PROGRAMMING FOR YOUTH, ADULTS & SENIORS

WINTER/SPRING 2027

Whitefish Bay RECREATION

Bringing **Community** Together







ALL NEW SENIOR OFFERINGS

INFORMATION INSIDE!





RESIDENT LOTTERY REGISTRATION

BEGINS NOV. 23, 2026

Non-Resident Registration begins Dec. 8, 2026.

CHECK INSIDE: After School Programs | Adult & Youth Art Classes
Youth Sports | FUN FOR ALL!

CONNECTS BEFORE & AFTER SCHOOL
2027-2028 School Year Enrollment

Connecting children, home & school

Begins April 19th, 2027

Connects Program:

The Connects program was created to support Whitefish Bay families by providing high-quality childcare during non-school hours. We work closely with parents and our school community to create a safe, caring, and inclusive environment for every student.

Our goal is to support the whole child by reinforcing skills learned during the school day, encouraging positive growth, and, most importantly, making sure our students have FUN!

How to Enter the Lottery:

Enrollment Forms are available at Richards or Cumberland Schools, the WFB Recreation Dept., or online at: www.wfbschools.com/community-recreation/

To be eligible for the lottery, forms must be submitted through the online Google Form or handed in-person to the WFB Recreation Dept. **between April 19th - 21st**.

Emailed OR mailed forms will NOT be accepted.

Lottery Information:

Lottery registration is used for our most in-demand Recreation and Community Education programs to give all residents a fair and equal opportunity to participate.

Registrations are accepted during the designated lottery period. On the lottery processing date, participants are randomly selected through a computer-generated system. Those not selected will be placed on a waitlist.

Lottery Results:

The lottery will be processed on April 22nd.

Enrollment forms received on or after April 22nd will **NOT** be entered into the lottery, but processed in the order in which they were received.

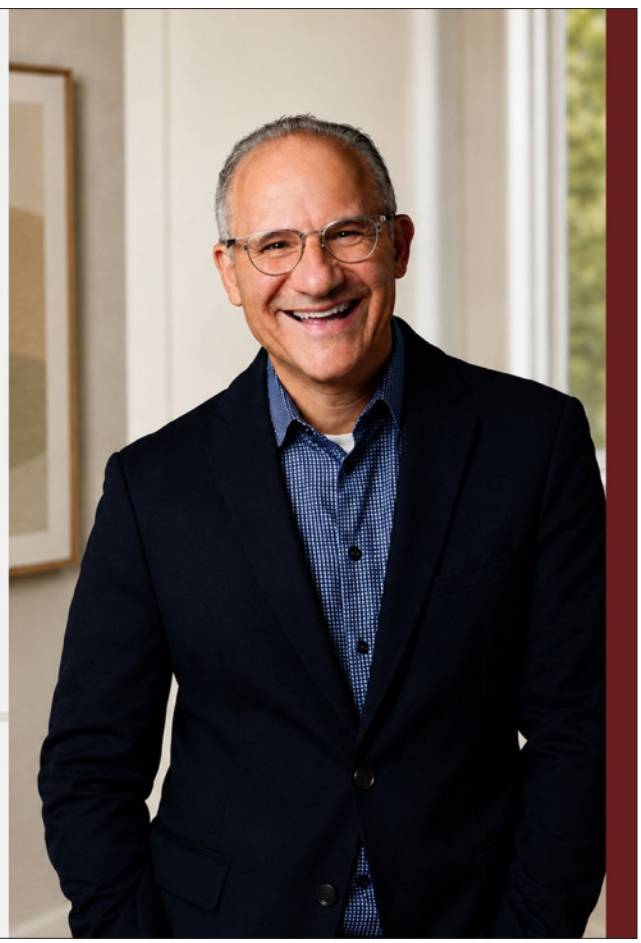
Families will be notified by April 29th whether their registration has been selected or they have been placed on a waitlist.

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

How do we help you *SUCCEED?*

It starts with the right strategy.

ASK ESSAM →



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Whitefish Bay RECREATION

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Whitefish Bay RECREATION

Bringing **Community** Together

RECREATION GUIDE **WINTER/SPRING 2027**

Dear Community Members,

Each season, I look forward to sharing what's new in Recreation and Community Education. As our community grows and your interests evolve, we are proud to grow and change right along with you!

We are thrilled to welcome Karen Scheinberg, our new Coordinator of Adult and Community Services, who is leading the expansion of our senior enrichment offerings. This Winter/Spring, we are introducing both evening and daytime Mahjong lessons, alongside new senior initiatives like a Senior Running Club. We are also excited to offer intergenerational programs perfect for grandparents in caregiving roles, as well as educational workshops focused on wellness and financial health for a more balanced life.

Parents will also notice our new "After School at Lydell" series, featuring popular community favorites like Young Rembrandts, Spanish language classes, Mad Science, and more. Consider Lydell your one-stop shop for after-school enrichment activities!

As always, thank you for being a vital part of our recreation family. We look forward to another exciting season dedicated to enhancing the quality of life for all Whitefish Bay residents.

Recreationally Yours,

Carin Keland



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

Whitefish Bay
SCHOOL DISTRICT
An Exceptional Place to Learn

MESSAGE FROM THE DISTRICT ADMINISTRATOR

Greetings Residents of Whitefish Bay,

At the Whitefish Bay Recreation and Community Education Department, we believe that every member of our community holds the potential to cultivate positive change. Our theme for this school year, "Grow Your Impact," invites each of us to look ahead by building on our choices to participate, volunteer, and share ideas to actively expand our positive influence across the village.

Together, supported by our dedicated staff and volunteers, we continue to bring the values of the District Focus Plan to life: striving for equity and excellence across all ages, building individual and community connections, and maintaining an unwavering commitment to safety and well-being.

Engage and Connect: As you flip through our Winter/Spring 2027 Guide, consider how stepping into a new activity can help expand your local presence. Whether you sign up for a fitness group, pick up a new hobby, or simply connect with a neighbor, your involvement creates a strong ripple effect. Every interaction helps fulfill our shared vision of offering "opportunities to be involved in activities that promote collective growth, learning, and well-being" (District Focus Plan, 2024).

Innovative and Inclusive Programming: We take pride in shaping offerings that adapt to the changing interests of our residents. When you pass along your insights and fresh ideas, you directly guide the evolution of our schedule—keeping our community offerings vibrant, accessible, and distinctly reflective of Whitefish Bay.

Support Community Well-being: Guided by our Focus Plan's goal to "work together in a safe, caring, and inclusive environment," we design our courses and events to enrich daily life. Beyond physical fitness, these programs build mental sharpness, meaningful social ties, and creativity. Every way you choose to participate elevates the health and spirit of your household, your neighborhood, and our whole village.

Let's embrace this season as an opportunity to Grow Your Impact and strengthen our shared commitment to being an Exceptional Place to Engage. We look forward to seeing you participating in our programs this winter and spring, and we wish you a season filled with joy, health, and continued 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 username and password to log in and register, using the online portal. Create a new account on the website if you need a household account as a first-time participant.

If you have forgotten your log-in credentials, please contact the office during business hours.

ACCESSING YOUR REC ACCOUNT FOR ONLINE REGISTRATION

1. Go to the School District of Whitefish Bay website at www.wfbschools.com.
2. Click on the "**Community & Recreation**" link.
   If using a phone or tablet, the Community & Recreation link will be within the **MENU** ☰.
3. Under **Stay Informed**, click "**Register Online**" to open the log-in page.

   Make sure that you have your username and password available.
   *We reccomend using a computer to navigate the website.

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.

IMPORTANT REGISTRATION DATES

NOVEMBER 23
Resident Registration Begins

DECEMBER 7
Resident Lottery Selection Date
***Registration Closed**. No registrations will be processed on Lottery Selection Date

DECEMBER 8
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 26-27, Dec 24-25, Dec 31-Jan 1, March 26, May 31

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

DROP BOX HOURS
- Monday thru Friday 7:30 am–9:00 pm
- Saturday 7:30 am–3:30 pm

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CO-OP CONTACT INFORMATION

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

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

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

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

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

Summer 2027
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 our summer youth camps? Opportunities are available in both our Counselor-in-Training and Bay Volunteer programs for the summer of 2027. 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 9th, 2027.

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.

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.



SCHOOL'S OUT CARE

Whitefish Bay REC

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.

NEW! Field Trips: Fri, Feb 12th: First Stage Theater - Winnie-the-Pooh
Registration Deadline: Monday, Jan 4
Wed, Mar 24th: Discovery World
Registration Deadline: Monday, Feb 8
Fee: Additional $12.00 per participant.

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 before 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. **Please note the specific registration deadlines that apply to Field Trip Days.**

***Select by checking the location and days needed.**

COURSE CODE	SECTION & WINTER/SPRING SCHOOL'S OUT CARE DATES						
☐ **RICHARDS:** 588200	☐ **Jan 18** (B2)	☐ **Jan 22** (B3) K5 – 5th (ER) K4 (No School)	☐ **Jan 25** (B4)	☐ **Feb 12** (B5) ***Field Trip** First Stage	☐ **Feb 15** (B6)	☐ **Mar 18** (B7)	☐ **Mar 19** (B8)
☐ **CUMBERLAND:** 599200	☐ **Mar 22** (B9)	☐ **Mar 23** (C1)	☐ **Mar 24** (C2) ***Field Trip** Discovery World	☐ **Mar 25** (C3)	☐ **Mar 29** (C4)	☐ **Apr 26** (C5)	☐ **June 12** (C6) 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 2026/2027 School Year_____

CREDIT CARD INFORMATION

CREDIT CARD NUMBER: ☐☐☐☐ – ☐☐☐☐ – ☐☐☐☐ – ☐☐☐☐ EXP. DATE: M M Y Y ZIP CODE: ☐☐☐☐☐

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, it's staff, employees and volunteers from and against any and all liability for bodily injury and/ or property damage which may result from participation in the program. I hereby fully consent to emergency medical treatment, should emergency personnel or a physician deem such attention necessary. no accident insurance provided. I further understand that photographs taken of recreation programs may be used by the Recreation Department for promoting their programs, classes or events.

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 _____

Accomidations _____

PERMISSIONS

☐ My child has permission to go on walking and off-site 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 _____

SCHOOL'S OUT CAMPS

CLUB SCIKIDZ

Instructor: Club SciKidz Staff
Location: Lydell School & Community Center
Time: 9:00 am – 4:00 pm
Grades: K5 – 5
Course Code: 320202
Section A1: Monday, Jan 18 - Chemistry Concoction, Room 15
Section A2: Monday, April 26 - 3D Creator, Room 15
Section Fee: res./non-res: $111.00/$121.00

Chemistry Concoction - Get ready to mix, fizz, and experiment! We explore the exciting world of chemistry through hands-on experiments filled with glues, brews, and goos. From blob explosions to funny putty, we investigate chemical reactions while creating our own wacky and wild concoctions!

3D Creator - Bring your ideas to life in 3D! We use 3D Pens to explore design and engineering as we create our own three-dimensional projects. Through hands-on challenges, we put our creativity and problem-solving skills to work while learning how 3D technology turns ideas into reality.

AI GAMES - LEGO & ANIMATION

Instructor: AI Adventure Staff
Location: Lydell School & Community Center, Room 15
Time: 9:00 am – 12:00 pm
Grades: 2 – 6
Course Code: 310204
Section A1: Monday, Jan 25
Section A2: Friday, Feb 12
Section Fee: res./non-res. $63.00/$73.00

Game Builders Club Lego Animation Lab - Think it. Build it. Solve it. In this hands-on school-out day, students work with teams to design, build, and test cool projects. Included are: AI-powered LEGO inventions that move and respond, your own apps and games built from your ideas, and team challenges that test your creativity and problem-solving. Every project teaches safe and responsible AI, teamwork, and critical thinking. New projects each session. No coding or previous AI experience needed. Please send a water bottle and a snack.

TECHNOLOGY TRIO

Instructor: Computer Explorers Staff
Location: Lydell School & Community Center, Room 15
Time: 9:00 am – 12:00 pm
Ages: 7 – 12 yrs
Course Code: 361103
Section A1: Monday, Feb 15
Section A2: Friday, Mar 19
Section Fee: res./non-res. $52.00/$62.00

In this exciting Technology Trio, students will have the option to rotate through different programs in a 3-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. Please send a water bottle and a snack.

MAD SCIENCE ROBOT INVASION

Instructor: Mad Science Staff
Location: Lydell School & Community Center, Room 24
Time: 8:00 am – 4:00 pm
Grades: K5 – 5
Course Code: 332108
Section A1: Monday, Mar 29
Section Fee: res./non-res. $117.00/$127.00

Explore the basic and complex technologies used to design and build robots. Discover how machines and robots work and how they make our lives easier. Learn about simple circuits, motor principles, and even make your own robot hand to take home. Subjects are constantly changing to ensure new challenges and requests from previous students. Jr. Scientists will love experimenting with the many robots we bring along! Please send a water bottle and a snack.

Whitefish Bay REC
SPONSORS WANTED!

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 ENRICHMENT

LET'S PLAY TOGETHER ART AND ACTIVITY

Instructors: Sarah Cottrill (Art) & Sara Alter (Activity)
Location: Lydell School & Community Center, Room 24 and Gym
Ages: 1 – 4 yrs with Parents/Caregivers
Section Fee: Art Program res./non-res. $65.00/$75.00
Activity Program res./non-res. $60.00/$70.00

MONDAY PROGRAMS

Course Code: 320702
Dates: Jan 4 – Mar 8
Section A1: Art **Time:** 9:55 – 10:40 am
Section A2: Activity **Time:** 10:45 – 11:30 am
Dates: Mar 15 – June 7 (skip Mar 22, Mar 29, and May 31)
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 6 – Mar 10
Section A1: Art **Time:** 9:55 – 10:40 am
Section A2: Activity **Time:** 10:45 – 11:30 am
Dates: Mar 17 – May 26 (skip Mar 24)
Section A3: Art **Time:** 9:55 – 10:40 am
Section A4: Activity **Time:** 10:45 – 11:30 am

FRIDAY PROGRAMS

Course Code: 320707
Dates: Jan 8 – April 2 (skip Feb 12, Mar 19, Mar 26)
Section A2: Art **Time:** 9:55 – 10:40 am
Dates: April 9 – June 11
Section A4: Art **Time:** 9:55 – 10:40 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 different masterpieces each week. Parents/caregivers must attend and participate in the class with their child. An adult may bring more than one child to class, but each child must be registered. The Monday and Wednesday sessions are scheduled to be compatible with Let's Play Activity. The Friday session is scheduled to be compatible with Parent and Tot Playtime.

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. The Monday and Wednesday sessions are scheduled to be compatible with Let's Play Art.

PARENT AND TOT PLAYTIME

Instructors: Caregiver Supervision Only
Location: Lydell School & Community Center, Gym
Ages: 1 – 3 yrs
Day: Fridays **Time:** 10:45 – 11:30 am
Course Code: 311206
Section A1: Jan 8 – April 2 (skip Feb 12, Mar 19, Mar 26)
Section A2: April 9 – June 11
Section Fee: res./non-res. $40.00/$50.00

Bring your little one to Parent Tot Playtime—a fun, open gym session designed for parents, guardians, and caregivers to play alongside their toddlers! Kids can run, climb, and socialize on age-appropriate equipment in a supportive setting. Adults must supervise their children throughout the session. Eligibility is restricted to age-appropriate participants. Make a morning of it by pairing this session with Friday's Let's Play Together Art program!

JUNIOR JAMBOREE

Instructor: Dana Sherman, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 19
Ages: 6 months – 4 yrs with Parents/Caregivers
Day: Tuesdays
Course Code: 310301
Dates: Jan 12 – Feb 16
Section A1: 9:00 – 9:30 am
Section A2: 9:40 – 10:10 am
Dates: Feb 23 – April 6 (skip Mar 16)
Section B1: 9:00 – 9:30 am
Section B2: 9:40 – 10:10 am
Dates: April 13 – May 18
Section C1: 9:00 – 9:30 am
Section C2: 9:40 – 10:10 am
Section Fee: res./non-res. $66.00/$76.00

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 your child to develop a love of music. Bring your dancing feet and share some special music moments in this fun family class. Each session includes a different set of songs and activities to enjoy. An adult may bring more than one child to class, but each child must be registered.

ANIMAL FRIENDS YOGA & STORYTIME

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor/Trainer
Location: Lydell School & Community Center, Room 17
Ages: 2 – 4 yrs w/adult caregiver
Day: Mondays **Time:** 10:45 – 11:15 am
Course Code: 360403
Section A1: Feb 1 – Mar 8 (skip Feb 15)
Section Fee: res./non-res. $150.00/$160.00

Each week, children and their grown-ups meet a new resilience animal through a story, a song, and yoga. Together, you'll learn simple, playful ways to notice big feelings and respond with kindness. To add another child for $75.00 use course code 360403 A2.

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.

PRE-BALLET

Instructor: Miss Ceci Broussard, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 19
Ages: 3 – 4 yrs
Day: Thursdays **Time:** 4:00 – 4:35 pm
Course Code: 320401
Section A1: Jan 7– Feb 11
Section A2: April 1 – May 6
Section Fee: res./non-res. $53.00/$63.00

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 yrs and up
Day: Thursdays **Time:** 4:45 – 5:20 pm
Course Code: 330401
Section A1: Jan 7 – Feb 11
Section A2: April 1 – May 6
Section Fee: res./non-res. $53.00/$63.00

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 – 7 yrs
Day: Mondays **Time:** 5:00 – 6:00 pm
Course Code: 350401
Section A1: Jan 18 – Mar 15 **Registration Deadline:** Monday, Jan 11
Section Fee: res./non-res. $120.00/$130.00 (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. The 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 – 10 yrs
Day: Mondays **Time:** 6:15 – 7:00 pm
Course Code: 350404
Section A1: Jan 18 – Mar 15 **Registration Deadline:** Monday, Jan 11
Section Fee: res./non-res. $120.00/$130.00 (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.

PARENT & CHILD MINDFUL YOGA

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor
Location: Lydell School & Community Center, Room 17
Ages: 7 – 11 yrs w/adult caregiver
Day: Tuesdays **Time:** 6:00 – 6:40 pm
Course Code: 360303
Section A1: Feb 2 – Feb 16
Section Fee: res./non-res. $120.00/$130.00 (per pair)

Parents and children can strengthen and relax their minds and bodies together. This fun and engaging class incorporates mindfulness and yoga to help reduce stress and increase resilience. Mindfulness practice will be followed by yoga, including playful parent-child poses. With our busy lifestyles, it is truly a gift for parents and children to simultaneously take care of themselves and enjoy time with one another. To add another child for $60.00 use course code 360303 A2.

MINDFUL SELF COMPASSION & RESILIENCE: A PARENT-CHILD WORKSHOP

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor
Location: Lydell School & Community Center, Room 17
Ages: 7 – 11 yrs w/adult caregiver
Course Code: 360302
Section A1: Tuesday, Jan 26 **Time:** 6:00 – 6:45 pm
Section Fee: res./non-res $40.00/$50.00 (per pair)

This fun and engaging workshop enables caregivers and children ages 7 - 11 to learn resilience skills together. Parents and children will increase connection, coping skills, and emotional intelligence in this interactive session. To add another child for $20.00, use course code 360302 A2.

TEEN MINDFUL YOGA

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor
Location: Lydell School & Community Center, Room 17
Ages: 12 – 18 yrs
Day: Thursdays
Time: 7:00 – 8:15 pm
Course Code: 392605
Section A1: Jan 28 – Feb 25 (skip Feb 11)
Section Fee: res./non-res. $120.00/$130.00

Need a break from the stress of everyday life? Yoga will help you move, breathe, stretch, and reset. Through mindful yoga, breath practices, and guided relaxation, you'll explore simple ways to release tension, settle your mind, and work with stress, both on and off the mat. These practices can be helpful whether you're navigating a busy schedule, sports, music, school, or the ups and downs of life. No previous yoga or mindfulness experience is needed.

AFTER SCHOOL AT LYDELL

MAD SCIENCE

Instructor: Mad Science Staff
Location: Lydell School & Community Center, Room 24
Grades: K5 – 5
Day: Mondays
Time: 3:30 – 4:30 pm
Course Code: 332106
Section A1: Feb 1 –Mar 15 (skip Feb 15) **- Wild World**
Section A2: April 12 – May 24 (skip April 26) **- Science Surprise**
Section Fee: res./non-res. $219.00/$229.00

Wild World - The Art of Animal Conservation: In this program, kids explore the wonder and beauty of the animal kingdom and discover nature in a way that inspires empathy, curiosity, and creativity. They learn about many different animals and how wildlife conservationists are working to protect species around the globe. They experiment with a variety of art techniques and use Crayola® art materials to create frog paintings, ink-diffusion jellyfish, polar bear sculptures, and more!

Science Surprise: Kids will unbox the surprising world of science as they discover a new STEM topic in each class! In this program, kids learn about several specialized areas of science, including forensics, geology, meteorology, entomology, and mechanical engineering. They gain foundational science knowledge that will help them in their future science endeavors

CHINESE LANGUAGE AND CULTURE

Instructors: Cricket Chinese Academy Instructor
Location: Lydell School & Community Center, Room 17
Grades: K5 – 5
Day: Tuesdays
Time: 3:30 – 4:30 pm
Course Code: 331001
Section A1: April 6 – May 25
Section Fee: res./non-res. $150.00/$160.00

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

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.

CREATIVE WRITING CLUB

Instructor: Afterschool Enrichment Staff
Location: Lydell School & Community Center, Room 17
Grades: K5 – 8
Day: Fridays
Time: 3:30 – 4:30 pm
Course Code: 376543
Section A1: Jan 22 – Mar 5 (skip Feb 12)
Section Fee: res./non-res. $137.50/$147.50

"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,s 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. Please send a water bottle and a snack.

COOKING CLUB

Instructor: Afterschool Enrichment Staff
Location: Lydell School & Community Center, Room 24
Ages: 5 – 10 yrs
Day: Tuesdays
Time: 4:00 – 5:00 pm
Course Code: 360502
Section A1: Jan 19 – Feb 23
Section A2: April 13 – May 18
Section Fee: res./non-res. $189.00/$199.00

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

CHESS SCHOLARS

Instructor: Afterschool Enrichment Staff
Location: Lydell School & Community Center, Room 15
Grades: K5 – 8
Day: Mondays
Time: 4:00 – 5:00 pm
Course Code: 380501
Section A1: Feb 1 – Mar 15 (skip Feb 15)
Section A2: April 12 – May 24 (skip April 26)
Section Fee: res./non-res. $137.50/$147.50

Develop your child's intellect through the royal game of chess! Current research shows 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. Please send a water bottle and a snack.

YOUNG REMBRANDTS

Instructor: Young Rembrandts Staff
Location: Lydell School & Community Center, Room 24
Grades: K5 – 5
Course Code: 330706
Section Fee: res./non-res. $146.00/$156.00

CUMBERLAND STUDENTS

Day: Fridays
Time: 3:30 – 4:30 pm
Section A1: Feb 19 – April 16 (skip Mar 19, 26)
Section A2: April 23 – June 4

RICHARDS STUDENTS

Day: Thursdays
Time: 3:30 – 4:30 pm
Section A3: Feb 11 – Apr 8 (skip Mar 18, 25)
Section A4: Apr 15 – May 27

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.

LEARN CURSIVE

Instructor: Sara Alter, Retired WFB School District Elementary School Teacher
Location: Richards Elementary School, MakerSpace
Cumberland Elementary School, MakerSpace
Ages: 8 – 11 yrs
Time: 3:05 – 4:05 pm
Note: At dismissal, students will meet the instructor at the main office and walk to class together. Parents should pick up their children from the classroom.
Course Code: 350504
Section Fee: res./non-res. $85.00/$95.00

CUMBERLAND ELEMENTARY

Day: Wednesdays
Section A1: Jan 13 – Mar 17

RICHARDS ELEMENTARY

Day: Tuesdays
Section A2: Jan 12 – Mar 16

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!

FUTURA SPANISH: VAMOS CON LAS CELEBRACIONES! (LET'S GO WITH CELEBRATIONS)

Instructors: Futura Language Professionals
Location: Cumberland Elementary School, Room 1
Richards Elementary School, Room 18
Grades: K5 – 5
Course Code: 321001
Section Fee A1&A2: res./non-res $170.00/$180.00
Section Fee A3: res./non-res $163.00/$173.00

CUMBERLAND ELEMENTARY

Day: Wednesdays **Time:** 3:05 – 4:05 pm
Section A1: Feb 10 – April 7 (skip Mar 24)

RICHARDS ELEMENTARY

Day: Tuesdays **Time:** 3:05 – 4:05 pm
Section A2: Feb 9 – April 6 (skip Mar 23)

VIRTUAL

Day: Wednesdays **Time:** 4:15 – 5:00 pm
Section A3: Feb 24 – April 14

Spring into Spanish with Vamos con las Celebraciones (Let's go with Celebrations!). Students explore spring and summer vocabulary through songs, games, and cultural traditions from Spanish-speaking countries. Topics include greetings, colors, weather, nature, clothing, and holidays like Valentine's Day, Semana Santa, and Independence Day. Kids practice simple conversations while having fun. No prior Spanish experience required—just curiosity and a love of fun! Your instructor will contact you with the login information before the first class.

MIDDLE SCHOOL PREP: A SPANISH FOUNDATION COURSE!

Instructors: Futura Language Professionals
Location: Virtual
Grades: 6 – 8
Day: Mondays **Time:** 4:45 – 5:30 pm
Course Code: 321004
Section A1: Feb 22 – April 12
Section Fee: res./non-res $163.00/$173.00

In this engaging LIVE virtual, eight-week class, middle school students will learn essential fundamentals to build a strong base in the Spanish language. Months of the year, telling time, present tense verb conjugations, and sentence structure building are just a few of the topics covered! Lessons are dynamic with interactive activities and visuals, along with cultural lessons. Participants will get a jump start preparing for future middle school or even traditional high school Spanish classes. Build your student's language foundation – enroll today! Limited spaces available. Open to new and previous middle school prep participants (online portal resources and practice tools included).

REGISTER TODAY!

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

ONLINE
www.wfbschools.com

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.

SAFE AT HOME

Instructor: Jessica Heller; Owner of Heller Safety Solutions
Location: Lydell School & Community Center, Room 17
Grades: 4 – 6
Day: Tuesday **Time:** 5:30 – 7:00 pm
Course Code: 361002
Section A1: Jan 12
Section A2: Mar 2
Section A3: May 4
Section Fee: res./non-res. $30.00/$40.00
*Optional $4.00 badge for scout groups.

Safe at Home prepares 4th to 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.

SAFE SITTER ESSENTIAL W/CPR

Instructor: Teresina Simmons, RN
Location: Lydell School & Community Center, Room 17
Ages: 11 yrs and up
Time: 8:30 am – 4:00 pm
Course Code: 361001
Section A1: Monday, Jan 18
Registration Deadline: Monday, Jan 11
Section A2: Friday, Feb 12
Registration Deadline: Friday, Feb 5
Section A3: Thursday, Mar 18
Registration Deadline: Thursday, Mar 11
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 are often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses. **Life & Business Skills:** The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays.



WFB ADVENTURERS GUILD

Instructor: John Hardin, Master Dungeon Master
Location: Whitefish Bay Middle School, LMC
Grades: 6 – 8
Time: 3:30 – 5:30 pm
Course Code: 320101

TUESDAYS

Section A1: Jan 5 – Mar 9
Section A2: Mar 30 – June 1

THURSDAYS

Section A3: Jan 7 – Mar 11
Section A4: April 1 - June 3
Section Fee: res./non-res. $375.00/$385.00
Note: Returning members are eligible for a discounted fee of $325.00; please register with the Rec Dept office at 414-963-3947 to receive the discount.

The WFB Adventurer's Guild is a master level cohort using Dungeons and Dragons as an engine for building elite collaboration, executive, and emotional resilience. This isn't just a club; every adventurer receives a "Varsity Jersey," which is a custom t-shirt representing the D&D team. This is a safe "no fail" environment for students to practice diplomacy and strategic planning while forging lifelong social bonds. More sessions may open based on waitlist demands.

MINECRAFT

Coordinator: Shorewood Recreation Department
Instructor: Nicolas Burkee
Location: Shorewood High School, Science Building, Room 133
Ages: 5 – 12 yrs
Day: Saturdays
Dates: Jan 9 – Feb 13
Course Code: 341101
Section A1: Ages 5 – 7 **Time:** 1:00 – 2:00 pm
Section A2: Ages 8 – 12 **Time:** 2:15 – 3:15 pm
Dates: Apr 10 – May 15
Section A3: Ages 5 – 7 **Time:** 1:00 – 2:00 pm
Section A4: Ages 8 – 12 **Time:** 2:15 – 3:15 pm
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.

COMPETITIVE CHESS CLUB

Instructor: Afterschool Enrichment Staff
Location: Whitefish Bay Middle School, LMC
Grades: 6 – 8
Day: Tuesdays **Time:** 3:30 – 4:30 pm
Course Code: 311411
Section A1: Jan 19 – Feb 23
Section A2: Apr 13 – May 18
Section Fee: res./non-res. $137.50/$147.50

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. Please send a water bottle and a snack.

BEGINNER SHEEPSHEAD

Coordinator: Nicolet Recreation Department
Instructor: Dennis Staral
Location: Nicolet High School, Room B113, Glendale
Ages: 13 yrs and up
Day: Mondays **Time:** 4:00 – 5:00 pm
Course Code: 360504
Section A1: Mar 1 – Apr 26 (skip Mar 22)
Section Fee: res./non-res. $40.00/$50.00

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

ACT VIRTUAL WORKSHOP

Instructor: Fred Silver, Owner of North Shore Tutoring
Location: Virtual via Zoom
Grade: 11
Day: Sundays **Time:** 6:30 – 8:30 pm
Course Code: 381002
Section A1: Jan 10 – Mar 7 (skip Jan 17)
Section A2: April 4 – May 23
Section Fee: res./non-res. $227.00/$237.00

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 - 2026-2027" on their own before 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.

YOUTH PAINTING

Coordinator: Nicolet Recreation Department
Instructor: Briona Conway
Location: Nicolet High School, Room B117, Glendale
Ages: 6 – 12 yrs
Day: Saturdays **Time:** 9:00 – 10:00 am
Course Code: 330702
Section A1: Jan 30
Section A2: Feb 20
Section A3: Mar 13
Section A4: Apr 24
Section A5: May 22
Section Fee: res./non-res. $25.00/$35.00

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.

VERY MUCH, DOUBLE DUTCH! JUMP ROPE PROGRAM

Instructor: Marilyn Green, WFB Recreation Instructor
Location: Lydell School & Community Center, Gym
Grades: 2 – 5
Day: Tuesdays **Time:** 6:00 – 7:30 pm
Course Code: 331201
Section A1: Jan 12 – Feb 16
Section A2: Feb 23 – April 6 (skip Mar 23)
Section A3: April 13 – May 18
Section Fee: res./non-res. $65.00/$75.00

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



ICE SKATING

Location: Polly and Henry Uihlein Sr. Ice Arena
University School, 2100 W. Fairy Chasm Road,
River Hills, WI 53217
Registration Link: **www.usm.org/fallwinterskating**

REGISTRATION PROCESS

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



LEARN TO SKATE TOTS, YOUTH & HOMESCHOOL GROUPS (AGES 3 – 17) $115

LEARN TO SKATE TOTS, YOUTH

Days: Saturdays **Dates:** Feb 6 – Mar 6
Times: 8:45 – 9:30 am, 9:30 – 10:15 am, 10:30 – 11:15am

LEARN TO SKATE YOUTH & HOME SCHOOL GROUPS

Days: Mondays **Dates:** Jan 26 – Feb 23
Times: 12:30 – 1:15 pm

LEARN TO SKATE TOTS, YOUTH & HOME SCHOOL GROUPS

Days: Tuesdays **Dates:** Jan 27 – Feb 24
Times: 12:30 – 1:15 pm

LEARN TO SKATE TOTS, YOUTH & HOME SCHOOL GROUPS

Days: Thursdays **Dates:** Feb 4 – Mar 4
Times: 9:30 – 10:15 am, 12:30 – 1:15 pm.

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.

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

Days: Saturdays **Dates:** Feb 6 – Mar 6
Time: 11:15 am – 12:00 pm

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

HOCKEY POWER SKATING (AGES 6 – 12) $115

Days: Saturdays **Dates:** Feb 6 – Mar 6
Time: 10:30 – 11:15 am

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

ADVANCED FIGURE SKATING (AGES 7 – 17) $120

Days: Saturdays **Dates:** Feb 6 – Mar 6
Times: 7:30 – 8:45 am

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

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

Days: Tuesdays **Dates:** Jan 26 – Feb 23
Time: 9:30 – 10:45 am
Days: Saturdays: **Dates:** Feb 6 – Mar 6
Times: 8:45 – 9:30 am, 11:15 am – 12:00 pm

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



Whitefish Bay RECREATION
Bringing Community Together

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.

ROCK CLIMBING CLUB

Instructor: Gretchen Froelich, Turner Hall Gym Coordinator
Location: Milwaukee Turners Climbing Gym
1034 Vel R. Phillips Avenue
Milwaukee, WI 53203
Ages: 10 – 14 yrs
Day: Saturdays
Time: 10:00 – 11:30 am
Course Code: 351300
Section A1: Jan 9 – Feb 20
Section A2: Mar 6 – May 8 (skip Mar 20, Mar 27, May 1)
Section Fee: res./non-res. $195.00/$205.00

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

BEGINNER 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: 5 – 14 yrs
Day: Wednesdays
Course Code: 351302
Section Fee: res./non-res. $45.00/$55.00

BEGINNER — AGES: 5 – 8 YRS

Time: 5:00 – 6:00 pm
Section A1: Feb 10 – Mar 3
Section A2: Apr 7 – 28

BEGINNER — AGES: 9 – 14 YRS

Time: 6:00 – 7:00 pm
Section A3: Feb 10 – Mar 3
Section A4: Apr 7 – 28

In this introductory course, students ages 5 – 14 will be guided through basic climbing techniques and safety precautions. Participants will enhance coordination, problem-solving, balance, and strength through bouldering (traversing) and climbing. Students will enhance their skills through games and challenges throughout the course. Climbers ready?

PARENT/CHILD BOWLING

Coordinator: Shorewood Recreation Department
Instructor: Shorewood Rec Department Staff
Location: Shorewood High School, PE building,
Bowling Lanes (lower level)
Ages: 6 – 12 yrs with an adult
Day: Saturday **Time:** 2:00 – 3:15 pm
Course Code: 327654
Section A1: Jan 16 – Feb 20
Section A2: Apr 10 – May 15
Section Fee: res./non-res. $48.00/$58.00
(fee is for parent and child)

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.

INTRO TO DISC GOLF

Coordinator: Nicolet Recreation Department
Instructor: Caleb Franklin
Location: Kletzsch Park Pavilion
Ages: 8 – 18 yrs
Day: Tuesdays **Time:** 4:00 – 5:00 pm
Course Code: 327655
Section A1: May 25 – Jun 15
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.

ARCHERY

Coordinator: Nicolet Recreation Department
Instructor: Inna Lebedinsky
Location: Kletzsch Park Archery Range, Glendale
Ages: 6 – 17 yrs **Time:** 5:00 – 5:45 pm
Course Code: 361208
Section Fee: res./non-res. $75.00/$85.00

PARENT WITH CHILD — AGES: 6 – 11 YRS

Day: Tuesdays
Section A1: May 4 – Jun 8

TEEN — AGES: 12 – 17 YRS

Days: Wednesdays
Section A2: May 5 – June 9

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.

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.

YOUNG AMERICAN MARTIAL ARTS CLUB

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

MONDAYS

Dates: Jan 4 – Mar 22
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 29 – June 14
(skip May 31; students may attend June 2 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 6 – Mar 24
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: Mar 31 – June 16
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 will be offered a 25% discount for each additional child.

NORTH SHORE MARTIAL ARTS

Instructor: Phil Sauer, Owner of Young American Martial Arts Club
Location: Lydell School & Community Center, Gym
Ages: 11 yrs and up
Course Code: 341205
Section Fee: res./non-res. $225.00/$235.00

MONDAYS

Time: 6:00 – 7:15 pm
Section A1: Jan 4 – Mar 22
Section A2: Mar 29 – June 14
(skip May 31 – Make up class: June 2)
Section Fee: res./non-res. $179.00/$189.00

MONDAY AND WEDNESDAYS

Time: 6:00 – 7:15 pm
Section A3: Jan 4 – Mar 24
Section A4: Mar 29 – Jun 16 (skip May 31)

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 will receive a 25% discount for each additional child.

COMMUNITY FITNESS CENTER STUDENT MEMBERSHIP

Supervisor: WFB Rec Dept Staff
Location: WFB High School Fieldhouse Balcony
Days: Mon – Thurs **Time:** 6:30 – 8:30 pm
Mon and Wed **Time:** 5:30 – 7:30 pm
Saturdays **Time:** 8:00 – 11:00 am
Course Code: 390315
Section A5: Jan 4 – May 27 (skip Mar 27, 29, May 4, 6)
Section Fee: $40.00 WFB HS Students only

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

WHITEFISH BAY SCHOOL OF STRENGTH

Instructor: Connor Karwowski MS, CSCS, NSCA-CPT, WSBB Special Strengths Certified
Location: WFB HS Fitness Center
Grades: 6 – 8
Course Code: 331208
Dates: Jan 4 – Mar 11
Section A1: Mondays and Wednesdays – Co-Ed
Time: 5:45 – 6:45 pm
Section A2: Tuesdays and Thursdays – Co-Ed
Time: 5:45 – 6:45 pm
Section A3: Tuesdays and Thursdays – Girls Lift
Time: 6:45 – 7:45 pm
Dates: Mar 15 – May 27 (skip Mar 18 – 29, May 4, 6)
Section A4: Mondays and Wednesdays – Co-Ed
Time: 5:45 – 6:45 pm
Section A5: Tuesdays and Thursdays – Co-Ed
Time: 5:45 – 6:45 pm
Section A6: Tuesdays and 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 allowed to grow under the direct coaching of Whitefish Bay High School's head strength & conditioning coach. This program is designed to be a light version of the same program they will be involved in when they reach high school and, as such, lays a strong and continuous foundation for long-term athletic development. Athletes will be challenged physically in order to improve strength, power, speed, and agility.

SUPER SOCCER STARS

Instructor: Amazing Athletes Staff
Location: Lydell School & Community Center, Gym and Field
Ages: 3 – 6 yrs
Day: Tuesdays
Course Code: 331301
Section A1: Feb 9 – Mar 16 **Ages:** 3 – 4 **Time:** 3:45 – 4:30 pm
Section A2: Feb 9 – Mar 16 **Ages:** 5 – 6 **Time:** 4:45 – 5:30 pm

Section A3: Apr 6 – May 11 **Ages:** 3 – 4 **Time:** 3:45 – 4:30 pm
Section A4: Apr 6 – May 11 **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 all children feel supported and confident in their own abilities, allowing kids to improve at their own rate. Website: amazingathletes.com

AMAZING ATHLETES MULTISPORT

Instructor: Amazing Athletes Staff
Location: Lydell School & Community Center, Gym and Field
Ages: 3 – 6 yrs
Day: Thursdays
Course Code: 331207
Section A1: Feb 11 – Mar 18 **Ages:** 3 – 4 **Time:** 3:45 – 4:30 pm
Section A2: Feb 11 – Mar 18 **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 and will rotate weekly. Website: amazingathletes.com

AMAZING ATHLETES SPORT DISCOVERY: BASEBALL, SOCCER, AND LACROSSE

Instructor: Amazing Athletes Staff
Location: Lydell School & Community Center, Gym and Field
Ages: 3 – 6 yrs
Day: Thursdays
Course Code: 331206
Section A1: Apr 8 – May 13 **Ages:** 3 – 4 **Time:** 3:45 – 4:30 pm
Section A2: Apr 8 – May 13 **Ages:** 5 – 6 **Time:** 4:45 – 5:30 pm
Section Fee: res./non-res. $90.00/$100.00

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

BACKYARD NINJA GAMES NEW

Instructor: Spring Sports, LLC
Location: Richards and Cumberland Schools, Gyms and Fields
Ages: 3 – 10 yrs
Course Code: 320601
Location: Cumberland Elementary Gym
Dates: Mondays Jan 4 – Feb 1
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 15 – Mar 15
Section A4: Prestars **Ages:** 3 – 4 **Time:** 6:15 – 6:45 pm
Section A5: Kinderstars **Ages:** 5 – 7 **Time:** 6:45 – 7:30 pm
Section A6: Prepstars **Ages:** 8 – 10 **Time:** 7:30 – 8:15 pm
Section Fee: res./non-res. $65.00/$75.00 Ages 3 – 4
res./non-res. $78.00/$88.00 Ages 5 – 10

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

SPRING INTO SOCCER NEW

Instructor: Spring Sports, LLC
Location: WFB Middle School, Old Gym
Ages: 3 – 10 yrs
Day: Tuesdays
Course Code: 320602
Dates: Jan 26 – Feb 23
Section A1: Prestars **Ages:** 3 – 4 **Time:** 6:30 – 7:00 pm
Section A2: Kinderstars **Ages:** 5 – 7 **Time:** 7:00 – 7:45 pm
Section A3: Prepstars **Ages:** 8 – 10 **Time:** 7:45 – 8:30 pm
Dates: Mar 9 – Apr 13 (skip Mar 23)
Section A4: Prestars **Ages:** 3 – 4 **Time:** 6:30 – 7:00 pm
Section A5: Kinderstars **Ages:** 5 – 7 **Time:** 7:00 – 7:45 pm
Section A6: Prepstars **Ages:** 8 – 10 **Time:** 7:45 – 8:30 pm
Section Fee: res./non-res. $65.00/$75.00 Ages 3 – 4
res./non-res. $78.00/$88.00 Ages 5 – 10

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

MP MOLITOR PROPERTIES
BUY, SELL, RENT & INVEST

THANK YOU!

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

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.

YOUTH GYMNASTICS

Coordinator: Sarah Woods, Gymnastics Coordinator and Head Coach

Location: WFB High School Memorial Gym

RECREATIONAL LEVEL PROGRAMS

The Gymnastics Recreational Level Program focuses on basic skills for vault, bars, beam, and floor. Our skill tracking program helps kids monitor their accomplishments and celebrate their achievements. As children progress through the different levels, they will develop in the areas of agility, strength, flexibility, balance, and coordination. In addition to these physical improvements, participants will learn life skills such as self-confidence, goal-setting, teamwork, responsibility, friendship, and sportsmanship. At the end of the term, each gymnast will be notified which level they should register for next.

Parents who choose to watch their children must observe from the hallway. Students must be in first grade to enroll in Levels A or B. Preschoolers are not allowed in the levels program without instructor approval. Contact Coach Sarah at sarah.n.woods@gmail.com with pre-approval requests and 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, register 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)

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. Team level advancement takes 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)

JR PRE OPTIONALS . . . . . res./non-res. $445.00/$455.00
(Grades 6-8, enrollment by invite only. No online registration available)

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

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

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

***MINI MITES** . . . . . res./non-res. $165.00/$175.00
(Ages 3 - 7 years old, enrollment needs pre-approved. No online registration available)

***MIGHTY MITES** . . . . . res./non-res. $275.00/$285.00
(Ages 5 - 9 years old, enrollment needs pre-approved. No online registration available)

COURSE CODE: 311400

LEVEL	DAY	DATES	EXCLUDED DATES	TIME BEFORE 3/8	ON & AFTER 3/8	SECTION
Parent/Tot	Sat	Jan 30 - April 17	(skip Feb 13, 20, 27, Mar 20, 27)	8:45 - 9:25 am	same	A1
Pre 3	Sat	Jan 30 - April 17	(skip Feb 13, 20, 27, Mar 20, 27)	9:30 - 10:10 am	same	B1
Pre 3	Sat	Jan 30 - April 17	(skip Feb 13, 20, 27, Mar 20, 27)	11:45 - 12:25 pm	same	B2
Pre 4	Sat	Jan 30 - April 17	(skip Feb 13, 20, 27, Mar 20, 27)	10:15 - 10:55 am	same	B3
Pre 4	Sat	Jan 30 - April 17	(skip Feb 13, 20, 27, Mar 20, 27)	11:45 - 12:25 pm	same	B4
Pre 5/6	Sat	Jan 30 - April 17	(skip Feb 13, 20, 27, Mar 20, 27)	11:00 - 11:40 am	same	B5
Pre 5/6	Sat	Jan 30 - April 17	(skip Feb 13, 20, 27, Mar 20, 27)	11:45 - 12:25 pm	same	B6
Level A	Mon	Feb 8 - April 12	(skip Feb 15, Mar 22, 29)	6:00 - 6:55 pm	same	C1
Level A	Wed	Feb 17 - April 14	(skip Mar 17, 24)	6:00 - 6:55 pm	same	C2
Level B	Mon	Feb 8 - April 12	(skip Feb 15, Mar 22, 29)	6:00 - 6:55 pm	same	C3
Level B	Wed	Feb 17 - April 14	(skip Mar 17, 24)	6:00 - 6:55 pm	same	C4
USAG Team 1	M/W	Feb 8 - May 19	(skip Feb 10, 15, Mar 17, 22, 24, 29, Apr 26)	6:00 - 6:55 pm	same	D1
USAG Team 2	M/W	Feb 8 - May 19	(skip Feb 10, 15, Mar 17, 22, 24, 29, Apr 26)	7:00 - 8:15 pm	same	D2
USAG Team P3	T/TH	Feb 9 - May 20	(skip Feb 25, Mar 4, 18, 23, 25)	6:00 - 8:00 pm	5:30 - 7:30 pm	D3
USAG Team 3	T/TH	Feb 9 - May 20	(skip Feb 25, Mar 4, 18, 23, 25)	6:00 - 8:00 pm	5:30 - 7:30 pm	D4
Jr Pre-Ops	T/TH	Feb 9 - May 20	(skip Feb 25, Mar 4, 18, 23, 25)	6:00 - 8:30 pm	5:30 - 8:00 pm	Pre-approval Only
Pre Optionals	T/TH	Feb 9 - May 20	(skip Feb 25, Mar 4, 18, 23, 25)	6:00 - 8:30 pm	5:30 - 8:00 pm	E2
Pre Op Add- On	Mon	Feb 8 - May 17	(skip Feb 15, Mar 22, 29, Apr 26)	6:00 - 8:00 pm	same	E3
Optionals	Mon	Feb 8 - May 17	(skip Feb 15, Mar 22, 29, Apr 26)	6:00 - 8:00 pm	same	E4
	T/TH	Feb 9 - May 20	(skip Feb 25, Mar 4, 18, 23, 25)	6:00 - 8:30 pm	5:30 - 8:00 pm	
Mini Mites	Wed	Feb 17 - May 19	(skip Mar 17, 24)	5:00 - 5:55 pm	same	Pre-approval Only
Mighty Mites	T/TH	Feb 9 - May 18	(skip Feb 25, Mar 4, 18, 23, 25)	5:00 - 5:55 pm	4:30 - 5:25 pm	Pre-approval Only

COMPETITIVE GYMNASTS ROUTINE WORKSHOP

Instructor: Coach Sarah Woods, Gymnastics Coordinator & Staff
Location: WFB High School Memorial Gym
Prerequisite: Gymnast must be enrolled in a Competitive Level Program to participate
Course Code: 342004

WEDNESDAY

Dates: Jan 13, 20, Feb 3 **Time:** 6:00 – 7:00 pm
Section A1: USAG Team 1
Section A2: USAG Team 2
Section A3: Mighty Mites

TUESDAYS & THURSDAYS

Dates: Jan 12 – Feb 4 **Time:** 6:00 – 8:00 pm
Section B1: USAG P3/3
Section B4: Jr. Pre-Ops
Section B2: Pre-Optionals
Section B3: Optionals
Section (A1-A3) Fee: res./non-res. $75.00/$85.00
Section (B1-B3) Fee: res./non-res. $165.00/$175.00

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 these 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 – 6
Time: 9:00 am – 3:00 pm
Course Code: 342003
Section A1: Monday, Feb 15
Section Fee: res./non-res. $75.00/$85.00

This fun-filled camp will feature tumbling, dancing, crafts, and more during a day that Whitefish Bay public school students have no school. The camp is staffed with the Whitefish Bay High School Gymnastics 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.

WRESTLING CLUB

Instructor: WFB Wrestling Coaches
Location: Whitefish Bay High School, Wrestling Room
Grades: 1 – 8
Day: Tuesdays
Time: 6:00 – 7:00 pm
Course Code: 332301
Section A1: Jan 5 – Feb 9
Section Fee: res./non-res. $60.00/$70.00

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

BEGINNER QUICKSTART TENNIS

Instructor: North Shore Elite Staff
Location: North Shore Elite Racquet and Fitness Club 5750 North Glen Park Road, Glendale
Ages: 3 – 10 yrs
Course Code: 341601

MONDAY CLASSES

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

THURSDAY CLASSES

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

SATURDAY CLASSES

Dates: Mar 13 – June 12
Section C1: 3 – 4 yrs **Time:** 9:00 – 9:30 am
Section C1 Fee: res./non-res. $280.00/$290.00
Section C2: 5 – 6 yrs **Time:** 9:30 – 10:30 am
Section C3: 7 – 8 yrs **Time:** 9:30 – 10:30 am
Section C4: 9 – 10 yrs **Time:** 10:30 – 11:30 am
Section C2-C4 Fee: res./non-res. $560.00/$570.00

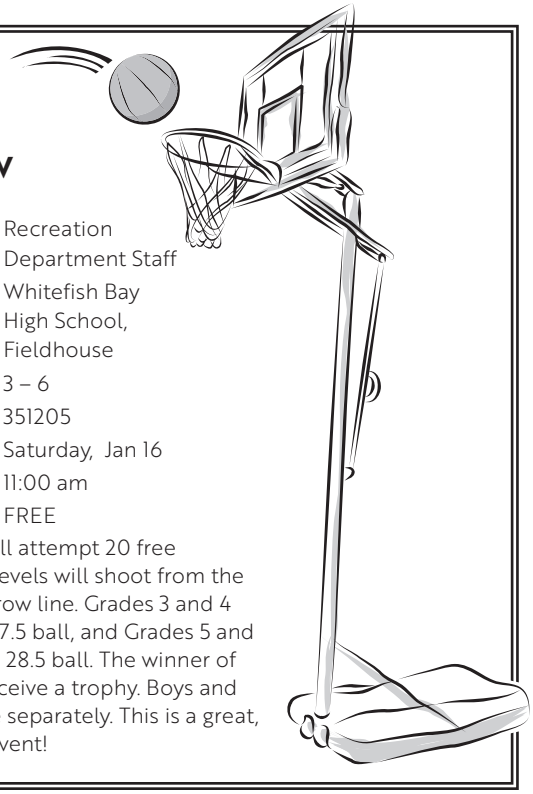
Our introductory tennis program for youth is put together with special care to give young players confidence, build skills, and pave the way for them to enjoy a lifetime of this wonderful sport.

YOUTH BEGINNER TENNIS

Instructor: North Shore Elite Staff
Location: North Shore Elite Racquet and Fitness Center 5750 N. Glen Park Road, Glendale
Ages: 11 – 13 yrs
Day: Thursdays
Time: 4:00 – 5:00 pm
Course Code: 351610
Section A1: Mar 11 – June 10
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.





FREE THROW CONTEST

Coordinators: Recreation Department Staff
Location: Whitefish Bay High School, Fieldhouse
Grades: 3 – 6
Course Code: 351205
Section A1: Saturday, Jan 16
Time: 11:00 am
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!

YOUTH GOLF LESSONS

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

MICKELSON MIDDLERS GOLF LESSONS — AGES: 7 – 10 YRS

Days: Saturdays
Time: 9:00 – 10:00 am
Section A1: Feb 27 – Mar 20
Section A2: April 10 – May 1
Section Fee: res./non.res. $155.00/$165.00

Discover the joy of golf in our fun introductory lessons at Missing Links Mequon, led by award-winning PGA pros who make beginners feel like pros fast! We'll perfect your grip, alignment, posture, and swing while setting your personal goals in a relaxed vibe. Dive deep into the short game—putting and chipping on our excellent greens—for quick improvements and lower scores right away! Note: Lessons will be held in the Top Tracer heated bays if it is cold.

PALMERS PLAYERS GOLF LESSONS — AGES: 11 – 17 YRS

Days: Saturdays
Time: 10:00 – 11:00 am
Section A3: Feb 27 – Mar 20
Section A4: April 10 – May 1
Section Fee: res./non-res. $155.00/$165.00

Unlock the fun of golf with our exciting introductory lessons at Missing Links Mequon, where our award-winning PGA pros turn beginners into confident players fast! You'll dial in your grip, alignment, posture, and full swing mechanics while setting personal goals in a relaxed, encouraging environment. We put extra magic into the short game—mastering putting and chipping on our top-notch greens and chipping areas—so you'll see quick wins and lower scores right away. Join the smiles and breakthroughs at Southeastern Wisconsin's premier teaching spot! Lessons will be held in the Top Tracer heated bays if it is cold.

HOGAN'S HEROES GOLF LESSONS — AGES: 7 – 16 YRS

Time: 4:00 – 5:00 pm
Section A5: Tuesdays **Dates:** Mar 2 – 23
Section A6: Wednesdays **Dates:** Mar 3 – 24
Section Fee: res./non-res. $155.00/$165.00

Tailored to your Off-season development at Missing Links Mequon. Our award-winning PGA pros help you set goals and refine grip, alignment, posture, and swing mechanics. We place strong emphasis on the short game—putting and chipping—for noticeable improvement and lower scores, even in winter. Lessons will be held in the TopTracer heated bays if it's cold.

YOUTH GOLF SIMULATOR LEAGUES NEW

Instructor: Missing Links Staff
Location: Missing Links Golf Club
12950 N. Port Washington Road
Mequon, WI 53097
Note: League skips all dates during Thanksgiving week.
Dates: Jan 11 – Mar 15
Course Code: 391503
Section A1: Mondays **Time:** 4:30 - 6:30 pm
Section A2: Mondays **Time:** 6:30 - 8:30 pm
Section Fee: res./non-res. $250/$260.00 (Team of 2)

Grab a partner and register together for this exciting 10-week, Top Tracer High School League. Play in outdoor, heated bays; play the wind and the elements - true flight off a real ball. Scores are entered, and players are given handicaps. You must have golf experience to play the Sim 9-hole course, and you must register in teams of 2. Buy your own bucket. This league is perfect for competitive players and social golfers alike! Note: One "snow day" has been built in if we need to cancel for weather.

YOUTH VOLLEYBALL CLINIC

Instructor: Katie Makina, Whitefish Bay Recreation Staff and Club Volleyball Coach
Location: Whitefish Bay High School, Fieldhouse Courts 3 and 4
Grades: 1 – 5
Day: Saturdays
Dates: Apr 10 – May 8
Course Code: 341201
Section A1: Grades 1 – 3 **Time:** 10:00 – 11:15 am
Section A2: Grades 4 – 5 **Time:** 11:30 am – 12:45 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 from skill to skill. In between each 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.

LACROSSE TEAM – GIRLS – WNS JUNIOR WOLFPACK

Coordinator: WNS Junior Wolfpack Lacrosse
Grades: 3 – 8
Dates: **Practices:** Sundays Feb 14 – Mar 21 (skip Feb 21)
Tues/Thurs Mar 23 – Jun 3
Games: Sat/Sun Apr 17 – Jun 6
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 14th and outdoor practices will start March 23rd. Games will be on Saturdays and Sundays starting April 17th. 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: WFB High School, Armory Park
Grades: 1 and 2
Day: Tuesdays
Time: 5:30 – 6:30 pm
Course Code: 351310
Section A4: Apr 13 – May 18
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.

BOYS LACROSSE TEAM (CO-OP)

Coordinator: Shorewood Recreation Department
Location: Shorewood High School, Football Field OR Lydell School & Community Center, Field
Grades: 1 – 8
Note: Registration opens Nov 23rd with the Shorewood Recreation Dept. Call (414) 963-6913 to join the team.

GRADES: 1 – 2

Location: Lydell School & Community Center, Field
Practices: Mondays/Wednesdays
Mar 8 – Jun 2 (skip Mar 22, 24) **Time:** 5:30 – 6:30 pm
Games: Saturdays/Sundays **Date:** Apr 17 – Jun 6 **Time:** TBD
Section Fee: res. $120.00

GRADES: 3 – 4

Location: Lydell School & Community Center, Field
Practices: Mondays/Wednesdays
Mar 8 – Jun 2 (skip Mar 22, 24) **Time:** 5:30 – 6:30 pm
Games: Saturdays/Sundays **Date:** Apr 17 – Jun 6 **Time:** TBD
Section Fee: res. $250.00

GRADES: 5 – 6

Location: Shorewood High School, Football Field
Dates: Tuesdays/Thursdays
Mar 9 – June 3 (skip Mar 23, 25) **Time:** 6:15 – 7:45 pm
Games: Saturdays/Sundays **Date:** Apr 17 – Jun 6 **Time:** TBD
Section Fee: res. $330.00

GRADES: 7 – 8

Location: Shorewood High School, Football Field
Dates: Tuesdays/Thursdays
Mar 9 – June 3 (skip Mar 23, 25) **Time:** 6:15 – 7:45 pm
Games: Saturdays/Sundays **Date:** Apr 17 – Jun 6 **Time:** TBD
Section Fee: res. $330.00

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 8th. The 1/2 grade team will play approximately 5-7 games, and the 3rd-8th grade teams will play 10-13 games. Teams will participate in 1-3 tournaments that will not require an overnight stay. All games will be on Saturdays and Sundays, starting April 17th and ending early June. The 1st-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. Optional preseason indoor practices in January and February, days and times TBD. Lacrosse helmet, shoulder pads, arm guards, gloves, and stick are required. Players can rent lacrosse equipment and a stick ($40). 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,y or Nicolet communities, or attend public schools that serve those communities. All players must join US Lacrosse ($35). Registration for the Shorewood Recreation Department opens Nov. 16. Call (414) 963-6913 to join the team. Please add your son's name to the waiting list if the team 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.

SWIM INSTRUCTION

IMPORTANT:
To reach the HS Pools, enter through Door #6 or #7 by the High School Fieldhouse.

Location: WFB HS Fieldhouse Pool-Saturday Classes
WFB HS Auxiliary Pool-Weekday Classes

Age: 18 months and up

Note: Please read 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.

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

Our youth swimming program helps children learn and refine their aquatic skills at Whitefish Bay High School. **The Auxiliary Pool is located directly beneath the FieldHouse Pool and can be accessed using the southwest corner stairs**. All swimmers must shower before entering the pool; weekday participants should use the Auxiliary Pool locker rooms, while weekend participants should use the FieldHouse Pool locker rooms.

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 9 – Mar 6 (skip Feb 6)	**Time:** 9:00 - 9:30 am	**Location:** Fieldhouse Pool
Section A2:	**Day:** Saturdays	**Dates:** Apr 10 – June 5 (skip May 29)	**Time:** 9:00 - 9:30 am	**Location:** Fieldhouse Pool

PRESCHOOL / Ages 2.5 - 5 years — Course Code: 320801

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

Section A1:	**Day:** Saturdays	**Dates:** Jan 9 – Mar 6 (skip Feb 6)	**Time:** 9:30 - 10:00 am	**Location:** Fieldhouse Pool
Section A2:	**Day:** Saturdays	**Dates:** Apr 10 – June 5 (skip May 29)	**Time:** 9:30 - 10:00 am	**Location:** Fieldhouse Pool
Section A3:	**Day:** Mon/Wed	**Dates:** Apr 12 – May 5	**Time:** 6:00 - 6:30 pm	**Location:** Auxiliary Pool

LEVEL I — INTRO TO WATER SKILLS / 6 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 on front and back.

Section A1:	**Day:** Saturdays	**Dates:** Jan 9 – Mar 6 (skip Feb 6)	**Time:** 9:00 – 9:45 am	**Location:** Fieldhouse Pool
Section A2:	**Day:** Wednesdays	**Dates:** Jan 20 – Mar 10	**Time:** 6:00 – 6:45 pm	**Location:** Auxiliary Pool
Section A3:	**Day:** Saturdays	**Dates:** Apr 10 – June 5 (skip May 29)	**Time:** 9:00 – 9:45 am	**Location:** Fieldhouse Pool

LEVEL II — FUNDAMENTAL SKILLS / Pass Level 1 — Course Code: 340801

Skills covered include: front and back glide, treading water, jellyfish float, combined stroke, both front and back.

Section A1:	**Day:** Saturdays	**Dates:** Jan 9 – Mar 6 (skip Feb 6)	**Time:** 10:00 – 10:45 am	**Location:** Fieldhouse Pool
Section A2:	**Day:** Wednesdays	**Dates:** Jan 20 – Mar 10	**Time:** 6:50 – 7:35 pm	**Location:** Auxiliary Pool
Section A3:	**Day:** Saturdays	**Dates:** Apr 10 – June 5 (skip May 29)	**Time:** 10:00 – 10:45 am	**Location:** Fieldhouse Pool
Section A4:	**Day:** Mon/Wed	**Dates:** Apr 12 – May 5	**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, sitting dive, rotary breathing, butterfly kick, survival float.

Section A1:	**Day:** Saturdays	**Dates:** Jan 9 – Mar 6 (skip Feb 6)	**Time:** 10:00 – 10:45 am	**Location:** Fieldhouse Pool
Section A2:	**Day:** Wednesdays	**Dates:** Jan 20 – Mar 10	**Time:** 6:00 – 6:45 pm	**Location:** Auxiliary Pool
Section A3:	**Day:** Saturdays	**Dates:** Apr 10 – June 5 (skip May 29)	**Time:** 10:00 – 10:45 am	**Location:** Fieldhouse Pool
Section A4:	**Day:** Mon/Wed	**Dates:** Apr 12 – May 5	**Time:** 6:50 – 7:35 pm	**Location:** Auxiliary Pool

LEVEL IV — STROKE IMPROVEMENT / Pass Level 3 — Course Code: 360801

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

Section A1:	**Day:** Saturdays	**Dates:** Jan 9 – Mar 6 (skip Feb 6)	**Time:** 11:00 – 11:45 am	**Location:** Fieldhouse Pool
Section A2:	**Day:** Wednesdays	**Dates:** Jan 20 – Mar 10	**Time:** 6:50 – 7:35 pm	**Location:** Auxiliary Pool
Section A3:	**Day:** Saturdays	**Dates:** Apr 10 – June 5 (skip May 29)	**Time:** 11:00 – 11:45 am	**Location:** Fieldhouse Pool
Section A4:	**Day:** Mon/Wed	**Dates:** Apr 12 – May 5	**Time:** 6:00 - 6:45 pm	**Location:** Auxiliary Pool

LEVEL V — STROKE REFINEMENT / Pass Level 4 — Course Code: 370801

Skills include: survival swimming, open turns, rescue breathing, flip turn, and continued practice with all strokes.

Section A1:	**Day:** Saturdays	**Dates:** Jan 9 – Mar 6 (skip Feb 6)	**Time:** 11:00 – 11:45 am	**Location:** Fieldhouse Pool
Section A2:	**Day:** Saturdays	**Dates:** Apr 10 – June 5 (skip May 29)	**Time:** 11:00 - 11:45 am	**Location:** Fieldhouse Pool

LEVEL VI — INTRODUCTION TO COMPETITION / Pass Level 5 — Course Code: 380801

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

Section A1:	**Day:** Saturdays	**Dates:** Jan 9 – Mar 6 (skip Feb 6)	**Time:** 11:00 – 11:45 am	**Location:** Fieldhouse Pool
Section A2:	**Day:** Saturdays	**Dates:** Apr 10 – June 5 (skip May 29)	**Time:** 11:00 - 11:45 am	**Location:** Fieldhouse Pool

AQUATICS



DISCOVER SCUBA DIVING

Instructor: Aquatic Adventures, Inc.
Location: WFB High School, Field House Pool
Ages: 10 yrs and up
Day: Wednesday
Time: 6:15 – 8:15 pm
Course Code: 360805
Section A1: Wednesday, Feb 10
Registration Deadline: Wednesday, Jan 27
Section Fee: res./non-res. $72.00/$82.00

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 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 before the start of class. No experience is required.

OPEN SWIM

Location: WFB High School, Fieldhouse Pool
Time: 1:45 – 3:00 pm
Dates: Feb 7, Mar 7, May 2
Fee: $3.00 per Student
$4.00 per Adult
$75.00 *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.**

***Pass allows 30 Swims; must purchase in-person at Lydell School and Community Center**

AMERICAN RED CROSS LIFEGUARDING CLASSES – BLENDED LEARNING

Instructor: Tony Agostini, Certified Red Cross Lifeguard Instructor
Location: WFB High School, Auxiliary Pool & Link
Ages: 15 yrs and up
Course Code: 380807
Section A1: May 8, 9, 15
Registration deadline: Saturday, Apr 24
Days/Times: Saturday **Time:** 8:00 am – 4:00 pm
Sunday **Time:** 8:00 am – 4:00 pm
Saturday **Time:** 8:00 am – 1:00 pm
Section Fee: res./non-res. $300.00/$310.00

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 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.

NOTE: POOL CLOSED FOR MAINTENANCE from March 22 to April 5.

Pool Facts

Size: 350,000 Gallons
Length: 25 yards east to west
Avg Temp: 82 degrees
One Mile: 66 lengths / 33 laps
Max Depth: 12 ft Diving Well / 7½ ft middle of the lap pool

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

ADULT AQUATICS

IMPORTANT:
To reach the HS Pools, enter through Door #6 or #7 by the High School Fieldhouse. 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 are re-located to the Auxiliary Pool.
Course Code: 390301
Section A1: Jan 4 – May 28 (skip evenings Jan 7, 28) (skip All Day Mar 22 – Apr 5)
Section Fee: res./non-res. $90.00/$100.00

Lap swimming is a wonderful way to keep in shape! This program is geared to adults who want a vigorous lap-swim workout. 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 – Friday **Time:** 5:00 – 6:00 am
Course Code: 390304
Section A1: Jan 4 – May 28 (skip Mar 22 – Apr 5)
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 and competitive and fitness swimmers. The group will be coached by a trainer who will provide individualized goals. The emphasis is 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's can extend their morning pool time with the Lap Swim Add-On (6:00–6:30 am) for $25.00.

REGISTER TODAY!

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

ONLINE
www.wfbschools.com



AFTERNOON WATER AEROBICS

Instructor: Karma McMillan, Certified Fitness Instructor
Location: WFB High School Auxiliary Pool
Time: 3:45 – 5:15 pm
Note: Participants will not be admitted into the building until 3:45 pm.
Course Code: 390303
Section A1: Tuesdays **Dates:** Jan 5 – May 25 (skip Mar 23, 30)
Section A2: Thursdays **Dates:** Jan 7 – May 27 (skip Mar 25, Apr 1)
Section Fee: res./non-res. $85.00/$95.00 per section

Swimmers and non-swimmers, join us for one hour of aerobic activity, strength training, and stretching. The last 30 minutes may be spent swimming laps. Please enter through Door 8 off the Ardmore Ave parking lot at 3:45 pm, and 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 A3: Jan 4 – May 24 (skip Mar 22, 29, Apr 5)
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 to take advantage of this program.

WALK FIT

Coordinator: Joe Kmoch, WFB Recreation Staff and Walking Enthusiast
Location: WFB High School, Field House Track
Days: Monday – Friday
Time: 5:30 – 6:30 am
Course Code: 390308
Section A1: Jan 4 – May 28 (skip Mar 26, 29, May 3 – 7)
Section Fee: res./non-res. $40.00/$50.00

When the weather gets chilly, it's great to be able to continue your walking regimen in a warmer environment. Registrants will be able to use the indoor track located in the WFB High School Field House to walk, jog, or run 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 yrs and up
Days: Tuesdays and Thursdays
Time: 11:00 – 11:45 am
Course Code: 390210
Section A1: Jan 5 – Jan 28
Section A2: Feb 2 – Feb 25
Section A3: Mar 2 – Mar 25
Section A4: Mar 30 – Apr 22
Section A5: Apr 27 – May 20
Section Fee: res./non-res. $90.00/$100.00

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.

FUNCTIONAL MOVEMENT WITH BALANCE AND FLEXIBILITY

Instructor: Karma McMillian, Certified Group Fitness Instructor
Location: Lydell School & Community Center, Room 19
Age: 50 yrs and up
Days: Tuesdays and Thursdays
Time: 1:00 – 1:45 pm
Course Code: 398208
Section A1: Jan 5 – Jan 28
Section A2: Feb 2 – Feb 25
Section A3: Mar 2 – Mar 25
Section A4: Mar 30 – Apr 22
Section A5: Apr 27 – May 20
Section Fee: res./non-res. $100.00/$110.00

A low-impact fitness class designed for adults aged 50 and older to improve balance, stability, and everyday mobility. This class focuses on functional movements—such as safely rising from a chair, reaching, and walking—combined with targeted balance drills to prevent falls, build lower-body strength, and maintain independence. Exercises can be modified using a chair or wall for extra support, making it safe and accessible for all fitness levels.

LOW IMPACT AEROBICS

Instructor: Karma McMillian, WFB Fitness Instructor
Location: Lydell School & Community Center, Gym
Days: Mondays, Wednesdays, and Fridays
Time: 8:00 – 8:45 am
Course Code: 390309
Section A1: Jan 4 – Mar 19
Section A2: Mar 22 – May 28 (skip Mar 26)
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. Bundle Low Impact Aerobics and Strength & Stretch for a complete morning workout—and save 10% on one class!

STRENGTH AND STRETCH

Instructor: Karma McMillian, WFB Fitness Instructor
Location: Lydell School & Community Center, Gym
Days: Mondays, Wednesdays, and Fridays
Time: 8:50 – 9:35 am
Course Code: 390310
Section A1: Jan 4 – Mar 19
Section A2: Mar 22 – May 28 (skip Mar 26)
Section Fee: res./non-res. $85.00/$95.00

This is a unique total-body workout that combines yoga, ballet, Pilates, Tai Chi, and stretching. Weights are used in resistance training and mat work for core. Bundle Low Impact Aerobics and Strength & Stretch for a complete morning workout-- and save 10% on one class!

COMMUNITY FITNESS CENTER MEMBERSHIP

Supervisor: WFB Rec Dept Staff
Location: WFB High School Fieldhouse Balcony
Days: Mon – Thurs **Time:** 6:30 – 8:30 pm
Mon and Wed **Time:** 5:30 – 7:30 am
Saturdays **Time:** 8:00 – 11:00 am
Dates: Jan 4 – May 27 (skip Mar 27, 29, May 4, 6)
Course Code: 390315
Section A1: Adults 18 – 59 yrs old
Section Fee: res./non–res. $120.00/$130.00
Section A2: WFB Seniors 60+ and older
Section Fee: res. $110.00
Section A3: Lap Swim Add-On
Section Fee: $30.00
Note: Please refer to Lap Swim dates and times
Section A4: Walk Fit Add-On
Section Fee: $30.00
Note: Please refer to Walk Fit dates and times

Research has shown that resistance (weight) training is a vital component for maintaining muscle strength, overall health, and cognitive function for men and women. With the purchase of a membership, participants can add the Lap Swim and/or Walk Fit Program for an additional $30.00 per program. The Fitness Center is a vibrant, shared space. At times, high school athletic teams will train alongside community members, and we appreciate your support in making the facility welcoming for everyone.

ADULT FITNESS

WEIGHT TRAINING

Instructor: Karma McMillan, 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 16 – Feb 13
Section A2: Feb 20 – Mar 20
Section A3: Apr 3 – May 1
Section Fee: res./non-res. $110.00/$120.00

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

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 5 – Jan 28
Section A2: Feb 2 – Feb 25
Section A3: Mar 2 – Mar 25
Section A4: Mar 30 – Apr 22
Section A5: Apr 27 – May 20
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. 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 HS Fitness Center
Course Code: 390318
Section A1: Individualized Workout Plan and Training Session
Section Fee: res./non-res. $100.00/$110.00

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 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 will also get one 30–minute training session with Karma to 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: Certified Personal Trainers
Location: WFB High School, Fitness Center
Ages: 18 yrs and 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.

SCHOOL OF STRENGTH – ADULT GROUP FITNESS

Instructor: Connor Karwowski MS, CSCS, NSCA-CPT, WSBB Special Strengths Certified
Location: WFB High School, Fitness Center
Days: Mondays and Wednesdays
Time: 6:45 – 7:45 pm
Course Code: 331209
Section A1: Jan 4 – Mar 10
Section A2: Mar 15 – May 26 (skip Mar 22 – 29)
Section Fee: res./non-res. $150.00/$160.00

Led by Whitefish Bay High School's Head Strength & Conditioning Coach, each day will consist of a semi-private group personal training session designed to improve all facets of health & performance targeted towards adult fitness. Strength, endurance, cardiovascular fitness, mobility, and more will be focused on daily. Adjustments can/will be made based on individual ability level to ensure that there are no barriers to entry-beginners are welcome! Join a community focused on healthy self-improvement and get to know your fellow Bay neighbors in the process!

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 7 – Feb 11
Section A2: Mar 4 – Apr 8
Section A3: Apr 22 – May 27
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 the fun! If you would like to try out one class for free, please call the main office.

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.

INTRODUCTION TO BEGINNING TAI CHI

Instructor: Sandra Ingram
Location: Lydell School & Community Center, Room 17
Day: Tuesdays
Time: 10:00 – 11:00 am
Course Code: 390312
Section A1: Jan 5 – Jan 26
Section Fee: res./non-res. $40.00/$50.00

This class includes the basic forms and principles of modified Sun style Tai Chi. With gentle, slow movements, Tai Chi is known to improve balance, reduce pain, increase mental focus, and reduce stress. Understand why Tai Chi has become so popular. We will adapt for all abilities - seated or standing.

CONTINUING TAI CHI, SUN AND 24 FORMS

Instructor: Sandra Ingram
Location: Lydell School & Community Center, Room 17
Day: Tuesdays
Time: 10:00 – 11:00 am
Course Code: 390412
Section A1: Feb 2 – Mar 9
Section Fee: res./non-res. $60.00/$70.00

Did you know the Yang-style 24-step Tai Chi routine is the most popular worldwide? It was created in the 1950s to make Chinese martial arts and health exercises easier. The 24 forms of Tai Chi are a mix of old and new. It keeps the heart of Chinese martial arts but is easier to learn. Simple Tai Chi moves can improve balance, flexibility, focus, and calm for relaxation. It's perfect for students reviewing and continuing their practice forms.

MINDFUL YOGA

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor/Trainer
Location: Lydell School & Community Center, Room 17
Days: Mondays
Time: 9:30 – 10:30 am
Course Code: 390329
Section A1: Jan 4 – Feb 15 (skip Jan 18)
Section A2: Mar 1 – Apr 12 (skip Mar 22)
Section A3: April 26 – June 7 (skip May 31)
Section Fee: res./non-res. $72.00/$82.00

This unique offering combines gentle yogic stretching and strengthening with mindful awareness instruction. It's a two-for-one: cultivate a healthy body AND a healthy mind. Leave feeling relaxed, refreshed, focused, and ready to take on your day! This class is appropriate for both new and experienced yoga students. Modifications will be offered for people of all fitness levels.

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.

INTEGRATED YOGA

Instructor: Jillian Holy-Skaja, Certified Yoga Instructor
Location: Lydell School & Community Center, Room 17
Course Code: 390333

MONDAYS

Beginner/Intermediate
Time: 4:30 – 5:40 pm
Section A1: Jan 4 – Feb 8
Section A2: Feb 22 – Mar 29 (skip Mar 22)
Section A3: Apr 12 – May 17

Beginner/Intermediate
Time: 5:45 – 6:55 pm
Section A4: Jan 4 – Feb 8
Section A5: Feb 22 – Mar 29 (skip Mar 22)
Section A6: Apr 12 – May 17

WEDNESDAYS

Gentle/Beginner
Time: 9:45 – 10:55 am
Section B1: Jan 6 – Feb 10
Section B2: Feb 24 – Apr 7 (skip Mar 24)
Section B3: Apr 21 – May 26

Beginner/Intermediate
Time: 11:00 am – 12:10 pm
Section B4: Jan 6 – Feb 10
Section B5: Feb 24 – Apr 7 (skip Mar 24)
Section B6: Apr 21 – May 26
Section Fee: res./non-res. $66.00/$76.00

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

BALLROOM DANCE

Coordinator: Nicolet Recreation Department
Instructor: Jacqui Lefebvre
Location: Nicolet High School Cafeteria, Glendale
Day: Tuesdays
Dates: Jan 12 – May 18 (skip Mar 23)
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. $99.00/$109.00 (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. Must register with a dance partner.

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!

LATIN DANCE SAMPLER II (CO-OP)

Coordinator: Shorewood Recreation Department
Instructor: Rosalita Villa
Location: Shorewood High School, Performing Arts Building, Room 276
Day: Thursdays **Time:** 6:30 – 7:30 pm
Course Code: 391403
Section A1: Jan 7 – Mar 11
Section Fee: res./non–res. $70.00/$80.00

Come ready to learn the basic steps and rhythms of several social Latin dance styles. Warm up as you are introduced to Rhumba, Merengue, Cumbia, Bachata, and Salsa in an easy-to-follow way. Single persons and partners are welcome, and no dance experience is necessary. Join us for this little weekly sample of South American Coastal and Caribbean islands' flavor. Please wear easy-to-move-in shoes. Rubber soles sometimes stick to the floor and can be hard to dance smoothly in.

NORTH SHORE MARTIAL ARTS

Instructor: Phil Sauer, Owner of Young American Martial Arts Club
Location: Lydell School & Community Center, Gym
Ages: 11 yrs and up
Course Code: 341205
Section Fee: res./non-res. $225.00/$235.00

MONDAYS

Time: 6:00 – 7:15 pm
Section A1: Jan 4 – Mar 22
Section A2: Mar 29 – June 14
(skip May 31 – Make up class: June 2)
Section Fee: res./non-res. $179.00/$189.00

MONDAYS AND WEDNESDAYS

Time: 6:00 – 7:15 pm
Section A3: Jan 4 – Mar 24
Section A4: Mar 29 – Jun 16 (skip May 31)

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 receive a 25% discount for each additional child.

ADULT TENNIS LESSONS

Instructor: North Shore Elite Staff
Location: North Shore Elite Racquet and Fitness Club
5750 North Glen Park Road; Glendale
Course Code: 391601
Beginner: Monday **Time:** 6:00 – 7:00 pm
Section A1: Mar 8 – June 7
Intermediate: Tuesday **Time:** 7:00 – 8:00 pm
Section A2: Mar 9 – June 8
Intermediate: Thursday **Time:** 6:00 – 7:00 pm
Section A3: Mar 11 – June 10
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: Mar 1 – 22
Section Fee: res./non-res. $155.00/$165.00

These lessons provide a thorough introduction and review of the fundamentals of golf. Our award-winning PGA pros discuss goals and then help perfect grip, alignment, posture, and swing mechanics tailored to each individual's abilities. At Missing Links, we emphasize instruction in the short game, focusing on putting and chipping. Ideal for the beginner and advanced beginner. Bring your own clubs, or we provide them at no extra cost. Note: Lessons take place in our heated outdoor TopTracer bays.

ADULT GOLF SIMULATOR LEAGUES

Instructor: Missing Links Staff
Location: Missing Links Golf Club
12950 N. Port Washington Road
Mequon, WI 53097
Note: League skips all dates during Thanksgiving week.
Course Code: 391502

TOP TRACER EVENING LEAGUE - 10 WEEKS

	Days	Dates	Time
Section A1:	Tuesdays	Jan 12 – Mar 16	5:30 – 7:30 pm
Section A2:	Tuesdays	Jan 12 – Mar 16	7:30 – 9:30 pm
Section A3:	Wednesdays	Jan 13 – Mar 17	7:30 – 9:30 pm
Section A4:	Thursdays	Jan 14 – Mar 18	5:30 – 7:30 pm
Section A5	Thursdays	Jan 14 – Mar 18	7:30 – 9:30 pm

Section Fee: $300.00 per 2-person team (balls not included)

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

TOP TRACER DAY LEAGUE - 8 WEEKS

	Days	Dates	Time
Section A6:	Wednesdays	Jan 13 – Mar 17	9:00 – 11:00 am
Section A7:	Thursdays	Jan 14 – Mar 18	9:00 – 11:00 am

Section Fee: $180.00 per 2-person team (balls not included)

Under the Lights & Heaters: 10 weeks of relaxed, social golf in our heated outdoor suites during the day! Form a men's, women's, or co-ed team. Ideal for retired golfers or anyone looking for a fun daytime activity. 2-person teams-bring a partner and enjoy friendly weekly competition. Play a different world-class course each week. Prizes each session to keep things fun and engaging. Stay sharp, stay social, and keep your game ready for spring- rain, snow, or shine. Must register with teammates and list teammates when registering.

ADULT BASKETBALL

Supervisor: WFB Recreation Staff
Location: WFB HS Fieldhouse, Courts 3 and 4
Day: Wednesday
Dates: Jan 6 – Mar 17 **Time:** 8:00 – 10:00 pm
Mar 24 – May 26 **Time:** 7:30 – 9:30 pm
Course Code: 391203
Section A1: Jan 6 – May 26 (skip Apr 14, May 5, 12)
Note: Times vary due to HS Athletics. Additional dates may be canceled due to school events.
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 are late fees that apply for registrations received on or after the start date.

ADULT 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 6 – May 12 (skip Mar 24)
Section Fee: res./non–res. $80.00/$90.00

Serve, bump, and volley. Come improve your skills during open volleyball. This program is suited for beginner to advanced players.

PICKLEBALL

Supervisor: Hannah Anderson, WFB Recreation Staff
Location: WFB High School, Field House Courts 1 and 2
Note: Cancellations may happen due to school events. Best efforts will be made to make up canceled dates.
Day: Tuesdays
Time: 7:30 – 9:30 pm
Course Code: 392304
Section A1: Mar 9 – May 25 (skip Apr 13, May 4, 11)
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, a tennis-height net, a paddle, and a baseball-sized wiffle ball, this game is usually played in doubles. It is easy to learn and provides plenty of exercise and eye-hand coordination.

BADMINTON

Supervisor: William Couture, WFB Recreation Staff
Location: WFB HS Fieldhouse, Courts 1 and 2
Day: Wednesdays
Dates: Jan 6 – Mar 17 **Time:** 8:00 – 10:00 pm
Mar 24 – May 26 **Time:** 7 :30 – 9:30 pm
Note: Times Vary Due To HS Athletics. Additional dates might be canceled due to school events.
Course Code: 391201
Section A1: Jan 6 – May 26 (skip Apr 14, May 5, 12)
Section Fee: res./non-res. $65.00/$75.00

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

ADULT ARCHERY

Coordinator: Nicolet Recreation Department
Instructor: Inna Lebedinsky
Location: Kletzsch Park Archery Range, Glendale
Day: Thursdays **Time:** 5:00 – 5:45 pm
Course Code: 361209
Section A1: May 6 – June 10
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.

PARENTING 101

Instructor: Allyn Miller, Parent Coach-Child Connection
Location: Virtual and Lydell School and Community Center, Rm 15
Course Code: 381127
Section A1: Wednesday, Jan 13 – Feb 17 **Virtual**
*Zoom link provided by Instructor
Time: 6:30 – 7:30 pm
Section A2: Tuesday, Feb 9 – Mar 16 **In-Person**
Time: 10:00 – 11:00 am
Section Fee: res./non-res. $250.00/$260.00

Whether you are expecting your first cold or navigating the busy early years, Parenting 101 offers six one-hour workshops designed to build confidence and connection. Topics include Conscious Communication, Foundations of the Nervous System, Child Development, Dignified Discipline, Power Patterns, and Play with a Purpose. Grounded in research and practical experience, this series gives parents, grandparents, nannies, and caregivers tools they can use right away. Come for one session or the whole series!

PROGRAM CANCELLATIONS & ANNOUNCEMENTS...



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

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

Whitefish Bay RECREATION
Bringing Community Together

ADULT ENRICHMENT

ADULT AND PEDIATRIC CPR/AED/FIRST AID CERTIFICATION

Instructor: Jessica Heller, Heller Safety Solutions
Location: Lydell School & Community Center, Room 17
Ages: 11 and older
Day: Tuesdays
Time: 5:00 – 7:15 pm
Course Code: 391027
Section A1: Jan 19 **Registration Deadline:** Tuesday, Jan 12
Section A2: Mar 9 **Registration Deadline:** Tuesday, Mar 2
Section Fee: res./non-res. $80.00/$90.00

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 before the class.

WOODWORKING OPEN LAB

Instructor: Corey Prendergast, Carpenter and WFB High School Teacher
Location: WFB High School, Room 40
Time: 6:00 – 8:00 pm
Days: Wednesdays
Course Code: 390517
Section A1: Jan 6 – Mar 10
Section A2: Mar 31 – June 2
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.

HOME CREAMERY: LET'S MAKE CHEESE CURDS

Coordinator: Nicolet Recreation Department
Instructor: Linda Conroy
Location: Nicolet High School, Room B133
Day: Wednesdays **Time:** 6:00 – 8:30 pm
Course Code: 392907
Section A1: Jan 20
Section A2: Mar 17
Section Fee: res./non–res. $60.00/$70.00

Making cheese at home is easy and fun. Join home cheese maker Linda Conroy to learn how to choose milk and other ingredients for making cheese at home. We will make paneer and cheese curds from scratch. The session includes instruction, tastings, recipes, and cheese curds to take home. Linda Conroy is a 30-year veteran herbalist. Her love of plants, herbal apprenticeship training, and background as a medical social worker has led to her role as a leader in her field. She is the founder of Moonwise Herbs, The Midwest Women's Herbal Conference, and Mycelium Mysteries: Women's Mushroom Conference.

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 7 – Mar 11 (skip Feb 4)
Section A2: Mar 18 – May 6
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 4 – Mar 8
Section A2: Mar 15 – May 24 (skip Mar 29)
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. This is an open lab; no instruction is given.

REGISTER TODAY!

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

ONLINE
www.wfbschools.com

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.

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 20 – Feb 24
Section A2: Mar 10 – Apr 14
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.

THE POETRY WORKSHOP

Instructor: Sharon Foley, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 19
Day: Mondays
Time: 12:00 – 2:00 pm
Course Code: 390102
Section A1: Jan 4 – Feb 22
Section Fee: res./non-res. $60.00/$70.00

Have you always dreamed of writing poetry? Do you have an idea, memory, or emotion you long to express? Whether you're just beginning your writing journey or looking to refine your craft, strengthen your skills, and find your unique voice, this class is for you. Each week, we'll explore techniques that bring poetry to life. You will learn structure, rhythm, rhyme, imagery, and the effective use of the five senses to create vivid, memorable poems. We'll read and discuss works by accomplished poets to discover what makes a poem resonate with readers. Participants will bring a poem each week to share with the group for constructive feedback and discussion. Sharon Foley is an award-winning poet and published author.

FUNDAMENTALS OF DRAWING I & II

Instructor: Debra Locke, BA in Art Education
Location: Lydell School & Community Center, Room 24
Days: Mondays and Wednesdays
Time: 1:00 – 2:30 pm
Course Code: 390506
Section A1: Feb 22 – Mar 31 Fundamentals I
Section A2: Apr 12 – May 19 Fundamentals II
Section Fee: res./non-res. $125.00/$135.00

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.

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ADULT ENRICHMENT

DRAWING WILD ANIMALS WITH COLORED PENCILS

Instructor: Mary Pesch, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 24
Days: Tuesday and Thursday
Time: 10:30 – 11:30 am
Course Code: 390705
Section A1: Feb 2 – Mar 11
Section Fee: res./non-res. $105.00/$115.00

Students will learn how to render a variety of wild animals using colored pencil techniques & tools. The class will navigate through demos at every session, explore different kinds of paper & use step-by-step, colored worksheets. A mid-level of experience is a plus, but not necessary, since outline drawings are also provided to speed up the color learning process. Projects will include parrot, tiger, zebra, koi, deer and/or tortoise.

BEGINNING AND CONTINUING OIL PAINT

Instructor: Barbara Friedman, Art Education MS.
Location: Lydell School & Community Center, Room 24
Day: Thursdays
Time: 12:00 – 3:00 pm
Course Code: 390709
Section A1: Feb 25 – Apr 1
Section Fee: res./non-res. $90.00/$100.00

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.

STORMWATER TO SHOWSTOPPER: DESIGNING YOUR WISCONSIN NATIVE RAIN GARDEN

Instructor: Bill Lund, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 24
Time: 6:00 – 7:30 pm
Course Code: 399039
Section A1: Wednesday, Mar 24
Section Fee: res./non-res. $32.50/$42.50

Transform your landscape into a hardworking ecosystem! This course delivers a practical introduction to green infrastructure, showing you how to design your beautiful rain garden that naturally manages stormwater. Discover the power of vibrant Midwestern native plants, and gain actionable strategies to build and maintain a climate-resilient, thriving sanctuary that supports local wildlife and keeps waterways clean.

Each participant should bring a sketch or printout of a Google Maps aerial view of your property for the proposed rain garden. Include dimensions. The garden must be downslope and 6 - 10 feet from the foundation.

AMERICAN MAHJONG 101 & 102

Instructor: Julie Littman, Whitefish Bay Recreation Instructor
Location: Lydell School & Community Center, Room 15
Day: Tuesdays
Time: 6:00 – 8:00 pm
Course Code: 391120
Section A1: Mahjong 101 Jan 5, 12, 19
Section A2: Mahjong 101 Feb 2, 9, 16
Section A3: Mahjong 102 Mar 2, 9, 16
Section A4: Mahjong 101 Apr 6, 13, 20
Section A5: Mahjong 102 May 4, 11, 18
Section Fee: res./non-res. $190.00/$200.00

American Mahjong 101: The Fundamentals Discover the captivating, fast-paced world of American Mahjong. This beginner-friendly course breaks down the game into approachable, step-by-step lessons designed to build your confidence at the table. Prerequisites: None! Absolutely no prior experience required. No supplies needed.

Over three hands-on sessions, you will learn:

- **The Elements & Setup:** Recognize the tiles (Suits, Dragons, Winds, and Honors), understand their functions, and master the proper table setup and dealing process.
- **Reading the Card:** Demystify the National Mah Jongg League (NMJL) card to understand hands, suits, and scoring rules.
- **The Charleston:** Learn the essential tile-swapping phase that sets up your entire game strategy.
- **Gameplay & Basic Strategy:** Practice drawing, discarding, calling tiles, and identifying your best path to a winning hand.
- By the end of this series, you will have all the foundational skills needed to join a casual game with confidence.

American Mahjong 102: Beyond the Basics: Take your tile game to the next level. Designed for players who know the basics but want to play faster, smarter, and more strategically, this three-part series transitions you from passive tile-matching to active tactical play. Prerequisites: Completion of American Mahjong 101 or basic familiarity with tile identification and gameplay rules.

Key areas of focus include:

- **Advanced Charleston Tactics:** Master the art of tile passage—learning what to pass, what to hold, and how to read what your opponents are passing you.
- **Pivoting & Hand Flexibility:** Learn when to commit to a hand and how to smoothly shift strategies when your primary plan gets blocked.
- **Opponent Reading & Defense:** Sharpen your awareness of the discard pile to analyze what others are building and prevent yourself from throwing winning tiles.
- **Elevated Gameplay:** Practice timed decision-making, defensive discarding, and optimizing your chances for a Mahjong victory.

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.

BEGINNER SHEEPSHEAD

Coordinator: Nicolet Recreation Department
Instructor: Dennis Staral
Location: Nicolet High School, Room B113
Ages: 13 yrs and up
Day: Mondays **Time:** 4:00 – 5:00 pm
Course Code: 360504
Section A1: Mar 1 – Apr 26 (skip Mar 22)
Section Fee: res./non-res. $40.00/$50.00

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

TAMING THE HIGH COST OF COLLEGE

Instructor: Brad Baldridge, Baldridge Wealth Management
Location: Lydell School & Community Center, Room 15
Time: 7:00 – 8:30 pm
Course Code: 391016
Section A1: Tuesday, Feb 23
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

ARTIFICIAL INTELLIGENCE & CONSUMER PROTECTION

Presenter: Outreach Specialist, Division of Trade and Consumer Protection (DATCP)
Location: Lydell School and Community Center, Room 19
Day: Tuesday
Time: 6:00 – 7:00 pm
Course Code: 399999
Section A2: Tuesday, Jan 19
Section Fee: Free

The Wisconsin Bureau of Consumer Protection will offer a brief history and overview of Artificial Intelligence (AI) leading up to today's complex Large Language Models (LLMs). The presentation will explore the pros and cons of AI and how this developing technology impacts consumers. Additionally, the presentation will cover modern threats; specifically, how generative AI has empowered scammers to expand their reach with deepfake videos, convincing phishing scams, and much more. By the end of this presentation, attendees will be better equipped to navigate an AI-powered world with caution and curiosity.

RETIREMENT PLANNING FOR THOSE WHO ARE DELEGATORS

Presenter: Lyssa Hobbs, CFP, and Jess Henricksen
Location: Lydell School & Community Center, Room 17
Day: Wednesday
Course Code: 390715
Section A1: Feb 17 **Time:** 2:00 – 3:30 pm
Section A2: Feb 17 **Time:** 5:00 – 6:30 pm
Section Fee: res./non-res. $10.00/$20.00

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

REDUCING NIGHTTIME BATHROOM TRIPS

Instructor: Nina Olson, DPT, CMTPT, BCB-PMD
Location: Freedom Physical Therapy Services
6908 N. Santa Monica Boulevard, Fox Point
Course Code: 330506
Section A1: Tuesday, Jan 12 **Time:** 10:00 – 11:30 am
Section Fee: res./non.res. $10.00/$20.00

Are you waking frequently at night to urinate? If so, you may be suffering from Nocturia. Nocturia is waking more than one time per night to urinate. Join Nina Olson, pelvic floor therapist, who specializes in bladder and Bowel dysfunction in both men and women, on how to reduce nighttime urges and sleep better at night. This one-hour course will provide tips and tricks for improving your sleep and reducing the frequency of nighttime urination.

DRY NEEDLING 101

Instructor: Scott Coonen, DPT, CMTPT
Location: Freedom Physical Therapy Services
6908 N. Santa Monica Boulevard, Fox Point
Course Code: 330507
Section A1: Thursday, April 8 **Time:** 5:30 – 7:00 pm
Section Fee: res./non.res. $10.00/$20.00

Come learn about Dry Needling, a revolutionary pain-relieving procedure. Intramuscular Dry Needling treatment is directed at myofascial trigger points related to the maintenance of the pain cycle. Trigger points are known to be involved in acute and chronic, localized and widespread pain, including common conditions such as migraine headaches, fibromyalgia, Achilles tendonitis, sciatica, and tennis elbow. Dry Needling has been proven to reduce muscle tension, promote healing, and increase range of motion. All attendees will receive a complimentary dry-needling session coupon for future use.

Whitefish Bay RECREATION
Bringing **Community** Together

SENIOR PROGRAMMING

NOTE FROM SENIOR & COMMUNITY SERVICES

Dear Residents,

I am so excited to be offering fun and engaging new senior programs this winter and spring! There truly is something for everyone—from special grandparent/grandchild activities to sessions on Humor and Pet Emergencies, to helpful programs like tax assistance and exercise sessions for Parkinson's and other movement disorder diagnoses. We'll also have social opportunities, including our all-new running/walking club, designed to get people moving, meeting new friends, and having fun together!

While I'm thrilled about all that's ahead, we did have to make the difficult decision not to offer the Spring Senior Luncheon this year due to a lack of sponsorships. It was not an easy decision, as we know how much our seniors enjoy gathering together for these special events. Senior Program Sponsors are needed, and sponsoring a program is a great way to give back to the community by supporting programs that offer seniors low-cost or fee-free recreational and enrichment opportunities. I invite those interested to contact me by phone or email to discuss sponsorship opportunities.

That said, I'm incredibly excited about what we are able to offer and hope you'll join us for some of these new programs. There are lots of great things happening, and I can't wait to see our senior community grow, get involved, try something new, and have fun together!

Yours in Community,

Karen Schneiberg



Karen Schneiberg,
Coordinator of Senior
& Community Services

HUMOR: HOW IT CAN KEEP YOU YOUNG AND HEALTHY

Instructor: Adele Lund, Founder & CEO of Adele Lund Consulting
Location: Lydell School & Community Center, Room 15
Time: 9:15 – 10:15 am
Course Code: 392025
Section A1: Friday, April 23
Section Fee: res./non-res. $15.00/$25.00

With each passing year, loss, failing health, and life challenges can impact our ability to maintain our sense of humor and joy. Yet we know laughter can have a profound effect upon our overall health and well-being. Don't be a grouch...join us so we can all laugh together... experience the physical benefits of laughter...oh and did I say we'd laugh together?!

PARKINSON MOVEMENT CLASS: MOVE BETTER FEEL STRONGER

Instructor: Molly Rittberg, Parkinson's Trained Physical Therapist, DPT, CFPS, LSVT-BIG certified, CGCP
Location: Lydell School & Community Center, Room 15
Day: Thursdays
Time: 10:30 – 11:30 am
Course Code: 392024
Section A1: Jan 7 – Mar 18
Section A2: April 1 – June 10
Section Fee: res./non-res. $195.00/$205.00

Join our Parkinson's Movement Class, designed to help individuals living with Parkinson's disease improve mobility, balance, strength, flexibility, coordination, and overall quality of life in a safe and supportive environment.

This evidence-based class focuses on functional movements, posture, gait, coordination, and exercises that promote confidence in everyday activities. Participants work at their own pace with modifications provided to accommodate all ability levels.

Benefits of the Class: Improve balance and reduce fall risk, increase strength and flexibility, enhance walking and posture, support coordination and mobility, build confidence and independence, connect with others in a welcoming community

Who Can Participate? Individuals with Parkinson's disease at any stage who have medical clearance to participate in exercise; care partners are welcome to attend if needed.

What to Bring: Comfortable clothing, athletic shoes, water bottle, positive attitude!

PREMIER WORLD DISCOVERY
SEE SENIOR TRAVEL OPPORTUNITIES
See Page 39

SILVER LINING RUN CLUB

Instructor: Karen Schneiberg, WFB Coordinator of Senior & Community Services
Location: Lydell School & Community Center
Day: Tuesdays and Thursdays
Time: 8:00 – 9:00 am
Course Code: 392023
Section A1: Jan 12 – May 27
Section Fee: Free

Ready to get active and meet new friends? Join our brand-new Run Club for adults 50 and better! Whether you prefer power walking, jogging, or running at a faster pace, there's a spot for you. Led by Karen, each session starts and ends at Lydell School and Community Center and includes joint-friendly warm-ups, flexible distances, and a supportive, welcoming environment. Please note: for safety and comfort, runs will be canceled during rain or if the "feels like" temperature drops below 10°F.

SENIOR SOCIAL HOUR AND TABLE GAMES

Location: Lydell School & Community Center, Room 17
Time: 1:00 – 3:00 pm
Dates: Jan 12 – May 28 (skip Mar 26)
Course Code: 392022
Section A1: Tuesdays: Open Play Sheepshead
Section A2: Thursdays: Open Play Bridge
Section A3: Fridays: Open Play Mah Jongg
Section Fee: Free

Come Play, Connect & Make New Friends! Looking for a way to spend time with others who share your interests? Stop by, join in the conversation, and enjoy some friendly competition! Our weekly social and game time is a great way to meet new people, reconnect with friends, and enjoy your favorite games in a welcoming environment. These gatherings are social, casual, and participant-led, rather than instructor-led. They are intended for individuals who already have experience with the activity and simply want to enjoy playing and socializing with others. All players must bring their own game supplies. Pre-registration is required.

MAH JONGG 101 FOR SENIORS

Location: Lydell School & Community Center, Room 15
Day: Tuesdays
Time: 12:00 – 2:30 pm
Course Code: 392021
Section A1: Jan 26 – Feb 16
Section Fee: res./non-res $99.00/$109.00

Mah Jongg Is Back—and More Popular Than Ever! From A-list celebrities to social media influencers, Mah Jongg is experiencing a major resurgence. This timeless tile game combines strategy, luck, and social connection, making it one of today's most engaging and enjoyable pastimes. Whether you're brand new to the game or looking to refresh your skills, this course provides the perfect introduction to American Mah Jongg using the official National Mah Jongg League (NMJL) rules.

You'll learn:

- Tile recognition and identification
- How to read and use the current NMJL card
- Official rules and gameplay procedures
- Fundamental strategies for successful play

Each session includes guided practice and instructor-supported gameplay, allowing you to build confidence while gaining hands-on experience. Our highly rated instructor is known for an energetic, patient, and engaging teaching style that makes learning easy and enjoyable.

Unlike many classes that teach informal variations or "house rules," this course follows the official NMJL rules. You'll learn the game correctly from the start, giving you the confidence to play with friends, family, and organized groups anywhere. Course fee includes the current National Mah Jongg League card and all class materials.

BE A PET FIRST-AID HERO (MULTIGENERATIONAL)

Instructor: Libby Peterson, Pet First Aid & CPR Instructor
Location: Lydell School & Community Center, Room 19
Ages: Senior or Older Adult with Grandchild, 8–13 yrs
Time: 6:00 – 7:00 pm
Course Code: 392027
Section A1: Monday, Mar 8
Section Fee: res./non-res. $10.50/$20.50

Be a Pet First-Aid Hero — Great for Grandparents & their Grandkids! Spend some special time together while learning how to help a furry family member in an emergency! Grandparents and grandchildren can learn the basics of dog and cat first aid, including how to: Take vital signs, care for wounds, respond to choking, administer CPR, and more! Come learn, laugh, and gain skills that could make a big difference for your favorite four-legged friend!

MAKE A BLANKET OR TOY, MAKE A DIFFERENCE, SAVE A LIFE (MULTIGENERATIONAL)

Instructor: Karen Schneiberg, WFB Senior & Community Services Coordinator
Location: Lydell School & Community Center, Room 22
Ages: Senior or Older Adult with Grandchild, 6 – 13 yrs
Time: 4:00 – 5:00 pm
Course Code: 392028
Section A1: Thursday, Jan 28
Section Fee: res./non-res. $8.00/$18.00

Bring a little extra comfort and love to rescue pets by creating cozy blankets and fun toys for our furry friends as they wait for their furever homes! Volunteer your time to help make cozy blankets and tug toys. The cost is for materials needed to create them. Every dollar and every item makes a difference in the life of a pet who deserves to feel safe, loved, and cared for. Together, we can wrap rescue pets in a little extra love! All donations will be brought to the Wisconsin Humane Society and TailWaggers 911 Rescue. Grandparents/grandchildren are encouraged!

REGISTER TODAY!

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

ONLINE
www.wfbschools.com

GRANDPARENT & GRANDCHILD SUCCULENT WORKSHOP (MULTIGENERATIONAL)

Instructor: Lisa Belisle, Floral Elements
Location: Lydell School & Community Center, Room 24
Ages: Senior or Older Adult with Grandchild, 6 – 13 yrs
Time: 4:00 – 5:00 pm
Course Code: 392026
Section A1: Tuesday, Jan 5
Section Fee: res./non-res. $39.00/$49.00 per plant

Looking for a fun experience to share with someone special? Our Grandparent & Grandchild Succulent Workshop is designed to be a hands-on, creative experience where generations can create succulents they can take home and enjoy- all skill levels are welcome. Each pair will create a unique seasonally inspired succulent planter, choosing between a Woodland Winter theme or a sweet Valentine theme. No green thumb required! Lisa will guide you step-by-step through the process. Along the way, you'll learn a few things every new plant parent should know: The difference between dirt and soil, why we tend to over-love our plants, and what exactly are "wet feet"—and why succulents absolutely hate them. How to choose, plant, and care for your succulents. Come create. Come learn. Come laugh. And leave with a little piece of your time together growing at home.

COMMON SCAMS & FRAUDS TARGETING SENIORS

Presenter: Outreach Specialist, Division of Trade and Consumer Protection (DATCP)
Location: Lydell School & Community Center, Room 15
Day: Tuesday
Time: 10:00 – 11:00 am
Course Code: 399999
Section A3: Tuesday, May 25
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 Bureau of Consumer Protection will be available. As Wisconsin's lead agency for consumer protection, the Bureau of Consumer Protection at the Wisconsin Department of Agriculture, Trade and Consumer Protection, provides information and education, mediates complaints, investigates cases, and takes enforcement actions to fight fraudulent and deceptive practices that harm consumers and honest businesses.

TAXES, SOCIAL SECURITY & RETIREMENT: WHAT SENIORS NEED TO KNOW

Presenter: Lance Gordon, LGA Tax Services
Location: Lydell School & Community Center, Room 15
Course Code: 399998
Section A1: Wednesday, Jan 20 **Time:** 11:00 am – 12:00 pm
Section A2: Thursday, Jan 28 **Time:** 6:00 – 7:00 pm
Section Fee: Free

Retirement can bring new tax questions and important financial decisions. Join Lance Gordon, MS, CPA, President of LGA Tax Services, for a practical discussion on how IRA withdrawals and investment income can affect Social Security taxes, Wisconsin's new retirement income tax break, and the additional federal deduction available to qualifying seniors. Lance will also discuss when to consider claiming Social Security and whether a living trust may make sense for you. Q & A will follow.

Topics include:

- IRA withdrawals, capital gains, and Social Security taxation
- Wisconsin's retirement income tax break
- The additional federal deduction for qualifying seniors
- When to start drawing Social Security
- Do I really need a living trust?

MOVING FORWARD: DOWNSIZING, MOVING AND YOUR REAL ESTATE OPTIONS

Presenter: Annie Jurczk, Keller Williams and Lisa Haynes, A Bridge Forward
Location: Lydell School & Community Center, Room 15
Ages: Seniors and their families
Time: 10:00 – 11:00 am
Course Code: 399999
Section A1: Wednesday, Feb 24
Section Fee: Free

Thinking about a move? Let's talk over coffee. If you or someone you care about has been thinking about downsizing, moving to a new home, or simply wondering what your options might be, join us for a relaxed and supportive conversation designed specifically for seniors and their families. Annie Jurczyk, a Senior Real Estate Specialist with Keller Williams, and Erika Elia and Liz Beeghly with Caring Transitions of Milwaukee North Shore will walk you through the many pieces of making a move - from deciding whether the time is right and understanding today's real estate market to sorting through years of belongings, downsizing, decluttering, organizing, packing, and preparing for your next move.

This isn't a sales pitch—it's an open, supportive conversation where you are encouraged to ask questions, share concerns, and gather information - whether you are planning a move soon or simply starting to think about your next chapter.

SPONSORING SENIOR PROGRAMS

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

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

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

SENIOR TRIPS



2027 TRAVEL SHOW WITH PREMIER WORLD DISCOVERY

Presenter: LaWanna Lambert, Premier World Discovery
Location: Lydell School & Community Center, Room 17/15
Ages: 55 yrs and up
Day: Thursdays
Course Code: 377777
Section A1: Jan 21 **Time:** 10:00 – 11:00 am
Section A2: May 20 **Time:** 1:00 – 2:00 pm
Section Fee: Free

COSTA RICA TRAVEL SHOW: On the 4th voyage of Christopher Columbus in 1502, the explorer and his crew discovered the Caribbean side of a beautiful territory he called "Costa Rica" or the "Rich Coast." Costa Rica is Central America's greatest hidden gem, a haven for eco-tourism featuring lush forests, magnificent waterfalls, rumbling volcanoes, and diverse ecosystems. Come and join us in an exploration of this "Rich Coast." Departs on February, 3 2027.

CAPE COD & THE ISLANDS: Discover the quintessential charm of New England on a journey filled with seaside villages, fascinating history, and beautiful coastal scenery. Spend five nights on Cape Cod and enjoy ferry excursions to both Martha's Vineyard and Nantucket, along with visits to Plymouth, Provincetown, and the spectacular Cape Cod National Seashore. The adventure also includes historic Boston and elegant Newport, where you'll tour the magnificent Breakers Mansion, before capping off the trip with a traditional New England lobster dinner. It's a wonderful combination of history, coastal beauty, and classic New England experiences—with only one hotel change during the entire seven-day tour.

GREAT TRAINS & GRAND CANYONS: Experience Arizona's spectacular landscapes while enjoying the convenience of five nights in one hotel in beautiful Sedona. Travel aboard two unforgettable rail journeys—the historic Grand Canyon Railway to the South Rim and the Verde Canyon Railroad through dramatic wilderness scenery—while also exploring Oak Creek Canyon, Montezuma Castle and the old mining town of Jerome. You'll have time to discover Sedona's famous red-rock scenery and charming Uptown before celebrating your adventure with a Chuckwagon Supper and Western Stage Show. With incredible scenery, two train experiences and an easy unpack-once stay, this is a terrific way to experience the American Southwest.

PREMIER
WORLD DISCOVERY

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

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.

(414) 519-9477

Eastcastleplace.com
2505 East Bradford Avenue | Milwaukee, WI 53211
Independent Living
Assisted Living | Memory Care
Rehabilitation | Skilled Nursing
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414-963-9347

Whitefish Bay RECREATION
Bringing Community Together



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
	Saturdays	**Time:** 8:00 – 11:00 am
Dates:	Jan 4 – May 27 (skip Mar 27, 29, May 4, 6)	

MEMBERSHIP PACKAGE OPTIONS

Adult Fee: $120.00-resident / $130.00 non-resident
Course Code: 391315 A1
Senior Fee: (WFB seniors Ages 60 and Up) $110.00-resident
Course Code: 390315 A2
Whitefish Bay High School Student Fee: $40.00
Course Code: 391315 A5

FITNESS MEMBERSHIP ADD-ONS

See Descriptions for class details.

- O **LAP SWIM $30.00** P. 26
- O **WALK FIT $30.00** P. 27

GREAT FOR THOSE 60 & UP!

Don't Miss Out on This Great Opportunity.

Sign Up Today!



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, 2027.

Growing Community One Seed At A Time

Thank you!

DEPARTMENT PROCEDURES:

MISSION STATEMENT

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

REGISTRATION PROCESS

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

LOTTERY INFORMATION

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

REGISTRATION DEADLINES

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

SAME DAY/LATE REGISTRATION

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

PROGRAM WAITLISTS

Program Waitlists are automated. Participants are able to add themselves or a family member to a program waitlist if one exists through their online registration portal and will receive an automated email offer if and when a spot becomes available. Participants will have 24 hours to accept or deny the spot via their online recreation account by going to their **My Waitlist** page. If accepted, the participant will be brought to a registration screen to register and pay for the class. If you deny or do not respond to the offer within 24 hours the system will extend the Waitlist Offer to the next person on the list. Front office staff has access to add participants to a waitlist upon request, however, all notifications of a waitlist offer are done via email.

PROGRAM WITHDRAWAL PROCEDURE

To receive a full household credit, you must request a withdrawal at least one week before program starts (or by the registration deadline, if applicable). Requests submitted after this timeline may not be guaranteed for approval or credit. Refunds are only issued under conditions detailed below.

REFUND PROCEDURE

Refunds will ONLY be issued in the following situations:

- A class is cancelled by the Recreation Department
- A participant was waitlisted during the lottery selection and never received a spot in the program
- A family moves from the village
- Medical condition (with a Doctor's note)

To request a refund under these circumstances, email a request to Carin Keland, Director of Recreation and Community Ed.

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 participaton. However, we are not able to provide one-on-one support and our programs do not address specific IEP goals. Please list any allergies or special accommodations on the registration form. Questions, please contact Carin Keland, Director of Recreation and Community Education, at (414) 963-3888 or at carin.keland@wfbschools.com.

PROGRAM COMMUNICATION

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

DEPARTMENT PROCEDURES:

RESIDENT DEFINITION

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

SATISFACTION GUARANTEED

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

INCLEMENT WEATHER

If the Whitefish Bay School District is closed due to inclement weather, Recreation Department activities that take place in a school district building will be cancelled. For programs held at private businesses or other departments, please contact that specific location directly to confirm status. If the weather conditions deteriorate during the day, please call 414-963-3947 or become our friend on Facebook to find out the latest cancellation information. Depending upon individual program schedules, makeup classes cannot be guaranteed. Information about all School District closings and cancellations will also be announced over the following radio stations: WTMJ, WISN, WOKY Channel 4 and on Facebook.

NO SMOKING/ALCOHOL USE

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

CAHILL PAVILION RENTAL

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

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

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

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

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

DISTRICT FACILITY RENTAL

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

INDOOR FACILITIES:

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

OUTDOOR FACILITIES:

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

REGISTRATION FORM

Whitefish Bay RECREATION

PAYEE INFORMATION (adult/parent/guardian)

Last Name _____ First Name _____

Address _____ Phone _____

City/State _____ Zip _____ Cell Phone _____

Email address _____

REGISTRATION OPTIONS

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

ONLINE
www.wfbschools.com

COURSE SELECTION

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

Participant Name *(First/Last)* _____

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

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

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

Participant Name *(First/Last)* _____

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

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

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

Participant Name *(First/Last)* _____

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

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

CREDIT CARD INFORMATION

CREDIT CARD NUMBER: ☐☐☐☐-☐☐☐☐-☐☐☐☐-☐☐☐☐

EXP. DATE: ☐☐☐☐

ZIP CODE: ☐☐☐☐☐

Signature _____

Card Holder Name (Print) _____

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

Name of volunteer _____

TOTAL ☐

- No telephone registrations are accepted.
- Payment methods: CHECK or CHARGE Checks payable to Whitefish Bay Recreation Dept. or credit card (Visa, Mastercard AmEX and Discover). *Cash is NOT accepted.*
- Email confirmations will be sent if email is provided.

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

MUST READ AND SIGN BEFORE REGISTERING

LIABILITY AND PHOTO PERMISSION STATEMENT

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

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

Signature _____ Date _____

Whitefish Bay RECREATION

REGISTRATION FORM

Whitefish Bay RECREATION

PAYEE INFORMATION (adult/parent/guardian)

Last Name _____ First Name _____

Address _____ Phone _____

City/State _____ Zip _____ Cell Phone _____

Email address _____

REGISTRATION OPTIONS

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

ONLINE
www.wfbschools.com

COURSE SELECTION

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

Participant Name *(First/Last)* _____

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

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

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

Participant Name *(First/Last)* _____

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

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

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

Participant Name *(First/Last)* _____

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

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

CREDIT CARD INFORMATION

CREDIT CARD NUMBER: ☐☐☐☐-☐☐☐☐-☐☐☐☐-☐☐☐☐ EXP. DATE: ☐☐☐☐ ZIP CODE: ☐☐☐☐☐

Signature _____

Card Holder Name (Print) _____

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

Name of volunteer _____

TOTAL ☐

- No telephone registrations are accepted.
- Payment methods: CHECK or CHARGE Checks payable to Whitefish Bay Recreation Dept. or credit card (Visa, Mastercard AmEX and Discover). *Cash is NOT accepted.*
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I further understand that photographs taken of recreation programs may be used by the Recreation Department for promoting their programs, classes or events.

Signature _____ Date _____

Whitefish Bay RECREATION


Lydell Preschool
OPEN HOUSE
An exceptional place for young hearts and minds
REGISTRATION FOR THE
2027-2028 SCHOOL YEAR
WEDNESDAY, JANUARY 13
9:00 AM
Tuesday, January 12
5:00 - 6:30 PM
Learn more at wfbschools.com
Caitlin Meyer, Billing & Program Info
caitlin.meyer@wfbschools.com
Our Classrooms
Early Childhood: Ages 2-3
Must be 2 years old
by Sept. 1st
Preschool: Ages 3-4
Must be 3 years old
by Sept. 1st
Program Days & Times
3-Day Program
Monday, Wednesday, Friday
2-Day Program
Tuesday, Thursday
Time for both Programs
9:00 - 11:30 am
Lydell School & Community Center
5205 N Lydell Ave, Whitefish Bay, WI
(414)963-3947


HAWAII
Fluid Art
Glendale
WE OFFER
Fluid Art
Resin Tumblers
Beach Scenes
Charcuterie Boards
Bears and other figurines
Shell Mosaics
and More!
GREAT FOR
Kids Parties
Date Night
Team Building
Girl Scouts
Office Outing
Girls Night
Family Fun
and More!
WHY US?
Unique Experience
No Skill Required
We Feature Local Art
Fun and creative environment
and More!
5681 N Bayshore Dr., Glendale, WI 53217 | Book Online, Call or Walk-In | 414-248-0517

Whitefish Bay
RECREATION
Bringing **Community** Together

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

Non-Profit
Organization
U.S. Postage
PAID
Permit #3859
Milwaukee, WI

IMPORTANT REGISTRATION DATES

WFB Resident Registration Begins
NOV. 23, 2026

Non-Resident Registration Begins
DEC. 8, 2026

CAR-RT PRESORT

