



Whitefish Bay RECREATION

Bringing **Community** Together



**SENIOR
BINGO
LUNCHEON**
INFORMATION INSIDE!



**RESIDENT LOTTERY REGISTRATION
BEGINS NOV. 17, 2025**

Non-Resident Registration begins Dec. 2, 2025.

**CHECK
INSIDE:** Bridge Lessons | Adult & Youth Art Classes |
Basketball | **FUN FOR ALL!**



CONNECTS BEFORE & AFTER SCHOOL 2026-2027 School Year Enrollment

Connecting children, home & school

*Begins
April 13th,
2026*

Connects Program:

The Connects program was created to serve the WFB community's families' need for childcare during non-school hours. Our mission is to provide high-quality care in collaboration with parents and our school community.

The Connects program believes that every student needs to experience a safe, caring, inclusive environment that supports the development of the whole child. We aim to reinforce skills learned during the school day and of course, have FUN!

How to Enter the Lottery:

Enrollment Forms may be picked up at Richards or Cumberland Schools, the WFB Recreation Dept., or downloaded from our website: www.wfbschools.com/community-recreation/

To be eligible for the lottery, forms must be submitted through the Google Form on our website or handed in-person to the WFB Recreation Dept. **between April 13th - 15th.**

Emailed OR mailed forms will NOT be accepted.

Lottery Information:

Lottery registration is used as a process for the Recreation and Community Education Dept.'s most high-demand programming. A lottery registration system allows all residents fair and equal access.

The Recreation and Community Education Dept. will accept registrations during the lottery registration dates. On the pre-selected lottery processing date, participants will be randomly selected using a computer-generated software program. Those participants not selected will be placed on a waitlist.

Lottery Results:

The lottery will be processed on April 16th.

Enrollment forms received on or after April 16th will **NOT** be entered into the lottery, but processed in the order in which they were received.

Families will be notified by April 24th whether their registration has been selected or they have been placed on a waitlist.

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

HOW DO WE ASSURE YOUR SUCCESS?

ASK ESSAM.

414.350.4611
ELSAFYTEAM.COM



Each office is independently owned and operated.



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5205 North Lydell Avenue
Whitefish Bay, Wisconsin 53217
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Whitefish Bay RECREATION

Bringing **Community** Together

RECREATION GUIDE

WINTER/SPRING 2026

Dear Community Members,

As Director of Recreation and Community Education, it's my pleasure to welcome you to a brand-new season. Each season our team works to bring new opportunities to move, connect, and grow together, and this one is no exception.

We are excited to introduce a wide variety of programs and events designed for all ages and interests—from youth sports leagues and fitness classes to arts, enrichment, and community gatherings. Our dedicated team has worked hard to create offerings that encourage wellness, learning, and fun, while continuing the traditions that make our recreation community so special.

Highlights this season include:

- **AI Adventure** – School-aged youth will explore what AI is, how it works and how to use it safely and responsibly. This program will program teamwork, critical thinking skills and imagination.
- **Singing Bowl Meditation** – This program is for adults 18 years and older. Immerse yourself in the soothing resonance of singing bowls in this deeply restorative sound meditation experience. Designed to calm the mind, balance energy, and promote inner peace, this session invites participants to lie back and be gently enveloped in layers of harmonic sound.
- **Senior Bingo Luncheon** – Those 55 and older are invited to join us for a FREE Bingo Luncheon and Pasta Bar. Bingo will be played for non-cash prizes while enjoying a pasta lunch.

Whether you're looking to try something new, sharpen your skills, or simply enjoy time with friends and neighbors, there's something here for everyone.

We invite you to explore the full schedule in our seasonal guide. Residents are encouraged to register during the Resident Lottery Period as many programs fill quickly.

Thank you for being part of our recreation family. We look forward to sharing another season of activity, discovery, and community spirit with you.

Recreationally yours,

Carin Keland



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



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Whitefish Bay SCHOOL DISTRICT

An Exceptional Place to Learn

MESSAGE FROM THE DISTRICT ADMINISTRATOR

Greetings Residents of Whitefish Bay,

At the Whitefish Bay Recreation and Community Education Department, we believe that each of us has the power to make a difference. Our theme this year, "Know Your Impact," reminds us that every choice to participate, volunteer, or share an idea strengthens our community. Together, with your support and the dedication of our staff and volunteers, we continue to bring to life the values of the District Focus Plan. We strive for equity and excellence in programs for all ages, opportunities that build both individual growth and community connection, and a steadfast commitment to safety and well-being.

Engage and Connect – As you explore our Winter/Spring Guide, we invite you to consider how your involvement can positively shape our community. Whether you join a fitness class, learn a new skill, or spend time with neighbors, your participation matters. Each connection you make contributes to our shared goal of creating "opportunities to be involved in activities that promote collective growth, learning, and well-being" (District Focus Plan, 2024).

Innovative and Inclusive Programming – We strive to offer programs that reflect the diverse interests of our community, and your feedback helps us grow. By sharing your ideas, you impact the future of our programming and ensure that what we offer truly represents Whitefish Bay's unique spirit.

Support Community Well-being – The Focus Plan challenges us to "work together in a safe, caring, and inclusive environment." Through recreation and community education, we aim to nurture physical health, mental resilience, and social connection. Your engagement, whether big or small, has an impact on the well-being of your family, your neighbors, and our entire village.

Together, let's embrace the opportunity to know our impact and continue building an Exceptional Place to Engage. We look forward to seeing you at our programs this year and wish you joy, health, and growth.



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



Cumberland
ELEMENTARY SCHOOL



Richards
ELEMENTARY SCHOOL



Whitefish Bay
MIDDLE SCHOOL



Whitefish Bay
HIGH SCHOOL



Whitefish Bay
RECREATION
Bringing Community Together



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.

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.



CO-OP CONTACT INFORMATION

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

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

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

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

IMPORTANT REGISTRATION DATES

NOVEMBER 17

Resident Registration Begins

DECEMBER 1

Resident Lottery Selection Date

*Registration Closed: no registrations will be processed on Lottery Selection Date

DECEMBER 2

Resident Registration Continues,
Non-Resident Registration Begins

OFFICE INFORMATION

Monday thru Friday
8:00 am–4:30 pm

The office will be closed on the following dates:
Nov 27-28, Dec 24-25, Dec 31-Jan 1,
April 3, May 25

Phone: 414-963-3947
Fax: 414-963-3937

DROP BOX HOURS

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



LIKE US ON FACEBOOK

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.

Summer 2026

Teen Counselor-in-Training & Bay Volunteers **ARE BACK!**

Are you between the ages of 14 -17 years and interested in working or volunteering in one of the Recreation Departments youth summer camps? Opportunities are available in both our Counselor-in-Training and Bay Volunteer programs for the summer of 2026. These opportunities are great for teens looking to gain leadership skills and enjoy working with youth. Applications can be found at the main offices of the WFB High School, Middle School and Recreation Department. Completed applications must be returned to the Whitefish Bay Recreation Department by Friday, April 10th, 2026.

Counselor-in-Training Program (CIT)

The CIT program is a paid youth training program for teens entering their senior year of high school. CITs will work with youths in a summer camp environment assisting with the supervision of campers, planning, and facilitating daily activities. This is a paid on-the-job training program with an 8-week commitment consisting of 25 hours per week. CITs will take part in an interview process and, once hired, be required to attend staff trainings held in June.

Bay Volunteer Program

The Bay Volunteer program provides youths entering grades 9 through 12 an opportunity to become leaders in the community by working with youths ages 3 thru 13 years in a summer day camp setting. New applicants will be asked to take part in an interview process and must be able to commit to volunteer at least 2 full weeks. Selected applicants are required to attend a volunteer training program scheduled in June.

Snow Scholars

Snow Removal By UW-M Students!

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info@snowscholars.com

Reserve Your Spot At snowscholars.com

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SCHOOL'S OUT CARE



Instructors: Connects Before & After School Care Staff
Location: Cumberland Elementary School, Great Room
Richards Elementary School, Great Hall
Course Code: 599200 Cumberland Elementary
588200 Richards Elementary
Times & Fees: Early Release Care Dismissal – 6:00 pm \$30.00/day
No School Day Care 7:00 am – 6:00 pm \$55.00/day
Note: Early Release (ER) days are for K5 - 5th students. K4 students do not attend school on Early Release days.

School's Out Care is offered for all students at both Cumberland and Richards Schools when school is not in session. School's Out Care provides staff-led activities which include arts and crafts, games, cooking, STEM activities and more. A morning and afternoon snack will be provided. Students should bring lunch and dress to be active. Come join us for fun at school when school's out!

SCHOOL'S OUT CARE REGISTRATION & PAYMENT PROCESS

School's Out Care enrollment is part of the Resident Lottery Registration process that coincides with the seasonal Recreation Guide. After Lottery, the deadline to register is 7 days prior to the care date needed. A \$10 late fee will be applied for each day of care, per child, for registrations received after the deadline. Program withdrawal requests must be received one week prior to the requested withdrawal date, and will result in a household credit. A refund or household credit will not be given for withdrawal requests made after the registration deadline.

*Select by checking the location and days needed.

COURSE CODE	SECTION & WINTER/SPRING SCHOOL'S OUT CARE DATES						
☐ RICHARDS: 588200	☐ Jan 19 (B4)	☐ Jan 23 (B5) K5 - 5th (ER) K4 (No School)	☐ Jan 26 (B6)	☐ Feb 13 (B7)	☐ Feb 16 (B8)	☐ Mar 26 (B9)	☐ Mar 27 (C1)
☐ CUMBERLAND: 588200	☐ Mar 30 (C2)	☐ Mar 31 (C3)	☐ Apr 1 (C4)	☐ Apr 2 (C5)	☐ Apr 6 (C6)	☐ June 12 (C7) K5 - 5th (ER) K4 (No School)	
Is your child in Connects?	☐ Yes	☐ No	If no, please complete the Health and Emergency Care plan on the backside of this form.				

STUDENT INFORMATION

Last Name _____ First Name _____

Grade as of 2025/2026 School Year _____

CREDIT CARD INFORMATION

CREDIT CARD NUMBER:

				-					-					-				
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EXP. DATE:

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ZIP CODE:

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Signature _____

Card Holder Name (Print) _____

PAYMENT INFORMATION:

- ☐ **CHECK** Checks payable to Whitefish Bay Recreation Dept.
- ☐ **CHARGE** credit card (Visa, Mastercard AmEx and Discover).
Cash is NOT accepted.

TOTAL

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, its 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.

PARENT/GUARDIAN SIGNATURE

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) & Sara Alter (Activity)
Location: Lydell School & Community Center, Room 24 & Gym
Ages: 1 thru 4 years with Parents/Caregivers
Section Fee: Art Program res./non-res. \$55.00/\$65.00
 Activity Program res./non-res. \$50.00/\$60.00

MONDAY PROGRAMS

Course Code: 320702
Dates: Jan 5 – Mar 2
Section A1: Art **Time:** 9:55 – 10:40 am
Section A2: Activity **Time:** 10:45 – 11:30 am
Dates: Mar 9 – May 18 (skip Mar 30, Apr 6)
Section A3: Art **Time:** 9:55 – 10:40 am
Section A4: Activity **Time:** 10:45 – 11:30 am

WEDNESDAY PROGRAMS

Course Code: 320704
Dates: Jan 7 – Mar 4
Section A1: Art **Time:** 9:55 – 10:40 am
Section A2: Activity **Time:** 10:45 – 11:30 am
Dates: Mar 11 – May 13 (skip Apr 1)
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 attend the class with their child. An adult may bring more than one child to class, but each child must be registered.

Activity Description - Both you and your child will enjoy balls, mats, musical instruments and even a parachute! Balance, timing and spatial awareness will be developed through music, imaginative play and large muscle activities. Parents/caregivers must attend class with their child. An adult may bring more than one child to class, but each child must be registered.

JUNIOR JAMBOREE

Instructor: Dana Sherman, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 19
Ages: 6 months thru 4 years with Parents/Caregivers
Day: Tuesdays
Course Code: 310301
Dates: Jan 6 – Mar 10
Section A1: 8:45 – 9:15 am
Section A2: 9:25 – 9:55 am
Section A3: 10:05-10:35 am
Dates: Mar 17 – May 26 (skip Mar 24)
Section B1: 8:45 – 9:15 am
Section B2: 9:25 – 9:55 am
Section B3: 10:05-10:35 am
Section Fee: res./non-res. \$110.00/\$120.00

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 together in this fun family class. 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 & Community Center, Room 24
Ages: 1 thru 4 years with Parents/Caregivers
Day: Fridays **Time:** 10:00 – 10:45 am
Course Code: 320707
Section A1: Jan 9 – Mar 6
Section A2: Mar 13 – May 22 (skip Mar 27, Apr 3)
Section Fee: res./non-res. \$55.00/\$65.00

Explore the fun of art with your child in an informal, free-style setting. Various art materials and supplies will be set out for you to create your own projects. An instructor will be there to assist. This program is scheduled to be compatible with the Open Gym program.

OPEN GYM

Instructors: Caregiver Supervision Only
Location: Lydell School & Community Center, Gym
Ages: 1 thru 4 years
Day: Fridays **Time:** 11:00 – 11:45 am
Course Code: 311206
Section A1: Jan 9 – Mar 6
Section A2: Mar 13 – May 22 (skip Mar 27, Apr 3)
Section Fee: res./non-res. \$30.00/\$40.00

Open Gym offers a variety of play equipment available for parents, guardians and caregivers to enjoy with their children. The attending adult is 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.

SPANISH: LET'S EXPLORE!

Instructors: Futura Language Professionals
Location: Cumberland Elementary School, Room 210 & Makerspace
 Richards Elementary School, Room 5
Note: At school dismissal, participants will meet at the main office before walking to the classroom with the instructor. Parents should pick up their children directly from the classroom.
Grades: K5 thru 5
Course Code: 321001
Section Fee: res./non-res \$150.00/\$160.00

CUMBERLAND ELEMENTARY

Day: Wednesdays
Time: 3:05 – 4:15 pm
Section A1: Feb 11 – Apr 8 (skip Apr 1)

RICHARDS ELEMENTARY

Day: Tuesdays
Time: 3:05 – 4:15 pm
Section A2: Feb 10 – Apr 7 (skip Mar 31)

Discover the world of Spanish! Through Futura's dynamic and interactive approach, students will practice useful Spanish expressions in fun, real-life contexts. Ready to discover new places and have a Spanish adventure? This interactive course focuses on practical travel vocabulary, like speaking Spanish while exploring vibrant traditions. Get ready to explore, connect, and develop a deeper appreciation for the Spanish language in an exciting and supportive environment. ¡Vamonos!



CHINESE LANGUAGE AND CULTURE

Instructors: Cricket Chinese Academy Instructor
Location: Cumberland Elementary School, Room 210
 Richards Elementary School, Room 5
Note: At school dismissal, participants will meet at the main office before walking to the classroom with the instructor. Parents should pick up their children directly from the classroom.
Grades: K5 thru 5
Course Code: 331001
Section Fee: res./non-res. \$150.00/\$160.00

CUMBERLAND ELEMENTARY

Day: Tuesdays
Time: 3:05 – 4:05 pm
Section A1: Jan 6 – Feb 24
Section A2: Mar 3 – Apr 28 (skip Mar 31)

RICHARDS ELEMENTARY

Day: Thursdays
Time: 3:05 – 4:05 pm
Section A3: Jan 8 – Feb 26
Section A4: Mar 5 – May 7 (skip Mar 26, Apr 2)

Cricket Chinese Academy's after-school program welcomes all families — especially those without a Chinese heritage background — by offering an accessible and engaging way to explore Chinese language and culture through:

- Beginner-friendly Chinese language lessons
- Hands-on cultural activities
- A welcoming and inclusive environment
- A convenient after-school schedule

LEARN CURSIVE

Instructor: Sara Alter, Retired WFB School District Elementary School Teacher
Location: Richards Elementary School, Maker Space (LMC)
 Cumberland Elementary School, Maker Space (LMC)
Note: At school dismissal, participants will meet at the main office before walking to the classroom with the instructor. Parents should pick up their children directly from the classroom.
Time: 3:05 – 4:05 pm
Grades: 2 thru 5
Course Code: 350504
Section Fee: res./non-res. \$85.00/\$95.00

CUMBERLAND ELEMENTARY

Day: Mondays
Section A1: Feb 2 – Apr 27 (skip Feb 16, Mar 30, Apr 6)

RICHARDS ELEMENTARY

Day: Tuesdays
Section A2: Feb 10 – Apr 21 (skip Mar 31)

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

MAD SCIENCE: STEM ODYSSEY

Instructor: Mad Science Staff
Location: Cumberland Elementary School, Room 1
 Richards Elementary School, Room 5
Note: At school dismissal, participants will meet at the main office before walking to the classroom with the instructor. Parents should pick up their children directly from the classroom.
Grades: K5 thru 5
Course Code: 332106
Section Fee: res./non-res. \$160.00/\$170.00

CUMBERLAND ELEMENTARY

Day: Tuesdays **Time:** 3:05 – 4:05 pm
Section A1: Jan 13 – Feb 17

RICHARDS ELEMENTARY

Day: Wednesdays **Time:** 3:05 – 4:05 pm
Section A2: Jan 14 – Feb 18

Kids will dive into life and physical science with hands-on experiments and fun discoveries—exploring a new STEM question each week and bringing home something cool to keep the learning going. Classes include Optical Illusions, Smelly Science, Watts Up and more!

YOUNG REMBRANDTS

Instructor: Young Rembrandts Staff
Location: Cumberland Elementary School, Room 1
 Richards Elementary School, TBD
Note: At school dismissal, participants will meet at the main office before walking to the classroom with the instructor. Parents should pick up their children directly from the classroom.
Grades: K5 thru 5
Course Code: 330706

CUMBERLAND ELEMENTARY

Day: Fridays **Time:** 3:05 – 4:05 pm
Section A1: Feb 27 – May 1 (skip Mar 27, Apr 3)
Section A2: May 8 – June 5
Section A1 Fee: res./non-res. \$160.00/\$170.00
Section A2 Fee: res./non-res. \$100.00/\$110.00

RICHARDS ELEMENTARY

Day: Thursdays **Time:** 3:05 – 4:05 pm
Section A3: Feb 19 – Apr 23 (skip Mar 26, Apr 2)
Section A4: Apr 30 – June 4
Section A3 Fee: res./non-res. \$160.00/\$170.00
Section A4 Fee: res./non-res. \$120.00/\$130.00

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.

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.

Confident parents raise happy & healthy children.



Hi! I'm Allyn Miller, your
local parent coach.

Helping you identify your best solution for:

- toddler meltdowns
- sibling squabbles
- homework battles
- teen independence...
- and more!

Scan for Resources
and Programs:



Lydell Preschool Open House Event!



An exceptional place for young hearts and minds.

Tuesday, January 13
5:30 – 7:00 PM

REGISTRATION FOR THE 2026-2027 SCHOOL YEAR

Begins in person at the Lydell
School & Community Center

WEDNESDAY, JANUARY 14
9:00 AM

Learn more at www.wfbschools.com
Caitlin Meyer, Billing & Program Info
caitlin.meyer@wfbschools.com

OUR CLASSROOMS

Early Childhood: Ages 2-3
Must be 2 years old by September 1st

Preschool: Ages 3-4
Must be 3 years old by September 1st

Lydell School & Community Center
5205 N Lydell Ave, Whitefish Bay, WI

PROGRAM DAYS & TIMES

3-Day Program
Monday, Wednesday, Friday

2-Day Program
Tuesday, Thursday

Time for both Programs
9:00 – 11:30 am

YOUTH ENRICHMENT



AI ADVENTURE

Instructor: AI Adventure Staff

Location: Richards Elementary School, Room 5
Cumberland Elementary School, Room 210

Note: At school dismissal, participants will meet at the main office before walking to the classroom with the instructor. Parents should pick up their children directly from the classroom.

Grades: 2 thru 5

Course Code: 311412

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

CUMBERLAND ELEMENTARY

Day: Thursdays **Time:** 3:05 – 4:05 pm

Section A1: Jan 15 – Feb 5 – Fun Safe & Smart Start

Section A2: Feb 26 – Mar 19 – Build & Innovate

RICHARDS ELEMENTARY

Day: Mondays **Time:** 3:05 – 4:05 pm

Section B1: Jan 5 – Feb 9 – Fun Safe & Smart Start
(skip Jan 19, Jan 26)

Section B2: Mar 2 – Mar 23 – Build & Innovate

Fun Safe & Smart Start – Kids will dive into the world of AI through exciting detective games and hands-on projects. They'll explore what AI is, how it works and how to use it safely and responsibly. This program is the perfect first step to spark curiosity and build a strong foundation for learning AI and practicing safe & responsible use. Along the way, kids will have fun teamwork, strengthen problem-solving skills, and practice critical thinking in a playful, age-appropriate way.

Build & Innovate – After understanding the basics, kids step into the builder's seat - turning imagination into real creations! In this hands-on program, they'll design and innovate stories/comics, interactive quizzes or videos. Along the way, they'll stretch their teamwork, strengthen problem-solving, and grow future-ready skills. Parents love this program because it helps kids move from being passive screen-watchers to active creators and critical thinkers - building confidence and future-ready skills. This class is recommended to take after AI Adventure: Fun Safe & Smart/Discover AI Class. Learn more about AI Adventure programs at aiadventure.co.

SCHOOL'S OUT: AI ADVENTURE

Instructor: AI Adventure Staff

Location: Lydell School & Community Center, Room 15

Time: 1:00 – 4:00 pm

Grades: 2 thru 5

Course Code: 310204

Section A1: Monday, Jan 26 – Scavenger Hunt

Section A2: Friday, Feb 13 – Games: Design, Build & Play!

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

Scavenger Hunt – This adventure blends the thrill of a classic scavenger hunt with the excitement of solving mysteries using AI, sparking kids' curiosity, teamwork and problem-solving skills.

Design, Build & Play – Kids love games - now they'll get to design, build and play their own with AI! In this creative hands-on program, students will explore how AI can be used to bring their game ideas to life. From inventing characters and challenges to testing and playing together, kids will learn how AI can spark imagination, problem-solving, and collaboration. Along the way, they'll practice using AI safely and responsibly while turning screen time into a chance to create, not just consume.



SCHOOL'S OUT: CLUB SCIKIDZ

Instructor: ClubSciKidz Staff
Location: Lydell School & Community Center, Room 19
Note: Participants should bring a water bottle, lunch and two snacks.
Time: 9:00 am – 4:00 pm
Grades: 1 thru 5
Course Code: 320202
Section A1: Monday, Jan 26 – Grossology
Section A2: Friday, Feb 13 – Jr. Paleontologist
Section A3: Monday, Feb 16 – Jr. Space Explorer
Section Fee: res./non-res. \$108.00/\$118.00

Grossology – Discover loads of horribly fantastic experiments! Projects focus on blood, bones and body bits! This is science with the squishy bits left in it. There are tons of chemistry and biology for aspiring doctors and scientists!

Jr. Paleontologist – An exciting introduction to the basics of Paleontology! Complete a fossil dig, crack open a geode, build a cool T-Rex model and create a geology sandwich.

Jr. Space Explorer – Calling all future rocket scientists and astronauts! Join us as we race across the Milky Way with astronomy projects. Experiment with screaming balloon rockets, use solar glasses, build a telescope and even launch a rocket!

SCHOOL'S OUT: TECHNOLOGY TRIO

Instructor: Computer Explorers Staff
Location: Lydell School & Community Center, Room 15
Ages: 7 thru 12 years **Time:** 9:00 am – 12:00 pm
Course Code: 361103
Section A1: Friday, Jan 2
Section A2: Monday, Jan 26
Section A3: Monday, Feb 16
Section A4: Thursday, Mar 26
Section A5: Monday, Apr 6
Section Fee: res./non-res. \$52.00/\$62.00

In this exciting Technology Trio, students will have the option to rotate through three different programs in this three hour action packed class. Think Lego WeDo Robotics, Animated movie making, LEGO Motorized Data Kits, Gears, Coding, Ninjago, Bionicles and much more. This is a great way to experiment with some of the newest technology tools available. Class subjects are constantly changing to ensure new challenges and requests from previous students.

LEGO CARS, CATAPULTS & BRIDGES

Instructor: Computer Explorers Staff
Location: Lydell School & Community Center, Room 17
Ages: 7 thru 9 years
Day: Saturday **Time:** 9:00 – 10:00 am
Course Code: 361104
Section A1: Jan 3 – Jan 24
Section Fee: res./non-res. \$66.00/\$76.00

In this exciting Technology Thriller, students will have the option to rotate thru three different programs in this three hour action packed class. Think Lego WeDo Robotics, Animated Movie Making, LEGO Motorized Data Kits, Gears, Gears & Gears, Coding projects, Ninjagos & Bionicles and much more. This is a great way to experiment with some of the newest technology tools available. Class subjects are constantly changing to ensure new challenges and requests from previous students.

SAFE SITTER ESSENTIAL W/CPR

Instructor: Teresina Simmons, RN
Location: Lydell School & Community Center, Room 17
Ages: 11 years and up
Day: Monday **Time:** 8:30 am – 4:00 pm
Course Code: 361001
Section A1: Jan 19 **Registration Deadline:** Jan 12
Section A2: Feb 16 **Registration Deadline:** Feb 9
Section A3: Mar 30 **Registration Deadline:** Mar 23
Section Fee: res./non-res. \$140.00/\$150.00

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 is 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 & Community Center, Room 17
Grades: 4 thru 6
Course Code: 361002
Section A1: Monday, Jan 26 **Time:** 9:00 – 10:30 am
Section A2: Friday, Feb 13 **Time:** 9:00 – 10:30 am
Section A3: Tuesday, Apr 21 **Time:** 5:30 – 7:00 pm
Section Fee: res./non-res. \$38.00/\$48.00

*Optional \$2.00 badge for Scout groups.

Safe at Home prepares 4th thru 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.

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



MINECRAFT

Coordinator: Shorewood Recreation Department
Location: Shorewood High School, Science Building Room 133
Grades: 1 thru 6
Day: Saturdays
Course Code: 341101

GRADES 1 THRU 3 1:00 – 2:00 PM

Section A1: Jan 10 – Feb 21 (skip Feb 7)
Section A2: Apr 11 – May 16

GRADES 4 THRU 6 2:15 – 3:15 PM

Section A3: Jan 10 – Feb 21 (skip Feb 7)
Section A4: Apr 11 – May 16
Section Fee: res./non-res. \$30.00/\$40.00

Are you looking for a place to make new friends while improving your skills at 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.

YOUTH PAINTING

Coordinator: Nicolet Recreation Department
Instructor: Briona Conway
Location: Nicolet High School, Room B117, Glendale
Ages: 6 thru 12 years
Day: Saturdays **Time:** 9:00 – 10:00 am

Course Code: 330702

Section A1: Jan 24
Section A2: Feb 28
Section A3: Mar 21
Section A4: Apr 18
Section A5: May 9

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.

PARENT & CHILD RESILIENCE AND SELF-COMPASSION WORKSHOP

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor
Location: Lydell School & Community Center, Room 17
Ages: 7 thru 11 years with adult caregiver
Day: Wednesday **Time:** 6:00 – 6:45 pm
Course Code: 360302
Section A1: Jan 7
Section Fee: res./non-res. \$40.00/\$50.00

This fun and engaging class enables caregivers and children ages 7-11 to enjoy time with one another and learn resilience skills together. Parents and children will increase connections, coping skills, and emotional intelligence in this interactive session. This workshop was developed by child mindful self-compassion educator and author, Jamie Lynn Tatera. Visit <https://jamielynnntatera.com> to learn more about how to cultivate resilience in children and their caregivers. To sign an additional child up to participate with you for an extra \$20.00, use Course Code 360302 A2.

PARENT & CHILD MINDFUL YOGA

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor
Location: Lydell School & Community Center, Room 19
Ages: 7 thru 11 years with adult caregiver
Day: Tuesdays **Time:** 6:00 – 6:45 pm

Course Code: 360303

Section A1: Jan 27 – Feb 10

Section Fee: res./non-res. \$120.00/\$130.00

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 \$20.00, use Course Code 360303 A2. Jamie Lynn Tatera, MS Ed, is an educator, author of the award-winning Mindfulness & Self-Compassion Workbook for Kids, and international trainer of Mindful Self-Compassion for Children and Caregivers.

ADVENTURES IN RESILIENCE - PART 1 & 2

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor
Location: Lydell School & Community Center, Room 15
Ages: 7 thru 11 years with adult caregiver
Day: Thursdays **Time:** 3:30 – 4:10 pm

Course Code: 310205

Section A1: Part 1 Jan 15 – Feb 5

Section A2: Part 2 Feb 19 – Mar 12

Section Fee: res./non-res. \$180.00/\$190.00

Help your child grow mindfulness, self-kindness, and emotional intelligence in fun, engaging ways. Through playful activities, stories, and games, kids learn skills to feel calmer, kinder, and more confident. Register for Part 1, Part 2, or both. Each child receives a course workbook to keep. Jamie Lynn Tatera, MS Ed, is an educator, author of the award-winning Mindfulness & Self-Compassion Workbook for Kids, and international trainer of Mindful Self-Compassion for Children and Caregivers.

WORRY BUSTERS - PART 1 & 2

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor
Location: Lydell School & Community Center, Room 15
Ages: 7 thru 11 years with adult caregiver
Day: Thursdays **Time:** 3:30 – 4:10 pm

Course Code: 320201

Section A1: Part 1 Apr 9 – Apr 30

Section A2: Part 2 May 14 – June 4

Section Fee: res./non-res. \$180.00/\$190.00

Give your child tools to manage worry, stress, and big feelings. In this fun, supportive series, kids learn to calm their minds, stand up to the 'inner critic', bounce back from setbacks, and build self-compassion. Register for Part 1, Part 2, or both. Each child receives a course workbook to keep. Families can extend the benefits by pairing this class with Calm Quest Yoga immediately after, creating a complete mind-body afterschool reset. Jamie Lynn Tatera, MS Ed, is an educator, author of the award-winning Mindfulness & Self-Compassion Workbook for Kids, and international trainer of Mindful Self-Compassion for Children and Caregivers.

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.



CALM QUEST YOGA

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

Location: Lydell School & Community Center, Room 15

Ages: 7 thru 11 years with adult caregiver

Day: Thursdays **Time:** 4:15 – 5:00 pm

Course Code: 320201

Section B1: Apr 9 – Apr 30

Section B2: May 14 – June 4

Section Fee: res./non-res. \$120.00/\$130.00

This playful class blends yoga poses, mindful breathing, and guided visualizations. Kids will stretch, move, play, and relax while learning simple tools to calm their bodies and focus their minds. Scheduled right after Worry Busters, this class is the perfect companion or can be taken on it's own. Jamie Lynn Tatera, MS Ed, is an educator, author of the award-winning Mindfulness & Self-Compassion Workbook for Kids, and international trainer of Mindful Self-Compassion for Children and Caregivers.

MUSIC START

Instructor: Afterschool Enrichment Staff

Location: Lydell School & Community Center, Room 15

Grades: K5 thru 4

Day: Wednesdays **Time:** 4:00 – 5:00 pm

Course Code: 360601

Section A1: Jan 28 – Mar 18

Section A2: April 15 – June 3

Section Fee: res./non-res. \$240.00/\$250.00

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 after school program! STUDENTS MUST BRING THEIR OWN TABLET OR LAPTOP.

CREATIVE WRITING CLUB

Instructor: Afterschool Enrichment Staff

Location: Lydell School & Community Center, Room 15

Grades: K5 thru 8

Day: Fridays **Time:** 3:30 – 4:30 pm

Course Code: 376543

Section A1: Jan 30 – Mar 20

Section A2: Apr 17 – June 5

Section Fee: res./non-res. \$194.50/\$204.50

"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 the imaginations of young writers, foster their love for 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.

PRE-BALLET

Instructor: Miss Ceci Broussard, WFB Recreation Instructor

Location: Lydell School & Community Center, Room 19

Ages: 3 thru 4 years

Day: Saturdays

Course Code: 320401

Section A1: Jan 3 – Feb 7 **Time:** 9:45 – 10:20 am

Section A2: Jan 3 – Feb 7 **Time:** 10:30 – 11:05 am

Section Fee: res./non-res. \$54.00/\$64.00

Section A3: Feb 21 – Mar 14 **Time:** 9:45 – 10:20 am

Section A4: Feb 21 – Mar 14 **Time:** 10:30 – 11:05 am

Section Fee: res./non-res. \$36.00/\$46.00

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, are recommended.

BALLET AND CREATIVE DANCE

Instructor: Miss Ceci Broussard, WFB Recreation Instructor

Location: Lydell School & Community Center, Room 19

Ages: 5 years and up

Day: Thursdays **Time:** 4:00 – 4:40 pm

Course Code: 330401

Section A1: Feb 5 – Mar 12

Section Fee: res./non-res. \$54.00/\$64.00

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, are recommended.

ELEMENTARY BALLET AND TAP COMBO

Coordinator: Mequon Thiensville Recreation Department

Instructor: Academy of Dance Arts Staff

Location: Range Line Community Center, Room 101

Ages: 5 thru 7 years

Day: Mondays **Time:** 5:00 – 6:00 pm

Course Code: 350401

Section A1: Jan 19 – Mar 16 **Registration Deadline:** Jan 12

Section Fee: res./non-res. \$115.00/\$125.00
(\$10 costume fee included)

Students will learn basic ballet terminology, basic barre work, and begin center work in ballet. Beginner tap technique and terminology will also be started. Dress code is a leotard, tights, leather ballet slippers for ballet and any color tap shoes. There will be a dance recital on the last day of the class in the cafeteria during the regular class time.

CO-ED HIP HOP DANCE

Coordinator: Mequon Thiensville Recreation Department

Instructor: Academy of Dance Arts Staff

Location: Range Line Community Center, Room 101

Ages: 7 thru 10 years

Day: Mondays **Time:** 6:15 – 7:00 pm

Course Code: 350404

Section A1: Jan 19 – Mar 16 **Registration Deadline:** Jan 12

Section Fee: res./non-res. \$115.00/\$125.00
(\$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 the class in the cafeteria during the regular class time.

CHESS SCHOLARS

Instructor: Afterschool Enrichment Staff
Location: Lydell School & Community Center, Room 15
Grades: K5 thru 8
Day: Mondays **Time:** 4:00 – 5:00 pm
Course Code: 380501
Section A1: Jan 26 – Mar 16
Section A2: Apr 13 – June 8 (skip May 25)
Section Fee: res./non-res. \$183.00/\$193.00

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 Scholars staff.

CHESS SCHOLARS SPRING BREAK CAMP

Instructor: Afterschool Enrichment Staff
Location: Lydell School & Community Center, Room 15
Grades: K5 thru 8
Day: Monday thru Thursday **Time:** 10:00 – 11:30 am
Course Code: 380502
Section A1: Mar 30 – Apr 2
Section Fee: res./non-res. \$138.00/\$148.00

Develop your child's intellect through the game of Chess! This half day camp is perfect for beginners as well as experienced players. Each day of camp will consist of a fun interactive teaching period, followed by guided practice time, allowing students to play against one another while being coached by an experienced instructor. The camp session will conclude with a non-elimination tournament.

COMPETITIVE CHESS CLUB

Instructor: Afterschool Enrichment Staff
Location: Whitefish Bay Middle School, LMC
Grades: 6 thru 8
Day: Tuesdays **Time:** 3:30 – 4:30 pm
Course Code: 311411
Section A1: Jan 27 – Mar 17
Section A2: Apr 14 – June 2
Section Fee: res./non-res. \$183.00/\$193.00

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 study, as well as 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.

BEGINNER SHEEPSHEAD



Coordinator: Nicolet Recreation Department
Instructor: Dennis Staral
Location: Nicolet High School, Room B113
Ages: 13 years and up
Day: Mondays
Time: 4:00 – 5:00 pm
Course Code: 360504
Section A1: Mar 2 – Apr 27 (skip Mar 30)
Section Fee: res./non-res. \$40.00/\$50.00

Learn the popular card game of Sheepshead (Schafkopf -- in German). It is a card game, originated in Central Europe in the late 1700s, and popular in Wisconsin because of its large German-American population. Many European nationalities now enjoy this game of Sheepshead, which uses 32 cards (7s thru 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.

ACT WORKSHOP



Instructor: Fred Silver, Owner of North Shore Tutoring
Location: Virtual via Zoom
Grades: 11 thru 12
Day: Sundays
Time: 6:30 – 8:30 pm
Course Code: 381002
Section A1: Jan 11 – Mar 8 (skip Jan 18)
Section Fee: res./non-res. \$220.00/\$230.00

In this virtual ACT workshop via Zoom, students will learn how to identify the types of questions they will see on the four multiple-choice sections of the ACT test as well as a variety of strategies to attack the various questions. The instructor has designed this in-depth course based on 32 years of experience successfully preparing students to take the ACT. Students will need to purchase a copy of "The Official ACT Prep Guide - 2025-2026" on their own prior to the first class. Many families order the book from Amazon or purchase it at a local bookstore. Students will need a blank spiral notebook and pen/pencil for each class.

PARENT/CHILD BOWLING



Coordinator: Shorewood Recreation Department
Instructor: Shorewood Rec Department Staff
Location: Shorewood High School, PE building, Bowling Lanes (lower level)
Grades: 1 thru 6
Day: Saturday **Time:** 2:00 – 3:15 pm
Course Code: 327654
Section A1: Jan 17 – Feb 21
Section A2: Apr 11 – May 16
Section Fee: res./non-res. \$24.00/\$34.00 (fee is per person)

Come and experience the Shorewood High School Bowling Alley. We will Moon-Glow Bowl the last Saturday of the session. Enjoy bowling with friends and family! No bowling instruction is given during this program. Socks are required. Fee is per person.



WFB MIDDLE SCHOOL POM & DANCE CLINIC

Instructor: Nicolette Camacho, WFB HS Dance Coach
Location: WFB High School, Link
Grades: 6 thru 8
Days: Tuesday & Wednesday **Time:** 4:00 – 5:30 pm
Course Code: 331202
Section A1: Feb 17 – Feb 18 **Registration Deadline:** Jan 9
Performance: WFB High School Fieldhouse
 Thursday, Feb 19 at 7:00 pm
Section Fee: res./non-res. \$80.00/\$90.00

The WFB High School Blue Duke Dancers are hosting a clinic for Middle School students. Participants will learn and improve dance skills in Pom. Participants will learn choreography and perform it at a Girls Varsity Basketball Game held in the fieldhouse.

INTRO TO DISC GOLF

Coordinator: Nicolet Recreation Department
Instructor: Caleb Franklin
Location: Kletzsch Park Pavilion
Ages: 8 thru 18 years
Day: Tuesdays **Time:** 4:00 – 5:00 pm
Course Code: 327655
Section A1: May 26 – Jun 16
Section Fee: res./non-res. \$40.00/\$50.00

This program is aimed at children who are looking to learn the basics of how to play Disc Golf. Disc Golf is a low cost, easily accessible sport for all ages that is growing in popularity all across the country! In Wisconsin alone there are 476 courses, most of them being free to play. This program will teach each participant the basic rules, concepts and techniques to play the sport through a combination of lessons and games. Each participant will be given two discs at the start of the program that will be theirs to keep.

CLIMB CLUB

Instructor: Gretchen Froelich, Turner Hall Gym Coordinator
Location: Milwaukee Turners Climbing Gym
 1034 Vel R. Phillips Avenue
 Milwaukee, WI 53203
Ages: 8 thru 14 years
Day: Saturdays **Time:** 10:00 – 11:30 am
Course Code: 351300
Section A1: Jan 7 – Mar 21
Section A2: Apr 11 – May 30 (skip May 2)
Section Fee: res./non-res. \$170.00/\$180.00

Rock climbing is a fun and satisfying sport that strengthens the body and mind. Rock climbing allows climbers to enjoy a sport in a non-competitive environment while still emphasizing teamwork, motivation and self-confidence. Rock climbing also builds muscular endurance, flexibility, coordination and mental focus. We aim to build strong, responsible climbers. This co-ed club welcomes climbers of all ability and experience levels. The club is open to climbers from 8 thru 12 years, however, age restriction may be waived upon interest.

ROCK CLIMBING

Coordinator: Brown Deer Park and Recreation Department
Instructor: Brown Deer Park and Recreation Staff
Location: Novak Family Fieldhouse, 8200 N. 60th St, Brown Deer
Ages: 8 thru 14 years
Day: Mondays, Tuesdays
Course Code: 351302
Section Fee: res./non-res. \$40.00/\$50.00

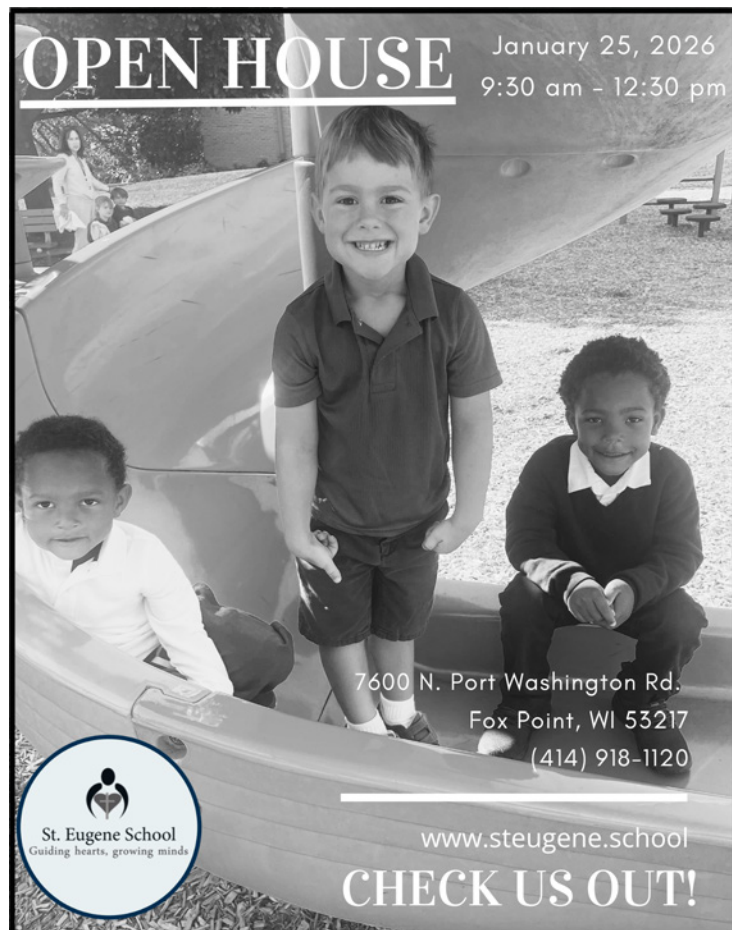
BEGINNER - AGES 5 – 8

Time:	5:00 – 6:00 pm	
Section A1:	Mondays	Jan 5 – Jan 26
Section A2:	Tuesdays	Feb 3 – Feb 24
Section A3:	Mondays	Mar 2 – 23
Section A4:	Tuesdays	Apr 7 – Apr 28

BEGINNER - AGES 9 – 14

Time:	6:00 – 7:00 pm	
Section B1:	Mondays	Jan 5 – Jan 26
Section B2:	Tuesdays	Feb 3 – Feb 24
Section B3:	Mondays	Mar 2 – 23
Section B4:	Tuesdays	Apr 7 – Apr 28

In this introductory course, students ages 8-14 will be guided through basic climbing techniques and safety precautions. Participants will enhance coordination, problem-solving, balance, strength through bouldering (traversing) and climbing. Students will enhance their skills through games and challenges throughout the course. Climbers ready?



OPEN HOUSE January 25, 2026
 9:30 am – 12:30 pm

7600 N. Port Washington Rd.
 Fox Point, WI 53217
 (414) 918-1120

www.steugene.school

CHECK US OUT!

 St. Eugene School
 Guiding hearts, growing minds

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.



ICE SKATING AT USM

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

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 YOUTH & HOME SCHOOL GROUPS (AGES 3 – 17)

Fee: \$115

SATURDAYS: JAN 31 – FEB 28

Time: 8:45 – 9:30 am, 9:30 – 10:15 am, 10:30 – 11:15 am,
11:15 am – 12:00 pm
(Learn to Skate Youth & Home School Groups)

MONDAYS: JAN 26 – FEB 23

Time: 12:30 – 1:15 pm
(Learn to Skate Youth & Home School Groups)

TUESDAYS: JAN 27 – FEB 24

Time: 12:30 – 1:15 pm
(Learn to Skate Youth & Home School Groups)

THURSDAYS: JAN 29 – FEB 26

Time: 9:30 – 10:15 am (Learn to Skate Youth)
Time: 12:30 – 1:15 pm
(Learn to Skate Youth & Home School Groups)

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 in class by age and skating skills.

SLED AND SKATE (AGES 1 – 4)

Dates: Thursdays: Jan 29 – Feb 26
Time: 9:00 – 9:30 am
Fee: \$110

Participants will learn how to stand and walk/glide on the ice. Toys and games will be used to interest and motivate the future skaters. Sled rides will be given at the end of each class. Prerequisite: Participants must be walking. Ski or hockey helmets required. Parents are not invited to attend the class with their child.

LEARN TO PLAY HOCKEY (AGES 4 – 12)

Dates: Saturdays: Jan 31 – Feb 28
Time: 9:30 – 10:15 am
Fee: \$115

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)

Dates: Saturdays: Jan 31 – Feb 28
Time: 10:30 – 11:15 am
Fee: \$115

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

ADVANCED FIGURE SKATING (AGES 7 – 17)

Dates: Saturdays: Jan 31 – Feb 28
Time: 7:30 – 8:45 am
Fee: \$120

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 individual skater. Prerequisite: Participants must have taken skating lessons prior to this class. Ski headbands or winter hats are required. Helmets are encouraged for younger skaters.

LEARN TO SKATE ADULT (AGES 18 AND UP)

Dates: Tuesdays: Jan 27 – Feb 24
Time: 9:30 – 10:45 am
Dates: Saturdays: Jan 31 – Feb 28
Time: 8:45 – 9:30 am
Fee: \$115

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.

ARCHERY



Coordinator: Nicolet Recreation Department
Instructor: Inna Lebedinsky
Location: Kletzsch Park Archery Range, Glendale
Days: Tuesdays, Wednesdays, Thursdays
Course Code: 361208
Section Fee: res./non-res. \$75.00/\$85.00

PARENT WITH CHILD

AGES 5 THRU 9 YEARS

Time: 4:30 – 5:00 pm
Section A1: Tuesdays Apr 28 – June 2
Section A2: Wednesdays Apr 29 – June 3
Section A3: Thursdays Apr 30 – June 4

PRE-TEEN

AGES 10 THRU 13 YEARS

Time: 5:00 – 5:45 pm
Section B1: Tuesdays Apr 28 – June 2
Section B2: Wednesdays Apr 29 – June 3
Section B3: Thursdays Apr 30 – June 4

TEEN

AGES 14 THRU 18 YEARS

Time: 5:45 – 6:30 pm
Section C1: Tuesdays Apr 28 – June 2
Section C2: Wednesdays Apr 29 – June 3
Section C3: Thursdays Apr 30 – June 4

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.



YOUNG AMERICAN MARTIAL ARTS CLUB

Instructor: Phil Sauer, Owner of Young American Martial Arts Club
Location: Lydell School & Community Center, Gym
Ages: 4 thru 13 years
Course Code: 321201
Section Fee: res./non-res. \$179.00/\$189.00

MONDAYS

Dates: Jan 5 – Mar 23
Section A1: Little Samurai (4 – 6 yrs) **Time:** 4:30 – 5:00 pm
Section A2: Samurai (7 – 13 yrs) **Time:** 5:00 – 5:45 pm

MONDAYS

Dates: Mar 30 – June 15
 (skip May 25 – students may attend May 27 class)
Section B1: Little Samurai (4 – 6 yrs) **Time:** 4:30 – 5:00 pm
Section B2: Samurai (7 – 13 yrs) **Time:** 5:00 – 5:45 pm

WEDNESDAYS

Dates: Jan 7 – Mar 25
Section C1: Little Samurai (4 – 6 yrs) **Time:** 4:30 – 5:00 pm
Section C2: Samurai (7 – 13 yrs) **Time:** 5:00 – 5:45 pm

WEDNESDAYS

Dates: Apr 1 – June 17
Section D1: Little Samurai (4 – 6 yrs) **Time:** 4:30 – 5:00 pm
Section D2: Samurai (7 – 13 yrs) **Time:** 5:00 – 5:45 pm

Let your child experience the fun & 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. Families with multiple children participating in the program will be offered a 25% discount for additional siblings.

NORTH SHORE MARTIAL ARTS

Instructor: Phil Sauer, Owner of Young American Martial Arts Club
Location: Lydell School & Community Center, Gym
Ages: 11 years and up
Course Code: 341205

MONDAY TIME: 6:00 - 7:15 PM

Section A1: Jan 5 – Mar 23
Section A2: Mar 30 – June 15
 (skip May 25 – students may attend May 27 class)
Section Fee: res./non-res. \$179.00/\$189.00

MONDAY/WEDNESDAY TIME: 6:00 - 7:15 PM

Section A3: Jan 5 – Mar 25
Section A4: Mar 30 – Jun 17 (skip May 25)
Section Fee: res./non-res. \$225.00/\$235.00

Improve fitness and have fun while learning the Martial Arts from North Shore resident, Phil Sauer. Phil has been a Martial Arts 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. Families

with multiple children participating in the program will be offered a 25% discount for additional siblings.

COMMUNITY FITNESS CENTER STUDENT MEMBERSHIP

Supervisor: WFB Rec Dept Staff
Location: WFB High School Fieldhouse Balcony
Days: Mon thru Thurs **Time:** 6:30 – 8:30 pm (NEW TIME)
 Mon and Wed **Time:** 5:30 – 7:30 am
 Saturdays **Time:** 8:00 – 11:00 am
Course Code: 390315
Section A5: Jan 5 – May 30 (skip Apr 4, 6, 18, May 23, 25)
Section Fee: \$40.00 WFB HS students only

WFB HS 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. All participants must attend an on-site fitness center orientation facilitated by a fitness attendant prior to use.

WHITEFISH BAY SCHOOL OF STRENGTH

Instructor: Connor Karwowski MS, CSCS, NSCA-CPT, WSBB Special Strengths Certified
Location: WFB HS Fitness Center
Grades: 6 thru 8
Course Code: 331208
Dates: Jan 5 – Mar 12
Section A1: Mondays & Wednesdays – Co-Ed **Time:** 5:45 – 6:45 pm
Section A2: Tuesdays & Thursdays – Co-Ed **Time:** 5:45 – 6:45 pm
Section A3: Tuesdays & Thursdays – Girls Lift **Time:** 6:45 – 7:45 pm
Dates: Mar 16 – June 4 (skip Mar 26 – Apr 6, May 25)
Section A4: Mondays & Wednesdays – Co-Ed **Time:** 5:45 – 6:45 pm
Section A5: Tuesdays & Thursdays – Co-Ed **Time:** 5:45 – 6:45 pm
Section A6: Tuesdays & Thursdays – Girls Lift **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 given the opportunity to grow under the direct coaching of Whitefish Bay High School's Strength & Conditioning Coach. This program is designed to be a light version of the same program they offered to High School athletes and lays a strong foundation for long term athletic development. Athletes will be challenged physically in order to improve strength, power, speed, and agility.

SUPER SOCCER STARS

Instructor: Amazing Athletes Staff
Location: Lydell School & Community Center, Gym & Fields
Ages: 3 thru 6 years old
Day: Tuesdays
Course Code: 331301
Section A1: Feb 10 – Mar 17 **Ages:** 3 – 4 **Time:** 3:45 – 4:30 pm
Section A2: Feb 10 – Mar 17 **Ages:** 5 – 6 **Time:** 4:45 – 5:30 pm
Section A3: Apr 7 – May 12 **Ages:** 3 – 4 **Time:** 3:45 – 4:30 pm
Section A4: Apr 7 – May 12 **Ages:** 5 – 6 **Time:** 4:45 – 5:30 pm
Section Fee: res./non-res. \$90.00/\$100.00

The classic youth soccer program that teaches the fundamentals of the sport in a fun, non-competitive, educational environment. Our unique curricula use positive reinforcement to make sure each child feels supported and confident in his or her own abilities, allowing kids to improve at their own rate. chi.supersoccerstars.com



AMAZING ATHLETES MULTISPORT

Instructor: Amazing Athletes Staff
Location: Lydell School & Community Center, Gym and Fields
Ages: 3 thru 6 years old
Day: Thursdays
Course Code: 331207
Section A1: Feb 12 – Mar 19 **Ages:** 3 – 4 **Time:** 3:45 – 4:30 pm
Section A2: Feb 12 – Mar 19 **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 KARATE ZOO

Instructor: Amazing Athletes Staff
Location: Lydell School & Community Center, Gym
Ages: 3 thru 6 years old
Day: Thursdays
Course Code: 331206
Section A1: Apr 9 – May 14 **Ages:** 3 – 4 **Time:** 3:45 – 4:30 pm
Section A2: Apr 9 – May 14 **Ages:** 5 – 6 **Time:** 4:45 – 5:30 pm
Section Fee: res./non-res. \$90.00/\$100.00

Inspired by the traditions & practices of martial arts, Karate Zoo is designed to benefit a child's physical, social & emotional development while building confidence & teaching practical life lessons. Students learn to perform the techniques and skills of the martial arts across 10 different areas including focus, confidence, control, memory, balance, discipline, coordination, agility, flexibility, & perseverance. amazingathletes.com

BACKYARD NINJA GAMES

Instructor: Spring Sports, LLC
Location: Richards and Cumberland Schools
Ages: 3 thru 10 yrs old
Course Code: 320601
Location: Cumberland Elementary Great Room
Dates: Mondays Jan 5 – Feb 2
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
Dates: Mondays Feb 16 – Mar 23 (skip Mar 16)
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: \$65.00/\$75.00 res./non-res. for Ages 3 – 4
 \$78.00/\$88.00 res./non-res. for Ages 5 – 10

A high-energy class where Pre-Stars (ages 3-4), Kinder-stars (ages 5-7), and Prep-star (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!

WRESTLING CLUB

Instructor: Rick Davey, WFB Recreation Staff
Location: Whitefish Bay High School, Wrestling Room
Grades: 1 thru 8
Day: Tuesdays **Time:** 6:30 – 7:30 pm
Course Code: 332301
Section A1: Jan 6 – Feb 10
Section Fee: res./non-res. \$55.00/\$65.00

Participants will be taught a variety of wrestling skills and techniques to help them develop as a wrestler. 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.

YOUTH VOLLEYBALL CLINIC

Instructor: Whitefish Bay Recreation Staff
Location: Whitefish Bay High School, Fieldhouse Courts 3 and 4
Grades: 1 thru 5
Day: Saturdays
Dates: Apr 11 – May 16 (skip Apr 18)
Course Code: 341201
Section A1: Grades 1 thru 3 **Time:** 12:00 – 1:30 pm
Section A2: Grades 4 thru 5 **Time:** 1:45 – 3:15 pm
Section Fee: res./non-res. \$130.00/\$140.00

Our Youth Volleyball Clinic is designed to not only introduce kids to the fundamentals of volleyball, but also facilitate the development of their overall coordination, agility, balance and strength. The program touches on basic volleyball skills such as setting, passing, footwork, arm swing and most importantly... COMMUNICATION. Each session moves at a quick, focused and fun pace to keep kids engaged while working from skill to skill. In between each volleyball-related drill, kids will run through an obstacle course that will make them faster, stronger and healthier, all the while introducing them to a great sport.

YOUTH BEGINNER TENNIS

Instructor: Phil Kelbe and North Shore Elite Staff
Location: North Shore Elite Racquet and Fitness Center
 5750 N. Glen Park Road, Glendale
Ages: 11 thru 13 years
Day: Thursdays **Time:** 4:00 – 5:00 pm
Course Code: 351610
Section A1: Mar 12 – June 11
Section Fee: res./non-res. \$560.00/\$570.00

Our introductory tennis program for older youth is put together with attention to age-appropriate activities. Young 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.

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.



BEGINNER QUICKSTART TENNIS

Instructor: Phil Kelbe and North Shore Elite Staff
Location: North Shore Elite Racquet and Fitness Club
 5750 North Glen Park Road, Glendale
Ages: 3 thru 10 years
Course Code: 341601

MONDAY CLASSES

Dates: Mar 9 – June 8
Section A1: 3 thru 4 yrs **Time:** 4:30 – 5:00 pm
Section A2: 5 thru 6 yrs **Time:** 5:00 – 6:00 pm
Section A3: 7 thru 8 yrs **Time:** 5:00 – 6:00 pm
Section A4: 9 thru 10 yrs **Time:** 5:00 – 6:00 pm
Section Fee A1: res./non-res. \$280.00/\$290.00
Section A2-A4 Fee: res./non-res. \$560.00/\$570.00

THURSDAY CLASSES

Dates: Mar 12 – June 11
Section B1: 3 thru 4 yrs **Time:** 4:30 – 5:00 pm
Section B2: 5 thru 6 yrs **Time:** 5:00 – 6:00 pm
Section B3: 7 thru 8 yrs **Time:** 5:00 – 6:00 pm
Section B4: 9 thru 10 yrs **Time:** 5:00 – 6:00 pm
Section Fee B1: res./non-res. \$280.00/\$290.00
Section B2-B4 Fee: res./non-res. \$560.00/\$570.00

SATURDAY CLASSES

Dates: Mar 14 – June 13
Section C1: 3 thru 4 yrs **Time:** 9:00 – 9:30 am
Section C2: 5 thru 6 yrs **Time:** 9:30 – 10:30 am
Section C3: 7 thru 8 yrs **Time:** 9:30 – 10:30 am
Section C4: 9 thru 10 yrs **Time:** 10:30 – 11:30 am
Section Fee C1: res./non-res. \$280.00/\$290.00
Section C2-C4 Fee: res./non-res. \$560.00/\$570.00

Our introductory tennis program for youth 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.

YOUTH GOLF LESSONS

Instructor: Missing Links Staff
Location: Missing Links Golf Club
 12950 N. Port Washington Road
 Mequon, WI 53097
Course Code: 341501

TIGER TOTS / AGES: 4 THRU 6 YEARS

Days: Saturdays
Dates: May 2 – May 23
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 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 MIDLERS / AGES: 7 THRU 10 YEARS

Days: Saturdays
Dates: May 2 – May 23
Section B1: 9:00 – 10:00 am
Section B2: 10:15 – 11:15 am
Section Fee: res./non.res. \$135.00/\$145.00

These lessons provide a thorough introduction to the golf swing. Our award-winning PGA pros discuss goals and then help to perfect grip, alignment, posture and swing mechanics. At Missing Links, an emphasis is put on short game instruction, focusing on putting and chipping. Golf clubs are provided.

PALMERS PLAYERS / AGES: 11 THRU 17 YEARS

Days: Saturdays
Dates: May 2 – May 23
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.

HOGAN'S HEROES / AGES: 7 THRU 12 YEARS

Time: 4:00 – 5:00 pm
Section E1: Tuesdays Feb 3 – Feb 24
Section E2: Tuesdays Mar 3 – Mar 24
Section E3: Wednesdays Feb 4 – Feb 25
Section E4: Wednesdays Mar 4 – Mar 25
Section Fee: res./non.res. \$155.00/\$165.00

These lessons provide a thorough introduction to the golf swing. Our award-winning PGA pros discuss goals and then help to perfect grip, alignment, posture and swing mechanics. At Missing Links, an emphasis is put on short game instruction, focusing on putting and chipping. Golf clubs are provided and instruction will take place in the heated bays.

LACROSSE TEAM-GIRLS- WNS JUNIOR WOLFPACK

Coordinator: WNS Junior Wolfpack Lacrosse
Grades: 3 thru 8
Dates: **Practices:** Sun Feb 15 – Mar 22 (skip Feb 22)
 Tues/Thurs Mar 24 – May 28
Games: Sat/Sun Apr 18 – May 31

Course Code: 351310
Section A1: Grades 3 and 4
 Sundays @ WFB Fieldhouse **Time:** 2:00-3:30 pm
 Tues/Thurs @ Armory Park **Time:** 5:30-7:00 pm
Section A2: Grades 5 and 6
 Sundays @ WFB Fieldhouse **Time:** 2:00-3:30 pm
 Tues/Thurs @ Armory Park **Time:** 5:30-7:00 pm
Section A3: Grades 7 and 8
 Sundays @ WFB Fieldhouse **Time:** 2:00-3:30 pm
 Tues/Thurs @ Armory Park **Time:** 5:30-7:00 pm
Section Fee A1: res. \$260.00
Section Fee A2/A3: res. \$320.00

Join the fastest growing sport in the United States. No experience is necessary. Our program focuses on empowering girls to develop skill, athleticism, heart, determination, and a love for the game of lacrosse. Indoor practices will start February 15th and outdoor practices will start Mar 24th. Games will be on Saturdays and Sundays starting



April 18 and will end on May 31. Players must provide their own stick, goggles and mouthguard. Teams participate in the Milwaukee Area Youth Lacrosse Association (MAYLA) Spring League. In accordance with MAYLA regulations, girls who live in Whitefish Bay, Shorewood, Glendale, or Milwaukee may register. The team will be led by a Whitefish Bay coaching staff and other experienced and enthusiastic coaches and volunteer parents. All players must join US Lacrosse for an additional \$30.00 fee. If the grade level team is full, please ask to have your name placed on a waitlist. A second team may form if there are sufficient numbers and a coach available. If you have any questions, contact WNS Coordinator, Kathleen Reid, at wns.jr.wolfpack@gmail.com.

INTRO TO GIRLS LACROSSE - WNS WOLFPACK PUPS

Coordinator: WNS Junior Wolfpack Lacrosse
Location: Kletzsch Park
Grades: 1 and 2
Day: Tuesdays **Time:** 5:30 – 7:00 pm
Course Code: 351310
Section A4: Apr 14 – May 19
Section Fee: res. \$100.00

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 - the fastest growing sport in the United States. Experienced and enthusiastic instructors coach the clinics. This program does not participate in the MAYLA lacrosse league due to age restrictions, but there will be opportunities to scrimmage. Lacrosse sticks, goggles, and mouthguards are required. If you need to borrow equipment or if you have any questions, contact WNS Coordinator, Kathleen Reid, at wns.jr.wolfpack@gmail.com

GIRLS LACROSSE "TRY IT DAY"

Coordinator: WNS Junior Wolfpack Lacrosse
Location: WFB High School, Fieldhouse
Grades: 3 thru 10
Day: Sunday January 25 **Time:** 1:00 – 2:00 pm
Course Code: 351310
Section A5: Grades 3 thru 6
Section A6: Grades 7 thru 10
Section Fee: res./non-res. \$5.00/\$15.00

Are you a high schooler interested in joining the WNS Co-op (Whitefish Bay, Nicolet, Shorewood, Dominican) girls lacrosse team this spring season? Are you a middle school student or elementary school student interested in the spring youth lacrosse season? If you have never played before or played only a little, then come to our "Try It Day" and see what all the buzz is about. Bring your own lacrosse stick and goggles or we will have equipment on hand to borrow. Coaches will lead this instructional clinic focusing on fundamental skills. Coaches and current players will be available to answer questions and provide information about the upcoming spring high school and youth seasons. WNS Wolfpack Lacrosse is proud to welcome new players to the sport at every level. If you have any questions, contact WNS Coordinator Kathleen Reid at wns.jr.wolfpack@gmail.com

BOYS LACROSSE TEAM

Coordinator: Shorewood Recreation Department
Location: Shorewood High School, Football Field
 OR Lydell School & Community Center, Field
Grades: K5 thru 8
Course Code: 351309
Section A1: Grades K5-2
Location: Lydell School & Community Center, Field
Dates: Mondays/Wednesdays
 Mar 16 – Jun 3 (skip Mar 30, Apr 1)
Time: 5:30 – 6:30 pm
Section A1 Fee: res. \$110.00
Section A2: Grades 3 thru 4
Location: Lydell School & Community Center, Field
Dates: Mondays/Wednesdays
 Mar 16 – Jun 3 (skip Mar 30, Apr 1)
Time: 5:30 – 6:30 pm
Section A2 Fee: res. \$240.00
Section A3: Grades 5 thru 6
Location: Shorewood High School, Football Field
Dates: Tuesdays/Thursdays
 Mar 17 – June 4 (skip Mar 31, Apr 2)
Time: 6:15 – 7:45 pm
Section A3 Fee: res. \$320.00
Section A4: Grades 7 thru 8
Location: Shorewood High School, Football Field
Dates: Tuesdays/Thursdays
 Mar 17 – June 4 (skip Mar 31, Apr 2)
Time: 6:15 – 7:45 pm
Section A4 Fee: res. \$320.00
Section A5: Equipment Rental
Section A5 Fee: res. \$30.00

Lacrosse is a fast, physical sport that combines aspects of soccer, hockey and basketball. Spring is the official lacrosse season when we play other local programs. Outdoor practices start the week of March 16th. The 5k-2nd grade team will play approximately 7-9 games and the 3rd-8th grade teams will play 10-13 games. All games will be on Saturday mornings and Sunday afternoons, starting April 18 and ending on June 7. The 5k-8th grade teams will participate in the Milwaukee Area Youth Lacrosse Association (MAYLA) spring league. Home games will be on the Shorewood or Whitefish Bay HS football fields. Preseason optional indoor practices in February and March TBD. A lacrosse helmet, shoulder pads, arm guards, gloves and stick are required. Players can rent lacrosse equipment and stick (\$30). Players must provide a mouth guard and an athletic cup. Cleats are recommended. It is expected that players doing multiple sports will split conflicts equally. This program is a co-op with the Whitefish Bay, Nicolet and Shorewood Rec Depts. Boys may participate on this team if they live in Milwaukee, Shorewood, Whitefish Bay or Nicolet communities, or attend public schools that serve those communities. All players must join US Lacrosse (\$35). Please add your son to the waitlist if the class roster is full. A second team will be formed if there are sufficient numbers. If you have any questions, please contact Kevin Kane at kkane@shorewood.k12.wi.us.



LIKE US ON FACEBOOK



FREE THROW CONTEST

Coordinators: Recreation Department Staff

Location: Whitefish Bay High School, Fieldhouse

Grades: 3 thru 6

Course Code: 351205

Section A1: Saturday, Jan 3

Time: 9:30 am start

Section Fee: FREE

Each individual will attempt 20 free throws. All grade levels will shoot from the regulation free throw line. Grades 3 and 4 will shoot with a 27.5 ball, and Grades 5 and 6 will shoot with a 28.5 ball. The winner of each grade will receive a trophy. Boys and girls will compete separately. This is a great, free community event!



BASKETBALL FUNDAMENTALS

Instructor: Kevin Lazovik, WFB HS Former Head Coach

Location: Richards Elementary School, Gym

Grades: 1 thru 3

Days: Monday thru Thursday **Time:** 5:30 – 7:00 pm

Course Code: 341206

Section A1: Mar 16 – Mar 19

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

Players will learn and practice basic basketball fundamentals. Dribbling, passing, shooting, pivoting, lay-ups, defensive position and fun basketball challenges will be introduced. This will be a great way to learn basketball FUNDamentals.

COMPETITIVE GYMNASTS ROUTINE WORKSHOP

Instructor: Coach Sarah Woods, Gymnastics Coordinator & Staff

Location: WFB High School Memorial Gym

Prerequisite: Gymnast must be enrolled in the Competitive Level Program to participate

Course Code: 342004

WEDNESDAYS

Dates: Jan 14 – Jan 28

Time: 6:00 – 7:00 pm

Section A1: USAG Team 1

Section A2: USAG Team 2

Section A3: Mighty Mites

TUESDAYS & THURSDAYS

Dates: Jan 8 – Jan 29 (skip Jan 27)

Time: 6:00 – 8:00 pm

Section B1: USAG P3/3

Section B2: Pre-Optionals

Section B3: Optionals

Section Fee (A1-A3): res./non-res. \$70.00/\$80.00

Section Fee (B1-B3): res./non-res. \$135.00/\$145.00

Competitive level gymnasts will learn the choreography for the new routines required for the upcoming competition season. This is the ONLY opportunity to learn these routines. Knowledge of routines is mandatory to compete.

SCHOOL'S OUT GYMNASTICS CAMP

Instructor: Coach Sarah Woods, Gymnastics Coordinator & Staff

Location: WFB High School, Memorial Gym

Grades: K5 thru 6

Day: Monday **Time:** 9:00 am – 3:00 pm

Course Code: 342003

Section A1: Feb 16

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

This fun-filled camp will feature tumbling, dancing, crafts and more during a day that Whitefish Bay public school students have no school. The program will be staffed by the Whitefish Bay High School Gymnastic Coach and Team Gymnasts. A percentage of the proceeds from this camp will support the Whitefish Bay High School Gymnastics Team. Bring a lunch (nut free), refillable water bottle, and comfortable clothing for movement.



WFB RESIDENTS

Show your community support through sponsorship of our youth sports programs. We are currently seeking sponsors for our T-Ball and Coach Pitch Teams and Flag Football Leagues.

JOIN THE FUN TODAY!

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



YOUTH GYMNASTICS

Instructor: Coach Sarah Woods, Gymnastics Coordinator & Staff

Location: WFB High School Memorial Gym

Note: Routine Workshop and Gymnastics Camp on page 22

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. \$110.00/\$120.00
(Ages 1.5 - 3 years old, with parent or guardian)

PRE 3, PRE 4, PRE 5/6 res./non-res. \$110.00/\$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)

MIGHTY MITES res./non-res. \$275.00/\$285.00
(Ages 3 - 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 \$60.00. Competition fees are approximately \$80.00. Skill expo fee is approximately \$35.00. New competitive level gymnasts must be pre-approved by Coach Sarah Woods. Team level move ups take place at the end of the Winter/ Spring Session. 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 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. \$55.00/\$65.00

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

COURSE CODE: 311400

LEVEL	DAY	DATES	EXCLUDED DATES	TIME BEFORE 3/6	TIME STARTING 3/9	SECTION
Parent/Tot	Sat	Jan 31 – Apr 25	(skip Feb 14, 21, 28, Mar 28, Apr 4)	8:45 – 9:25 am	same	A1
Pre 3	Sat	Jan 31 – Apr 25	(skip Feb 14, 21, 28, Mar 28, Apr 4)	9:30 – 10:10 am	same	B1
Pre 3	Sat	Jan 31 – Apr 25	(skip Feb 14, 21, 28, Mar 28, Apr 4)	11:45 am – 12:25 pm	same	B2
Pre 4	Sat	Jan 31 – Apr 25	(skip Feb 14, 21, 28, Mar 28, Apr 4)	10:15 – 10:55 am	same	B3
Pre 4	Sat	Jan 31 – Apr 25	(skip Feb 14, 21, 28, Mar 28, Apr 4)	11:45 am – 12:25pm	same	B4
Pre 5 / 6	Sat	Jan 31 – Apr 25	(skip Feb 14, 21, 28, Mar 28, Apr 4)	11:00 – 11:40 am	same	B5
Pre 5 / 6	Sat	Jan 31 – Apr 25	(skip Feb 14, 21, 28, Mar 28, Apr 4)	11:45 am – 12:25 pm	same	B6
Level A	Mon	Feb 2 – Mar 23	(skip Feb 16)	6:00 – 7:00 pm	same	C1
Level A	Wed	Feb 4 – Mar 25	(skip Feb 11)	6:00 – 7:00 pm	same	C2
Level B	Mon	Feb 2 – Mar 23	(skip Feb 16)	6:00 – 7:00 pm	same	C3
Level B	Wed	Feb 4 – Mar 25	(skip Feb 11)	6:00 – 7:00 pm	same	C4
USAG Team 1	M/W	Feb 2 – May 20	(skip Feb 11, 16, Mar 30, Apr 1, 6)	6:00 – 7:00 pm	same	D1
USAG Team 2	M/W	Feb 2 – May 20	(skip Feb 11, 16, Mar 30, Apr 1, 6)	7:00 – 8:15 pm	same	D2
USAG Team P3	T/TH	Feb 3 – May 21	(skip Feb 26, Mar 5, 26, 31, Apr 2)	6:00 – 8:00 pm	5:30 – 7:30 pm	D3
USAG Team 3	T/TH	Feb 3 – May 21	(skip Feb 26, Mar 5, 26, 31, Apr 2)	6:00 – 8:00 pm	5:30 – 7:30 pm	D4
Pre Optionals	T/TH	Feb 3 – May 21	(skip Feb 26, Mar 5, 26, 31, Apr 2)	6:00 – 8:30 pm	5:30 – 8:00 pm	E1
Pre Op Add on	Mon	Feb 2 – May 18	(skip Feb 16, Mar 30, Apr 6)	6:00 – 8:00 pm	same	E2
Optionals	Mon	Feb 2 – May 18	(skip Feb 16, Mar 30, Apr 6)	6:00 – 8:00 pm	same	E3
	T/TH	Feb 3 – May 21	(skip Feb 26, Mar 5, 26, 31, Apr 2)	6:00 – 8:30 pm	5:30 – 8:00 pm	
Mighty Mites	T/TH	Feb 3 – May 21	(skip Feb 26, Mar 5, 26, 31, Apr 2)	5:00 – 6:00 pm	4:30 – 5:30 pm	Coach Approval Needed



SWIM INSTRUCTION

IMPORTANT:

Children ages 6 years and older must use the locker room for their respective gender. Please enter using the stairs in the Fieldhouse Pool Deck.

Location: WFB High School Fieldhouse/Auxiliary Pool

Age: 18 months and up

Note: Eight lessons per section. Please read the descriptions and enroll your child in the proper class. After the first class your child will be evaluated to make sure they are in the proper swim level. Due to the extended maintenance closure, all Saturday lessons beginning April 25 will be 7 sessions.

Section Fee: res./non-res. \$70.00/\$80.00 (8 Sessions)

res./non-res. \$61.25/\$71.25 (7 Sessions)

Our swimming program is offered to children interested in learning and improving their aquatic skills. The Fieldhouse Pool is located within Whitefish Bay High School, and the Auxiliary Pool is located under the Fieldhouse Pool using the stairs in the southwest corner. Weekend participants should use the Fieldhouse Pool Locker Rooms, and Weekday participants should use the Auxiliary Pool locker rooms to take a shower before entering the pool.

TODDLER / Ages 18 - 30 months

Course Code: 310801

Classes stress water safety and begin the development of swimming techniques. Adults must accompany each child in the water. Children should wear swim diapers.

Section A1:	Day: Saturdays	Dates: Jan 10 – Mar 7 (skip Feb 7)	Time: 9:00 - 9:30 am	Location: Fieldhouse Pool
Section A2:	Day: Saturdays	Dates: Apr 25 – June 13 (skip May 23)	Time: 9:00 - 9:30 am	Location: Fieldhouse Pool

PRESCHOOL / Ages 2.5 - 5 years

Course Code: 320801

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: Jan 10 – Mar 7 (skip Feb 7)	Time: 9:30 - 10:00 am	Location: Fieldhouse Pool
Section A2:	Day: Saturdays	Dates: Apr 25 – June 13 (skip May 23)	Time: 9:30 - 10:00 am	Location: Fieldhouse Pool
Section A3:	Day: Mon/Wed	Dates: Apr 27 – May 20	Time: 6:00 - 6:30 pm	Location: Auxiliary Pool

LEVEL I – INTRO TO WATER SKILLS / 5 years and up

Course Code: 330801

Children should feel comfortable in the water. Subjects 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: Jan 10 – Mar 7 (skip Feb 7)	Time: 9:00 – 9:45 am	Location: Fieldhouse Pool
Section A2:	Day: Wednesdays	Dates: Jan 21 – Mar 11	Time: 6:00 – 6:45 pm	Location: Auxiliary Pool
Section A3:	Day: Saturdays	Dates: Apr 25 – June 13 (skip May 23)	Time: 9:00 – 9:45 am	Location: Fieldhouse Pool

LEVEL II – FUNDAMENTAL SKILLS / Pass Level 1

Course Code: 340801

Skills include: include: front and back glide, treading water, jellyfish float, combined stroke (front and back).

Section A1:	Day: Saturdays	Dates: Jan 10 – Mar 7 (skip Feb 7)	Time: 10:00 – 10:45 am	Location: Fieldhouse Pool
Section A2:	Day: Wednesdays	Dates: Jan 21 – Mar 11	Time: 6:50 – 7:35 pm	Location: Auxiliary Pool
Section A3:	Day: Saturdays	Dates: Apr 25 – June 13 (skip May 23)	Time: 10:00 – 10:45 am	Location: Fieldhouse Pool
Section A4:	Day: Mon/Wed	Dates: Apr 27 – May 20	Time: 6:50 – 7:35 pm	Location: Auxiliary Pool

LEVEL III – STROKE DEVELOPMENT / Pass Level 2

Course Code: 350801

Skills include: reaching assist, front and back crawl, standing dive, rotary breathing, butterfly kick, survival float.

Section A1:	Day: Saturdays	Dates: Jan 10 – Mar 7 (skip Feb 7)	Time: 10:00 – 10:45 am	Location: Fieldhouse Pool
Section A2:	Day: Wednesdays	Dates: Jan 21 – Mar 11	Time: 6:00 – 6:45 pm	Location: Auxiliary Pool
Section A3:	Day: Saturdays	Dates: Apr 25 – June 13 (skip May 23)	Time: 10:00 – 10:45 am	Location: Fieldhouse Pool
Section A4:	Day: Mon/Wed	Dates: Apr 27 – May 20	Time: 6:50 – 7:35 pm	Location: Auxiliary Pool

LEVEL IV – STROKE IMPROVEMENT / Pass Level 3

Course Code: 360801

Skills include: diving, elementary backstroke, breaststroke, butterfly, throwing assist.

Section A1:	Day: Saturdays	Dates: Jan 10 – Mar 7 (skip Feb 7)	Time: 11:00 – 11:45 am	Location: Fieldhouse Pool
Section A2:	Day: Wednesdays	Dates: Jan 21 – Mar 11	Time: 6:50 – 7:35 pm	Location: Auxiliary Pool
Section A3:	Day: Saturdays	Dates: Apr 25 – June 13 (skip May 23)	Time: 11:00 – 11:45 am	Location: Fieldhouse Pool
Section A4:	Day: Mon/Wed	Dates: Apr 27 – May 20	Time: 6:00 – 6:45 pm	Location: Auxiliary Pool

LEVEL V/VI – STROKE REFINEMENT / Pass Level 4

Course Code: 370801

Skills include: survival swimming, open turns, rescue breathing, flip turn, continued practice with elementary backstroke, breaststroke, sidestroke and butterfly.

Section A1:	Day: Saturdays	Dates: Jan 10 – Mar 7 (skip Feb 7)	Time: 11:00 – 11:45 am	Location: Fieldhouse Pool
Section A2:	Day: Saturdays	Dates: Apr 25 – June 13 (skip May 23)	Time: 11:00 – 11:45 am	Location: Fieldhouse Pool

**NOTE: POOL CLOSED FOR MAINTENANCE
from March 13 to April 24.**

OPEN SWIM

Location: WFB High School, Fieldhouse Pool
Days: First Sunday of Each Month
Time: 1:45 – 3:00 pm
Dates: Feb 1, Mar 1, May 3
Fee: \$3.00 per Student
 \$4.00 per Adult
 \$75.00/30 swims. Family Swim Pass
Note: Seniors 60+ and children 3 years
 and under ARE FREE!

All children 6 years of age and under 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. **Please bring exact change.**

AMERICAN RED CROSS LIFEGUARDING CERTIFICATION - BLENDED LEARNING

Coordinator: Tony Agostini, Certified Red Cross Lifeguard Instructor
Location: WFB High School, Auxiliary Pool & Link
Ages: 15 years and up
Course Code: 380807
Section A1: May 9, 10, 16 **Registration Deadline:** Apr 24
Times: Saturday 8:00 am – 4:00 pm
 Sunday 8:00 am – 4:00 pm
 Saturday 8:00 am – 4:00 pm
Section Fee: res./non-res. \$285.00/\$295.00

This American Red Cross Lifeguard course will cover the knowledge and skills to get your lifeguard, CPR/AED and first aid certifications. Successful completion of the course earns you a 2-year, nationally recognized certification. Attendance at ALL meeting dates is mandatory and certification is not guaranteed as participants must score above an 80% on a written test and pass an in-water skills test. There is a mandatory pre-test on the first day of class. Please bring a swimsuit, towel and snack/lunch each meeting day. This is a blended learning class. Please allow at least 6 hours to complete online training before coming to the class. Participants must include a valid email address when registering for communication purposes. Participants should meet in the High School Link at the start of each class.



DISCOVER SCUBA DIVING

Instructor: Aquatic Adventures, Inc.
Location: WFB High School, Fieldhouse Pool
Ages: 10 years and up
Day: Wednesday **Time:** 6:15 – 8:45 pm
Course Code: 360805
Section A1: March 11 **Registration Deadline:** Feb 25
Section Fee: res./non-res. \$71.50/\$81.50

Have you ever wondered what it is like to breathe underwater? Then, 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 show if a full certification is for you! There will be sign-offs/permission slips emailed to you a few weeks prior to the start of class. No experience is required.

YOUTH DIVING

Instructor: Andrea Robertson, WFB Recreation Instructor
Location: WFB HS Fieldhouse Pool Diving Well
Day: Monday
Note: Must have passed or currently be enrolled in Level 4 swim or higher
Time: 7:00 – 8:00 pm
Course Code: 380804
Section A1: Jan 12 – Mar 2
Section Fee: res./non-res. \$65.00/\$75.00

This unique and fun program will teach the basics of competitive diving. Each student will learn hurdles, forward diving positions, back dives and twisters. For those who have no experience, these maneuvers are easy for anyone to learn. Due to the small class size of this program, each student will receive individual attention.

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 AQUATICS

IMPORTANT:

All Aquatics participants must enter the designated Locker Rooms using the stairs from the Fieldhouse Pool deck. Please do not enter the Locker Rooms from the Fieldhouse Lobby.

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: Please limit your time in the locker rooms to 15 minutes after you finish swimming. Monday evening lap swimming sessions will be located in the Auxiliary Pool.

Course Code: 390301

Section A1: Jan 5 – May 31 (skip evening Jan 22, Feb 5)
(skip all day Feb 7, Mar 13 – Apr 24, May 23 – 25)

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

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

MASTER SWIM

Supervisor: Meghan Olson and Jenny Holtzen,
Masters Swim Coaches

Location: WFB High School, Field House Pool

Days: Monday thru Friday **Time:** 5:00 – 6:00 am

Course Code: 390304

Section A1: Jan 5 – May 29 (skip Mar 13 – Apr 24, May 25)

Section Fee: res./non-res. \$235.00/\$245.00

Section A2: Lap Swim Add-On

Section Fee: \$25.00

Master Swim is an aquatic fitness program for triathletes, competitive 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! Master Swimmers wishing to extend their morning pool time may register for Lap Swim (6:00 – 6:30 am) for an additional fee of \$25.00. Register for the add-on using course code 390304 A2 spaces are limited.

REGISTER TODAY!



DROP OFF / MAIL

5205 N. Lydell Avenue
Whitefish Bay, WI 53217



ONLINE

www.wfbschools.com



AFTERNOON WATER AEROBICS

Instructor: Karma McMillan, Certified Personal Trainer

Location: WFB High School Auxiliary Pool

Time: 3:45 – 5:15 pm

Note: Participants will not be allowed into the building until 3:45 pm

Course Code: 390303

Section A1: Tuesdays **Dates:** Jan 6 – May 19
(skip Mar 17, 24, 31, Apr 7, 14, 21)

Section A2: Wednesdays **Dates:** Jan 7 – May 20
(skip Mar 18, 25, Apr 1, 8, 15, 22)

Section A3: Thursdays **Dates:** Jan 8 – May 21
(skip Mar 19, 26, Apr 2, 9, 13, 23)

Section Fee: res./non-res. \$85.00/\$95.00 per section

Swimmers and non-swimmers, come join us for one hour of aerobic activity, strength training and stretching. The last 30 minutes may be spent swimming laps. Participants should enter Door 8 off the Ardmore Ave Parking lot at 3:45 pm. Please make sure to exit the building by 5:30 pm.

EVENING WATER AEROBICS

Instructor: Kathy Seitz, WFB Recreation Aquatics Coordinator

Location: WFB High School Field House Pool

Day: Mondays **Time:** 7:15 – 8:45 pm

Course Code: 390303

Section A4: Jan 5 – May 18 (skip Mar 16, 23, 30, Apr 6, 13, 20)

Section Fee: res./non-res. \$85.00/\$95.00

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



WALK FIT

Coordinator: Joe Kmoch, WFB Recreation Staff
Location: WFB High School, Field House Track
Days: Monday thru Friday **Time:** 5:30 – 6:30 am
Course Code: 390308
Section A1: Jan 5 – May 29 (skip Apr 3, 6, May 5 – 8, 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 regiment 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 your way to a healthier lifestyle.

WEIGHT TRAINING FOR SENIORS

Instructor: Karma McMillian, Certified Group Fitness Instructor
Location: Lydell School & Community Center, Room 19
Age: 60 years & up
Days: Tuesdays & Thursdays
Time: 11:00 – 11:45 am
Course Code: 390210
Section A1: Jan 6 – Jan 29
Section A2: Feb 3 – Feb 26
Section A3: Mar 3 – Mar 26
Section A4: Mar 31 – Apr 23
Section A5: Apr 28 – May 21
Section Fee: res./non-res. \$80.00/\$90.00

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.

LOW IMPACT AEROBICS

Instructor: Karma McMillian, WFB Fitness Instructor
Location: Lydell School & Community Center, Gym
Days: Mondays, Wednesdays & Fridays
Time: 8:00 – 8:45 am
Course Code: 390309
Section A1: Jan 3 – Mar 13
Section A2: Mar 23 – June 3 (skip Apr 3, May 25)
Section Fee: res./non-res. \$85.00/\$95.00

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 add the Strength and Stretch program at a 10% discount.

STRENGTH AND STRETCH

Instructor: Karma McMillian, WFB Fitness Instructor
Location: Lydell School & Community Center, Gym
Days: Mondays, Wednesdays & Fridays
Time: 8:50 – 9:35 am
Course Code: 390310
Section A1: Jan 3 – Mar 13
Section A2: Mar 23 – June 3 (skip Apr 3, May 25)
Section Fee: res./non-res. \$85.00/\$95.00

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 core. For a complete morning workout, participants may add the Low Impact Aerobics program at a 10% discount.

COMMUNITY FITNESS CENTER MEMBERSHIP

Supervisor: WFB Rec Dept Staff
Location: WFB High School Fieldhouse Balcony
Days: Mon thru Thurs **Time:** 6:30 – 8:30 pm (NEW TIME)
 Mon and Wed **Time:** 5:30 – 7:30 am
 Saturdays **Time:** 8:00 – 11:00 am
Dates: Jan 5 – May 30 (skip Apr 4, 6, 18, May 23, 25)
Course Code: 390315
Section A1: Adults 18 – 59 years old
Section Fee: res./non-res. \$120.00/\$130.00
Section A2: WFB Seniors 60+
Section Fee: res. \$110.00
Section A3: Lap Swim Add-On
Section Fee: \$25.00
Note: Please refer to Lap Swim dates and times
Section A4: Walk Fit Add-On
Section Fee: \$25.00
Note: Please refer to Walk Fit dates and times

The weight room will be open and a supervisor will be available to show the proper use of the equipment. Research has shown that resistance (weight) training is a vital component for maintaining muscle strength, overall good health and even maintaining cognitive function for men and women. All new participants must attend an on-site fitness center orientation on their first visit facilitated by a fitness center attendant prior to using the equipment. With the purchase of your membership, you can add the Lap Swim and/or Walk Fit Program for an additional \$25 for each. Please be aware that this is a shared space; at times there will be HS athletic teams using the Fitness Center along with community members.

WEIGHT TRAINING

Instructor: Karma McMillian, Certified Personal Trainer
Location: WFBHS Fitness Center
Age: 18 and older
Day: Saturday **Time:** 11:00 – 11:45 am
Course Code: 391208
Section A1: Jan 10 – Feb 7
Section A2: Feb 14 – Mar 14
Section A3: Mar 21 – May 2 (skip Apr 4, 18)
Section Fee: res./non-res. \$110.00/\$120.00

Taught by a certified personal trainer, this class is both for 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.

CHECK OUT OUR RecGram!

Emailed weekly to all Household Accounts and posted on Facebook with timely programming info! Make sure your email address is verified to receive the RecGram and other Recreation Department notifications.





PILATES W/ YIN YOGA

Instructor: Karma McMillan, Certified Pilates Instructor
Location: Lydell School & Community Center, Room 19
Age: 18 and older
Days: Tuesdays and Thursdays **Time:** 12:00 – 12:45 pm
Course Code: 391702
Section A1: Jan 6 – Jan 29
Section A2: Feb 3 – Feb 26
Section A3: Mar 3 – Mar 26
Section A4: Mar 31 – Apr 23
Section A5: Apr 28 – May 21
Section Fee: res./non-res. \$110.00/\$120.00

Pilates is a form of exercise which 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.

INDIVIDUALIZED WORKOUT PLAN

Instructor: Karma McMillan, Certified Personal Trainer
Location: WFB High School Fitness Center; Section A2 Only
Course Code: 390318
Section A1: Individualized Workout Plan
Section A1 Fee: res./non-res. \$65.00/\$75.00
Section A2: Training Session with Instructor
Section A2 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. Don't wait any longer and sign up today!

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
390341	6	\$168.00	\$219.00
390342	12	\$312.00	\$396.00
390343	18	\$432.00	\$558.00

Section A1: 30 Minute Sessions
Section A2: 45 Minute Sessions

Take your personal fitness to the next level with the guidance of one of our certified personal trainers. Sessions will be scheduled with the personal trainer assigned to you, and must be scheduled outside of the school day and when students are using the Fitness Center. Sessions must also be completed before the end of the Winter/Spring season. Sessions cannot be scheduled during school hours, or before 6:30 pm on weekdays.

ZUMBA

Instructor: Linda Brown, Certified Zumba Instructor
Location: Lydell School & Community Center, Gym
Day: Thursdays **Time:** 6:30 – 7:30 pm
Course Code: 390326
Section A1: Jan 8 – Feb 12
Section A2: Mar 5 – Apr 9
Section A3: Apr 23 – May 28
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 your 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! If you would like to try out one class for free, please call the main office.

INTRO TO TAI CHI

Instructor: Sandra Ingram
Location: Lydell School & Community Center, Room 17
Day: Tuesdays and Thursdays **Time:** 11:00 am – 12:00 pm
Course Code: 390312
Section A1: Jan 6 – Jan 15
Section Fee: res./non-res. \$35.00/\$45.00

A starter class for anyone who wants to learn this popular martial arts and 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.

BEGINNING 24 FORMS TAI CHI AND QI GONG

Instructor: Sandra Ingram
Location: Lydell School & Community Center, Room 17
Day: Thursdays **Time:** 11:00 am – 12:00 pm
Course Code: 390412
Section A1: Jan 22 – Feb 26
Section Fee: res./non-res. \$42.00/\$52.00

This class is for those who have taken Intro to Tai Chi or those who want to review the 24 Forms of Yang and will outline a gentle introduction to the ancient Chinese practices of Tai Chi and Qi Gong, combining slow, flowing movements, focused breathing, and mindfulness for improved health and well-being. No prior experience or special equipment is needed, making it accessible for nearly all fitness levels.

INTERMEDIATE 24 FORMS TAI CHI AND QI GONG

Instructor: Sandra Ingram
Location: Lydell School & Community Center, Room 17
Day: Tuesdays **Time:** 11:00 am – 12:00 pm
Course Code: 390412
Section A2: Jan 20 – Mar 3
Section A3: Apr 7 – May 19
Section Fee: res./non-res. \$49.00/\$59.00

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 your practice of Tai Chi (Yang Style 24 Forms and Sun 12 Forms). Qi Gong will be practiced for warm ups, meditation, and health.

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.



MINDFUL YOGA

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

Location: Lydell School & Community Center, Room 17

Course Code: 390329

Days: Mondays

Time: 9:30 – 10:30 am

Section A1: Jan 5 – Feb 23 (skip Jan 19)

Section A2: Mar 9 – Apr 27 (skip Mar 30, Apr 6)

Section A3: May 11 – June 22 (skip May 25)

Section A1 Fee: res./non-res. \$84.00/\$94.00

Section A2, A3 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!

INTEGRATED YOGA

Instructor: Jillian Holy-Skaja, Certified Yoga Instructor

Location: Lydell School & Community Center, Room 17

Course Code: 390333

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

MONDAYS

Time: 4:30 – 5:40 pm Beginner/Intermediate

Section A1: Jan 5 – Feb 9

Section A2: Feb 23 – Mar 30

Section A3: Apr 13 – May 18

Time: 5:45 – 6:55 pm Beginner/Intermediate

Section A4: Jan 5 – Feb 9

Section A5: Feb 23 – Mar 30

Section A6: Apr 13 – May 18

WEDNESDAYS

Time: 9:45 – 10:55 am Gentle/Beginner

Section B1: Jan 7 – Feb 11

Section B2: Feb 25 – Apr 8 (skip Apr 1)

Section B3: Apr 22 – May 27

BEGINNER/ INTERMEDIATE

Time: 11:00 am – 12:10 pm

Section B4: Jan 7 – Feb 11

Section B5: Feb 25 – Apr 8 (skip Apr 1)

Section B6: Apr 22 – May 27

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 at. 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.

BALLROOM DANCE



Coordinator: Nicolet Recreation Department

Instructor: Jacqui Lefebvre

Location: Nicolet High School Cafeteria, Glendale

Day: Tuesdays

Dates: Jan 13 – Apr 7 (skip Mar 31)

Course Code: 391402

Section A1: Basic I Beginner

Time: 6:30 – 7:25 pm

Section A2: Intermediate/Advanced

Time: 7:30 – 8:25 pm

Section Fee: res./non-res. \$88.00/\$98.00 (per couple)

Are you left out when the music starts playing at a wedding or on a cruise? Learn to Ballroom Dance and have a great time doing it! Dances covered in a year: Waltz, Foxtrot, Rumba, Cha Cha, Swing, Salsa and Tango.

Basic I (Beginner): Instruction on basic level steps for all 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.

LATIN DANCE



Coordinator: Shorewood Recreation Department

Location: Shorewood High School, Performing Arts Building, Room 276

Day: Thursdays

Time: 6:30 – 7:30 pm

Course Code: 391403

Section A1: Jan 15 – Mar 19

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

Come ready to learn the basic steps and rhythms of three social Latin dance styles. You will be introduced to Bachata, Merengue and Cha-cha-cha in an easy-to-follow way. Single persons and partners are welcome and no dance experience necessary. Join us for this little weekly sample of the Caribbean islands' flavor. Please wear easy-to-move-in shoes and avoid rubber soles.

VOLLEYBALL



Supervisor: Shorewood Recreation Department Staff

Location: Shorewood High School, Gym

Day: Wednesdays

Time: 7:45 – 9:45 pm

Course Code: 391209

Section A1: Jan 7 – May 13 (skip Apr 1)

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

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

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.



NORTH SHORE MARTIAL ARTS

Instructor: Phil Sauer, Owner of Young American Martial Arts Club
Location: Lydell School & Community Center, Gym
Ages: 11 years and up
Course Code: 341205

MONDAY TIME: 6:00 – 7:15 PM

Section A1: Jan 5 – Mar 23
Section A2: Mar 30 – June 15
 (skip May 25 – students may attend May 27 class)
Section Fee: res./non-res. \$179.00/\$189.00

MONDAY/WEDNESDAY TIME: 6:00 – 7:15 PM

Section A3: Jan 5 – Mar 25
Section A4: Mar 30 – Jun 17 (skip May 25)
Section Fee: res./non-res. \$225.00/\$235.00

Improve fitness and have fun while learning the Martial Arts from North Shore resident, Phil Sauer. Phil has been a Martial Arts 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. Families with multiple children participating in the program will be offered a 25% discount for additional siblings.

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: 391601

MONDAY BEGINNER TIME: 6:00 – 7:00 PM

Section A1: Mar 9 – June 8

TUESDAY INTERMEDIATE TIME: 7:00 – 8:00 PM

Section A2: Mar 10 – June 9

THURSDAY INTERMEDIATE TIME: 7:30 – 8:30 PM

Section A3: Mar 12 – June 11
Section fee: res./non-res. \$560.00/\$570.00

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

ADULT GROUP GOLF LESSONS

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

Days: Mondays
Time: 6:00 – 7:00 pm

Course Code: 391501
Section A1: Feb 2 – Feb 23
Section A2: Mar 2 – Mar 23
Section Fee: res./non-res. \$155.00/\$165.00

Bring your own clubs and enjoy bettering your golf skills from the heated bays!

OPEN BASKETBALL

Supervisor: Chad Sloden, WFB Recreation Staff
Location: WFB HS Fieldhouse, Courts 3 and 4
Day: Wednesdays
Note: Cancellations may happen due to school events. Best efforts are made to reschedule.

Dates: Jan 7 – Mar 18 **Time:** 8:00 – 10:00 pm
 Mar 25 – May 27 **Time:** 7:30 – 9:30 pm

Course Code: 391203
Section A1: Jan 7 – May 27 (skip Apr 15, May 6)
Section Fee: res./non-res. \$65.00/\$75.00

Participating in our open 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 is a \$10.00 late fee for registrations received on or after the start date.

PICKLEBALL

Supervisor: Brett Roeder, WFB Recreation Staff
Location: WFB High School, Field House Courts 1 and 2
Day: Tuesdays
Time: 7:30 – 9:30 pm
Note: Mar 10 & 17 will adjust to 8:00 – 10:00 pm. Cancellations may happen due to school events. Best efforts are made to reschedule.

Course Code: 392304
Section A1: Mar 10 – May 26 (skip Apr 14, May 5)
Section Fee: res./non-res. \$65.00/\$75.00

The fun game with the funny name is one of the fastest growing sports in the nation. It is a combination of badminton, tennis and table tennis and is enjoyed by all age groups. Using a badminton-size court, tennis-height net, paddle and a baseball-sized wiffle ball, this game is usually played by doubles. It is easy to learn and provides plenty of exercise and eye-hand coordination. Want to watch a video? Go to www.USAPA.org, click on the link "What is Pickleball?" under Training and Court Info link!

BADMINTON

Supervisor: WFB Recreation Staff
Location: WFB HS Fieldhouse, Courts 1 and 2
Day: Wednesdays
Note: Cancellations may happen due to school events. Best efforts are made to reschedule.

Dates: Jan 7 – Mar 18 **Time:** 8:00 – 10:00 pm
 Mar 25 – May 27 **Time:** 7:30 – 9:30 pm

Course Code: 391201
Section A1: Jan 7 – May 27 (skip Apr 15, May 6)
Section Fee: res./non-res. \$65.00/\$75.00

Great physical conditioning and a lot of fun. Badminton players will be paired with others that 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 will be furnished or you may bring your own. Shuttlecocks will be provided.



ARCHERY

Coordinator: Nicolet Recreation Department
Instructor: Inna Lebedinsky
Location: Kletzsch Park Archery Range, Glendale
Days: Tuesdays, Wednesdays, Thursdays
Time: 5:45 – 6:30 pm
Course Code: 361208
Section D1: Tuesdays Apr 28 – June 2
Section D2: Wednesdays Apr 29 – June 3
Section D3: Thursdays Apr 30 – June 4
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.

ORGANIZE YOUR HOME

Presenter: Amy Janken, Owner of Peace and Purpose Home Organization
Location: Lydell School & Community Center, Room 19
Time: 6:00 – 7:00 pm
Course Code: 362503
Section A1: Thursday, May 14
Section Fee: res./non-res. \$10.00/\$20.00

Does your home need a little help in the organization department? Join Amy Janken, Personal Organizer, as she guides you through a typical home and gives tips & tricks about how to organize each room for a clean and clutter-free living space.

ADULT AND PEDIATRIC CPR/FIRST AID CERTIFICATION

Instructor: Jessica Heller, Heller Safety Solutions
Location: Lydell School & Community Center, Room 17
Day: Tuesdays
Time: 5:00 – 7:30 pm
Course Code: 391027
Ages: 11 and older
Section A1: Jan 20 **Registration Deadline:** Jan 13
Section A2: Mar 17 **Registration Deadline:** Mar 10
Section A3: May 5 **Registration Deadline:** Apr 28
Section Fee: res./non-res. \$79.00/\$89.00

This class combines online learning with an in-person, hands-on practice and testing session. This course prepares individuals to provide care for choking emergencies, basic first aid, and perform CPR and use an AED device for victims of sudden cardiac arrest. Students will be required to complete online coursework before the class starts (please note this can take up to 2.5 hours to complete). Students must bring a copy of the online verification certificate to the skills session class. Upon successful completion of the hands-on skills session, you will receive the American Red Cross Adult CPR/AED/First Aid certification; valid for two years. Online work will be sent one week prior to the class.

QUILTING STUDIO

Instructor: Maribeth Schmit, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 22

Day: Thursdays
Time: 9:30 am – 12:00 pm

Course Code: 390905
Section A1: Jan 8 – Mar 12 (skip Jan 22, Feb 19)
Section A2: Mar 26 – May 7
Section Fee: res./non-res. \$100.00/\$110.00

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 & Community Center, Room 22
Day: Mondays
Time: 12:30 – 3:00 pm
Course Code: 390901
Section A1: Jan 5 – Mar 9
Section A2: Mar 16 – May 18
Section Fee: res./non-res. \$70.00/\$80.00

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. All participants must bring their projects and fabric to the first class.



Peace and Purpose
HOME ORGANIZATION



LET'S GET ORGANIZED!

- CLOSETS
- KITCHEN/PANTRY
- LIVING ROOM
- BEDROOMS
- BASEMENT
- GARAGE

AMY JANKEN
PERSONAL ORGANIZER



PEACEANDPURPOSEHOMEORGANIZATION.COM



312.914.2499



INTRODUCTION TO WOODWORKING

Instructor: Corey Prendergast, Carpenter and former WFB High School Teacher
Location: Whitefish Bay High School, Room 40
Day: Tuesdays
Time: 6:30 – 7:30 pm
Course Code: 390517
Section A1: Jan 13 – March 3
Section Fee: res./non-res. \$105.00/\$115.00

Discover the basics of woodworking in this hands-on class. Designed for beginners, this course guides adults through essential tools, safety practices, and woodworking techniques. Participants will complete a personal project of their choice - either a plant stand, cutting board, or step stool - while gaining confidence and skills in a supportive workshop environment. Each participant must bring a \$35.00 materials fee to the instructor on the first day of class.

WOODWORKING OPEN LAB SESSION

Instructor: Corey Prendergast, Carpenter and former WFB High School Teacher
Location: Whitefish Bay High School, Room 40
Day: Wednesdays
Time: 6:00 – 8:00 pm
Course Code: 390514
Section A1: Jan 14 – Mar 18
Section A2: Mar 25 – May 27
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.

WRITING FOR FUN OR PUBLICATION

Instructor: Nancy Martin, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 15
Day: Wednesdays
Time: 1:00 – 3:00 pm
Course Code: 391002
Section A1: Jan 21 – Feb 25
Section A2: Mar 11 – Apr 15
Section Fee: res./non-res. \$60.00/\$70.00

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

COLORED PENCIL TEXTURES

Instructor: Mary Pesch, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 24
Day: Tuesdays and Thursdays
Time: 9:30 – 11:00 am
Course Code: 390705

Section A1: Jan 6 – Feb 19 (skip Jan 20, Jan 22)

Section A2: Apr 7 – May 19 (skip May 7)

Time: 7:00 – 8:30 pm

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

Students will learn to render photorealistically the following textures - pearls, plaid, denim, satin, metal, wood & river rocks. Step-by-step, illustrated worksheets will show the procedures to complete each project. Class demos will guide the students with helpful tricks and tips. Concepts covered: exploring light sources, innovated pencil strokes, blending methods, highlighting, creative textures and toned paper instruction. Class is for all levels & beginners are welcome. Join our nurturing, fun environment. A complete supply list can be found on your receipt.

BEGINNING AND CONTINUING OIL PAINT

Instructor: Barbara Friedman, Masters in Art Education

Location: Lydell School & Community Center, Room 24

Day: Thursdays

Time: 11:30 am – 2:00 pm

Course Code: 390709

Section A1: Mar 12 – May 28

Section Fee: res./non-res. \$150.00/\$160.00

Students will be painting from life using fruit, flowers and objects in a simple still life set-up. Students 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 complete supply list can be found on your receipt.

BEADED PEN WORKSHOP

Instructor: Carol Ann Skurulsky, WFB Recreation Instructor

Location: Lydell School & Community Center, Room 24

Day: Tuesday

Time: 5:30 – 6:30 pm

Course Code: 390906

Section A1: Feb 10

Section A2: Apr 14

Section Fee: res./non-res. \$20.00/\$30.00

Join us for a new arts and crafts idea that's trending and can be personalized for each person who will get this unique gift. It's a great present for birthdays, anniversaries, co-workers or just for you! Come learn this trending new and easy craft!

GLASS ETCHING FOR BEGINNERS

Instructor: Shelley Feil, WFB Recreation Instructor

Location: Lydell School & Community Center, Room 24

Time: 6:00 – 7:00 pm

Course Code: 391004

Section A1: Tuesday, Jan 13

Section A2: Thursday, Mar 12

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

Try glass etching for something unique and eye-catching! Glass etching is a technique that uses a substance to create a design or pattern on

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.



glass. The substance removes a thin layer of glass to create a frosted surface. It is a rewarding hobby suitable for any skill level. In this workshop, participants will use a pre-made stencil to etch a design on glassware. Participants will walk away with one etched glass. All materials will be provided by the instructor. What will you create?

FUNDAMENTALS OF DRAWING I & II

Instructor: Debra Locke, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 24
Days: Mondays & Wednesdays
Time: 1:00 – 2:30 pm
Course Code: 390506
Section A1: Feb 2 – Mar 11 Fundamentals I
Section A2: Apr 13 – May 20 Fundamentals II
Section Fee: res./non-res. \$120.00/\$130.00

Fundamentals I: Artists of all levels are welcome. Discuss the tools and learn how to properly shade, blend and highlight. Receive instruction on how to mathematically enlarge and reduce the size of an image and view a demonstration on mat cutting. **A complete supply list can be found on your receipt.**

Fundamentals II: Artists of all levels are welcome. Participants will learn to accomplish their desired effects through secret tricks of the trade. Bring in your own piece to work on or choose from beginner, intermediate or advanced material from instructor Debra Locke who has her BA in Art Education. **A complete supply list can be found on your receipt.**

BEGINNING MAH JONGG

Coordinator: Mequon Thiensville Recreation Department
Instructor: Jackie Blumberg
Location: Range Line Community Center, Room 109, Mequon
Day: Fridays
Dates: Apr 24 – May 29 **Registration Deadline:** Apr 10
Course Code: 391120
Section A1: 10:00 am – 12:00 pm
Section A2: 1:00 – 3:00 pm
Section Fee: res./non-res. \$78.00/\$88.00

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 play with people of all ages. Although this game of Chinese tiles is played by 4 people, the play is individual so partners are not needed. Groups of "Mahj" friends play 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. Fee includes current National Mah Jongg League Cards and materials.

ADVANCED MAH JONGG

Coordinator: Mequon Thiensville Recreation Department
Instructor: Jackie Blumberg
Location: Range Line Community Center, Room 109, Mequon
Day: Thursdays
Dates: Apr 23 – May 28
Course Code: 392021
Section A1: 9:30 – 11:30 am
Section Fee: res./non-res. \$56.00/\$66.00

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 game play. 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 2025 Mah Jongg League card.

BEGINNER SHEEPSHEAD

Coordinator: Nicolet Recreation Department
Instructor: Dennis Staral
Location: Nicolet High School, Room B113
Ages: 13 years and up
Day: Mondays
Time: 4:00 – 5:00 pm
Course Code: 360504
Section A1: Mar 2 – Apr 27 (skip Mar 30)
Section Fee: res./non-res. \$40.00/\$50.00

Learn the popular card game of Sheepshead (Schafkopf -- in German). It is a card game, originated in Central Europe in the late 1700s, and popular in Wisconsin because of its large German-American population. Many European nationalities now enjoy this game of Sheepshead, which uses 32 cards (7s thru 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.

ADULT SPANISH FOR TRAVEL (VIRTUAL)

Instructor: Futura Language Instructor
Location: Virtual
Day: Thursdays
Time: 6:00 – 7:00 pm
Course Code: 321001
Section A3: Feb 26 – Apr 2
Section Fee: res./non-res. \$119.00/\$129.00

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.

LANDLORD AND TENANT RIGHTS & RESPONSIBILITIES UNDER WI LAW

Presenter: Ben Merens, Outreach Specialist Division of Trade and Consumer Protection (DATCP)
Location: Lydell School & Community Center, Room 15
Time: 6:00 – 7:00 pm
Course Code: 328904
Section A2: Wednesday, Apr 15
Section Fee: res./non-res. \$10.00/\$20.00

The Wisconsin Bureau of Consumer Protection will present information on landlord and tenant rights and responsibilities under Wisconsin law. Many WI residents live in rental housing. As a landlord or tenant, it is important to understand your rights and responsibilities. As part of the presentation, landlord and tenant resources will be available.



FINANCIAL PLANNING FOR SUCCESS

Presenter: Lyssa McGauran, Financial Advisor,
Kindler Henrickson Group

Location: Lydell School & Community Center, Room 17

Time: 2:00 – 3:30 pm

Course Code: 390715

Section A1: Wednesday, Feb 11

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, utilizing the appropriate investment vehicles & the tax implications, and understanding strategies relating to Social Security & Medicare.

TAMING THE HIGH COST OF COLLEGE

Instructor: Brad Baldridge

Location: Lydell School & Community Center, Room 15

Time: 7:00 – 8:30 pm

Course Code: 391016

Section A1: Tuesday, Feb 17

Section Fee: res./non-res. \$10.00/\$20.00

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

Here's what you'll learn:

- How to PAY LESS for college
- How to 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

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

RUSTIC SOURDOUGH BREAD



Coordinator: Nicolet Recreation Department

Instructor: Steve Shapson

Location: Nicolet High School, Room B133

Day: Thursday **Time:** 6:00 – 7:30 pm

Course Code: 392504

Section B1: Feb 5

Section B2: May 14

Section Fee: res./non-res. \$58.00/\$68.00

Our ancestors ate mostly fermented foods, including bread which was leavened using various strains of healthy bacteria and baked in a cast iron pot over an open fire. Recently, an explosive interest in making this fermented bread (sourdough) has taken place. Making sourdough bread is easy, healthy and delicious.

Steve breaks the information so anyone can follow his directions and make perfect sourdough bread the first time. This class includes all aspects of sourdough bread baking: the starter, flours, salting, hydration ratios, the leaven, the autolyse, kneading/resting/stretching, proofing, baskets/bannetons, the rise, etching, Dutch Oven baking, the crumb, the crust. A sourdough starter is included so you can make great sourdough bread at home. We will bake and sample a fresh sourdough bread with butter and honey from Steve's Bees Honey. Course documents, pens & note paper will be provided. Steve will demonstrate all stages of the sourdough bread making process. This is not a 'hands-on' workshop.

AARP SMART DRIVER COURSE

Instructor: John Graber, Safety Instructor- AARP

Location: Range Line Community Center - Conference Room

Time: 8:00 am – 12:15 pm

Course Code: 392016

Section A1: Tuesday, Mar 24 **Registration Deadline:** Mar 17

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).

KEEPING YOUR BRAIN STRONG: EVERYDAY WAYS TO FIGHT COGNITIVE DISEASE

Instructor: Rachael Geile, MS, CCC-SLP

Location: Freedom Physical Therapy Services
6908 N. Santa Monica Boulevard, Fox Point

Time: 10:00 – 11:00 am

Course Code: 390319

Section A1: Wednesday, Feb 4

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.



UNDERSTANDING HEART HEALTH: WHAT EVERY ADULT SHOULD KNOW

Instructor: Charlie Coenen, DPT
Location: Freedom Physical Therapy Services
 6908 N. Santa Monica Boulevard, Fox Point
Time: 10:00 – 11:00 am
Course Code: 390507
Section A1: Wednesday, Feb 11
Section Fee: res./non-res. \$10.00/\$20.00

This class serves to describe the basics of cardiovascular anatomy and functions, identify risk factors/warning signs of heart disease, screenings for cardiac disease, and provide information about heart disease in the light of non-cardiac surgeries. We will also spend time speaking about exercise and the cardiac system, as well as what wearable technology can tell us about our hearts.

LABOR LAB: CHILDBIRTH EDUCATION & POSTPARTUM PREPARATION



Instructor: Christina Drain Ba, BD (DONA), CLD, BADT, C-FSD, CLCE, CCCE
Location: Lydell School & Community Center, Room 17
Days: Tuesdays and Thursdays
Time: 6:00 – 7:30 pm
Course Code: 328901
Section A1: Feb 3 – Feb 12
Section A2: May 5 – May 14
Section Fee: res./non-res. \$130.00/\$140.00
 (per family - up to two adults)

Preparing for birth is about more than just labor- it's about building confidence, deepening connections, and welcoming your baby with knowledge and love. Our fun and interactive childbirth class helps families feel calm, confident, and connected as they prepare for labor and embark on their journey. Learn practical tools, explore comfort techniques, discover how to make choices that fit your birth and walk away with a birth and postpartum preference guide.

HELPING LITTLE VOICES GROW: SUPPORTING SPEECH & LANGUAGE DEVELOPMENT IN CHILDREN

Instructor: Rachael Geile, MS, CCC-SLP
Location: Freedom Physical Therapy Services
 6908 N. Santa Monica Boulevard, Fox Point
Time: 6:00 – 7:00 pm
Course Code: 390512
Section A1: Wednesday, Mar 11
Section Fee: res./non-res. \$10.00/\$20.00

In this class, we'll explore how speech and language skills typically develop, fun and easy ways you can encourage growth at home, and signs that it might be time to seek extra support. You'll walk away with practical tips, playful activities, and guidance on when professional help may be needed—so you can feel empowered to nurture your child's communication every step of the way.

FIX YOUR GUT: NATURAL APPROACHES TO DIGESTIVE HEALTH



Instructor: Dr. Mary Simon, Thrive Holistic Medicine
Location: Lydell School & Community Center, Room 17
Time: 5:00 – 6:00 pm
Course Code: 390328
Section A1: Thursday, Jan 8
Section Fee: res./non-res. \$25.00/\$35.00

Tired of bloating, discomfort, constipation, diarrhea, or unpredictable digestion? In this class Naturopathic Doctor, Mary Simon will teach you the best functional lab tests and natural solutions to help achieve digestive balance. You don't have to suffer anymore- there are answers and natural solutions to fix it! Items to be covered: stool testing, food sensitivity testing, SIBO testing, colon hydrotherapy, nutrients, herbs, probiotics, and homeopathic remedies.

WHOLE & WELL: A 14-DAY CLEANSE



Instructor: Dr. Mary Simon, Thrive Holistic Medicine
Location: Lydell School & Community Center, Room 17
Time: 6:30 – 7:30 pm
Course Code: 391102
Section A2: Thursday, Jan 8
Section Fee: res./non-res. \$52.00/\$62.00

Start the new year by giving your body exactly what it needs- real, healing food. This 14-day cleanse is built around anti-inflammatory, whole-food meals designed to reset digestion, and flood your body with the nutrients it craves. Each day, you'll enjoy colorful fruits and vegetables, clean proteins, healthy fats, and grounding meals that not only support physical health but also nourish mental clarity and emotional balance. At this kick-off meeting, Dr. Mary Simon will go over the program material including two weeks of meal plans, recipes, and grocery lists, and answer your questions. You will also receive daily motivational emails during the cleanse.

SINGING BOWL MEDITATION



Instructor: Dr. Mary Simon, Thrive Holistic Medicine
Location: Lydell School & Community Center, Room 19
Day: Thursdays
Time: 7:00 – 8:00 pm
Course Code: 390703
Section A1: Feb 5
Section A2: Mar 12
Section A3: Apr 9
Section A4: May 7
Section Fee: res./non-res. \$25.00/\$35.00

Experience deep relaxation through the calming tones of singing bowls. This immersive sound meditation helps quiet the mind, ease stress, and support overall well-being. Participants simply lie back and allow the soothing vibrations to create a peaceful atmosphere that encourages rest and balance. No prior experience is needed, just bring yourself and enjoy the calm. Dr. Mary Simon from Thrive Holistic Medicine is excited to bring this offering to the community as she's seen how this therapy allows the nervous system to go from fight-or-flight into rest-and-digest instantly, helping you feel better both physically and mentally.



ADULT ENRICHMENT

UNDERSTANDING YOUR LAB RESULTS

Instructor: Dr. Janice Joerges, Thrive Holistic Medicine
Location: Lydell School & Community Center, Room 17
Day: Thursdays
Time: 7:00 – 8:00 pm
Course Code: 390500
Section A1: Jan 15 – CBC/CMP
Section A2: Jan 22 – Full Thyroid Panel
Section A3: Jan 29 – Lipids
Section Fee: res./non-res. \$25.00/\$35.00

Come join Naturopathic Doctor Janice Joerges from Thrive Holistic Medicine for information sessions that break down common lab results, what indicates your health, and how these labs can be used to prevent disease. These sessions are to educate and empower, so bring your labs with you or simply come to learn. Each session reviews a different lab. This class is educational only, no medical advice will be given.

OLD FAMILY PHOTOS AND THE DIGITAL AGE

Coordinator: Nicolet Recreation Department
Instructor: C.T. Kruger
Location: Nicolet High School, Room B114, Glendale
Time: 6:30 – 8:00 pm
Course Code: 391110
Section A1: Thursday, Jan 29
Section Fee: res./non-res. \$26.00/\$36.00

Your old family photo prints and slides can be converted to digital pictures files - whether you have a computer or not - for a multitude of digital uses and sharing. This two-hour seminar covers scanning prints and slides, workflow, and how to get and stay organized. Information on computer use is for Windows PC computers.

IPAD/IPHONE- TIPS, TRICKS & TECHNIQUES

Coordinator: Nicolet Recreation Department
Instructor: C.T. Kruger
Location: Nicolet High School, Room B114, Glendale
Time: 6:30 – 8:00 pm
Course Code: 391025
Section A1: Thursday, Mar 12
Section Fee: res./non-res. \$26.00/\$36.00

This hands-on class is specific to Apple iPhone, iPad tablets and iPad mini devices. Learn tips, tricks and techniques to navigate, organize, backup and add useful apps to your Apple device.

REGISTER TODAY!



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



ONLINE
www.wfbschools.com

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, Mequon
 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.

DIAMOND SERIES CLASS

Day: Mondays
Time: 9:00 – 11:00 am
Course Code: 391001
Section A1: Jan 12 – Mar 23 (one week off TBD)
Registration Deadline: Dec 29
Section Fee: res./non-res. \$90.00/\$100.00

This 10 week class focuses on the fundamentals of Declarer play emphasizing a process of careful planning and covers basic techniques of developing extra tricks, common pitfalls to avoid and proper timing of play choices. Familiarity with basic bidding techniques is necessary. Review of defense techniques will also take place. This class requires a textbook, which is available for purchase from the instructor.

DIAMOND SERIES PRACTICE

Day: Mondays
Time: 9:00 – 11:00 am
Course Code: 391001
Section A2: Mar 30 – Apr 27
Registration Deadline: Mar 23
Section Fee: res./non-res. \$48.00/\$58.00

Practice and focus on playing hands based on concepts learned in the Diamond Series Class.

COMMONLY USED CONVENTIONS

Day: Tuesdays
Time: 9:00 – 11:00 am
Course Code: 391001
Section A3: Jan 13 – Mar 24 (one week off TBD)
Registration Deadline: Dec 30
Section Fee: res./non-res. \$90.00/\$100.00

This course is an introduction to conventions and treatments that players are likely to encounter in competitive bridge games. Although the material is primarily designed for students who have come up through the ACBL Bridge series, it should appeal to players from various backgrounds. Students should be familiar with the basics of the game - bidding, play and defense. Some of the topics that are covered are Stayman, Jacoby, Transfers, Jacoby 2NT, Fourth Suit Forcing, and Weak Two Bids. This class runs for 10 weeks. A student text is available for purchase from the instructor.

CONVENTIONS PRACTICE PLAY SESSIONS

Day: Tuesdays
Time: 9:00 – 11:00 am
Course Code: 391001
Section A4: Mar 31 – May 26 (skip May 5)
Registration Deadline: Mar 24
Section Fee: res./non-res. \$75.00/\$85.00

This class is for bridge players who have completed the Commonly Used Conventions Series. It focuses on playing hands based on concepts learned in the Conventions class. These lessons run for 8 weeks.



BUSINESS SPONSORSHIP INFORMATION

Dear Business Sponsors,

The Whitefish Bay Community Garden provides food for our local communities in need and empowers all WFB residents to grow healthy food by providing resources, organizational capacity, space and logistical assistance. With each growing season, the garden provides an abundant amount of nutritious food and educational opportunities.

Though our harvest has been stable and we have been able to widen our outreach efforts, it relies solely on community donations and business sponsorships.

This challenges the Community Garden's sustainability and limits our continued success in the long term.

Let's grow better together, to increase food security, educational opportunities and maximize our village's beautification through the garden. All we need is your financial gift to help us take root.

Together we grow,

Carin Keland

Carin Keland Recreation Director
Whitefish Bay Recreation Department

GROWING COMMUNITY...



...ONE SEED AT A TIME.

Annual Business Sponsorship Packages

By becoming a business sponsor of the Community Garden, your company will be aiding in the creation of a better community through a mutually beneficial partnership. Your sponsorship helps secure water, equipment, staff support, and general garden expenses, and your business will grow through the publicity we can provide. Sponsorship packages are limited in availability and non-competitive.

HARVEST LEVEL \$1,000

Includes:

- Recreation guide quarter page ad space in the three yearly issues
- Website recognition on Community Garden page
- Recognition on all garden email newsletters
- Recognition on printed materials
- Recognition on garden signage
- Invitation to our fall Harvest Open House and Appreciation Event

CORNUCOPIA LEVEL \$2,500

Includes:

- Recreation guide half page color ad space in the three yearly issues
- Website recognition on Community Garden page
- Recognition on all monthly garden email newsletters
- Recognition on printed garden materials
- Recognition on garden signage
- Invitation to our fall Harvest Open House and Appreciation Event
- Social media posts

IN-KIND DONATIONS

If your business would like to donate to the Community Garden, but is unable to give a monetary donation, please consider an in-kind donation of goods or services. Donations made in this way will earn donors a one-time public thank-you.

To discuss sponsorship options please call Carin Keland, Director of Recreation, at 414-963-3888 or [complete the Sponsor Commitment Form on the next page!](#)



Sponsorship Commitment Form

Name: _____

Title: _____

Company: _____

Address: _____

Apt/Suite: _____ City: _____ State: _____ Zip Code: _____

Phone Number: _____

Email: _____

Sponsorship Package Selection

(check at least one)

☐ Annual Harvest

☐ Annual Cornucopia

☐ In-Kind Donation (Value \$_____)

I agree to provide the monetary donation or in-kind donation indicated above in return for the corresponding incentives detailed in the sponsorship packet.

Signature: _____ Date: _____

Completed sponsorship commitment forms can be e-mailed to carin.keland@wfbschools.com or dropped off at the Whitefish Bay Recreation Department office. Checks can be made payable to The Whitefish Bay Recreation Department.

Sponsorship deadline is January 31, 2026.

SENIOR PROGRAMMING

2026 TRAVEL SHOW WITH PREMIER WORLD DISCOVERY

Presenter: LaWanna Lambert, Premier World Discovery
Location: Lydell School & Community Center, Room 17
Course Code: 377777
Section A1: Thursday, Jan 8 **Time:** 2:00 – 3:00 pm
Section A2: Wednesday, May 13 **Time:** 1:00 – 2:00 pm
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 some fantastic 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. Learn more about each trip's itinerary, accommodations and costs. All trips must be paid in full 75 days prior to departure. Trips are booked on a first come-first served basis. Trips planned for 2026 include:

Mt. Rushmore/Yellowstone/Western National Parks (Departs June 17): This 9-day trip encompasses 4 states (Utah, Wyoming, Montana & South Dakota) and many well-known tourist destinations of the wild, wild west! Cost is \$4,675/person for a double or book early for a discounted rate!

West Virginia Rails and Williamsburg (Departs Sept 24): This 8-day trip will take you on the train ride of a lifetime through the scenic hills and valleys of Virginia & West Virginia with many historic landmarks to visit along the way. Cost is \$4,349/person for a double or book early for a discounted rate!

Vienna & Christmas Markets of the Danube (Departs Dec 10): This 9-day trip includes stops in Slovakia, Austria and Germany. Enjoy this magical time of year as European countries transform with history and holiday tradition into fairytale Christmas settings. Rates start at \$4,845/person for a double or book early for a discounted rate!



SPRING LUNCHEON

Location: Lydell School & Community Center, Gym
Ages: 55 years and up
Time: 11:30 am – 1:30 pm
Course Code: 334455
Section A1: Thursday, Feb 19
Registration Deadline: Thursday, Feb 12
Menu: Pasta Lunch, Garden Salad, Garlic Bread, Dessert & Coffee
Section Fee: res./non-res. FREE/\$11.00

Whitefish Bay Recreation and Community Education Department invites our Whitefish Bay Senior residents, 55 years of age and older, for a FREE meal and entertainment. Non-resident seniors can also join in on the fun and register at the low cost of \$11.00 per meal. We will be playing BINGO and awarding non-cash prizes. Pre-registration is required, as seating is limited. Please reserve your spot by completing a Recreation and Community Education program registration form, registering online, or by giving us a call at 414-963-3947. Register with a friend and enjoy!

SENIOR COFFEE TALK:

MOVING FORWARD: TIPS FOR DOWNSIZING & YOUR REAL ESTATE OPTIONS

Presenter: Annie Jurczk, Keller Williams and Lisa Haynes, A Bridge Forward
Location: Lydell School & Community Center, Room 17
Time: 9:30 – 11:00 am
Course Code: 399999
Section A1: Thursday, Feb 26
Section Fee: Free

Are you considering a move or curious about your housing options? This Moving Forward Seminar is here to guide you. Join Lisa Haynes, a trusted Senior Move Manager, and Annie Jurczyk, a Senior Real Estate Specialist, for a free, thoughtful discussion designed specifically for seniors and their families. We'll explore practical steps for downsizing, understanding the real estate market, and making decisions that fit your lifestyle and goals. This isn't a sales pitch—it's a supportive conversation to help you navigate important choices with clarity and confidence. If you're ready to learn, share, and find answers to your housing questions in a relaxed and welcoming environment, this seminar is for you. Sign up today and take the first step toward peace of mind for your next chapter.

COMMON SCAMS & FRAUDS TARGETING SENIORS

Presenter: Ben Merens, Outreach Specialist Division of Trade and Consumer Protection (DATCP)
Location: Lydell School & Community Center, Room 17
Time: 10:00 – 11:00 am
Course Code: 399999
Section A1: Monday, May 5
Section Fee: Free

The Wisconsin Bureau of Consumer Protection will discuss the details of common scams that target seniors, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful factsheets from the DATCP will be available. As Wisconsin's lead agency for consumer protection, DATCP provides information and education, mediates complaints, investigates cases, and takes enforcement actions to fight fraudulent and deceptive practices that harm consumers and honest businesses.



SENIOR PROGRAMMING

EASTCASTLE PLACE

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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THANK YOU

2025 Donors

To our WFB Community Garden Coordinator, Volunteers, Donors, and Local Sponsors, thank you for a great 2025 Growing season!

THE 2026 GROWING SEASON
WILL BEGIN IN APRIL.

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CONNECT WITH YOUR LOCAL CUSTOMERS**

414-963-3947

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	Time: 5:30 – 7:30 am
Mondays – Thursdays	Time: 6:30 – 8:30 pm (NEW TIME)
Saturdays	Time: 8:00 – 11:00 am
Dates: Jan 5 – May 30	
(skip Apr 4, 6, 18, May 23, 25)	

MEMBERSHIP PACKAGE OPTIONS

Adult Fee:	\$120.00 / \$130.00 non-resident
Course Code:	390315 A1
Senior Fee:	(WFB seniors Ages 60 and Up) \$110.00 resident only
Course Code:	390315 A2

Whitefish Bay High School Student Fee:	\$40.00 resident only
Course Code:	390315 A5

FITNESS MEMBERSHIP ADD-ONS

See Descriptions for class details.

- ☐ **LAP SWIM \$25.00** P. 26
- ☐ **WALK FIT \$25.00** P. 27

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. We do not prorate fees.

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 automated email.

PROGRAM WITHDRAWAL CANCELLATION 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. Classes may be cancelled due to low enrollment or other factors. Household credits will be issued for cancellations done by the WFB Recreation Department.

REFUND PROCEDURE

Refunds may be requested in the following situations:

- A class is cancelled by the Recreation Department
- A family moves from the village
- Satisfaction Guarantee (See policy on page 43)
- Medical condition (with a Doctor's note)

To request, please send a written letter or email to Carin Keland, carin.keland@wfbschools.com.

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.

**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.

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 can be applied to another Recreation Department program. Refunds processed upon request. Some program 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 WFB residents to rent for \$15.00 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; within the policies and procedures established by the School 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
RECREATION

REGISTRATION OPTIONS



Email address _____

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- Family Fun
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IMPORTANT REGISTRATION DATES

WFB Resident Registration Begins

NOV. 17, 2025

Non-Resident Registration Begins

DEC. 2, 2025

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