices, compete at meets, and will be expected to fundraise for new equipment. Competitive team members must also purchase a team leotard, which will cost approximately \$60. Competition fees are approximately \$80. Skill Expo fee is approximately \$35. Due to the nature of the sport, a full-year commitment is necessary for a gymnast to achieve personal goals. It may take more than three consecutive sessions to move levels. Contact Coach Sarah Woods at Sarah.n.woods@gmail.com for pre-approval requests and questions.

COMPETITIVE LEVELS

USAG TEAM 1. res./non-res. \$275.00/\$285.00
(Grades 1 - 8, Beginning level for those competing in USAG 1)

USAG TEAM 2. res./non-res. \$295.00/\$305.00
(Grades 1 - 8, Gymnasts who have passed USAG Team 1 per coach)

USAG TEAM P3. res./non-res. \$375.00/\$385.00
(Grades 1 - 8, Intermediate level for those who have passed USAG 2)

USAG TEAM 3. res./non-res. \$375.00/\$385.00
(Grades 1 - 8, Intermediate level for those who have passed USAG P3)

PRE OPTIONALS. res./non-res. \$445.00/\$455.00
(Grades 1 - 8, Intermediate level for those who have passed USAG 3)

PRE OPTIONALS MONDAY ADD ON. res./non-res. \$60.00/\$70.00

OPTIONALS. res./non-res. \$495.00/\$505.00
(Grades 1 - 8, Advanced level for those who have passed Pre Optionals)

COURSE CODE: 211400

LEVEL	DAY	DATES	EXCLUDED DATES	TIME BEFORE 11/7	TIME STARTING 11/8	SECTION
Parent/Tot	Sat	Sept 12 - Oct 24		8:45 - 9:25 am	same	A1
Pre 3	Sat	Sept 12 - Oct 24		9:30 - 10:10 am	same	A2
Pre 3	Sat	Sept 12 - Oct 24		11:45 am - 12:25 pm	same	A3
Pre 4	Sat	Sept 12 - Oct 24		10:15 - 10:55 am	same	A4
Pre 4	Sat	Sept 12 - Oct 24		11:45 am - 12:25 pm	same	A5
Pre 5/6	Sat	Sept 12 - Oct 24		11:00 - 11:40 am	same	A6
Pre 5/6	Sat	Sept 12 - Oct 24		11:45 am - 12:25 pm	same	A7
Level A	Mon	Sept 14 - Nov 2	(skip Sept 21)	6:00 - 7:00 pm	same	B1
Level A	Wed	Sept 9 - Oct 21		6:00 - 7:00 pm	same	B2
Level B	Mon	Sept 14 - Nov 2	(skip Sept 21)	6:00 - 7:00 pm	same	B3
Level B	Wed	Sept 9 - Oct 21		6:00 - 7:00 pm	same	B4
USAG Team 1	Mon/Wed	Sept 9 - Dec 9	(skip Sep 21, Oct 28, Nov 25, Nov 30)	6:00 - 7:00 pm	same	C1
USAG Team 2	Mon/Wed	Sept 9 - Dec 9	(skip Sept 21, Oct 28, Nov 25, Nov 30)	7:00 - 8:15 pm	same	C2
USAG Team P3	Tue/Th	Sept 8 - Dec 10	(skip Oct 29, Nov 24, Nov 26)	5:30 - 7:30 pm	6:00 - 8:00	C3
USAG Team 3	Tue/Th	Sept 8 - Dec 10	(skip Oct 29, Nov 24, Nov 26)	5:30 - 7:30 pm	6:00 - 8:00 pm	C4
Pre Optionals	Tue/Th	Sept 8 - Dec 10	(skip Oct 29, Nov 24, Nov 26)	5:30 - 8:00 pm	6:00 - 8:30 pm	C5
Pre Optionals	(Mon/add on)	Sept 14 - Dec 7	(skip Sept 21, Nov 30)	6:00 - 8:00 pm	same	C6
Optionals	Mon	Sept 14 - Dec 7	(skip Sept 21, Nov 30)	6:00 - 8:00 pm	same	C7
	Tue/Th	Sept 8 - Dec 10	(skip Oct 29, Nov 24, Nov 26)	5:30 - 8:00 pm	6:00 - 8:30 pm	C8
*Mighty Might	Tue/Th	Sept 8 - Dec 10	(skip Oct 29, Nov 24, Nov 26)	4:30 - 5:30 pm	5:00 - 6:00 pm	coach approval needed
*Mini Might	Wed	Sept 9 - Dec 9	(skip Oct 28, Nov 25)	5:00 - 6:00 pm	6:00 - 7:00 pm	coach approval needed



YOUTH FOOTBALL

CO-ED FLAG FOOTBALL LEAGUES

Instructor: Volunteer Parent Coaches
Location: WFB High School, Softball Field
Grades: 1 – 6 as of the 2026/2027 school year
Day: Saturdays
Dates: Sept 12 – Oct 31 **Registration Deadline:** Friday, Aug 7
Time: 9:30 am – 3:00 pm
Course Code: 131306
Section A1: Grades 1 – 2
Section A2: Grades 3 – 4
Section A3: Grades 5 – 6
Section Fee: res./non-res. \$80.00/\$90.00

Get into the game! Every week, our players take to the field for exciting league games powered by our amazing parent volunteers. Step Up & Coach: We're looking for enthusiastic parents to lead the way. Indicate your interest during registration! Coaches' Kick-off: Join us on Wednesday, Sept. 2nd at 6:00 PM (Lydell School & Community Center) to grab your roster and gear. Flexibility First: Coaches may schedule weekday practices, but they are 100% optional. Missing a practice will never impact your child's playing time on game day.

Important Note: To ensure team placement, please register by the registration deadline. No refunds or credits can be issued after the registration deadline date. No player or coach's requests will be accepted.

GIRLS NFL FLAG FOOTBALL LEAGUE

Instructor: Volunteer Parent Coaches
Location: West Allis Athletic Complex, 2606 S 117th St
Grades: 2 – 8 as of the 2026/2027 school year
Day: Sundays
Dates: Sept 13 – Oct 11 **Registration Deadline:** Friday, Aug 21
Note: No credits or refunds will be issued after the registration deadline.
Time: 9:30 am – 3:00 pm
Tournament: Saturday, Oct 17 **Time:** TBD
Course Code: 111200
Section A2: Grades 2 – 3
Section A3: Grades 4 – 5
Section A4: Grades 6 – 8
Section Fee: res./non-res. \$65.00/\$75.00

Following a breakout inaugural season, we are thrilled to return for Fall 2026! This cooperative league, partnered with several Southeast Wisconsin Recreation Departments, offers a high-energy environment for young athletes to develop their skills. Each participant receives official NFL-branded reversible home/away jerseys and flags. Enjoy a five-week regular season of league games coached by dedicated parent volunteers. The season concludes with an exciting League Championship Tournament on Saturday, October 17th (Times TBD).

SPONSORS WANTED

Show your community support through sponsorship of our youth sports programs. We are currently seeking sponsors for our 2026 Youth Flag Football leagues.

Contact Mark in the Recreation Department at 414-963-3864 or email mark.suchowski@wfb schools.com for more information!





AMAZING ATHLETES MULTISPORT

Instructor: Amazing Athletes Staff
Location: Lydell School and Community Center Gym and Field
Ages: 3 – 6 years
Day: Tuesdays
Dates: Sept 8 – Oct 13
Course Code: 221203
Section A1: Ages: 3 – 4 **Time:** 3:45 – 4:30 pm
Section A2: Ages: 5 – 6 **Time:** 4:45 – 5:30 pm
Section Fee: res./non-res. \$90.00/\$100.00

Amazing Athletes uses a multi-sport program to benefit children aged 3 to 6 years physically, mentally, socially, and emotionally. Our program introduces the fundamentals of 10 different sports (soccer, hockey, volleyball, basketball, tennis, lacrosse, football, track and field, baseball, and golf) in a non-competitive environment. Children in Amazing Athletes routinely gain greater confidence, learn to combine fitness with fun, and develop 6 key motor skills. Two sports will be taught each week. The sports will rotate on a weekly basis. amazingathletes.com/

AMAZING ATHLETES SPORT DISCOVERY: BASKETBALL, SOCCER, VOLLEYBALL

Instructor: Amazing Athletes Staff
Location: Lydell School and Community Center Gym and Field
Ages: 3 – 6 years old
Day: Thursdays
Dates: Sept 10 – Oct 15
Course Code: 221203
Section A3: Ages 3 – 4 **Time:** 3:45 – 4:30 pm
Section A4: Ages 5 – 6 **Time:** 4:45 – 5:30 pm
Section Fee: res./non-res. \$90.00/\$100.00

Explore, learn, develop, and play with Amazing Athletes Sport Discovery! This 6-week program is designed to empower kids to discover their inner athlete & love of sport. Together, we explore three sports with 2 weeks of concentrated play & practice for each. Your amazing athlete will have the opportunity to develop skills with practice, apply what they've learned with confidence, have fun with gameplay, and discover sports they love! Our three sports for the fall season will be BASKETBALL, SOCCER, AND VOLLEYBALL. amazingathletes.com/

BACKYARD NINJA GAMES

Instructor: Spring Sports, LLC
Location: Richards and Cumberland Schools, Gyms and Fields
Ages: 3 – 10 years
Day: Mondays
Course Code: 221202
Location: Cumberland Elementary Gym/Field
Dates: Sept 14 – Oct 12
Section A1: Prestars **Ages** 3 – 4 **Time:** 6:15 – 6:45 pm
Section A2: Kinderstars **Ages** 5 – 7 **Time:** 6:45 – 7:30 pm
Section A3: Prepstars **Ages** 8 – 10 **Time:** 7:30 – 8:15 pm
Location: Richards Elementary Gym/Field
Dates: Oct 26 – Nov 23
Section A4: Prestars **Ages** 3 – 4 **Time:** 6:15 – 6:45 pm
Section A5: Kinderstars **Ages** 5 – 7 **Time:** 6:45 – 7:30 pm
Section A6: Prepstars **Ages** 8 – 10 **Time:** 7:30 – 8:15 pm
Section Fee: res./non-res. \$65.00/\$75.00 for Ages 3 – 4
 res./non-res. \$78.00/\$88.00 for Ages 5 – 10

A high-energy class where Pre-Stars (ages 3-4), Kinder-stars (ages 5-7), and Prep-stars (ages 8-10) master ninja fundamentals-jumping, tumbling, running, and compound movements-using fun games and backyard-style obstacles. Build skills each week and see if you've got what it takes to become the next ultimate Backyard Ninja. Join the adventure today!



MOLITOR
 PROPERTIES

BUY, SELL, RENT & INVEST

THANK YOU!

The Whitefish Bay Recreation and Community Education would like to thank our T-Ball/Coach Pitch Summer League sponsor, Molitor Properties.



LACROSSE

GIRLS LACROSSE FALL CLINIC - WNS JUNIOR WOLFPACK

Instructors: WNS Junior Wolfpack Staff
Location: WFB High School, Armory Park
Grades: 2 – 8
Day: Sundays
Time: 12:00 – 1:15 pm
Course Code: 251311
Section A1: Sept 13 – Oct 11
Section Fee: res./non-res. \$120.00/\$130.00

This is an instructional clinic offering drills/skills and fundamentals for beginners to intermediate players. This is a great opportunity for girls to learn to play lacrosse. No experience necessary. Our program focuses on empowering girls to develop skill, athleticism, heart, determination, and a love for the game of lacrosse. Experienced and enthusiastic coaches from the WNS (Whitefish Bay / Nicolet / Shorewood) high school and youth programs will lead the clinic. Lacrosse sticks, goggles, and a mouth guard are required. If you need to borrow equipment or if you have any questions, please contact the Program Coordinator, Kathleen Reid, at wnsjr.wolfpack@gmail.com.

GIRLS LACROSSE - WNS JUNIOR WOLFPACK - HOLIDAY CLINIC

Instructor: WNS Junior Wolfpack Staff
Location: Whitefish Bay High School Field House
Grades: 2 – 8
Day: Sunday
Time: 10:00 am – 12:00 pm
Course Code: 251311
Section A2: Dec 13
Section Fee: res./non-res. \$40.00/\$50.00

Join the WNS Junior Wolfpack for a fun Holiday Clinic. Register by November 13 to be guaranteed a limited-edition WNS Junior Wolfpack holiday practice pinnie. Geared towards players with at least one year of experience, this clinic will include skills/drills along with fun holiday activities like crafts and cookie decorating. This is a great opportunity to reconnect with WNS Junior Wolfpack teammates before the start of our 2027 spring season. Players must provide their own stick, goggles, and mouth guard. If you need to borrow equipment or if you have any questions, please contact the program coordinator, Kathleen Reid, at wnsjr.wolfpack@gmail.com.

WNS BOYS LACROSSE 1ST – 8TH GRADE FALL OUTDOOR CLINIC

Coordinator: Shorewood Recreation Department
Instructors: WNS Coaching Staff
Location: Shorewood Football Field
Grades: 1 – 8
Day: Sundays
Dates: Oct 4 – Nov 8
Course Code: 251309
Section A1: Grades 1 – 2 **Time:** 10:00 – 11:00 am
Section A2: Grades 3 – 4 **Time:** 10:00 – 11:00 am
Section A3: Grades 5 – 6 **Time:** 11:00 am – 12:00 pm
Section A4: Grades 7 – 8 **Time:** 11:00 am – 12:00 pm
Section Fee: res./non-res. \$50.00/\$60.00

The Whitefish Bay, Nicolet, and Shorewood (WNS) Recreation Departments are offering a fun outdoor fall lacrosse clinic for boys in 1st-8th grade. Lacrosse is a fast, physical, contact sport that combines aspects of soccer, hockey, and basketball. This clinic is designed for all players - from first-time players to experienced players who are looking to sharpen their lacrosse skills. Participants will build fundamental skills, including passing, catching, shooting, dodging, and individual and team defense and offense strategies through drills, small-sided games, and competitive instruction. Full boys lacrosse equipment (gloves, elbow pads, shoulder pads, helmet, and stick) is required. Lacrosse equipment will be provided at no additional cost if needed. Players must provide a mouth guard and athletic cup. Open only to boys who live in communities that serve the Whitefish Bay, Nicolet, and Shorewood schools, or live in eastside Milwaukee. This is a great opportunity for boys who are new to the sport of lacrosse to give it a try.

WNS BOYS LACROSSE PRESEASON CLINIC

Coordinator: Shorewood Recreation Department
Instructors: WNS Coaching Staff
Location: MFC Sports Complex; 4170 N Lydell Ave.
Day: Mondays
Dates: Nov 2 – Nov 30
Course Code: 251308
Section A1: Grades 3 – 5 **Time:** 5:30 – 6:30 pm
Section A2: Grades 6 – 8 **Time:** 6:30 – 7:30 pm
Section A3: Equipment Rental
Section Fee: res./non-res. \$60.00/\$70.00

Indoor lacrosse is a fun way for players to prepare for the Whitefish Bay/Nicolet/Shorewood (WNS) spring team. The hour slot will be a 5 vs 5 scrimmage. The small game format will help improve players' stick skills and footwork. This clinic is geared toward boys with some lacrosse experience. For boys new to lacrosse who want to participate in this clinic, it is suggested they also participate in the 'Fall Outdoor Clinic'. Open to boys who live in communities that serve the Whitefish Bay, Nicolet, and Shorewood schools, or live in eastside Milwaukee. Full boys lacrosse equipment is required, and, if needed, equipment (gloves, elbow pads, shoulder pads, helmet, and stick) can be rented for \$15. Players must provide a mouth guard and athletic cup. Cleats are recommended.



YOUTH BASKETBALL

YOUTH BASKETBALL LEAGUES

Instructor: Volunteer Parent Coaches and WFB Recreation Staff
Grades: 1 – 6
Day: Saturdays
Section Fee: res./non-res \$80.00/\$90.00
Registration Deadline: Oct 2

CO-ED BASKETBALL LEAGUES GRADES 1 – 2

Location: Lydell School and Community Center, Gym
Day: Saturdays
Dates: Nov 7 – Jan 16 (skip Nov 28, Dec 26, Jan 2)
Time: 9:00 am – 2:00 pm
Course Code: 251203
Section A3: Grades 1 – 2

Learn basketball fundamentals and sportsmanship in a fun-filled atmosphere! Teams have a league game against another team on scheduled Saturdays. Optional practices are offered during the week, but they are not mandatory to attend and will not affect your child's playing time if missed. Scores and win/loss records are not kept. All players will be placed on a team coached by volunteer parents, and you will hear from your coaches before the first game about the season. Please indicate your desire to coach on the registration form.

CO-ED BASKETBALL LEAGUES GRADES 3 – 6

Location: WFB High School, Fieldhouse
Day: Saturdays
Dates: Nov 7 – Jan 23 (skip Nov 28, Dec 26, Jan 2, 9)
Time: 11:00 am – 3:30 pm
Course Code: 251203
Section A1: Grades 3 – 4
Section A2: Grades 5 – 6

The purpose of this program is for players to learn basketball fundamentals in a relaxed and fun-filled setting. Teams will have a league game against another team on scheduled Saturdays. Optional practices are offered during the week, but they are not mandatory to attend and will not affect your child's playing time if missed. All players will be placed on a team coached by volunteer parents, and you will hear from your coaches before the first game about the season. Please indicate your desire to coach on the registration form.

IMPORTANT INFORMATION



REGISTRATIONS MUST BE RECEIVED BY FRIDAY, OCTOBER 2ND. To ensure that your child is placed on a team, register before the October 2nd deadline. Registrations received after that date will be handled on an individual basis.

CREDITS AND REFUNDS

No credits or refunds are given for withdrawal requests that take place after the deadline.

TEAMS DO FILL. In order to maximize the players' experience, teams have enrollment limits.

PLAYER AND COACH REQUESTS. In an effort to create equitable teams, player and coach requests are not accepted.

MANDATORY COACHES MEETING

Wednesday, October 28th
6:00 – 7:00 pm
Lydell Community Center

BASKETBALL FUNDAMENTALS

Instructor: Kevin Lazovik, WFB HS Girls Head Basketball Coach
Location: Richards Elementary School, Gym
Grades: 1 – 3
Days: Monday – Thursday
Time: 5:30 – 7:00 pm
Course Code: 241204
Section A1: Oct 5 – 8
Section Fee: res./non-res. \$55.00/\$65.00

Players will learn and practice basic basketball fundamentals. Dribbling, passing, shooting, pivoting, lay-ups, defensive position, and fun basketball challenges will be introduced. The camp will be led by Kevin Lazovik and his staff. This will be a great way to learn basketball FUNDamentals.



WFB RESIDENTS

Show your community support through sponsorship of our youth sports programs. We are currently seeking sponsors for our 2026 Youth Basketball leagues.

JOIN THE FUN TODAY!

Contact Mark in the Recreation Department at 414-963-3864 or email mark.suchowski@wfbschools.com for more information!



SWIM INSTRUCTION

IMPORTANT:

Please enter using the stairs in the Field House Pool Deck.

Location: WFB High School Field House/Auxiliary Pool

Age: 18 months and up

Note: Eight lessons per section. Please read descriptions and enroll your child in the proper class. Swimmers will be evaluated during the first lesson to determine their proper level placement.

Section Fee: res./non-res. \$70.00/\$80.00

Our swimming programs are offered to boys and girls interested in learning and improving their aquatic skills. Both the Field House and Auxiliary pools, located within Whitefish Bay High School, are used. There are locker rooms for participants to use. Enter both pools through the Field House Pool Deck. The Auxiliary Pool has separate locker rooms for weekday lessons. A shower must be taken before entering the pool. Specify section.

TODDLER / Ages 18 - 30 months

Course Code: 210801

This level is getting children used to the pool and its environment. Classes introduce water safety and technique development. One adult must accompany each child into the water. Children should wear swim diapers.

Section A1: Day: Saturdays Dates: Sept 12 – Oct 31 Time: 9:00 - 9:30 am Location: Field House Pool

PRESCHOOL / Ages 2.5 - 5 years

Course Code: 220801

Designed for preschoolers who have little experience and are cautious without parents around the pool. One adult must accompany each child into the water.

Section A1: Day: Saturdays Dates: Sept 12 – Oct 31 Time: 9:30 - 10:00 am Location: Field House Pool

Section A2: Day: Wednesdays Dates: Sept 16 – Nov 11 (skip Oct. 28) Time: 6:00 - 6:30 pm Location: Auxiliary Pool

LEVEL I – INTRO TO WATER SKILLS / 6 years and over

Course Code: 230801

Participants should feel comfortable in the water. Skills covered include: water safety, submerging head, using arms and legs on front and back, exhaling underwater, and floating, front and back.

Section A1: Day: Saturdays Dates: Sept 12 – Oct 31 Time: 10:00 - 10:45 am Location: Field House Pool

LEVEL II – FUNDAMENTAL SKILLS / Pass Level 1

Course Code: 240801

Participants should feel comfortable going underwater at this level. Skills covered include: front and back glide, treading water, jellyfish float, combined stroke, front and back.

Section A1: Day: Saturdays Dates: Sept 12 – Oct 31 Time: 9:00 - 9:45 am Location: Field House Pool

Section A2: Day: Wednesdays Dates: Sept 16 – Nov 11 (skip Oct. 28) Time: 6:50 - 7:35 pm Location: Auxiliary Pool

LEVEL III – STROKE DEVELOPMENT / Pass Level 2

Course Code: 250801

Participants should be able to swim by themselves on their stomach and float on their back at this level. Skills covered include: reaching assist, front crawl with rhythmic breathing, dolphin kick, and survival float.

Section A1: Day: Saturdays Dates: Sept 12 – Oct 31 Time: 11:00 - 11:45 am Location: Field House Pool

Section A2: Day: Wednesdays Dates: Sept 16 – Nov 11 (skip Oct. 28) Time: 6:50 - 7:35 pm Location: Auxiliary Pool

LEVEL IV – STROKE IMPROVEMENT / Pass Level 3

Course Code: 260801

Participants should be able to tread water for 30 seconds. Skills covered include: reaching assist, butterfly stroke, breaststroke, crawl, standing dives, and backstroke.

Section A1: Day: Saturdays Dates: Sept 12 – Oct 31 Time: 10:00 - 10:45 am Location: Field House Pool

Section A2: Day: Wednesdays Dates: Sept 16 – Nov 11 (skip Oct. 28) Time: 6:00 - 6:45 pm Location: Auxiliary Pool

LEVEL V – STROKE REFINEMENT / Pass Level 4

Course Code: 270801

Participants must be able to swim at least 15 yards of four competitive strokes. Skills covered include: refinement of the four competitive swim strokes, introduction of front and back flip turns, elementary back stroke, and side stroke.

Section A1: Day: Saturdays Dates: Sept 12 – Oct 31 Time: 11:00 - 11:45 am Location: Field House Pool

LEVEL VI – INTRODUCTION TO COMPETITION / Pass Level 5

Course Code: 270801

Designed as a "bridge" program for swimmers who have mastered basic lessons but are not yet ready for a formal swim team. Unlike standard lessons, these classes focus on the technical precision and physical endurance required for racing.

Section A2: Day: Saturdays Dates: Sept 12 – Oct 31 Time: 11:00 - 11:45 am Location: Field House Pool



DISCOVER SCUBA DIVING

Instructor: Aquatic Adventures, Inc. Staff
Location: WFB High School, Fieldhouse Pool
Ages: 10 years and up
Day: Wednesday **Time:** 6:00 – 8:00 pm
Course Code: 260808
Section A1: December 2
Registration Deadline: Wednesday, Nov 18
Section Fee: res./non-res. \$71.50/\$81.50

Have you ever wondered what it is like to breathe underwater? This PADI Discover Scuba Diving experience is your chance to give scuba a try in a fun, inexpensive, no-pressure setting. There is nothing like breathing underwater for the very first time. It takes a little getting used to, but after a few minutes, you will realize how easy scuba diving really is. You will get to wear scuba diving equipment, breathe underwater, and learn some basic skills and safety rules that can help you determine if a full certification is for you! No experience is required.

HOLIDAY OPEN SWIM

Location: WFB High School, Field House Pool
Time: 1:45 – 3:00 pm
Dates: Dec 28 and 29
Fee: \$3.00 per Student
 \$4.00 per Adult
Note: Seniors and children 3 and under are FREE!
Please bring exact change.

All children under 7 years of age must be accompanied in the water by a parent or guardian. Any child 7 years or older, but under 48" in height, must prove their swimming ability to the satisfaction of the lifeguards. The pool will be cleared 10 minutes prior to closing.

FALL OPEN SWIM

Location: WFB High School, Field House Pool
Days: 1st Sunday of the month
Time: 1:45 – 3:00 pm
Dates: Oct 4, Nov 1, Dec 6
Fee: \$3.00 per Student
 \$4.00 per Adult
Note: Seniors and children 3 and under are FREE!
Please bring exact change.

All children under 7 years of age must be accompanied in the water by a parent or guardian. Any child 7 years or older, but under 48" in height, must prove their swimming ability to the satisfaction of the lifeguards. The pool will be cleared 10 minutes before closing.

Pool Facts

Size: 350,000 Gallons

Length: 25 yards east to west

Avg Temp: 82 degrees

One Mile: 66 lengths / 33 laps

Max Depth: 12 ft Diving Well / 7½ ft middle of the lap pool

NOTE: Don't wait to register... a \$10.00 late fee is assessed if you register on or after the start date of a program.

ADULT SWIM PROGRAMS



LAP SWIMMING

Location: WFB High School, Field House Pool
Days: Monday – Friday **Time:** 6:00 – 7:30 am
Monday – Thursday **Time:** 7:00 – 8:30 pm
Saturday and Sunday **Time:** 12:00 – 1:30 pm

Note: Monday evening swim sessions will be located in the Auxiliary Pool. Please limit your time in the locker rooms to 15 minutes after you are done swimming. Weekend swim times are designed for more recreational swimmers.

Course Code: 290301
Section A1: Aug 30 – Dec 30
Skip Evenings on Sept 3, 17, Oct 20, Nov 25, Dec 8, 23
Skip All Day on Sept 5 – 7, Nov 7, 26 – 29, Dec 24 – 27
Section Fee: res./non-res. \$85.00/\$95.00

Lap swimming is a wonderful way to keep in shape! This program is geared to accommodate adults who are looking for a vigorous workout. Please note that there may be additional skip dates announced due to High School swim meets.

MASTER SWIM

Instructor: Meghan Olson, Master Swim Coach
Location: WFB High School, Field House Pool
Days: Monday – Friday
Time: 5:00 – 6:00 am
Course Code: 290802
Section A1: Aug 31 – Dec 30 (skip Sept 7, Nov 26 – 27, Dec 24 – 25)
Section Fee: res./non-res. \$210.00/\$220.00
Section A2 Lap Swim Add-On (Mon – Fri 6:00 – 6:30 am only)
Section Fee: \$25.00

Master Swim is an aquatic fitness program for triathletes, competitive swimmers, and fitness swimmers. The group will be coached by a trainer who will provide individualized goals. The emphasis is to focus and concentrate on swim stroke efficiency by utilizing drill sets and “swim thoughts”. Each practice accommodates all skill levels, including beginner, intermediate, and advanced triathletes. Jump-start your day with a great swim workout!

AFTERNOON WATER AEROBICS

Instructor: Karma McMillan, Certified Fitness Instructor
Location: WFB High School, Auxiliary Pool
Time: 3:45 – 5:15 pm
Course Code: 290303
Section A1: Tuesdays **Dates:** Sept 15 – Dec 15 (skip Nov 24)
Section A2: Thursdays **Dates:** Sept 17 – Dec 17 (skip Nov 26)
Section Fee: res./non-res. \$70.00/\$80.00

Swimmers and non-swimmers, come join us for aerobic activity, strength training, and stretching. The last 30 minutes may be spent swimming laps. Pool temperature is between 80 and 82°, and there is a lifeguard on duty. Must enter the school through Door #8 off of Ardmore Ave in the staff parking lot between 3:35 and 3:45 pm, or you will not be able to participate that day.

EVENING WATER AEROBICS

Instructor: Kathy Seitz, WFB Aquatics Coordinator
Location: WFB High School, Field House Pool
Day: Mondays
Time: 7:15 – 8:45 pm
Course Code: 290303
Section A3: Aug 31 – Dec 14 (skip Sept 7)
Section Fee: res./non-res. \$80.00/\$90.00

This program is offered in the evening and is a less strenuous version of the morning program. This class offers participants a fun way to tone up their muscles and perhaps lose an inch or two! Participants need not know how to swim to take advantage of this program.

NOW HIRING!

We are hiring caring professionals, looking to build strong connections with our children.

- Connects Teacher Assistants
- Connects Lead Teachers
- Youth Sport Referees
- Lifeguards

Gain career experience with
Community Education and Recreation!

Develop skills, build confidence, and gain valuable work experience. Call (414)963-3947 for more information, or apply online at www.wecan.waspa.org.



**Whitefish Bay
RECREATION**
Bringing Community Together



NORTHSHORE MARTIAL ARTS

Instructor: Phil Sauer, Owner of YAMAC
Location: Lydell School and Community Center, Gym
Ages: 11 years and up
Course Code: 221205

MONDAYS **TIME: 6:00 – 7:15 PM**

Section A1: Sept 21 – Dec 7
Section Fee: res./non.res. \$179.00/\$189.00

MONDAYS AND WEDNESDAYS **TIME: 6:00 – 7:15 PM**

Section A2: Sept 21 – Dec 9
Section Fee: res./non.res. \$225.00/\$235.00
 (25% additional family member discount)

Improve fitness and have fun while learning the Martial Arts from North Shore resident Phil Sauer. Phil has been a Martial Art instructor since 1972 and has taught at UW-Milwaukee since 1979. This program will challenge you, mentally and physically, as you learn kicking, punching, and self-defense techniques that will keep you safe and fit.

WALK FIT

Supervisor: Joe Kmoch, WFB Recreation Department Staff/
Walking Enthusiast
Location: WFB High School, Field House Track
Days: Monday – Friday **Time:** 5:30 – 6:30 am
Course Code: 290308
Section A1: Aug 31 – Dec 30 (skip Sept 7, Nov 26, 27, Dec 24, 25)
Section Fee: res./non-res. \$40.00/\$50.00

When the weather gets chilly, it's great to be able to continue your walking regimen in a warmer environment. Registrants will be able to use the indoor track located in the WFB High School Field House to walk, jog, or run their way to a healthier lifestyle.

LOW IMPACT AEROBICS

Instructor: Karma McMillian, Certified Group Fitness Instructor
Location: Lydell School and Community Center, Gym
Days: Mondays, Wednesdays, and Fridays
Time: 8:00 – 8:45 am
Course Code: 290309
Section A1: Sept 14 – Dec 18 (skip Nov 23, Nov 25, Nov -27)
Section Fee: res./non-res. \$120.00/\$130.00

There's no better way to start your morning than with low-impact aerobics. Have fun and move to great music. Remember to bring your water bottle. For a complete morning workout, participants may sign up for Strength and Stretch at a 10% discount.

STRENGTH AND STRETCH

Instructor: Karma McMillian, Certified Group Fitness Instructor
Location: Lydell School and Community Center, Gym
Days: Mondays, Wednesdays, and Fridays
Time: 8:50 – 9:35 am
Course Code: 290310
Section A1: Sept 14 – Dec 18 (skip Nov 23, Nov 25, Nov 27)
Section Fee: res./non-res. \$120.00/\$130.00

Unique total body workout using techniques that combine yoga, ballet, pilates, tai chi, and stretching. Weights are used in resistance training and mat work for the core. For a complete morning workout, participants may sign up for Low Impact Aerobics at a 10% discount.

WEIGHT TRAINING FOR SENIORS

Instructor: Karma McMillian, Certified Group Fitness Instructor
Location: Lydell School and Community Center, Room 19
Days: Tuesdays and Thursdays
Time: 11:00 – 11:45 am
Course Code: 290314
Age: 60 years and up
Section A1: Sept 15 – Oct 8
Section A2: Oct 13 – Nov 5
Section A3: Nov 10 – Dec 10 (skip Nov 24, 26)
Section Fee A1-A3: res./non-res. \$90.00/\$100.00
Section A4: *Mini – Session Dec 15 – Dec 29 (skip Dec 24)
Section Fee A4: res./non-res. \$45.00/\$55.00

This senior-friendly weight training class is designed to build strength and improve balance through a safe and effective workout using light weights and bodyweight exercises. We will focus on major muscle groups with modifications available for all fitness levels, including chair-based options for those with limited mobility. Expect a supportive environment with personalized instruction to help you reach your fitness goals.

COMMUNITY FITNESS CENTER MEMBERSHIP

Supervisor: WFB Recreation Department Staff
Location: WFB High School, Fitness Center
Days: Monday and Wednesday **Time:** 5:30 – 7:30 am
 Monday thru Thursday **Time:** 6:30 – 8:30 pm
 Saturday **Time:** 8:00 – 11:00 am
Dates: Sept 1 – Dec 30 (skip Sept 5, 7, Nov 25, 26, 28, Dec 23, 24, 26)

Note: The fitness center is a shared high school facility. At times, WFBHS athletic teams or other recreation programs may use equipment during Community Fitness Center times. Members are allowed into the gym during the supervised dates, days, and times.

Course Code: 291315
Section A1: Adults 18 – 59 years old
Section Fee: res./non-res. \$120.00/\$130.00
Section A2: WFB Seniors 60+ years old
Section Fee: res. \$100.00
Section A3: Lap Swim Add-On (please refer to the Lap Swim program for dates/times)
Section Fee: \$30.00
Section A4: Walk Fit Add-On (please refer to the Walk Fit program for dates/times)
Section Fee: \$30.00

The weight room will be open, and a supervisor will be available to show the proper use of the equipment. With the purchase of your membership, you can add the Lap Swim and/or Walk Fit Program for an additional \$30 for each. Please indicate on your registration form which add-on you are signing up for, and include that in your membership fee.

DON'T WAIT... IT MIGHT BE TOO LATE...

PLEASE DON'T WAIT TO REGISTER.



PERSONAL TRAINING

Instructor: Karma McMillan, Certified Personal Trainer

Location: WFB High School, Fitness Center

Ages: 18 years & up

Course Code:	# of sessions	Section A1 Fee	Section A2 Fee
290331	6	\$168.00	\$219.00
290334	12	\$312.00	\$396.00
290335	18	\$432.00	\$558.00

Section A1: 30 Minute Sessions

Section A2: 45 Minute Sessions

Achieve your fitness goals with a program designed specifically for your body and lifestyle. Our certified personal trainer will provide the expert guidance and accountability needed to see real results!

INDIVIDUALIZED WORKOUT PLAN

Instructor: Karma McMillan, Certified Personal Trainer

Location: WFB HS, Fitness Center; Section A2 Only

Course Code: 290318

Section A1: Individualized Workout Plan

Section Fee: res./non-res. \$65.00/\$75.00

Section A2: Training Session with Instructor

Section Fee: res./non-res. \$35.00/\$45.00

If you're stuck on how to start getting into shape, this is the perfect program for you! Our certified personal trainer will help you start your journey by setting you up for success with your very own personalized 2-month training program. You will go over with Karma the areas that you would like to target your training towards, or what your overall goals are for your program. You can also sign up for a training session with Karma and go over your program with her 1-on-1 in the WFB HS Fitness Center to make sure that you are doing the exercises correctly to maximize your plan.

BALLROOM DANCE

Coordinator: Nicolet Recreation Department

Instructor: Jacqui Lefebvre

Location: Nicolet High School, Cafeteria

Day: Tuesdays

Dates: Sept 15 – Dec 15 (skip Oct 20, Nov 24)

Course Code: 290403

Section A1: Basic I **Time:** 6:30 – 7:25 pm

Section A2: Intermediate/Advanced **Time:** 7:30 – 8:25 pm

Section Fee: res./non-res. \$99.00/\$109.00 (per couple)

Are you left out when the music starts playing at a wedding or on a cruise? Learn ballroom dance and have a great time doing it! Dances covered: Waltz, Foxtrot, Rumba, Cha Cha, Swing, Salsa, and Tango. Must register with a dance partner.

Basic I: Instruction on basic level steps for all the social Ballroom Dances, plus lead/follow and floor craft.

Intermediate/Advanced: Review of fundamentals, groupings from all popular Ballroom Dances, and plenty of practice time! Must register with a dance partner.

BARRE

Instructor: Karma McMillan, Certified Barre Instructor

Location: Lydell School and Community Center, Room 19

Day: Fridays

Time: 9:45 – 10:30 am

Age: 18 and older

Course Code: 290313

Section A1: Sept 18 – Oct 16

Section A2: Oct 23 – Nov 20

Section Fee: res./non-res. \$110.00/\$120.00

Barre is a toning, body-weight-lifting workout. It engages muscles you wouldn't normally target—ones deep inside your body that squats, lunges, and sit-ups don't reach. With high-reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles—no ballet experience required.

PILATES W/ YIN YOGA

Instructor: Karma McMillan, Certified Pilates Instructor

Location: Lydell School and Community Center, Room 19

Days: Tuesdays and Thursdays

Time: 12:00 – 12:45 pm

Course Code: 291701

Section A1: Sept 15 – Oct 8

Section A2: Oct 13 – Nov 5

Section A3: Nov 10 – Dec 10 (skip Nov 24, 26)

Section Fee A1-A3: res./non-res. \$110.00/\$120.00

Section A4: *Mini – Session Dec 15 – Dec 29 (skip Dec 24)

Section Fee A4: res./non-res. \$55.00/\$65.00

Pilates is a form of exercise that concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Combined with Yin Yoga, a slower-paced, more meditative version of the popular physical and spiritual discipline of yoga. In Yin yoga, the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as the ligaments) rather than focusing on the muscles. The best of both exercises combined into one class! You will need to bring a yoga mat to class with you.

MINDFUL YOGA

Instructor: Jamie Lynn Tatera, Certified Yoga and Self-Compassion Instructor/Trainer

Location: Lydell School and Community Center, Room 17

Days: Mondays

Time: 9:30 – 10:30 am

Course Code: 290329

Section A1: Sept 14 – Oct 19

Section A2: Nov 2 – Dec 14 (skip Nov 16)

Section Fee: res./non-res. \$72.00/\$82.00

This unique offering combines gentle yogic stretching and strengthening with mindful awareness instruction. It's a two-for-one: cultivate a healthy body AND a healthy mind. Leave feeling relaxed, refreshed, focused, and ready to take on your day!

Note: Level 1 is appropriate for both new and experienced yoga students. Modifications will be offered so that it is suitable for people of all fitness levels. Mixed Level is designed for individuals with some yoga experience. Modifications will be offered for challenging postures, so it is suitable for most fitness levels.



INTEGRATED YOGA

Instructor: Jillian Holy-Skaja, Certified Yoga Instructor
Location: Lydell School and Community Center, Room 17
Course Code: 290333

MONDAYS

Time: 4:30 – 5:40 pm Beginner/Intermediate
Section A1: Sept 14 – Oct 26 (skip Oct 12)
Section A2: Nov 9 – Dec 14
Time: 5:45 – 6:55 pm Beginner/Intermediate
Section A3: Sept 14 – Oct 26 (skip Oct 12)
Section A4: Nov 9 – Dec 14

WEDNESDAYS

Time: 9:45 – 10:55 am Gentle/Beginner
Section B1: Sept 9 – Oct 14
Section B2: Oct 28 – Dec 9 (skip Nov 25)
Time: 11:00 am – 12:10 pm Beginner/Intermediate
Section B3: Sept 9 – Oct 14
Section B4: Oct 28 – Dec 9 (skip Nov 25)
Section Fee: res./non-res. \$66.00/76.00

An integrated yoga practice incorporates breathwork, joint health exercises, hatha yoga postures, and deep relaxation. The practices are designed to meet each individual exactly where they are. Beginners are welcome. Various class levels create access and comfort for all abilities. Gentle Yoga has a special emphasis on relaxation and joint health. Beginner/Intermediate Yoga is designed for individuals who feel comfortable exploring a range of seated, standing, and floor postures. The instructor is happy to work with individuals on modifications to best meet their needs.

BEGINNING TAI CHI

Instructor: Sandra Ingram
Location: Lydell School and Community Center, Room 17
Days: Tuesdays
Time: 10:00 – 11:00 am
Course Code: 290312
Section A1: Sept 8 – Sept 29
Section Fee: res./non-res. \$40.00/\$50.00

A starter class for anyone who wants to learn this popular martial art and the basics of Tai Chi forms. This class teaches gentle, slow movements to improve balance, help reduce pain, and increase mental focus. You will understand why Tai Chi is so popular. Tai Chi may be learned seated.

TAI CHI 24 FORMS AND QI GONG

Instructor: Sandra Ingram
Location: Lydell School and Community Center, Room 17
Day: Tuesdays
Time: 10:00 – 11:00 am
Course Code: 290412
Section A1: Oct 6 – Nov 24
Section Fee: res./non-res. \$80.00/\$90.00

Ready to continue your Tai Chi practice or refresh your earlier practice? This class is offered for returning students and anyone wishing to review, enhance, and refine their practice of Tai Chi (Yang style 24 forms and Sun 12 forms). Qi Gong will be practiced for warm-ups, meditation, and health.

ZUMBA

Instructor: Linda Brown
Location: Lydell School and Community Center, Gym
Day: Thursdays
Time: 6:30 – 7:30 pm
Course Code: 290324
Section A1: Sept 10 – Oct 15
Section A2: Nov 5 – Dec 17 (skip Nov 26)
Section Fee: res./non-res. \$50.00/\$60.00

Zumba is a fitness program that combines Latin and International music with dance moves. Classes are designed by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party! Zumba routines are planned to get your heart rate up and boost cardio endurance. Zumba celebrates the ability to learn moves as you progress through the classes, making it easy for anybody to join in the fun!

WEIGHT TRAINING

Instructor: Karma McMillan, Certified Personal Trainer
Location: WFB High School, Fitness Center
Day: Saturdays **Time:** 11:00 – 11:45 am
Course Code: 291208
Section A1: Sept 12 – Oct 10
Section A2: Oct 24 – Nov 21
Section Fee: res./non-res. \$110.00/\$120.00

Taught by a certified personal trainer, this class is for both beginner and advanced individuals. Our instructor will work with you one-on-one or in a group setting, offering guidance, feedback, and personalized plans to assist you in taking the next steps in your fitness journey as it relates to weight training for both strength and endurance.

KAYAKING THE MILWAUKEE RIVER

Instructor: Riveredge Educator
Location: Villa Grove Park, Mequon
Ages: 10 years and up
Day: Wednesday
Date: Sept 16
Course Code: 290327
Section A1: 1:00 – 3:00 pm
Section A2: 5:00 – 7:00 pm
Section Fee: res./non-res. \$50.00/\$60.00
Registration Deadline: Wednesday, Sept 9

Join a Riveredge Adventure Educator for a relaxing 2-3 mile paddle on the Milwaukee River starting at Villa Grove Park! Kayak by blue herons searching for their next meal and look through the clear, tannic water to observe fish swimming below. No experience? No problem! We'll have you paddling like a pro in no time! We'll provide the kayaks, paddles, and life jackets. Don't forget your sunscreen, hat, water, and enthusiasm. We will use single-person kayaks.



CHECK OUT OUR RecGram!

Emailed weekly to all Recreation households and posted on Facebook with timely programming info!



BEGINNING BACKPACKING

- Instructor:** Ian Sweet, Hiking Guide, Avid Backpacker
Location: Ice Age Trail, exact spot TBD
Ages: 18 years and up
Note: This trip is designed for beginners, but participants should be in good physical condition and prepared to hike many miles per day over uneven terrain with a weighted pack.
Time: Meet at 12:00 pm
Course Code: 261305
Section A1: Oct 24 – 25 **Registration Deadline:** Friday, Oct 16
Section Fee: res./non-res. \$250.00/\$260.00

Ready to go from day-hiker to backpacker? Join our Beginner's Backpacking Weekend on the stunning Ice Age Trail. This immersive, 3-day guided trek transforms intimidation into confidence, teaching you to master the backcountry under expert supervision.

Why Join?

- Master the Essentials: hands-on training in water filtration, campsite selection, food storage, and Leave No Trace principles
- Expert Guidance: Learn from a veteran with 250+ nights on National Scenic Trails (Appalachian, PCT, and Arizona Trails)
- Complete Preparation: Includes a virtual meet-and-greet, a comprehensive gear list, and backpacking meals

Trip at a Glance:

- Distance: 15 miles over 2 days/1 night
- Gear: Bring your own (checklist provided); shared gear options available
- Food: Trail meals provided

Don't just hike-thrive in the wild. Secure your spot today to start your wilderness journey!

ADULT GROUP GOLF LESSONS

- Instructor:** Missing Links Staff
Location: Missing Links Golf Club
 12950 N. Port Washington Road
 Mequon, WI 53097
Course Code: 291501
Days: Tuesdays
Dates: Sept 8 – Sept 29
Section A1: 10:00 – 11:00 am
Section A2: 6:00 – 7:00 pm
Section A3: 7:00 – 8:00 pm
Days: Wednesdays
Dates: Sept 9 – Sept 30
Section A4: 6:00 – 7:00 pm
Section A5: 7:00 – 8:00 pm
Days: Thursdays
Dates: Sept 10 – Oct 1
Section A6: 6:00 – 7:00 pm
Section A7: 7:00 – 8:00 pm
Section Fee: res./non-res. \$135.00/\$145.00

These lessons provide a thorough introduction and review of the fundamentals of golf. Our award-winning PGA pros discuss goals and then help perfect grip, alignment, posture, and swing mechanics tailored to each individual's abilities. At Missing Links, we emphasize instruction in the short game, focusing on putting and chipping. Use our clubs or bring your own.

ADULT GOLF SIMULATOR LEAGUES

- Instructor:** Missing Links Staff
Location: Missing Links Golf Club
 12950 N. Port Washington Road
 Mequon, WI 53097
Note: League skips all dates during Thanksgiving week.
Course Code: 291502

TOP TRACER EVENING LEAGUE (9 WEEKS)

- | | | | |
|---------------------|---|-----------------|-----------------------------|
| Section A1: | Tue | Oct 13 – Dec 15 | Time: 5:30 – 7:30 pm |
| Section A2: | Tue | Oct 13 – Dec 15 | Time: 7:30 – 9:30 pm |
| Section A3: | Wed | Oct 14 – Dec 16 | Time: 7:30 – 9:30 pm |
| Section A4: | Thur | Oct 15 – Dec 17 | Time: 5:30 – 7:30 pm |
| Section A5: | Thur | Oct 15 – Dec 17 | Time: 7:30 – 9:30 pm |
| Section Fee: | \$300.00 per 2-person team (balls not included) | | |

Under the Lights & Heaters, 9 weeks of fall golf—stay warm in our heated outdoor golf suites. Form a men's, women's, or co-ed team. Play a different world-class course each week with Toptracer technology. Weekly competition with prizes and bragging rights on the line. Perfect for competitive players and social golfers alike. Cold drinks, hot pizza, and live sports while you play. Must register with teammates and list teammates when registering. Spots are limited—lock in your team and make fall your favorite golf season.

TOP TRACER DAY LEAGUE (8-WEEKS)

- | | | | |
|---------------------|---|-----------------|------------------------------|
| Section A6: | Wed | Oct 21 – Dec 16 | Time: 9:00 – 11:00 am |
| Section A7: | Thur | Oct 22 – Dec 17 | Time: 9:00 – 11:00 am |
| Section Fee: | \$180.00 per 2-person team (balls not included) | | |

Under the Lights & Heaters: 8 weeks of relaxed, social golf in our heated outdoor suites during the day! Form a men's, women's, or co-ed team. Ideal for retired golfers or anyone looking for a fun daytime activity. 2-person teams—bring a partner and enjoy friendly weekly competition. Play a different world-class course each week. Prizes each session to keep things fun and engaging. Stay sharp, stay social, and keep your game ready for spring—rain, snow, or shine. Must register with teammates and list teammates when registering.

INDOOR SOCCER

- Supervisor:** Sean Tsang, WFB Recreation Staff
Location: WFB High School, Field House
Day: Sundays
Dates: Nov 1 – Apr 4 (skip Nov 29, Dec 13, 27, Jan 3, Feb 21, Mar 28)
Note: Dates may be canceled due to school events
Course Code: 291206
Section A1: 8:30 – 10:00 am
Section A2: 10:00 – 11:30 am
Section Fee: res./non-res. \$70.00/\$80.00

Here's your chance to get out and play! Participants can enjoy a little friendly competition instead of hanging out at home on the couch! Shin guards and flat-bottomed shoes are required. No cleats allowed. This program has limited spots, so register early. Overly physical and unsportsmanlike play could lead to removal from the program.



ADULT BASKETBALL

Supervisor: WFB Recreation Staff
Location: WFB High School Fieldhouse, Courts 3 and 4
Day: Wednesdays
Time: 8:00 – 10:00 pm
Note: Cancellations may happen due to school events. Best efforts will be made to make up canceled dates.
Course Code: 291203
Section A1: Sept 2 – Dec 16 (skip Sept 9, 16, Oct 7, 14, 28, Nov 25)
Section Fee: res./non-res. \$65.00/\$75.00

Participating in our basketball program is a great way to add fun and fitness to your schedule without the pressure of league play. Please make sure that you register before the start date. There are late fees that apply for registrations received on or after the start date.

BADMINTON

Supervisor: William Couture, WFB Recreation Staff
Location: WFB High School, Field House Courts 1 and 2
Day: Wednesdays
Time: 8:00 – 10:00 pm
Note: Cancellations may happen due to school events. Best efforts will be made to make up canceled dates.
Course Code: 291201
Section A1: Sept 2 – Dec 16 (skip Sept 9, 16, Oct 7, 14, 28, Nov 25)
Section Fee: res./non-res. \$65.00/\$75.00

Great physical conditioning and a lot of fun. Badminton players will be paired with others who have a compatible skill level and play games weekly. Due to the nature of this class, it is recommended that participants play at an intermediate to advanced level. Beginning players are welcome; however, individual instruction may not always be available. Rackets and shuttlecocks will be furnished, or you may bring your own.

PICKLEBALL

Supervisor: WFB Recreation Department Staff
Location: WFB High School, Field House Courts 1 and 2
Day: Tuesdays
Time: 8:00 – 10:00 pm
Note: Cancellations may happen due to school events; best efforts will be made to schedule make-ups.
Course Code: 292305
Section A1: Sept 1 – Nov 17 (skip Sept 15, 29)
Section Fee: res./non-res. \$65.00/\$75.00

Pickleball is a paddle sport created for all skill levels that combines many elements of tennis, badminton, and ping-pong. Players use a badminton-sized court, a tennis-height net, a paddle, and a baseball-sized wiffle ball. The game is typically played as doubles. The rules are simple, and the game is easy for beginners to learn, but it can develop into a quick, fast-paced, competitive game for experienced players. This program will be held indoors, so the Wisconsin Fall weather won't be an issue. Come join us for one of our community's favorite sports - Pickleball!

CO-ED PICKLEBALL LEAGUE

Coordinator: Brown Deer Recreation Department
Location: Ten Mile Park, 4501 W. River Ln, Brown Deer, WI 53223
Day: Thursdays **Time:** 6:00 – 8:00 pm
Course Code: 292304
Section A1: Sept 10 – Oct 22
Section Fee: res./non-res. \$60.00/\$70.00

Join our NEW Adult Coed Recreational Pickleball League at the brand new Ten Mile Park! Open to all skill levels, from beginning to experienced players. Enjoy a fun, social environment while getting active and meeting new people. Teams will play two matches each night in a best-of-two-out-of-three format during a 6-week regular season, followed by an end-of-season tournament for all teams. The championship team will win champion t-shirts and bragging rights!

ADULT TENNIS LESSONS

Instructor: Phil Kelbe and North Shore Elite Staff
Location: North Shore Elite Racquet and Fitness Club
 5750 North Glen Park Road; Glendale
Course Code: 291601

MON BEGINNER: 6:00 – 7:00 PM

Section A1: Aug 24 – Nov 23 (skip Sept 7)
Section Fee: res./non-res. \$520.00/\$530.00
Section A2: Nov 30 – Mar 1
Section Fee: res./non-res. \$560.00/\$570.00

TUES INTERMEDIATE: 7:00 – 8:00 PM

Section A3: Aug 25 – Nov 24
Section A4: Dec 1 – Mar 2
Section Fee: res./non-res. \$560.00/\$570.00

THURS INTERMEDIATE: 7:30 – 8:30 PM

Section A5: Aug 27 – Nov 19
Section Fee: res./non-res. \$520.00/\$530.00
Section A6: Dec 3 – Mar 4 (skip Dec 24, Dec 31)
Section Fee: res./non-res. \$480.00/\$490.00

Beginner and intermediate players will enjoy exercise on the tennis court. Participants must furnish their own racket.

VOLLEYBALL

Coordinator: Shorewood Recreation Department
Location: Shorewood High School, Gym
Day: Wednesdays
Time: 7:45 – 9:45 pm
Course Code: 291209
Section A1: Sept 9 – Dec 9 (skip Nov 25)
Section Fee: res./non-res. \$60.00/\$70.00

Serve, bump, and volley. Come improve your skills during open volleyball. For beginner to advanced players.

NOTE: Don't wait to register... a \$10.00 late fee is assessed if you register on or after the start date of a program.



ADULT ARCHERY

Coordinator: Nicolet Recreation Department
Instructor: Inna Lebedinsky
Location: Kletzsch Park Archery Range, Glendale
Time: 5:45 – 6:45 pm
Course Code: 261209
Section A1: Tuesdays Sept 1 – Oct 6
Section A2: Wednesdays Sept 2 – Oct 7
Section A3: Thursdays Sept 3 – Oct 8
Section Fee: res./non-res. \$75.00/\$85.00

Focused attention from the instructor with an emphasis on learning proper techniques and avoiding bad habits. Learn the fundamentals and build your skills. Instructed by Inna Lebedinsky, an Olympian who represented the Soviet Union in the 1980 Olympic Games. Questions? Contact Inna Lebedinsky at (414)333-8784. Equipment is provided; participants are also welcome to bring their own bows.

WOODWORKING OPEN LAB

Instructor: Corey Prendergast
Location: WFB High School, Room 40
Time: 6:00 – 8:00 pm
Days: Wednesdays
Course Code: 290514
Section A1: Sept 9 – Nov 11
Section Fee: res./non-res. \$130.00/\$140.00

Open Lab is a self-directed woodworking session where participants can take advantage of a fully equipped wood shop to work on personal projects at their own pace. Corey Prendergast, an experienced carpenter and instructor, will be on hand to provide guidance, answer questions, and offer support as needed. Participants must supply their own projects and supplies. Basic shop safety knowledge is required. This is a great opportunity to make progress on a project, try out new techniques, or get expert help in a supportive environment. Each participant must bring a \$10.00 materials fee to the instructor on the first day of class.

JEWELRY MAKING – EARRINGS AND BRACELETS

Instructor: Carol Ann Skurulsky,
Recreation Department Instructor
Location: Lydell School and Community Center, Room 24
Ages: 13 years and up
Day: Wednesday **Time:** 6:00 – 7:00 pm
Course Code: 291022
Section A1: Oct 7 – Earrings
Section A2: Oct 14 – Bracelets
Section Fee: res./non-res. \$25.00/\$35.00

Learn how to make beautiful personalized earrings or bracelets for yourself or as the perfect holiday present! You will gain skills on how to make either clip or pierced earrings with a variety of bead colors of your choice. For the bracelet class, make a personalized hand-crafted bracelet and also get tips on how to turn this same bracelet into the latest craze... cell phone and purse jewelry. Great gifts for family, co-workers, and friends!

QUILTING STUDIO

Instructor: Maribeth Schmit, WFB Recreation Instructor
Location: Lydell School and Community Center, Room 22
Day: Thursdays
Time: 9:30 am – 12:00 pm
Course Code: 290909
Section A1: Sept 10 – Oct 22 (skip Oct 15)
Section A2: Oct 29 – Dec 10 (skip Nov 5, Nov 26)
Section Fee: res./non-res. \$95.00/\$105.00

Learn quilting tips and secrets from a real expert, whether you are a beginning or advanced quilter. Maribeth will be here to guide you through your chosen projects, providing personal care and attention. Make those UFOs disappear or start on something new! This class is sure to inspire, motivate, and promote confidence for all. Maribeth is an experienced Quilting Instructor and a National Quilting Association Certified Quilt Judge.

SEWING LAB

Location: Lydell School and Community Center, Room 22
Day: Mondays
Time: 12:30 – 3:00 pm
Course Code: 290902
Section A1: Sept 14 – Dec 21
Section Fee: res./non-res. \$105.00/\$115.00

Sewing Lab is designed to provide you with a premium workspace, allowing you to work side-by-side with fellow sewers. Come have fun in this social, creative, and fun environment. The price reflects a NEW longer fall session. This is a non-instructional class.

KNITTING WORKSHOP – STRIPED SOCKS KNIT ON CIRCULAR NEEDLES (CO OP)

Coordinator: Mequon-Theinsville Recreation Department
Instructor: Mary Pat McGurk, Greater Milwaukee Area Knitting Club
Location: Range Line Community Center, Room 110
Day: Monday
Time: 6:00 – 8:00 pm
Course Code: 260902
Section A1: Sept 21 – October 19
Registration Deadline: Monday, Sept 14
Section Fee: res./non-res. \$50.00/\$60.00

Do you have knitting experience, but doubt you could knit a sock that fits? Participants should be able to confidently knit, purl, cast on, bind off, recognize errors 2-3 rows below, and have completed an item with even gauge. Options available will be socks for a child or a medium adult. Other sizes are possible for those who are comfortable following written knitting instructions. Participants will be encouraged to knit outside of class time between sessions to complete a pair of socks. Materials: Striped sock yarn provided (caked and ready to use). This is an excellent opportunity to build your skills, socialize, and find a sense of community. Participants must provide their own needle size US 0/2.00mm or US 1/2.25mm (2 circular needles preferred, but double-point needles are acceptable, small scissors, a few circular markers, 1-2 locking stitch markers and pencil.



HERBAL & GOAT MILK SOAP MAKING

Coordinator: Mequon-Theinsville Recreation Department

Instructor: Linda Conroy of Moonwise Herbs

Location: Range Line Community Center, Cafeteria

Day: Thursday

Time: 6:00 – 7:30 pm

Course Code: 292501

Section A1: Oct 22 **Registration Deadline:** Thursday, Oct 15

Section Fee: res./non-res. \$40.00/\$50.00

From the Garden: Herbal & Goat Milk Soap Making: Explore the process of creating a creamy, moisturizing, farm-fresh bar of goat milk soap in this fun class. Linda Conroy will discuss the many ways to add herbs to soap, along with the quantities of herbs to add for their healing and moisturizing qualities. Participants will take home their own soap creations to cure, a recipe guide, and skills of a lifetime!

HOME CREAMERY: LET'S MAKE CHEESE CURDS

Coordinator: Nicolet Recreation Department

Instructor: Linda Conroy

Location: Nicolet Union High School, Room B133 (Culinary Lab)

Day: Tuesday

Time: 6:00 – 8:30 pm

Course Code: 292907

Section A1: Oct 13

Section Fee: res./non-res. \$60.00/\$70.00

Making cheese at home is easy and fun. Join home cheese maker Linda Conroy to learn how to choose milk and other ingredients for making cheese at home. We will make paneer and cheese curds from scratch. The session includes instruction, tastings, recipes, and cheese curds to take home.

* Linda Conroy is a 30-year veteran herbalist. Her love of plants, herbal apprenticeship training, and background as a medical social worker have led to her role as a leader in her field. She is the founder of Moonwise Herbs, the Midwest Women's Herbal Conference, and Mycelium Mysteries: Women's Mushroom Conference.

THE WINNING CHRISTMAS COOKIE TIN

Coordinator: Nicolet Recreation Department

Instructor: Frederick Kaimann

Location: Nicolet Union High School, Room B133 (Culinary Lab)

Ages: 8 years and up

Day: Wednesday **Time:** 6:00 – 8:00 pm

Course Code: 292707

Section A1: Nov 4

Section Fee: res./non-res. \$75.00/\$85.00

Hone your baking skills and win your holiday Christmas cookie exchange by perfecting some classic techniques and adding a few Old World twists to your cookie repertoire. This hands-on workshop goes way beyond creaming sugar into butter, emphasizing consistent shaping, quality textures, and bold flavors that will make you the envy of the block, office, or social circle. You'll wow your friends and family after we together unlock the secrets to chocolate caramel treasures, the snowballs that are pfeffernusse, chocolate-dipped macarons, an upscale gingerbread treat, and more, subject to change and time limits.

No experience necessary, but we'll work at a fast pace with exacting standards and a fun outlook. All participants will go home with recipes and samples from every cookie we make.

About the Instructor: Frederick Kaimann won a cooking ribbon way back in the 20th century at the summer Bayside Picnic and a blue ribbon at the Wisconsin State Fair in the 21st century. He went on to become a food contest judge, cookbook contributor, restaurateur, and frequent culinary instructor. He has studied cooking techniques from master chefs in Europe, Asia, the Middle East, and the United States, most recently at the Culinary Institute of America.

HOLIDAY CHEESE MAKING

Instructor: Linda Conroy of Moonwise Herbs

Location: Range Line Community Center, Cafeteria

Day: Thursday

Time: 6:00 – 7:30 pm

Course Code: 292502

Section A1: Dec 10 **Registration Deadline:** Tuesday, Dec 1

Section Fee: res./non-res. \$40.00/\$50.00

Join herbalist Linda Conroy of Moonwise Herbs in discovering the joy of creating your own artisanal cheeses! Participants will be guided through the process of making simple yet sophisticated, fresh cheeses that are perfect for entertaining or gifting. Gain the knowledge and confidence to create your very own delightful dairy delicacies as we explore the ingredients, techniques, and nuances of cheese making. This class will include samples, recipes, and cheese to take home.

ADULT CONVERSATIONAL SPANISH: SPANISH FOR TRAVELERS (VIRTUAL)

Instructor: Futura Language Instructor

Location: Virtual

Day: Thursdays **Time:** 6:00 – 7:00 pm

Course Code: 290505

Section A1: Oct 22 – Dec 3 (skip Nov 26)

Section Fee: res./non-res. \$128.00/\$138.00

Learn Spanish for Travel from the comfort of home! This live, interactive course helps adults master essential phrases for greetings, dining, and directions. With Futura's engaging approach, you'll build confidence while having fun. Perfect for beginners and those with some experience. Zoom access and basic computer skills required.

ARCHITECTURAL DETAILS IN WATERCOLOR

Instructor: Mary Pesch

Location: Lydell School and Community Center, Room 24

Days: Tuesdays and Thursdays

Time: 10:00 – 11:30 am

Course Code: 290706

Section A1: Oct 6 – Nov 12

Section Fee: res./non-res. \$100.00/\$110.00

Students will learn watercolor techniques to paint & how to use Watercolor Pencils to render weathered wood, fieldstone buildings, brickwork, & clapboard siding. These lessons will be used to create paintings of historical buildings, warehouses, architectural treasures, barns, doors & bridges. Also, students will learn to render small waterfalls, creeks & surrounding shrubs & flora. This class is for students with SOME knowledge of watercolor painting, but eager and interested beginners are welcome. Come join the nurturing, fun environment. A complete supply list can be found on your receipt.



BEGINNING AND CONTINUING OIL PAINT

Instructor: Barbara Friedman, Master's in Art Education
Location: Lydell School and Community Center, Room 24
Days: Thursdays **Time:** 12:00 – 3:00 pm
Course Code: 290703
Section A1: Sept 17 – Nov 19 (skip Oct 15)
Section Fee: res./non-res. \$135.00/\$145.00

Students will be painting from life using fruit, flowers, and objects in a simple still life set-up. Students will also make a painting from their own photograph! You will learn about hard edges, soft edges, values, warm/cool colors, and your "star of the show" in the painting. If you have never painted in oils, you will receive an excellent foundation, and if you have experience, you will learn lots more. We are "learning to see" when we paint! Feel free to contact Barbara directly at brgfriedman@gmail.com. A supply list can be found on your receipt.

WRITING FOR FUN OR PUBLICATION

Instructor: Nancy Martin
Location: Lydell School and Community Center, Room 15
Day: Wednesdays
Time: 1:00 – 3:00 pm
Course Code: 291002
Section A1: Sept 16 – Oct 21
Section A2: Nov 4 – Dec 16 (skip Nov 25)
Section Fee: res./non-res. \$60.00/\$70.00

Learn and practice writing for yourself, family, or publication - memoirs, fiction, poetry, and essays. All genres and all skill levels are welcome!

FUNDAMENTALS OF DRAWING I AND II

Instructor: Debra Locke, BA in Art Education
Location: Lydell School and Community Center, Room 24
Days: Mondays and Wednesdays
Time: 1:00 – 2:30 pm
Course Code: 290705
Section A1: Fundamentals I – Sept 14 – Oct 21
Section A2: Fundamentals II – Nov 2 – Dec 16 (skip Nov 23, Nov 25)
Section Fee: res./non-res. \$120.00/\$130.00

Fundamentals I- The students will learn the basic concepts of drawing and the proper use of their tools. We will examine the various pencils from 6H-6B, and I will explain "how" to choose the correct pencil. There are several choices regarding paper and illustration boards, and I will explain the difference between them. We will discuss the erasers available and when to use each type of eraser. Blenders, also called stumps and tortillions, are a lot of fun to work with and can accomplish many desired effects. I will bring three Black/White images, and students will be able to choose one they like, but more importantly, one that challenges them. We will work through the course, drawing many different types of images, and for the final project, students will be asked to bring in a copy of an image they would like to draw. We will spend 4 classes on the final project. A supply list can be found on your receipt.

Fundamentals II- With a solid understanding of the tools, students will focus on the different drawing techniques and "styles". I will explain and

demonstrate the different ways to accomplish a desired effect, and of course, pass on the many tricks I have learned from countless hours of practice and the wonderful art instructors I have met. Each class will begin with a demonstration of one of these techniques, and then students will choose from three black/white images and try to replicate what they just learned. Each exercise will build upon the previous class work. I will also supply artistic reference materials and art books. Our final project will be a still life setting, and the last 4 classes will be spent on the final project, with the ultimate goal of each student wanting to frame their work! A supply list can be found on your receipt.

TAMING THE HIGH COST OF COLLEGE

Instructor: Brad Baldridge
Location: Lydell School and Community Center, Room 17
Day: Tuesday
Time: 7:00 – 8:30 pm
Course Code: 291016
Section A1: Oct 20
Section Fee: res./non-res. \$10.00/\$20.00

Learn how to pay for college without going broke or wiping out your family's finances.

Here's what you'll learn:

- How to PAY LESS for college and attend a private college for MUCH LESS
- How to AVOID STUDENT DEBT
- How to qualify for MORE need-based financial aid
- How to MAXIMIZE merit aid opportunities
- How to find and win SCHOLARSHIPS
- How to use TAX BREAKS to help pay for college
- How to benefit from the NEW FINANCIAL AID RULES

SHEEPSHEAD

Coordinator: Nicolet Recreation Department
Instructor: Dennis Staral
Location: Nicolet High School, Room B112
Ages: 13 years and up
Day: Monday **Time:** 4:00 – 5:00 pm
Course Code: 260504
Section A1: Sept 28 – Nov 16
Section Fee: res./non-res. \$40.00/\$50.00

Learn the popular card game of Sheephead (Schafkopf -- in German). It is a card game that originated in Central Europe in the late 1700s, and is popular in Wisconsin because of its large German-American population. Many European nationalities now enjoy this game of Sheephead, which uses 32 cards (7s through Aces) and accumulates points to determine the winner. Sign up for this fun and low-key course to learn the basics or to improve your fundamental concepts. The instructor has many years of experience and knowledge to share with you. You may even want to participate in the Nicolet Recreation Department's (and the Glendale Senior Citizens' Club) Annual Sheephead Tournament, held in the spring of each year.

NOTE: Don't wait to register... a \$10.00 late fee is assessed if you register on or after the start date of a program.



BEGINNING MAH JONGG

Coordinator: Mequon Thiensville Recreation Department
Instructor: Jackie Blumberg
Location: Range Line Community Center, Room 109
Day: Tuesdays
Course Code: 291021
Dates: Sept 8 – Oct 13
Registration Deadline: Tuesday, Aug 28
Section A1: 10:00 am – 12:00 pm
Section A2: 12:45 – 2:45 pm
Dates: Oct 20 – Dec 1 (skip Nov 24)
Registration Deadline: Tuesday, Oct 6
Section A3: 10:00 am – 12:00 pm
Section Fee: res./non-res. \$80.00/\$90.00

Learn an ancient game with a modern twist. Mah Jongg has been a popular game in America since the 1920's. (Note: This is NOT merely matching tiles, sometimes erroneously called Mah Jongg. Combining both luck and skill, you will find people of all ages who enjoy this game. Although this game of Chinese tiles is played by 4 people, the play is individual, so partners are not needed. Groups of "Mahj" friends have been playing regularly for years, so come and see why so many people have enjoyed this game for so long! You too will be able to play after this class. The fee includes current National Mah Jongg League cards and materials.

MAH JONGG REFRESHER

Coordinator: Mequon Thiensville Recreation Department
Instructor: Jackie Blumberg
Location: Range Line Community Center, Room 108
Course Code: 291021
Section A4: Sept 10 – Dec 3 (skip Nov 26)
Registration Deadline: Thursday, Aug 27
Days: Thursdays **Time:** 9:30 – 11:30 a.m.
Section A5: Oct 20 – Dec 1 (skip Nov 24)
Registration Deadline: Tuesday, Oct 6
Days: Tuesdays **Time:** 12:45 – 2:45 p.m.
Section Fee: res./non-res. \$60.00/\$70.00

This class is for anyone looking to brush up on their Mah Jongg skills to join friends and play this ancient game. The basics and rules of play will be reviewed. There will also be time for supervised play during the class. Players will need a current 2025 National Mah Jongg League card.

MAH JONGG STRATEGIES & SUPERVISED PLAY

Coordinator: Mequon Thiensville Recreation Department
Instructor: Jackie Blumberg
Location: Range Line Community Center, Room 108
Day: Thursdays **Time:** 1:00 – 3:00 pm
Course Code: 291021
Section A6: Oct 22 – Dec 3 (skip Nov 26)
Registration Deadline: Thursday, Oct 8
Section Fee: res./non-res. \$60.00/\$70.00

This is an opportunity to deepen your understanding of Mah Jongg! This is a class for individuals who have completed a beginning Mah Jongg class. Individuals should have a basic knowledge of Mah Jongg and at least 1 year of experience playing. Participants will learn strategies to greatly enhance their gameplay. There will also be supervised play, and participants will be able to put strategies into practice and receive feedback. Players will need a current National Mah Jongg League card.

STRONG FOUNDATIONS: CORE AND PELVIC HEALTH IN MENOPAUSE

Instructor: Nina Olson, DPT, CMTPT, BCB-PMD
Location: Freedom Physical Therapy Services
 6908 N. Santa Monica Boulevard, Fox Point
Day: Thursday
Time: 10:00 – 11:30 am
Course Code: 291010
Section A1: Nov 5
Section Fee: res./non.res. \$10.00/\$20.00

Perimenopause and Menopause are challenging times in which the body goes through many changes. Urinary leakage, urinary frequency, urinary infections, pelvic organ prolapse, core weakness, and pelvic pain can often develop during this time. Consider attending this class if you would like to feel your best through menopause. You will learn how to optimize the health of your core, pelvic floor, and pelvic organs through simple tips and exercises. We will also provide information on pelvic organ prolapse, how to prevent it, and what to do if you have the feeling of heaviness down there. Nina Olson is a Doctor of Physical therapy that specializes in bowel and bladder function in both men and women. Join us for a lively and informative discussion on how to optimize your health during this period of change.

KEEPING YOUR BRAIN STRONG: EVERYDAY WAYS TO FIGHT COGNITIVE DECLINE

Instructor: Rachael Geile, MS, CCC-SLP
Location: Freedom Physical Therapy Services
 6908 N. Santa Monica Boulevard, Fox Point
Day: Wednesday
Time: 6:00 – 7:30 pm
Course Code: 292010
Section A1: Sept 16
Section Fee: res./non.res. \$10.00/\$20.00

In this class, we'll talk about what cognition is, ways it can decline, and most importantly, what you can do about it. You'll learn simple, everyday strategies, like fun brain exercises, staying socially connected, moving your body, and healthy eating, that can make a big difference for your brain health. This class is designed to give you practical tools and encouragement to stay mentally strong at every stage of life.

PROGRAM CANCELLATIONS & ANNOUNCEMENTS...



There are several convenient ways to keep up-to-date on our latest program cancellations.

- Check your email for weather or other emergency-related class updates.
- Visit us on Facebook for the latest department news including cancellations.
- Log into our Online Registration system and browse what classes are active or canceled.



**Whitefish Bay
RECREATION**
Bringing Community Together



ADULT AND PEDIATRIC CPR/FIRST AID CERTIFICATION

Instructor: Jessica Heller; Heller Safety Solutions
Location: Lydell School and Community Center, Room 17
Ages: 11 yrs and older
Time: 5:00 – 7:30 pm
Course Code: 291027
Section A1: Tuesday, Sept 29
Registration Deadline: Tuesday, Sept 22
Section A2: Tuesday, Oct 27
Registration Deadline: Tuesday, Oct 20
Section A3: Thursday, Dec 10
Registration Deadline: Thursday, Dec 3
Section Fee: res./non-res. \$75.00/\$85.00

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children, and infants while meeting OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skills session. Information on completing the online portion will be sent one week before the class, and must be completed before attending the in-person portion. Allow for approximately 2 hours and 30 minutes to complete the online portion. Upon successful completion of this course, you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

THE MODERN TOOLBOX: ESSENTIAL GOOGLE SKILLS AND AI BASICS

Instructor: Kevin Reitman, WFB Coordinator of Instructional Technology and Assessment
Location: Lydell School and Community Center, Room 17
Day: Thursdays
Time: 6:00 – 7:30 pm
Course Code: 261101
Section A1: Nov 5 – 12
Section Fee: res./non-res. \$80.00/\$90.00

Ready to make your technology work for you instead of against you? Join us for a three-session journey into the best tools Google has to offer. Whether you want to stay organized or explore the latest in Artificial Intelligence, we've got you covered.

Part 1: Beyond the Basics of Gmail, Calendar, and Documents.

Part 2: Introduction to AI-Meeting Gemini and Notebook LM

Part 3: Putting it all together on your computer and phone.

Each session features plenty of time for hands-on proactive exploration in a supportive environment. Participants must bring their own laptop and have a Google login ready to go.

I'M RETIRED! NOW WHAT DO I DO WITH THE REST OF MY LIFE?

Instructor: Linda McGuire
Location: Lydell School and Community Center, Room 17
Day: Wednesdays
Time: 6:00 – 7:30 pm
Course Code: 292605
Section A1: Nov 4 – 18
Section Fee: res./non-res. \$60.00/\$70.00

If you are considering retirement or have retired, this course will help you to create the retirement of your dreams by discovering your forgotten passions, finding balance in your life, creating life goals, and feeling free to enjoy life to the fullest. Through presentations, discussions, and facilitated group sharing and reflection, we explore activities that will help you initiate change, choose the direction you want for the rest of your life, and increase involvement in your renewed interests.

RETIREMENT PLANNING FOR THE DELEGATOR

Instructor: Lyssa McGauran, CFP, and Jess Henrickson, Baird Financial Group
Location: Lydell School and Community Center, Room 17
Day: Wednesday
Date: September 23
Course Code: 290508
Section A1: 3:30 – 5:00 pm
Section Fee: res./non-res. \$10.00/\$20.00

Learn why having a financial plan is not just for the 1%. This course is designed for those approaching retirement and those who have recently transitioned into retirement. Take charge of your finances and get equipped with the facts you need to prepare for a financially secure retirement. Topics covered will include estimating retirement needs, appropriate investment vehicles to utilize, the tax implications, and understanding strategies relating to Social Security & Medicare.



SENIOR LIVING THAT IS DISTINCTLY EAST SIDE

Eastcastle Place is a senior living community in the heart of Milwaukee's East Side – close to everything that makes life rich. From the lake and your favorite spots on Downer Avenue to the amenities, cultural attractions, and events you love, you will always find something to do.

In our community, every day is an opportunity to embrace life's best moments. Enjoy exceptional services, savor gourmet dining, and explore a vibrant calendar of engaging programs designed to enrich your loved one's lifestyle. As a Life Plan Community, we provide peace of mind for you and your family, offering a full continuum of quality care right on-site – ensuring support is always close at hand in the comforting environment they call home.

Schedule a visit to experience the dynamic lifestyle that awaits at Eastcastle Place.

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ACBL BRIDGE LESSON PROGRAM

Coordinator: Mequon Thiensville Recreation Department

Instructor: Yvette Neary, ACBL Accredited Teacher and Emerald Life Master

Location: Range Line Community Center, Room 107

The instructor is Yvette Neary, an ACBL-accredited teacher and Emerald Life Master who has taught numerous classes for over a dozen years. She can be reached at 414-526-9035 or yneary@gmail.com if you have any questions.

HEART/DEFENSE PRACTICE PLAY

Day: Tuesdays

Time: 9:00 – 11:00 am

Course Code: 291001

Section A1: Sept 8 – Oct 13 **Registration Deadline:** Tuesday, Sept 1

Section Fee: res./non-res. \$60.00/70.00

This class is for Bridge players who have completed the Heart Series. It focuses on playing hands based on concepts learned in the Heart class.

CLUB SERIES – “BIDDING IN THE 21ST CENTURY”

Day: Mondays

Time: 9:00 – 11:00 am

Course Code: 291001

Section A2: Sept 14 – Nov 9 **Registration Deadline:** Monday, Aug 31

Section Fee: res./non-res. \$90.00/\$100.00

The Club Series is the first in the American Contract Bridge League-sponsored lesson program for learning and improving bridge skills. The program in total covers the major aspects required for proficiency in the game, including bidding, declarer play, defense, and basic conventions. The series focuses on the fundamentals of bidding, which is the starting point for learning the game. The series requires no previous knowledge of the game and enables the beginner to learn how to set goals and how to achieve them. While the focus is on the most fundamental aspects of the game, there are many concepts that an intermediate player will find useful as well. Other aspects of the game, such as play and defense, are also briefly discussed to equip the new player to begin playing by the conclusion of the series. A textbook is available from the instructor. These lessons are for beginners and players who want to learn more!



ADVANCING PLAYER PRACTICE PLAY

Day: Tuesdays

Time: 9:00 – 11:00 am

Course Code: 291001

Section A3: Oct 20 – Dec 8

Registration Deadline: Tuesday, Oct 16

Section Fee: res./non-res. \$80.00/\$90.00

This class is for bridge players who are familiar with the fundamentals of bridge: bidding, play of the hand, and defense. It focuses on playing hands based on concepts learned in the Club, Diamond, and Heart Series classes.

CLUB/BIDDING PRACTICE PLAY

Day: Mondays

Time: 9:00 – 11:00 am

Course Code: 291001

Section A4: Nov 16 – Dec 14

Registration Deadline: Monday, Nov 9

Section Fee: res./non-res. \$50.00/\$60.00

This class is for players who have completed the club series. It focuses on playing hands based on the concepts learned in the club class.

KAREN SCHNEIBERG

Coordinator of Senior & Community Services

We are thrilled to welcome Karen Schneiberg as our new Coordinator of Senior & Community Services! Karen is excited to bring even more opportunities for our senior community to connect, have fun, and make the most of every season.

Have an idea for a senior program you'd love to see in our program guide?

We want to hear from you! Share your ideas and feedback with Karen—we'd love to help bring your suggestions to life!



 414-963-3992

 karen.schneiberg@wfbschools.com

SENIOR PROGRAMMING

LET'S GIVE
THANKS
TOGETHER

Senior Thanksgiving Feast

Location: Lydell School & Community Center, Gym
Ages: Whitefish Bay Residents only, 55 years and up
Time: 11:30 am – 1:30 pm
Course Code: 223344
Section A1: Thursday, Nov 12
Registration deadline: Thursday, Nov 5
Section Fee: FREE

Whitefish Bay Recreation and Community Education Department invites our Whitefish Bay Senior residents, 55 years of age and older, to a Free Thanksgiving meal along with a fun yet competitive game of Turkey Trivia. Reservations are required as seating is limited and spots will only be reserved for WFB residents aged 55 and older. Please reserve your spot by completing a Recreation and Community Education program registration form.

AARP SMART DRIVER COURSE

Presenter: John Graber, Volunteer Driving Safety Instructor, AARP
Location: Range Line Community Center, Conference Room
Ages: 50 years and up
Time: 8:00 am – 12:15 pm
Course Code: 292014
Section A1: Thursday, Oct 15
Registration Deadline: Thursday, Oct 8
Section Fee: res./non-res. \$30.00/\$40.00

The AARP Smart Driver Course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 20 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up-to-date information for your state. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).

SPONSORING SENIOR PROGRAMS

Make a difference in the lives of our local seniors!
 Help support fun, meaningful programs and experiences by becoming a sponsor.

Interested? Contact our new Senior Program Coordinator, Karen Schneiberg, to learn more!

..... **Karen Schneiberg**
 karen.schneiberg@wfbschools.com
 414-963-3992





SENIOR COFFEE TALK:

SAFE ONLINE SHOPPING

Presenter: Ben Merens, Outreach Specialist, Division of Trade and Consumer Protection (DATCP)

Location: Lydell School and Community Center, Room 15

Day: Tuesday

Time: 11:00 am – 12:00 pm

Course Code: 299999

Section A1: Sept 22

Section Fee: Free

The Wisconsin Bureau of Consumer Protection will present information on safe online shopping. Learn how to avoid scams and keep your personal information safe when buying online. We will cover the following topics: Online Shopping Scams, WiF internet access, payment methods, and shipping considerations.

MIND MATTERS: BRAIN HEALTH THROUGH THE AGING PROCESS

Presenter: Rachel Geile, Freedom Physical Therapy

Location: Lydell School and Community Center, Room 15

Day: Friday

Time: 10:00 – 11:00 am

Course Code: 299999

Section A2: Sept 25

Section Fee: Free

Gain a better understanding of age-related cognitive changes and the difference between normal aging and more significant cognitive concerns. This session will provide practical tools for supporting memory, attention, organization, and lifelong cognitive wellness.

DISCOVER YOUR LOCAL PUBLIC HEALTH RESOURCES

Presenter: North Shore Health Department Nursing Staff

Location: Lydell School and Community Center, Room 15

Day: Friday

Time: 10:00 – 11:30 am

Course Code: 299999

Section A3: Dec 4

Section Fee: Free

Come learn about the programs, services, and free resources available through the North Shore Health Department! We'll share information on medication safety, lead exposure prevention, and other ways to help keep yourself and your family healthy and safe. Attendees will have time to ask questions, receive a free blood pressure check, and stock up on resources such as medication disposal bags, pill organizers, medication lock boxes, and other safety items. We can also help residents look up lead service line information for their homes. NSHD Presenters: Ashley Kay, Public Health Nurse, Brook Miller, Environmental Health Specialist, and Jaimie Voss, Public Health Nurse.

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**Whitefish Bay
RECREATION**
Bringing Community Together



Time to Explore

**Fee:** Free

Love to travel without the stress of planning? Join us for a Travel Show presented by Lawanna Lambert of Premier World Discovery and learn about the upcoming trips we have planned for the seniors of Whitefish Bay. Group travel is a great way to visit places you have always wanted to see and meet new people. Come to the meeting to learn more about each trip's itinerary, accommodations, and costs. All trips must be paid in full 75 days before departure. Trips are booked on a first-come, first-served basis.

Check out these exciting NEW destinations we are heading to:

- Vienna and Christmas Markets of the Danube – Departs 12/6/2026
- Costa Rica-Departs-Departs 2/3/2026
- French Riviera Explorer-Departs 10/20/2027

VIENNA AND CHRISTMAS MARKETS OF THE DANUBE (DEPARTS DEC 10, 2026):

For our Christmas lovers and those who love to cruise, you won't want to miss Vienna and the Christmas Markets of the Danube departing on December 10, 2026. This tour is very popular and will sell out quickly! It features Bratislava, Nuremberg, Vienna, Regensburg, Passau, and beautiful Christmas markets that you could only dream about. All of your meals will be covered as you eat, drink, and find merriment on the Amadeus Imperial, a 5-star floating hotel. There is even a Glühwein tasting aboard the ship on day 5. If Christmas and riverboat cruising are something on your bucket list, don't look any further!

COSTA RICA (DEPARTS FEB 3, 2026):

Tired of the snow? Tired of being cold? We have a destination for you! Take the opportunity to explore what Christopher Columbus discovered on his 4th voyage! This tour features lush forests, rainforests, magnificent waterfalls, rumbling volcanoes, and diverse ecosystems. Visit coffee plantations and family farms. Taste exotic fruits and see how cane sugar is processed. You will see macaws, sloths, monkeys, toucans, aquatic birds, crocodiles, caimans, and some other exotic flora. So leave your parka at home, pack some summer clothes, and get ready to enjoy 9 days in beautiful Costa Rica!

**FRENCH RIVIERA EXPLORER
(DEPARTS OCT 20, 2027):**

Immerse yourself in the breathtaking beauty, rich history, and effortless glamour of the South of France. We invite you on a curated journey through the jewel-toned waters and sun-drenched hills of the French Riviera. The Riviera Jewels: Discover the vibrant streets of Nice, the glitz of Cannes, and the coastal elegance of Antibes and Saint-Jean-Cap-Ferrat. Artistic & Historic Wonders: Follow the footsteps of masters at the Picasso Museum and Paul Cézanne's Studio in Aix-en-Provence, and marvel at the architecture of the Notre-Dame Church and Monte Carlo Cathedral. Enchanting Villages & Aromas: Experience the hilltop magic of St. Paul-de-Vence and Èze, topped off with an exclusive visit to the renowned Fragonard Perfumery. The High Life: Take a premium tour of the Monte Carlo Area and try your luck at the world-famous Casino Monte Carlo. Make your European escape even more memorable with our exclusive add-ons: An Italian Interlude: An optional day excursion to the vibrant markets of Ventimiglia & San Remo, Italy, or The Paris Extension: Prolong the magic with 2 nights in the City of Light, traveling in style via the high-speed TGV train.



PREMIER
WORLD DISCOVERY

Stop in at Lydell School & Community Center
to pick up full trip brochures and registration
materials and/or attend the travel show.

COMMUNITY FITNESS CENTER

Come Join Us Today!

Looking for a no hassle work-out? The Whitefish Bay High School Fitness Center is open to community members and provides both cardio and strength training equipment. Fitness Center Attendants are available to provide all new members an orientation to ensure proper use of equipment. Personalized fitness classes are also available to add on to your membership package. Research has shown that resistance and cardio training are a vital component for maintain a healthy mind and body!

FITNESS CENTER HOURS

Days: Mondays & Wednesdays
Mondays – Thursdays
Saturdays

Time: 5:30 – 7:30 am
Time: 6:30 – 8:30 pm
Time: 8:00 – 11:00 am

Dates: Sept 1 – Dec 30
(skip Sept 5, 7, Nov 25, 26, 28, Dec 23, 24, 26)

MEMBERSHIP PACKAGE OPTIONS

Adult Fee: \$120.00-resident / \$130.00 non-resident
Course Code: 291315 A1
Senior Fee: (WFB seniors Ages 60 and Up)
\$100.00-resident
Course Code: 291315 A2
Whitefish Bay High School Student Fee: \$30.00
Course Code: 291315 A5

FITNESS MEMBERSHIP ADD-ONS

See Descriptions for class details.

☐ **LAP SWIM \$30.00** P. 28

☐ **WALK FIT \$30.00** P. 29

Don't Miss Out on This Great Opportunity.

Sign Up Today!



DEPARTMENT INFORMATION

DEPARTMENT PROCEDURES:

MISSION STATEMENT

The Whitefish Bay School District, through the Whitefish Bay Recreation Department, is committed to improving the quality of life. This is achieved by providing a wide variety of quality recreational, educational, cultural and social programs and services for all residents and students of Whitefish Bay.

REGISTRATION PROCESS

A digital version of the seasonal guide is available online for viewing before the start of Resident Lottery Registration for Whitefish Bay Residents. The digital version is posted on the Recreation Department website and Facebook page. Program guides are mailed to **Whitefish Bay Residents only** and are typically received at least one week after Lottery Registration has begun. Once Lottery Registration starts, residents are encouraged to register online, by mail, or in person. Resident registrations received during the Lottery Registration are entered into a registration lottery. The Registration Lottery takes place before non-residents can begin to register for programs. If space is still available in a program after Lottery Registration has concluded, additional program registrations are processed on a first-come, first-served basis.

LOTTERY INFORMATION

During the Resident Lottery Registration period, all residents of Whitefish Bay have equal access to programs. Residents are encouraged to register during this period for all classes of interest. The registration receipt, received by email, during Lottery Registration confirms that you have been registered for the lottery. **On the Lottery Selection Date, programs that have exceeded their maximum capacity go to lottery.** Lottery selection results will be sent in ONE email per household. The email will confirm programs that you have been selected for as well as any for which you are waitlisted.

REGISTRATION DEADLINES

Registration deadlines are typically one week prior to the start of the class. Some programs have program-specific deadlines and registration policies. Check individual program information for program-specific deadlines and registration policies.

SAME DAY/LATE REGISTRATION

The Recreation Department will add an additional fee of \$10.00 per program for every registration received on or after the start date of a program (or after the specified Registration Deadline). Participants who register the same day/late will be asked to show their receipt the first day of class.

PROGRAM WAITLISTS

Program Waitlists are automated. Participants are able to add themselves or a family member to a program waitlist if one exists through their online registration portal and will receive an automated email offer if and when a spot becomes available. Participants will have 24 hours to accept or deny the spot via their online recreation account by going to their **My Waitlist** page. If accepted, the participant will be brought to a registration screen to register and pay for the class. If you deny

or do not respond to the offer within 24 hours the system will extend the Waitlist Offer to the next person on the list. Front office staff has access to add participants to a waitlist upon request, however, all notifications of a waitlist offer are done via email.

PROGRAM WITHDRAWAL PROCEDURE

All withdrawals must be done at least one week prior to the start of the program. Withdrawals will result in a household credit in the amount of the program. Refunds are only issued under the circumstances listed below. Some programs may have varying policies based on differing registration deadlines. Withdrawal requests when less than one week prior to the start of the program may not be honored.

REFUND PROCEDURE

All withdrawals must be made 7 Business Days before the start of the program. Refunds will **ONLY** be issued in the following situations:

- A class is cancelled by the Recreation Department
- A family moves from the village
- Medical condition (with a Doctor's note)

To request a refund, please send a written letter or email a request to Carin Keland.

INCLUSIVE RECREATION

The Whitefish Bay Recreation Department believes in providing high quality programming for all. We are committed to an inclusive approach and will provide reasonable accommodations to enhance program participation. However, we are not able to provide one-on-one support and our programs do not address specific IEP goals. Please list any allergies or special accommodations on the registration form. Questions, please contact Carin Keland, Director of Recreation and Community Education, at (414) 963-3888 or at carin.keland@wfbschools.com.

PROGRAM COMMUNICATION

Email is used as the primary method of communication of all program information. Make sure all emails on your family account are verified and that you are "opted-in" to receive our marketing communications. This is how all program communications, including **Lottery Notifications, Waitlist Offers, Class Cancellations**, and more, are done. If you need assistance with this, please call the main office.

DEPARTMENT PROCEDURES:

RESIDENT DEFINITION

Residents are defined as persons who live in the Village of Whitefish Bay or attend the School District of Whitefish Bay. Non-Resident fees apply to those who live outside the Village of Whitefish Bay.

SATISFACTION GUARANTEED

You are important to us! If you are not satisfied with a class, program or service that you have attended through our department, let us know your specific concerns in writing before the third class. You will receive a household credit that may be applied to another Recreation Department program. Refunds processed upon request. Some exclusions may apply.

INCLEMENT WEATHER

If the Whitefish Bay School District is closed due to inclement weather, Recreation Department activities will be cancelled. If the weather conditions deteriorate during the day, please call 414-963-3947 or become our friend on Facebook to find out the latest cancellation information. Depending upon individual program schedules, makeup classes cannot be guaranteed. Information about all School District closings and cancellations will also be announced over the following radio stations: WTMJ, WISN, WOKY Channel 4 and on Facebook.

NO SMOKING/ALCOHOL USE

A reminder to all program participants that the use of all tobacco products or drinking of alcoholic beverages on premises owned by the Whitefish Bay School District is prohibited by State Law. Your cooperation in upholding this law is necessary.

CAHILL PAVILION RENTAL

The Cahill Pavilion is available for residents to rent for \$20.00 per hour and a \$75.00 refundable key deposit.

Please check with the main office for availability at (414) 963-3947. Reservations are done in-person and fees are due upon reservation.

The Cahill Pavilion is available for rent during regular park hours 8:00 am to 10:00 pm. The pavilion has tables and chairs to seat approximately 40 people. There is a microwave and sink available for use.

Cancellations must be received at least 10 days prior to the scheduled reservation.

***Non-residents and for-profit organizations/groups/ individuals with the intent to promote/sell goods or services are not eligible to rent the Cahill Pavilion.**

DISTRICT FACILITY RENTAL

The Whitefish Bay School District encourages the maximum use of its indoor and outdoor facilities by making them available to residents of Whitefish Bay and organizations within the community. The Board encourages the use of facilities within the policies and procedures established by the District for safety, maintenance and supervision. To request rental of indoor and/or outdoor facilities, you must complete a Facilities Rental Request form found online at www.wfbschools.com and return to the District Office or email it to facility.rental@wfbschools.com. This form must be received with proof of liability insurance at least 2 weeks prior to the event/activity. All rentals must be paid for at the time of reservation. Please call the School District Business Office at (414) 963-3922 with any questions.

INDOOR FACILITIES:

HOURLY RATES	RES	NON-RES
HS Cafeteria	\$30 / hr	\$60 / hr
HS Auditorium	\$90 / hr	\$180 / hr
HS Field house	\$80 / hr	\$160 / hr
HS Auxiliary Pool	\$55 / hr	\$110 / hr
HS Field House Pool	\$80 / hr	\$160 / hr
MS Gym	\$35 / hr	\$70 / hr
Elementary Gym	\$30 / hr	\$60 / hr
Elementary Multi-Purpose Rm.	\$50 / hr	\$100 / hr
Standard Classroom	\$30 / hr	\$60 / hr

OUTDOOR FACILITIES:

HOURLY RATES	RES	NON-RES
Lubar Stadium	\$1,500 / event	\$1,500 / event
Armory Field	\$30 / hr	\$60 / hr
HS Multi-Use Field	\$110 / hr	\$150 / hr
Practice Fields	\$30 / hr	\$60 / hr

WHITEFISH BAY COMMUNITY GARDEN INVITES YOU!

Appreciation Open House

Garden HARVEST

20 SEPTEMBER

3:30-5:00 PM

Volunteers / Donors /
Sponsors / Friends & Family
ALL welcome!

Bring a dish to share!

NO RSVP NECESSARY

AT THE WHITEFISH BAY COMMUNITY GARDEN

2027 BUSINESS SPONSORSHIP

Local Business Sponsorships are essential for the garden's success by helping support the cost of plants, tools, maintenance, and garden coordination.

What's in it for you?

By becoming a business sponsor of the Whitefish Bay Community Garden, your company will:

1. **Aide** in the creation of a better community through a mutually beneficial partnership.
2. **Help** secure water, equipment, staff support, and general garden expenses.
3. **Grow** through the generous publicity we will provide.

Please visit the WFB District website for more info on our business sponsorship packages!

INTERESTED IN BECOMING A 2027 GARDEN SPONSOR?

Contact us at 414-963-3947 or email Miriam Gerriets, miriam.gerriets@wfbschools.com

Our yearly sponsorship campaign begins in January

Our Current Sponsors:



EASTCASTLE PLACE



sarah.shorewest.com

www.wfbschools.com/community-recreation/whitefish-bay-community-garden.cfm

Whitefish Bay
RECREATION

Whitefish Bay RECREATION

Whitefish Bay
RECREATION



Date _____

REGISTRATION FORM



PAYEE INFORMATION (adult/parent/guardian)

Last Name _____ First Name _____

Address _____ Phone _____

City/State _____ Zip _____ Cell Phone _____

Email address _____

REGISTRATION OPTIONS



DROP OFF / MAIL
5205 N. Lydell Avenue
Whitefish Bay, WI 53217



ONLINE
www.wfbschools.com

COURSE SELECTION

Activity/Class/Program _____ Course Code _____ Section _____ Fee

Participant Name (First/Last) _____

Date of Birth _____ School (If Youth) _____ Grade _____

Please list any food allergies and/or medications needed, or any pertinent comments above.

Activity/Class/Program _____ Course Code _____ Section _____ Fee

Participant Name (First/Last) _____

Date of Birth _____ School (If Youth) _____ Grade _____

Please list any food allergies and/or medications needed, or any pertinent comments above.

Activity/Class/Program _____ Course Code _____ Section _____ Fee

Participant Name (First/Last) _____

Date of Birth _____ School (If Youth) _____ Grade _____

Please list any food allergies and/or medications needed, or any pertinent comments above.

CREDIT CARD INFORMATION

CREDIT CARD NUMBER:

EXP. DATE:

ZIP CODE:

TOTAL

Signature _____

Card Holder Name (Print) _____

☐ I am willing to coach assist/coach my child's team.

Name of volunteer _____

• No telephone registrations are accepted.

• Payment methods:
CHECK or CHARGE Checks payable to Whitefish Bay Recreation Dept. or credit card (Visa, Mastercard AmEX and Discover).
Cash is NOT accepted.

• Email confirmations will be sent if email is provided.

There is a \$10.00 late fee for every program registration received on or after the start date of a program.

MUST READ AND SIGN BEFORE REGISTERING

LIABILITY AND PHOTO PERMISSION STATEMENT

All adult participants must sign below. The signature of a parent or legal guardian is required for youth registrations. In consideration of accepting this registration, I recognize that there are risks inherent to participation in recreational activities. I agree to indemnify and hold harmless the School District of Whitefish Bay, it's staff, employees and volunteers from and against any and all liability for bodily injury and/or property damage which may result from participation in the program. I hereby fully consent to emergency medical treatment, should emergency personnel or a physician deem such attention necessary. no accident insurance provided.

I further understand that photographs taken of recreation programs may be used by the Recreation Department for promoting their programs, classes or events.

Signature _____

Date _____



Whitefish Bay
RECREATION

Connects

Before & After School Care



Connecting children, home & school.

DON'T WAIT! ENROLL TODAY

For more information, please contact Caitlin Meyer at caitlin.meyer@wfbschools.com
or visit our website at wfbschools.com/community-recreation

**AM & SELECT K4 WRAP CARE
STILL AVAILABLE FOR
THE 2026-2027 SCHOOL YEAR!**

AM Care: 7:00 - 8:00 AM

AM K4 Wrap Care: 10:55 AM - 3:00 PM

PM K4 Wrap Care: 7:55 AM - 12:00 PM



Young Life (high school) and **WyldLife** (middle school) Clubs are a place where every student is welcomed for a night of games, music and laughter. It's a place where relationships grow into lasting friendships and where the message of God's love becomes real. Each of our volunteers is carefully screened and trained to work with adolescents.

This is more than a club—it's a supportive community where kids feel seen, known and cared for.

younglife

JOIN US THIS FALL!

Mark your calendars for fall kickoff clubs at Cahill!

September 8 - 7:07pm - WyldLife Club

September 14 - 7:37pm - Young Life Club



 nshoremilwaukee.younglife.org

 [ynorthshoremke & northshorewl](https://www.instagram.com/ynorthshoremke&northshorewl)

 Young Life - North Shore Milwaukee

Lisa Kojis - Area Director

414-852-2284

mkenshoreyounglife@gmail.com



Whitefish Bay RECREATION

Bringing **Community** Together

School District of Whitefish Bay
5205 North Lydell Avenue Whitefish Bay, Wisconsin 53217
414-963-3947 | www.wfbschools.com

Non-Profit
Organization
U.S. Postage

PAID

Permit #3859
Milwaukee, WI

IMPORTANT REGISTRATION DATES

WFB Resident Registration Begins
JULY 27, 2026

AUGUST 11, 2026
Non-Resident Registration Begins

CAR-RT PRESORT



Welcome Home

Whitefish Bay's trusted real estate team

\$140M+ IN TOTAL SALES	300+ HOMES SOLD	Executive and President Club AWARD WINNERS	25+ YEARS OF COMBINED EXPERIENCE
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EHO

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