

PROGRAMMING FOR YOUTH, ADULTS & SENIORS

WINTER/SPRING 2024



Whitefish Bay RECREATION

Bringing Community Together

Exceptional Place to Engage

SUMMER 2024
TEEN C.I.T. &
BAY VOLUNTEER
APPLICATION
INFORMATION
INSIDE!



RESIDENT REGISTRATION
BEGINS NOV. 20, 2023

Non-Resident Registration begins Dec. 4, 2023.

CHECK Youth Dance | Free Throw Contest |
INSIDE: Senior Spring BINGO Luncheon | FUN FOR ALL!



Connects Before & After School Care 2024-2025 Lottery Registration



Connects Program

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

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

Lottery Information

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

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

How to Enter The Lottery

Enrollment Forms may be picked up at Richards or Cumberland Schools, the Lydell School and Community Center, or downloaded from our website: www.wfbschools.com/community-recreation.

Forms must be submitted in through the Google Form or handed in-person to the Lydell School and Community Center between April 15th - 17th. **Emailed OR mailed forms will NOT be accepted.**

The lottery will be processed on April 18th.

Lottery Results

Enrollment forms received on or after April 18th will NOT be entered into the lottery and processed in the order in which they were received after the lottery results.

Families will be notified by April 26th on whether their registration has been selected or they have been placed on a waitlist.



Whitefish Bay
RECREATION
Bringing Community Together

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

THINKING ABOUT THE SPRING MARKET?

ASK ESSAM.

414.350.4611
eelsafy@shorewest.com
ElsafyTeam.com



©Shorewest, REALTORS® NS 2023 EHO





Whitefish Bay RECREATION

Bringing Community Together

MAIN OFFICE:

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

DIRECTOR

Carin Keland 414-963-3888
carin.keland@wfbschools.com

RECREATION SUPERVISOR

Mark Suchowski 414-963-3864
mark.suchowski@wfbschools.com

ADMINISTRATIVE ASSISTANT RECREATION & CE PROGRAMMING

Katie Hazell 414-963-6806
katie.hazell@wfbschools.com

ADMINISTRATIVE ASSISTANT CONNECTS & LYDELL PRESCHOOL

Caitlin Carani 414-963-3801
caitlin.carani@wfbschools.com

CONTENTS

PROGRAM	PAGE
Youth Enrichment.	7
Ice Skating.	15
Youth Fitness	16
Youth Sports	16
Lacrosse	18
Gymnastics	20
Swim Instruction.	22
Aquatics	23
Adult Fitness	25
Adult Sports.	28
Adult Enrichment.	29
Senior Programming	36
Senior Trips	38
Department Policies	40

RECREATION GUIDE WINTER/SPRING 2024

Dear Residents,

Chilly temps are quickly approaching, which usually results in people wanting to cozy up and stay in their homes. This season, I challenge you to do the opposite! There are many physiology and psychology benefits of staying active, especially when getting less Vitamin D from the sun. The Winter/Spring Recreation and Community Education Guide is filled with exciting offerings, new classes, and special events to keep you busy all winter long.

On February 17th we will hold our Annual Free Throw Contest. We invite youths in grades 3-8 to come out to the Whitefish Bay High School Fieldhouse to participate. Each contest will get a chance at 20 throws. The winner in each grade level receives a trophy and moves on to a sectional tournament. The Recreation and Community Education Department will host its annual Whitefish Bay Senior Bingo Lunch on February 23rd. This event is for those 55 and up and offers a FREE pasta lunch along with BINGO and non-cash prizes.

In addition, and don't forget, the Community Fitness Center is open to high school students and adults 18+ and is open all year long. Membership for the Winter/Spring season is available and reasonably priced. You can add on our Lap Swim program or Walk Fit for a small extra fee. The center offers a no hassle work-out location and provides access to both weight training and cardio equipment.

Please take me up on my challenge and browse through all the amazing opportunities available to you and your family this winter/spring season. We look forward to seeing you!

Recreationally yours,



Carin Keland

Carin Keland,
Director of Recreation
Whitefish Bay Schools

Published three (3) times yearly:
March, August, November
Volume 22 (2023) Issue 12





Whitefish Bay SCHOOL DISTRICT

An Exceptional Place to Learn

MESSAGE FROM THE DISTRICT ADMINISTRATOR

Greetings to the Wonderful Residents of the Village of Whitefish Bay,

We extend our heartfelt gratitude for your unwavering interest in the Whitefish Bay Recreation Department. With the steadfast support of our vibrant community, the dedication of our passionate team members, and the invaluable assistance of our dedicated volunteers, we remain committed to promoting wellness and lifelong learning for all ages in the most exceptional way possible.

Engage - We cordially invite you to explore our Winter/Spring Guide, with the hope that you will discover something that piques your interest within our diverse range of programs. Active engagement fosters overall fitness and contributes to a heightened sense of well-being, while also providing opportunities to connect with fellow community members.

Innovative Programming - Our commitment to delivering innovative programming options for our community members remains unwavering. If you do not find a program that aligns with your interests, we encourage you to reach out to the Recreation Department with your ideas for potential future offerings.

Prioritize Self-Care - Our fervent wish is for you and your loved ones to remain safe and in good health. It is imperative that each resident tends to their holistic well-being, addressing their physical, emotional, and mental health. We invite you to explore the diverse range of offerings in our Recreation Guide that cater to these essential facets. Always remember, self-care is a noble endeavor, not an act of selfishness.

Until our next encounter, we wish you nothing but wellness and happiness.

Until next time, be well,



John W. Thomsen

Dr. John W. Thomsen
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





REGISTRATION INFORMATION

HOW TO REGISTER:



DROP OFF / MAIL

5205 N. Lydell Avenue
Whitefish Bay, WI 53217



ONLINE

www.wfbschools.com

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

ONLINE: Use your household ID to log in and register, using the online portal. **Your ID should be used for both username and password.** If you have never registered for a program, you have not been assigned a household ID number. Complete the Whitefish Bay Recreation Account Set-Up Form on the website. Once submitted, the department will email an assigned household ID number.

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

IMPORTANT REGISTRATION DATES

NOVEMBER 20

Resident Registration Begins at 9:00 am

DECEMBER 4

Non-Resident Registration Begins at 9:00 am

OFFICE INFORMATION

Monday thru Friday
8:00 am–4:30 pm

The office will be closed on the following dates:
Nov 23, 24, Dec 25, 26, Jan 1, 2,
Mar 29, May 27

Phone: 414-963-3947

Fax: 414-963-3937

DROP BOX HOURS

• Monday thru Thursday
7:30 am–9:00 pm

• Friday 7:30 am–6:00 pm

ONLINE REGISTRATION

1. Log onto the School District of Whitefish Bay at www.wfbschools.com.
2. Click on the "Community & Recreation" link.
3. Click on the "Recreation Department" link.
4. Click on the page "Online Registration" to open the log-in page.

Make sure that you have your household ID number available. This number is the default for BOTH, username and password.



VIRTUAL LEARNING - (VL)

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



CO-OP

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



CO-OP CONTACT INFORMATION

NICOLET RECREATION DEPARTMENT

414-351-7566 www.nicolet.k12.wi.us

MEQUON/THIENSVILLE RECREATION DEPARTMENT

262-238-7535 www.mtsd.k12.wi.us

SHOREWOOD RECREATION DEPARTMENT

414-963-6913 www.shorewoodschoools.org

BROWN DEER PARKS & RECREATION DEPARTMENT

414-371-3070 www.browndeerwi.org



LIKE US ON FACEBOOK

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

Summer 2024

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

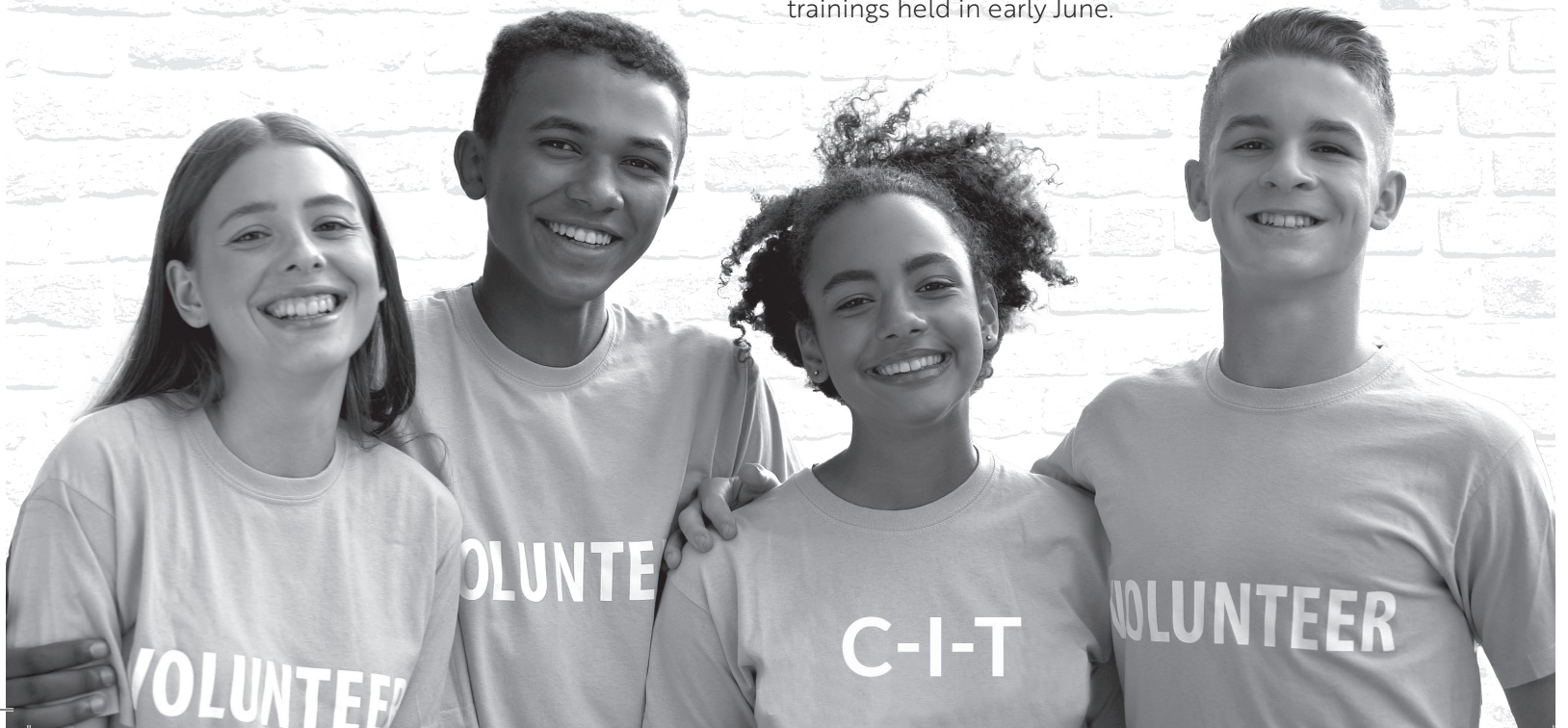
Are you between the ages of 14 -17 years and interested in working or volunteering in one of our summer youth camps? Opportunities are available in both our Counselor-in-Training and Bay Volunteer programs for the summer of 2024. These opportunities are great for teens looking to gain leadership skills 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 5th, 2024.

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 early 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 early June.





LET'S PLAY TOGETHER ART & ACTIVITY PROGRAMS

Instructors: WFB Recreation Instructors
Location: Lydell School & Community Center, Room 24 and Gym
Ages: 1 thru 4 years
Section Fee: Art Program res./non-res. \$45.00/\$55.00
 Activity Program res./non-res. \$40.00/\$50.00

MONDAY PROGRAMS

Art: 9:55 – 10:40 am **Course Code:** 320702
Activity: 10:45 – 11:30 am **Course Code:** 311202
Section A1: Jan 8 – Mar 11
Section A2: Mar 18 – May 20 (skip Mar 25)

WEDNESDAY PROGRAMS

Art: 9:55 – 10:40 am **Course Code:** 320704
Activity: 10:45 – 11:30 am **Course Code:** 311204
Section A1: Jan 10 – Mar 13
Section A2: Mar 20 – May 22 (skip Mar 27)

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

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

DROP 'N GO

Instructors: WFB Recreation Instructors
Location: Lydell School & Community Center, Room 24 and Gym
Ages: 3 thru 5 years
Note: Children must be potty-trained
Day: Thursdays **Time:** 9:00 – 11:00 am
Course Code: 311205
Section A1: Jan 11 – Mar 14
Section A2: Apr 4 – May 23
Section Fee: res./non-res. \$110.00/\$120.00

This is a drop-off program where the children will be able to participate in group activities in both the gym and the art room. We will work on listening and concentration skills. Participants will interact with each other through imaginative play, creative art and movement.

OPEN GYM

Instructors: Parent supervised
Location: Lydell School & Community Center, Gym
Ages: 1 thru 3 years
Day: Fridays **Time:** 10:45 – 11:30 am
Course Code: 311206
Section A1: Jan 5 – Feb 23
Section A2: Mar 1 – Apr 26 (skip Mar 22, 29)
Section Fee: res./non-res. \$30.00/\$40.00

Open Gym offers a variety of play equipment available for parents or guardians to enjoy with their children. Parents are responsible for their child's supervision and behavior. Only children meeting the age requirements may participate. This program is scheduled to be compatible with the Open Art program.

OPEN ART

Instructors: Sarah Cottrill, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 24
Ages: 1 thru 3 years
Day: Fridays **Time:** 10:00 – 10:45 am
Course Code: 320707
Section A1: Jan 5 – Feb 23
Section A2: Mar 1 – Apr 26 (skip Mar 22, 29)
Section Fee: res./non-res. \$55.00/\$65.00

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

JUNIOR JAMBOREE

Instructor: Dana Sherman, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 19
Ages: 6 months thru 4 years
Day: Tuesdays
Time: 8:45 – 9:15 am **Course Code:** 310301
 9:25 – 9:55 am **Course Code:** 310302
 10:05 – 10:35 am **Course Code:** 310303
Section A1: Jan 23 – Feb 27
Section A2: Mar 5 – Apr 16 (skip Mar 26)
Section A3: Apr 23 – May 28
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 the love of music in your child. Bring your dancing feet and come share some special music moments together in this fun family class.

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.



YOUTH ENRICHMENT

WATCH ME GROW: INFANT GROSS MOTOR DEVELOPMENT

Instructor: Elizabeth Conrath, Pediatric Physical Therapist

Location: North Shore Wellness Collective,
159 E. Silver Spring Dr

Ages: 0-18 months with parent/caregiver

Day: Saturdays **Time:** 10:30 – 11:30 am

Course Code: 345303

Section A1: January 13

Section A2: February 24

Section A3: March 23

Section Fee: res./non-res. \$25.00 per adult/infant pair/\$35.00
\$8.00 for additional adult

Join expert pediatric physical therapist, Lizzie Conrath, in a discussion of infant gross motor milestones. She will briefly assess your baby's gross motor development, highlighting strengths and providing education on how you can best facilitate their upcoming skills. Based on the age of participants, skills practiced may include Tummy Time, rolling, sitting, crawling, and walking. Questions are welcomed and encouraged. Each adult/caregiver will be emailed an individual home exercise program after the class. Feel free to come to 1, 2 or all 3 classes with your Little!

“BUILDING LITTLE VOICES” WITH ‘LITTLE LIGHT THERAPIES’ AND NINEWISE PUBLISHING COMPANY

Instructors: Sarah Ellsworth Garrett, Pediatric Speech Language-Pathologist and Kelly LeGrand, former Special Educator and Educational Marketing Specialist

Location: Lydell Community Center

Ages: 1 thru 3 years

Day: Fridays **Time:** 10:45 – 11:30 am

Course Code: 354777

Section A1: Dates: February 2 thru February 16

Ages: 9 months - 2 years

Section A2: Dates: February 23 thru March 8

Ages: 2-3 years

Section Fee: res./non-res. \$60.00 infant & adult pair/\$70.00

Join us to learn insights and strategies to foster early speech and language development with your infants & babies or toddlers & preschoolers. Parents and caregivers will gain a deeper understanding of the crucial role reading plays and in promoting speech and language development and offered resources, books, and tools curated by experts in pediatric speech-language pathology. Participants will be given one children's book published by Ninewise Publishing corresponding to the course enrollment as well as extension activity materials and strategies taught in the course itself. These courses include phonological awareness, how to read with your child, early speech sounds/words, pre-reading skills, interactive reading techniques, building vocabulary, read aloud techniques, how to extend reading experience, and overall language comprehension. Sarah Ellsworth Garrett, Pediatric Speech-Language Pathologist and co-owner of “Little Light Therapies” and Kelly LeGrand, former Special Educator and Director of Education and Community Connections for Ninewise Publishing Company, are the instructors of the course.

EMBARK ON YOUR SPANISH LANGUAGE JOURNEY! - AFTERSCHOOL

Instructors: Futura Language Professionals

Location: Cumberland Elementary School, Room 217
Richards Elementary School, Room 18 and Room 15

Ages: Grades K5 thru 5

Course Code: 321001

CUMBERLAND ELEMENTARY

Day: Wednesdays **Time:** 3:00 – 4:00 pm

Section A1: Feb 7 – Apr 3 (skip Mar 27)

RICHARDS ELEMENTARY

Day: Tuesdays **Time:** 3:00 – 4:00 pm

Section A2: Feb 6 – Apr 2 (skip Mar 26)

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

The road to Spanish language learning success begins with this all new and exciting Spanish adventure! In the fall class, Vamos por el Pueblo, (Let's go to the Town!), our class amigos, Dani and Beto, will share their culture and daily life in small town Mexico. Students will learn practical conversation skills as well as relevant vocabulary related to the home and community. After break we jet set off to the bustling city of Madrid in Spain with Vamos por la Ciudad, (Let's go to the City!). In this stimulating class environment, the students will get the opportunity to learn about sports, health, and pastimes-- all in Spanish. Act now to ensure your child is a part of this comprehensive bilingual experience! (Space is limited.) You will also be prompted to add on a Futura Spanish Club T-shirt for \$16.99. This is optional.

AFTER-SCHOOL CHINESE LANGUAGE AND CULTURE

Instructor: Cricket Chinese Academy Instructor

Location: Cumberland Elementary School, Room 217
Richards Elementary School, Room 18

Ages: Grades K5 thru 5

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

CUMBERLAND ELEMENTARY

Course Code: 331001

Day: Tuesdays **Time:** 3:05 – 4:15 pm

Section A1: Eight weeks **Dates:** Jan 9 - Feb 26 (skip Oct 24, Nov 21)

Section A3: Eight weeks **Dates:** Mar 5 - Apr 30 (skip Mar 26)

RICHARDS ELEMENTARY

Course Code: 331002

Day: Thursdays **Time:** 3:05 – 4:15 pm

Section A2: Eight weeks **Dates:** Jan 11 - Feb 29

Section A4: Eight weeks **Dates:** Mar 7 - May 9 (skip Mar 21, 28)

As a part of Milwaukee Chinese Community Center, Cricket Chinese Academy focuses on providing non-Chinese heritage families an opportunity to connect with the Chinese culture through language programs and festive cultural activities throughout the year. Our Chinese language program is designed to provide students with a comprehensive language learning experience that fosters proficiency in reading, writing, speaking and listening.

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.



MAD SCIENCE AFTERSCHOOL: CRAYOLA® WORLD OF DESIGN

Instructor: Mad Science Staff
Location: Cumberland Elementary School, Room 1
 Richards Elementary School, Room 18
Ages: Grades K5 thru 5
Course Code: 332106

CUMBERLAND ELEMENTARY

Day: Mondays **Time:** 3:05 – 4:15 pm
Section A1: Jan 8 – Mar 4 (skip Jan 15, Jan 29, Feb 26)

RICHARDS ELEMENTARY

Day: Wednesdays **Time:** 3:05 – 4:05 pm
Section A2: Jan 10 – Feb 14
Section Fee: res./non-res. \$120.00/\$130.00

Kids take a journey to the farthest reaches of the imagination while learning about the ocean, the rainforest, Mars, and a futuristic city, and more! They use the design thinking process to solve real-world problems in these different environments. They experiment with Crayola® products and many art techniques like sculpting, storyboarding, collage, and mixed media. They also discover design careers like graphic design, universal design, urban design, and product design.

MAD SCIENCE AFTERSCHOOL: CRAZY CHEMWORKS

Instructor: Mad Science Staff
Location: Cumberland Elementary School, Room 1
 Richards Elementary School, Room 18
Ages: Grades K5 thru 5
Course Code: 332105

CUMBERLAND ELEMENTARY

Day: Mondays **Time:** 3:05 – 4:15 pm
Section A1: Apr 8 – May 20 (skip Apr 29)

RICHARDS ELEMENTARY

Day: Wednesdays **Time:** 3:05 – 4:05 pm
Section A2: Apr 10 – May 15
Section Fee: res./non-res. \$120.00/\$130.00

In this program, children experiment with different reactions and learn to use the tools that chemists use. Polymers and catalysts are only two of the fascinating concepts young scientists explore in this thrilling trip through the chemistry lab! At the end of every class, they take home an educational toy that extends the learning experience!

YOUNG REMBRANDTS

Instructor: Young Rembrandts Staff
Location: Cumberland Elementary School, Room 1
 Richards Elementary School, Room 18
Ages: Grades K5 thru 5
Course Code: 330706

CUMBERLAND ELEMENTARY

Day: Fridays **Time:** 3:05 – 4:15 pm
Section A1: Feb 16 – Apr 26 (skip Feb 23, Mar 22, Mar 29)
Section A2: May 3 – June 7* (skip May 24) (5 weeks only)

RICHARDS ELEMENTARY

Day: Thursdays **Time:** 3:05 – 4:15 pm
Section A3: Feb 1 – Apr 4
Section A4: Apr 11 – May 30
Section A1/A3/A4 Fee: res./non.res \$129.00/\$139.00
***Section A2 Fee:** res./non.res \$99.00/\$109.00

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

CODING FOR KIDS - LEVEL 1 BEGINNERS

Instructor: Kevin Reitman,
 WFB Coordinator of Instructional Technology
Location: Cumberland Elementary School, Maker Space
 Richards Elementary School, Maker Space
Ages: Grades 2 thru 4
Course Code: 361102

CUMBERLAND ELEMENTARY

Day: Mondays **Time:** 3:05 – 4:15 pm
Section A1: Apr 8 – May 20 (skip Apr 29)

RICHARDS ELEMENTARY

Day: Tuesdays **Time:** 3:05 – 4:15 pm
Section B1: Apr 9 – May 14
Section Fee: res./non.res \$100.00/\$110.00

This course is designed for beginners (students that have not taken Coding for Kids OR have taken one previous session) and will introduce the world of Scratch to the students. They will learn about using this program and create a variety of different projects. Students do not need to bring a device in order to participate in the class but are encouraged to bring headphones.

CODING FOR KIDS - ART AND COMPUTER SCIENCE

Instructor: Kevin Reitman,
 WFB Coordinator of Instructional Technology
Location: Cumberland Elementary School, Maker Space
 Richards Elementary School, Maker Space
Ages: Grades 3 thru 5
Course Code: 361102

CUMBERLAND ELEMENTARY

Day: Mondays **Time:** 3:05 – 4:15 pm
Section A2: Feb 5 – Mar 18 (skip Feb 26)

RICHARDS ELEMENTARY

Day: Tuesdays **Time:** 3:05 – 4:15 pm
Section B2: Feb 6-Mar 12
Section Fee: res./non.res \$100.00/\$110.00

The course will teach students to create animations, interactive artwork, photograph filters, and other exciting, artistic projects using code. We will explore some AI art as well! Students do not need to bring a device in order to participate in the class but are encouraged to bring headphones.



YOUTH ENRICHMENT

SAFE SITTER® ESSENTIAL WITH CPR

- Instructor:** Teresina Simmons, RN
- Location:** Lydell School & Community Center, Room 17
- Ages:** 11 years and up
- Time:** 8:30am – 4:00 pm
- Course Code:** 361001
- Section A1:** Monday, January 29
Registration Deadline: Monday, January 22
- Section A2:** Monday, February 26
Registration Deadline: Monday, February 19
- Section A3:** Monday, April 29
Registration Deadline: Monday, April 22
- 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 will learn Safety Skills: How to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. Child Care Skills: Tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering. First Aid & Rescue Skills: Choking rescue and CPR is often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses. Life & Business Skills: The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays. Participants should bring a lunch, notebook and pencil to class.

SCHOOL'S OUT TECHNOLOGY TRIO

- Instructor:** Computer Explorers
- Location:** Lydell School & Community Center, Room 22
- Ages:** 7 thru 12 years
- Course Code:** 361103
- Section A1:** Friday, February 23 **Time:** 9:00 – 12:00 pm
- Section A2:** Monday, April 29 **Time:** 9:00 – 12:00 pm
- Section Fee:** res./non-res. \$50.00/\$60.00

Looking for an activity when schools are off? In this exciting Technology thriller, students will have the option to rotate through three different programs in this 3-hour action-packed class. Think Lego WeDo Robotics, animated movie making, LEGO motorized Datca kits, coding projects, gears, and much more! This is a great way to experiment with some of the newest technology tools available.

MINECRAFT

- Coordinator:** Shorewood Recreation Department instructors Dante Darrow and Nicholas Burke
- Location:** Shorewood High School, Science Building Room 133
- Ages:** Grades 1 thru 6
- Day:** Saturdays
- Course Code:** 341101

GRADES 1 THRU 3 1:00 – 2:00 PM

- Section A1:** Jan 20 – Feb 24
- Section A2:** Mar 9 – Apr 20 (skip Mar 30)

GRADES 4 THRU 6

2:15 – 3:15 PM

- Section A3:** Jan 20 – Feb 24
- Section A4:** Mar 9 – Apr 20 (skip Mar 30)
- Section Fee:** res./non.res \$30.00/\$45.00

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.

CURSIVE HANDWRITING

- Coordinator:** Mequon Thiensville Recreation Department
- Instructor:** Heather Meinolf- Mequon/Thiensville Teacher
- Location:** Range Line Community Center, Room 110
- Ages:** 3rd thru 6th grade
- Day:** Tuesdays **Time:** 6:30 – 8:00 pm
- Course Code:** 332180
- Section A1:** Apr 23 – May 28
- Section Fee:** res./non.res \$70.00/\$80.00
(cost includes handouts for practice at home)

Cursive, script, longhand...These are all a style of writing in which all the letters in a word are connected. Enroll your students and give them an opportunity to learn cursive writing. They may be excited to learn to write entire words without lifting their pencil from the paper. Bring #2 pencils and lined paper to each class.

SEW GOOD TOGETHER: BEGINNER

- Instructor:** Terri Roller, WFB Recreation Instructor
- Location:** Lydell School & Community Center, Room 22
- Ages:** 9 years and up with an adult
- Day:** Tuesdays **Time:** 6:00 – 8:00 pm
- Course Code:** 390907
- Section A1:** Feb 13 – Apr 2 (skip Mar 26)
- Section Fee:** (per couple):res./non-res. \$100.00/\$110.00

We will create FUNctional sewing projects in this class that will help you become confident in machine and hand sewing! We will learn how to create kid-approved projects including basic apparel, items with repurposed fabric (jeans, T-shirts), an art pillow and lots more! Basic supplies are available in the sewing lab but you will also need to bring personal supplies (supply list online) and fabric for each project. We'll celebrate with a final runway show to highlight our creations!

Ms. Roller creates wearable art that has been shown at art and craft shows throughout Wisconsin. Her original designs have been featured in Readymade and Apronology Magazines.

SEW GOOD TOGETHER: ADVANCED BEGINNER

- Instructor:** Terri Roller, WFB Recreation Instructor
- Location:** Lydell School & Community Center, Room 22
- Ages:** 9 years and up with an adult
- Day:** Tuesdays **Time:** 6:00 – 8:00 pm
- Course Code:** 390908
- Section A1:** Apr 9 – May 21
- Section Fee:** (per couple):res./non-res. \$100.00/\$110.00

Expand your sewing skills and design skills! Each child and adult guardian team will complete projects that are a little more challenging, including a jeans pocket mini-purse, batik flags, and projects that feature upcycled clothing. Basic supplies are available in the sewing lab, however you will need to bring some supplies and fabric to each class. A supply list can be found online. Participants should have basic knowledge and experience with machine sewing.



YOUTH PAINTING

Coordinator: Nicolet Recreation Department
Instructor: Briona Conway
Location: Nicolet High School, Room B111 (Knightskeller), Glendale
Ages: 6 thru 12 years
Day: Saturdays **Time:** 11:00am – 12:00 pm
Course Code: 330702
Section A1: January 6
Section A2: February 17
Section A3: March 9
Section A4: April 20
Section A5: May 11
Section Fee: res./non. res \$22.00/\$32.00

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

PARENT & CHILD MINDFUL YOGA WORKSHOP

Instructor: Jamie Lynn Tatera, Certified Yoga and Self-Compassion Instructor/Trainer
Location: Lydell School & Community Center, Room 15 and 17
Ages: 7 years and up with adult caregiver
Day: Wednesday **Time:** 6:00 – 7:00 pm
Course Code: 360303
Section A1: January 24
Section Fee: \$30.00

Parents and children can strengthen and relax their minds and bodies together. This fun and engaging class incorporates mindfulness and yoga to help to reduce stress and increase resilience. Mindfulness practice will be followed by yoga, including playful parent-child poses. With our busy lifestyles, it is truly a gift for parents and children to simultaneously take care of themselves and enjoy time with one another. To sign an additional child up to participate with you for an additional \$15.00, please use course code 360303 section A2.

PARENT-CHILD RESILIENCE AND SELF-COMPASSION WORKSHOP

Instructor: Jamie Lynn Tatera, Certified Self-Compassion Instructor
Location: Lydell School & Community Center, Room 15 and 17
Ages: 7 thru 11 years with adult caregiver
Day: Wednesday **Time:** 6:00 – 7:00 pm
Course Code: 360302
Section A1: January 31
Section Fee: \$40.00

This fun and engaging class enables caregivers and children ages 7-11 to enjoy time with one another and learn self-compassion and mindfulness together. Caregivers and children will increase both connection and resilience in this research-based training.

This caregiver-child class was developed by child self-compassion expert and trainer, Jamie Lynn Tatera. Visit <https://jamielynnatatera.com> to learn more about how to cultivate resilience and self-compassion in children and their caregivers. To sign an additional child up to participate with you for an additional \$20.00, please use course code 360302 section A2.

MUSIC START

Instructor: Afterschool Enrichment Staff
Location: Lydell School & Community Center, Room 15
Ages: Grades K5 thru 4
Day: Wednesdays **Time:** 4:00-5:00 pm
Course Code: 360601
Section A1: Jan 17 – Mar 6
Section A2: Apr 24 – Jun 12
Section Fee: res./non-res. \$177.00/\$187.00

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

THE STEAM LAB

Instructor: Afterschool Enrichment Staff
Location: Lydell School & Community Center, Room 15
Ages: Grades K5 thru 5
Day: Tuesdays **Time:** 4:00 – 5:00 pm
Course Code: 320201
Section A1: Jan 16 – Mar 5
Section A2: Apr 23 – Jun 11
Section Fee: res./non-res. \$169.00/\$179.00

This exciting program from Afterschool solutions brings together elements of science, art and math in a hands-on, action packed environment! Students will conduct experiments, play educational games, and unlock their creativity through building challenges and projects. No experience necessary!

LET'S CODE IT- CREATIVE CODING

Instructor: Afterschool Enrichment Staff
Location: Lydell School & Community Center, Room 15
Ages: Grades 2 thru 8
Day: Fridays **Time:** 3:30 – 4:30 pm
Course Code: 376543
Section A1: Jan 19 – Mar 8
Section A2: Apr 26 – Jun 14
Section Fee: res./non-res. \$169.00/\$179.00

Creative Coding – Your child will have a blast in this exciting new STEM program. Our innovative approach to coding is sure to spark your child's interest in computer science, using a simple, relatable, block-based programming system called Scratch, developed by the MIT Media Lab. The fun-filled curriculum stresses critical thinking, creativity, confidence, teamwork, and problem solving skills to prepare them for the 21st century and beyond. Class topics include video game design, loops, control structure, conditional expressions, control statements, object oriented design concepts, data structures and variables, and mathematical expressions. STUDENTS MUST BRING THEIR OWN TABLET OR LAPTOP.



YOUTH ENRICHMENT

TINY TOTS

Instructor: Miss Ceci Broussard, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 19
Ages: 3 thru 4.5 years
Day: Saturdays **Time:** 9:45 – 10:20 am
Course Code: 320401
Section A1: Jan 6 – Feb 10
Section A2: Feb 24 – Apr 13 (skip Mar 23, Mar 30)
Section Fee: res./non-res. \$50.00/\$60.00

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: 4.5 thru 5 years
Course Code: 330401

THURSDAYS: 4:00 – 4:40 PM

Section A1: Feb 22 – May 9 (skip Mar 21, 28)

SATURDAYS: 10:30 – 11:10 AM

Section A2: Jan 13 – Mar 16

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

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

ELEMENTARY BALLET AND TAP COMBO

Coordinator: Mequon Thiensville Recreation Department
Instructor: Academy of Dance Arts Staff
Location: Range Line Community Center, Room 101
Ages: 5 thru 7 years
Day: Wednesdays **Time:** 5:00 – 6:00 pm
Note: **Registration Deadline:** Monday, January 17
Course Code: 350401
Section A1: Jan 24 – Mar 20 (skip Feb 21)
Section Fee: \$100.00

Students will learn basic ballet terminology, basic barre work, and begin center work in ballet. Beginner tap technique and terminology will also be started. At the end of the session, students will perform either a ballet or tap dance for parents and friends. 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 (Mar 20) in the cafeteria during the regular class time.

CO-ED HIP HOP DANCE

Coordinator: Mequon Thiensville Recreation Department
Instructor: Academy of Dance Arts Staff
Location: Range Line Community Center, Room 101
Ages: 7 thru 10 years
Day: Wednesdays **Time:** 6:15 – 7:00 pm
Note: **Registration Deadline:** Monday, January 17
Course Code: 350404
Section A1: Jan 24 – Mar 20 (skip Feb 21)
Section Fee: \$100.00

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 (Mar 20) in the cafeteria during the regular class time.

CHESS SCHOLARS

Instructor: Afterschool Enrichment sTAFF
Location: Lydell School & Community Center, Room 15
Ages: Grades K5 thru 8
Day: Mondays **Time:** 4:00 – 5:00 pm
Course Code: 380501
Section A1: Jan 15 – Mar 11 (skip Feb 26)
Section A2: Apr 22 – June 17 (skip May 27)
Section Fee: res./non-res. \$169.00/\$179.00

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

BEGINNER SHEEPSHEAD

Coordinator: Nicolet Recreation Department
Instructor: Dennis Stalar
Location: Nicolet High School, Room B111, Glendale
Ages: 13 years and up
Day: Mondays **Time:** 4:00 – 5:00 pm
Course Code: 360504
Section A1: Mar 4 – May 6 (skip Mar 25, Apr 1)
Section Fee: res./non. res. \$35.00/\$45.00

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

Sign up for this fun and low-key course to learn the basics, or to improve your fundamental concepts. The Instructor has many years of experience and knowledge to share with you. You may even want to participate in the Nicolet Recreation Department's (and the Glendale Senior Citizens' Club) Annual Sheephead Tournament, held in the Spring of each year. Please contact Nicolet Recreation for more information regarding the Tournament.



ACT WORKSHOP

- Instructor:** Fred Silver, Owner of North Shore Tutoring
- Location:** Virtual via Zoom
- Ages:** Grades 11 thru 12
- Day:** Sundays **Time:** 6:30 – 8:30 pm
- Course Code:** 381002
- Section A1:** Jan 21 – Mar 10
- Section A2:** Apr 21 – May 30 (WFB HS students only)
- Section Fee:** res./non. res. \$220.00/\$230.00

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

PARENT/CHILD BOWLING

- Coordinator:** Shorewood Recreation Department
- Instructor:** Shorewood Rec Department Staff
- Location:** Shorewood High School, PE building, Bowling Lanes (lower level)
- Ages:** Grades 1 thru 5
- Day:** Saturday **Time:** 2:00 – 3:15 pm
- Course Code:** 327654
- Fee:** Res/Non Res. \$22.00/\$32.00 (fee is per person)
- Section A1:** Jan 20- Feb 24
- Sections A2:** Apr 6-May 11

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

INTRO TO DISC GOLF

- Coordinator:** Nicolet Recreation Department
- Instructor:** Caleb Franklin
- Location:** Kletzsch Park - Pavilion
- Ages:** 8-18 years
- Day:** Tuesdays **Time:** 4:00- 5:00 pm
- Course Code:** 327655
- Section A1:** May 28 - June 18
- Section Fee:** res./non res. \$40.00/\$50.00

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

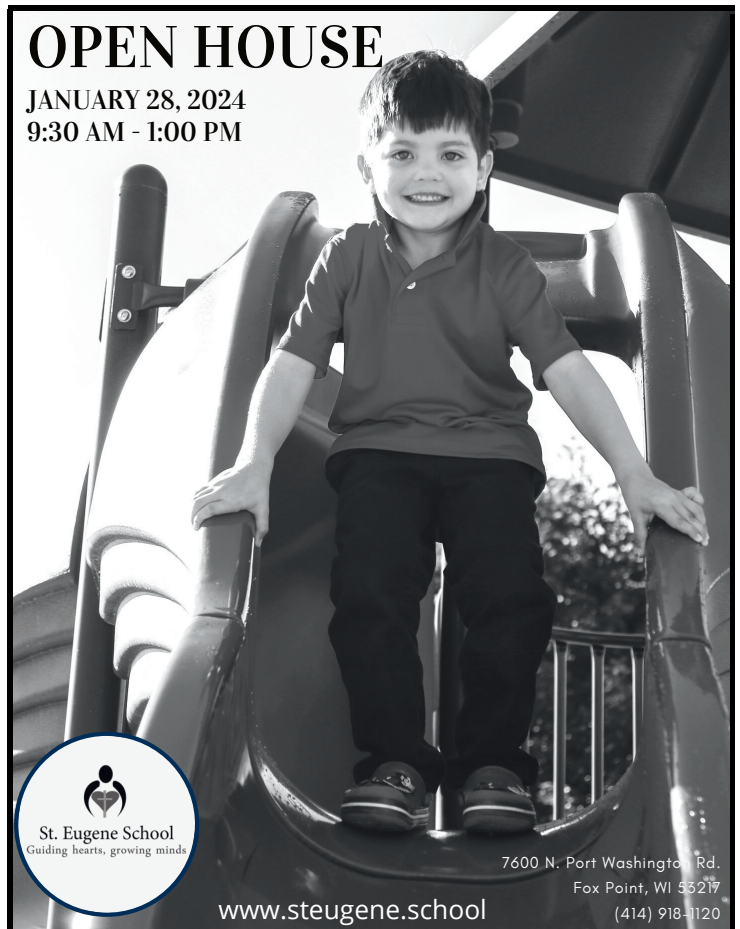
CLIMB CLUB

- Instructor:** Riverwest Outdoor Educational Adventures Staff
- Location:** Milwaukee Turner's Climbing Gym
1034 Vel R. Phillips Avenue
Milwaukee, WI 53203
- Ages:** 8 thru 12 years
- Day:** Saturdays **Time:** 10:00 – 11:30 am
- Course Code:** 351300
- Section A1:** Feb 3 – Mar 16
- Section A2:** Apr 6 – May 18
- Section Fee:** res./non-res. \$155.00/\$165.00

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

OPEN HOUSE

JANUARY 28, 2024
9:30 AM - 1:00 PM



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

www.steugene.school

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 ENRICHMENT

ROCK CLIMBING

Coordinator: Brown Deer Park and Recreation Department
Instructor: Brown Deer Park and Recreation Staff
Location: Novak Family Fieldhouse,
 8200 N. 60th Street, Brown Deer
Ages: 8 thru 14 years
Day: Wednesday **Time:** 6:00 – 7:30 pm
Course Code: 351302
Section A1: Jan 10 – Jan 31
Section A2: Mar 27 – Apr 17
Section Fee: res./non-res. \$40.00/\$50.00

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

ARCHERY

Coordinator: Nicolet Recreation Department
Instructor: Inna Lebedinsky
Location: Kletzsch Park Archery Range, Glendale
Days: Tuesdays, Wednesdays, Thursdays
Course Code: 361208

PARENT WITH CHILD AGES 5 THRU 9 YEARS

Time: 4:00 – 4:30 pm
Section A1: Apr 30 – May 9
Section A2: May 14 – May 23

PRE-TEEN AGES 10 THRU 13 YEARS

Time: 4:30 – 5:15 pm
Section B1: Apr 30 – May 9
Section B2: May 14 – May 23

TEEN AGES 14 THRU 18 YEARS

Time: 5:15 – 6:00 pm
Section C1: Apr 30 – May 9
Section C2: May 14 – May 23
Section Fee: \$75.00

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, however, participants are welcome to bring their own bows. We recommend parents attend the program with children under 10 years old. Register for both spring sessions and receive the Summer session for FREE!

SCHOOL'S OUT SNOW TUBING FIELD TRIP

Supervisors: WFB Recreation Department Staff
Location: Rock Snow Park
 7011 S. Ballpark Drive
 Franklin, WI 53132
Ages: Grades 6 thru 8
Time: 12:30 pm Departure / 3:30 pm Return
Course Code: 381302
Section A1: Friday, February 23
Section Fee: res./non-res. \$45.00/\$55.00

It's a day off of school! Grab your friends and come tubing with us! If you can sit, you can tube like a pro. It's that easy! Simply ride the converter lift to the top, then slide back down on the many chutes for hours of fun. Trip includes two hours of tubing, bus transportation and adult supervision. Tubers have the option to pack a lunch or purchase lunch from the concessions offered at the Rock. A link to an online waiver form will be sent prior to the trip and must be completed and returned to the Recreation Department no later than Friday, February 16th. We will depart and arrive back to the front of the Middle School.

NOW HIRING!

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

- Youth Enrichment Instructors
- Crossing Guard Coordinator
- Lifeguard/Swim Instructors
- Fitness Instructors

Gain career experience with
Community Education and Recreation!

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



Whitefish Bay
RECREATION
Bringing Community Together

REGISTER TODAY!



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



ONLINE
www.wfbschools.com



ICE SKATING

Instructor: Jill Herbst, Director, USM Learn to Skate Program
Location: Polly and Henry Uihlein Sr. Ice Arena
 University School, 2100 W. Fairy Chasm Road, River Hills, WI 53217
Ages: 2 thru 18 years

SLED AND SKATE FOR TODDLERS (AGES 2-3)

Course Code: 285632
Fee: \$110.00

THURSDAYS TIME: 8:45-9:30 AM

Section A2: Dec 14 – Jan 18 (skip Dec 28)
Section A3: Jan 25 – Feb 22

Through play-based activities, the skaters will build on skills that a two-year-old is already familiar with. On ice skates, they will learn how to walk, jump, turn around, and glide across the ice before they move to the next level. Ice skates will be provided, but children must have their own snowsuits, helmet (bike or ski), and mittens. This class is designed for first-time skaters, aged 2-3 years old. Class size is limited to enhance the child's experience.

LEARN TO SKATE- SNOW PLOW TOTS! (AGES 3-6)

Course Code: 285633
Fee: \$110.00

MONDAYS TIME: 12:30 – 1:15 PM

Section A3: Dec 4 – Jan 15 (skip Dec 25, Jan 1)
Section A4: Jan 22 – Feb 19

TUESDAYS TIME: 12:30 – 1:15 PM

Section B3: Dec 5 – Jan 16 (skip Dec 26, Jan 2)
Section B4: Jan 23 – Feb 20

THURSDAYS TIME: 9:30 – 10:15 AM

Section C3: Dec 14 – Jan 18 (skip Dec 28)
Section C4: Jan 25 – Feb 22

THURSDAYS TIME: 12:30 - 1:15 PM

Section D3: Dec 14 – Jan 18 (skip Dec 28)
Section D4: Jan 25 – Feb 22

Youth skating incorporates early skills like walking on the ice and balance, to forward/backward skating, one-foot glide and turn work. Fun and interactive games are played to make sure skaters are enjoying themselves. During the first class in each session, the Learn to Skate professionals decide the levels in which the skaters will be placed. Class assignments are dynamics and may be changed during the session if the skating professionals decide that another class may be more appropriate for the skater.

SATURDAY LEARN TO SKATE! (AGES 6-17)

Course Code: 285634
Fee: \$110.00

SATURDAYS TIME: 8:45-9:30 AM

Section A3: Dec 9 – Jan 20 (skip Dec 23, Dec 30)
Section A4: Jan 27 – Feb 24

Youth skating incorporates early skills like walking on the ice and balance, to forward/backward skating, one-foot glide and turn work. Fun and interactive games are played to make sure skaters are enjoying themselves. During the first class in each session, the Learn to Skate professionals decide the levels in which the skaters will be placed. Class assignments are dynamics and may be changed during the session if the skating professionals decide that another class may be more appropriate for the skater.

ADVANCED YOUTH FIGURE SKATING (AGES 6-17)

Course Code: 285635
Fee: \$120.00

SATURDAYS TIME: 7:30 – 8:45 AM

Section A3: Dec 9 – Jan 20 (skip Dec 23, Dec 30)
Section A4: Jan 27 – Feb 24

For experienced skaters who have passed through the first three levels of Learn to Skate. Here, the skaters will choreograph skills to music, practice rhythm and flow, and begin to jump and spin. Optional class recitals will be held at the conclusion of the program. A commitment to attendance is particularly important at this level.

LEARN TO PLAY HOCKEY (AGES 4-10)

Course Code: 285636
Fee: \$110.00

SATURDAYS TIME: 9:30 – 10:15 AM

Section A3: Dec 9 – Jan 20 (skip Dec 23, Dec 30)
Section A4: Jan 27 – Feb 24

Each class will begin with new skills and end with stick handling exercises. Hockey helmet, stick, and mask are required. Children must have a basic level of experience on the ice.

ATOM AND MITE HOCKEY POWER

Course Code: 285637
Fee: \$110.00

SATURDAYS TIME: 9:30 – 10:15 AM

Section A3: Dec 9 – Jan 20 (skip Dec 23, Dec 30)
Section A4: Jan 27 – Feb 24

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.





YOUNG AMERICAN MARTIAL ARTS CLUB

Instructor: Phil Sauer, Owner of Young American Martial Arts Club

Location: Lydell School & Community Center, Gym

Ages: 4 thru 13 years
Little Samurai: 4 – 6 years of age
Samurai: 7 – 13 years of age

Section Fee: \$179.00 (25% additional family member discount)

MONDAY PROGRAMS WINTER

Course Code: 321201 **Dates:** Jan 8 – Mar 25

Section A1: Little Samurai **Time:** 4:30 – 5:00 pm

Section A2: Samurai **Time:** 5:00 – 5:45 pm

MONDAY PROGRAMS SPRING

Course Code: 321202 **Dates:** Apr 1 – June 17 (skip May 27)

Section A1: Little Samurai **Time:** 4:30 – 5:00 pm

Section A2: Samurai **Time:** 5:00 – 5:45 pm

WEDNESDAY PROGRAMS WINTER

Course Code: 321203 **Dates:** Jan 10 – Mar 27

Section A1: Little Samurai **Time:** 4:30 – 5:00 pm

Section A2: Samurai **Time:** 5:00 – 5:45 pm

WEDNESDAY PROGRAMS SPRING

Course Code: 321204 **Dates:** Apr 3 – June 19

Section A1: Little Samurai **Time:** 4:30 – 5:00 pm

Section A2: Samurai **Time:** 5:00 – 5:45 pm

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

NORTH SHORE MARTIAL ARTS CLUB

Instructor: Phil Sauer, Owner of Young American Martial Arts Club

Location: Lydell School and Community Center, Gym

Ages: 11 years and up

Days: Mondays and/or Wednesdays

Time: 6:00 – 7:15 pm

MONDAYS ONLY

Course Code: 341205

Section A1: Jan 8 – Mar 25

Section A2: Apr 1 – June 17 (skip May 27)

Section Fee: \$179.00 (25% additional family member discount)

MONDAYS/WEDNESDAYS

Course Code: 341208

Section A1: Jan 8 – Mar 27

Section A2: Apr 1 – June 19 (skip May 29)

Section Fee: \$225.00 (25% additional family member discount)

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

COMMUNITY FITNESS CENTER STUDENT MEMBERSHIP

Supervisor: WFB Recreation Department Staff

Location: WFB High School Fieldhouse Balcony

Ages: WFB High School Students

Days: Mon thru Thurs 6:00 – 8:00 pm
Mondays/Wednesdays 5:30 – 7:30 am
Saturdays 8:00 – 11:00 am

Course Code: 380300

Section A1: Jan 3 – June 1 (closed Mar 28, 30, Apr 1, May 25, 27)

Section Fee: WFBHS students only \$40.00

Students can purchase a seasonal membership to the recently renovated fitness center and enjoy a vigorous workout on our new state-of-the-art cardio equipment and weight machines during the designated hours. All participants must attend an on-site fitness center orientation facilitated by a fitness attendant prior to use.

YOUNG ATHLETES

Instructor: LaDonna Gladney, Certified Strength/Conditioning Specialist

Location: WFB High School Fitness Center

Ages: Grades 6 thru 12

Days: Mondays and Wednesdays

Time: 5:30 – 6:30 pm

Course Code: 380302

Section A1: January (skip Jan 1, 3)

Section A2: February

Section A3: March (skip Mar 25, 27)

Section A4: April (skip Apr 1, 29)

Section A5: May (skip May 27)

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

This class is for all athletes looking to improve their athleticism and injury prevention. Participants will work on a full body athleticism workout routine that is great for injury prevention and improve on strength, explosiveness, speed, agility and conditioning. The athletes in the class will be taught the proper techniques and fundamentals of strength, plyometric, speed/agility training, mobility and flexibility.

WFBHS BLUE DUKE POM/DANCE WINTER CLINIC

Instructor: Rachel Ruetz, WFBHS Dance Team and HS Dance Coach

Location: Cumberland Elementary Gym and WFBHS Fieldhouse

Ages: Grades K5 thru 5

Note: **Registration Deadline:** Wednesday, January 8

Day: Tues thru Fri **Dates:** Feb 6-9

Course Code: 360401

Section A1: Practices Feb 6, 7 & 8 **Time:** 4:00 – 5:30 pm

Performance at the HS Basketball Game vs.

Homestead on Feb 9 **Time:** Meet at 7pm

Section Fee: res./non-res. \$95.00/\$105.00

Campers will learn dance technique, skills and choreography from the WFBHS Varsity Dance Team, HS Coach and Rachel Ruetz. All will receive a t-shirt and poms, and will get to perform their routine during halftime at a WFBHS Varsity basketball game!



SUPER SOCCER STARS

Instructor: Amazing Athletes Staff
Location: Lydell School & Community Center, Gym and Field
Ages: 3 thru 6 years
Day: Tuesdays
Course Code: 331207

3 – 4 YEAR OLDS 3:45 – 4:30 PM

Section A1: Feb 20 – Apr 2 (skip Mar 26)
Section A2: Apr 9 – May 14

5 – 6 YEAR OLDS 4:45 – 5:30 PM

Section A3: Feb 20 – Apr 2 (skip Mar 26)
Section A4: Apr 9 – May 14
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 curriculum uses positive reinforcement to make sure each child feels supported and confident in his or her own abilities, allowing them to improve at their own rate. Visit chi.supersoccerstars.com for more information.

AMAZING ATHLETES MULTISPORT

Instructor: Amazing Athletes Staff
Location: Lydell School and Community Center, Gym and Field
Ages: 3 thru 6 years
Day: Thursdays
Course Code: 331301

3 – 4 YEAR OLDS 3:45 – 4:30 PM

Section A1: Feb 22 – Apr 4 (skip Mar 28)

5 – 6 YEAR OLDS 4:45 – 5:30 PM

Section A2: Feb 22 – Apr 4 (skip Mar 28)
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. 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 will gain greater confidence, learn to combine fitness with fun, and develop the six key motor skills (agility, balance, coordination, power, reaction time, speed). Two sports will be taught each week. The sports will rotate on a weekly basis. Visit amazingathletes.com for more information.

AMAZING ATHLETES BASEBALL

Instructor: Amazing Athletes Staff
Location: Lydell School & Community Center, Gym and Field
Ages: 3 thru 6 years
Day: Thursdays
Course Code: 331206

3 – 4 YEAR OLDS 3:45 – 4:30 PM

Section A1: Apr 11 – May 16

5 – 6 YEAR OLDS 4:45 – 5:30 PM

Section A2: Apr 11 – May 16
Section Fee: res./non-res. \$90.00/\$100.00

Teaching the basic fundamentals of baseball, we strive to enhance every child's personal growth and development through the program. Fair play, sportsmanship, values and a sense of teamwork are incorporated throughout the session. Participants will work on fielding, throwing and hitting. Visit amazingathletes.com for more information.

VOLLEYKIDS

Instructor: Whitefish Bay Recreation Staff
Location: Whitefish Bay High School, Fieldhouse Courts
Ages: Grades 1 thru 5
Day: Saturdays
Dates: Apr 13 – May 11

Course Code: 341201
Section A1: Grades 1 thru 3 **Time:** 12:00 – 2:00 pm
Section A2: Grades 4 thru 5 **Time:** 2:15 – 3:45 pm
Section Fee: res./non-res. \$130.00/\$140.00

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

WRESTLING CLUB

Instructor: Rick Davey and WFB Recreation Staff
Location: Whitefish Bay High School, Wrestling Room
Ages: Grades 1 thru 8
Day: Tuesdays
Time: 6:30 – 7:30 pm

Course Code: 332301
Section A1: Jan 9 – Feb 13
Section Fee: res./non-res. \$50.00/\$60.00

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.

**SEEKING NEW
 INSTRUCTORS
 & PROGRAM IDEAS
 FOR SUMMER OF 2024**



Teach what you love while earning extra cash!

Seeking new instructors and program ideas for the summer of 2024. Proposals due January 31st, 2024.



YOUTH SPORTS

BEGINNER QUICKSTART TENNIS

Instructor: Phil Kelbe and North Shore Elite Staff
Location: North Shore Elite Racquet and Fitness Club
 5750 North Glen Park Road; Glendale
Ages: 3 thru 10 years
Note: *13-week sessions instead of the normal 12-weeks.

MONDAY CLASSES

Section A1: Mar 4 – June 3 (Skip Mar 25, May 27)
Course Code: 341601 **Ages:** 3 – 4 years **Time:** 4:30 – 5:00 pm
Section A1 Fee: \$214.00
Course Code: 341604 **Ages:** 5 – 6 years **Time:** 5:00 – 6:00 pm
Section A1 Fee: \$420.00
Course Code: 351607 **Ages:** 7 – 8 years **Time:** 5:00 – 6:00 pm
Section A1 Fee: \$420.00
Course Code: 351601 **Ages:** 9 – 10 years **Time:** 5:00 – 6:00 pm
Section A1 Fee: \$420.00

THURSDAY CLASSES

Section *A1: Mar 7 – June 6 (Skip Feb 28)
Course Code: 341602 **Ages:** 3 – 4 years **Time:** 4:30 – 5:00 pm
Section *A1 Fee: \$228.00
Course Code: 341605 **Ages:** 5 – 6 years **Time:** 5:00 – 6:00 pm
Section *A1 Fee: \$455.00
Course Code: 351608 **Ages:** 7 – 8 years **Time:** 5:00 – 6:00 pm
Section *A1 Fee: \$455.00
Course Code: 351602 **Ages:** 9 – 10 years **Time:** 5:00 – 6:00 pm
Section *A1 Fee: \$455.00

SATURDAY CLASSES

Section *A1: Mar 9 – June 8 (skip Mar 30)
Course Code: 341603 **Ages:** 3 – 4 years **Time:** 9:00 – 9:30 am
Section *A1 Fee: \$228.00
Course Code: 341606 **Ages:** 5 – 6 years **Time:** 9:30 – 10:30 am
Section *A1 Fee: \$455.00
Course Code: 351609 **Ages:** 7 – 8 years **Time:** 9:30 – 10:30 am
Section *A1 Fee: \$455.00
Course Code: 351603 **Ages:** 9 – 10 years **Time:** 10:30 – 11:30 am
Section *A1 Fee: \$455.00

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.

YOUNG BEGINNER TENNIS

Instructor: Phil Kelbe and North Shore Elite Staff
Location: North Shore Elite Racquet and Fitness Center
 5750 N. Glen Park Road, Glendale
Ages: 11 thru 13 years
Day: Thursdays **Time:** 4:00 – 5:00 pm
Course Code: 351610
Section A1: Mar 7 – June 6 (Skip Mar 28)
Section Fee: \$455.00

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.

GIRLS LACROSSE TEAM- WNS JUNIOR WOLFPACK

Location: Whitefish Bay High School, Field House and Kletzsch Park, Glendale
Ages: Grades 3 thru 8
Dates: Practices: Sundays
 Feb 18 – Mar 24 (skip Feb 25)
 Tues/Thurs Apr 2 – May 30
 Games: Sat/Sun Apr 20 – June 1
Course Code: 351310
Section A1: Grades 3 and 4
 Sundays @ WFB Fieldhouse **Time:** 2:00 – 3:30 pm
 Tues/Thurs @ Kletzsch **Time:** 5:30 – 7:00 pm
Section A2: Grades 5 and 6
 Sundays @ WFB Fieldhouse **Time:** 2:00 – 3:30 pm
 Tues/Thurs @ Kletzsch **Time:** 5:30 – 7:00 pm
Section A3: Grades 7 and 8
 Sundays @ WFB Fieldhouse **Time:** 2:00 – 3:30 pm
 Tues/Thurs @ Kletzsch **Time:** 5:30 – 7:00 pm
Section Fee: \$260.00

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 18th and outdoor practices will start April 2nd. Games will be on Saturdays and Sundays starting April 20th and will end on June 1st. 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 Kathryn Amato at wns.jr.wolfpack@gmail.com.

INTRO TO GIRLS LACROSSE - WNS WOLFPACK PUPS

Instructors: Kathryn Amato, WNS Junior Wolfpack Coach
Location: Kletzsch Park, Glendale
Ages: Grades 1 and 2
Day: Tuesdays **Time:** 5:30 – 7:00 pm
Course Code: 351310
Section A4: Apr 16 – May 21
Section Fee: \$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. A lacrosse stick, goggles, and mouthguard are required. If you need to borrow equipment or if you have any questions, please contact Kathryn Amato at wns.jr.wolfpack@gmail.com.



WNS GIRLS LACROSSE "TRY IT DAY"

- Instructors:** Kathryn Amato, WNS Junior Wolfpack Coach
- Location:** Whitefish Bay High School, Field House
- Ages:** Grades 3 thru 10
- Date:** Sunday, January 28 **Time:** 1:00 – 2:00 pm
- Course Code:** 351310
- Section A5:** Grades 3 thru 6
- Section A6:** Grades 7 thru 10
- Section Fee:** \$5.00

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

BOYS LACROSSE TEAM

- Coordinator:** Shorewood Recreation Department
- Location:** Shorewood High School, Football Field
OR Lydell School & Community Center, Field
- Ages:** Grades 1 thru 8
- Dates:** Mar 18 – June 2
- Course Code:** 351309
- Section A1:** Grades 1 thru 2
Location: Lydell School & Community Center, Field
Practice: Mondays/Wednesdays (no practice Mar 25, 27)
Time: 5:30 – 6:30 pm
- Section A1 Fee:** \$90.00
- Section A2:** Grades 3 thru 4
Location: Lydell School & Community Center, Field
Practice: Mondays/Wednesdays (no practice Mar 25, 27)
Time: 5:30 – 6:30 pm
- Section A2 Fee:** \$200.00
- Section A3:** Grades 5 thru 6
Location: Shorewood High School, Football Field
Practice: Tuesdays/Thursdays (no practice Mar 26, 28)
Time: 6:00 – 7:30 pm
- Section A3 Fee:** \$280.00
- Section A4:** Grades 7 thru 8
Location: Shorewood High School, Football Field
Practice: Tuesdays/Thursdays (no practice Mar 26, 28)
Time: 6:00 – 7:30 pm
Section A4 Fee: \$280.00
- Section A5:** Equipment Rental
- Section A5 Fee:** \$40.00

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 18th. For the 3rd-8th grade teams, we will schedule approximately 13 games to be held on Saturday mornings and Sunday afternoons, starting April 20th and ending on June 2nd. The 1/2nd grade team will have 5-6 scrimmages on Saturday and Sunday afternoons. Home games will be on the Shorewood or Whitefish Bay HS football fields. Preseason optional indoor practices late February/early March TBD. Lacrosse helmet, shoulder pads, arm guards, gloves and stick are required. Players can rent lacrosse equipment and stick (\$30). Players must provide a mouth guard and an athletic cup. Cleats are recommended. It is expected that players doing multiple sports will split conflicts equally. This program is a co-op with the Whitefish Bay, Nicolet and Shorewood Rec Depts. Boys may participate on this team if they live in Milwaukee, Shorewood, Whitefish Bay or Nicolet communities, or attend public schools that serve those communities. All 3rd-8th grade players must join US Lacrosse (\$30). Registration starts November 15th. We encourage you to sign up for the waiting list if the class roster is full. A second team will be formed if there are sufficient numbers. If you have any questions, please contact Kevin Kane at kkane@shorewood.k12.wi.us.



Lydell Preschool

An exceptional place for young hearts and minds

We believe that children are unique, creative individuals who have the ability to influence their own learning.

Our dedicated staff challenges students to reach their full potential, while providing an environment that is balanced between socialization, academics, and recreation.

We offer two different sessions from 9:00 - 11:30am:
Monday/Wednesday/Friday or
Tuesday/Thursday

 <p>Early Childhood Program</p> <p>Age Requirement:</p> <p>Children must be 2 years old by September 1st, 2024</p>	 <p>Preschool Program</p> <p>Age Requirement:</p> <p>Children must be 3 years old by September 1st, 2024</p>
---	---

2024/2025 SCHOOL YEAR OPEN HOUSE!

Tuesday, January 9th, 2024 from 5:30-7:00pm

REGISTRATION WILL BEGIN IN PERSON AT THE WFB REC DEPT.

Wednesday, January 10th at 9:00 am.



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

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: Coach Sarah Woods, Recreation Gymnastics Coordinator and Staff
Location: WFB High School Memorial Gym

RECREATIONAL LEVEL PROGRAMS

These programs focus on basic skills for vault, bars, beam and floor. As they progress through different levels, children will develop agility, strength, flexibility, balance and coordination. Participants also learn life skills like self-confidence, goal-setting, teamwork, responsibility, friendship, and sportsmanship. At the end of each term, each gymnast is notified which level to register for next. Parents who choose to watch classes must do so from the hallway. Students must be in first grade to enroll in levels A or B. Preschoolers must have instructor approval to enroll in the levels program. For questions, contact Coach Sarah Woods at sarah.n.woods@gmail.com.

RECREATIONAL LEVELS

- PARENT /TOT** res./non-res. \$50.00/\$60.00
(Ages 1.5 - 3 years old, with parent or guardian)
- PRE 3, PRE 4, PRE 5/6** res./non-res. \$100.00/\$110.00
(Ages 3-6 years old, according to child's age)
- LEVEL A** res./non-res. \$110.00/\$120.00
(Grades 1-8, Beginners or those who have participated in at least one term)
- LEVEL B** res./non-res. \$110.00/\$120.00
(Grades 1-8, gymnasts who have passed Level A)

OPEN GYM - Held Saturdays from February 24 through March 16.
REC. LEVEL: Time: 12:45 – 2:00 pm Fee: \$5.00 per visit
COMP. LEVEL: Time: 2:00 – 3:30 pm Fee: \$5.00 per visit

COMPETITIVE LEVEL PROGRAMS

These programs are designed for experienced athletes who have mastered the required skills to compete in USA Junior Olympic Program Level 1-4 or WIAA based Optionals. Gymnasts are expected to attend all practices, compete at meets and fundraise. A full year commitment is mandatory. Competitive team members purchase a team leotard (\$50) and pay fees for competitions (\$75) and a skills expo (\$25). Costs are approximate. New competitive gymnasts must be pre-approved by Coach Sarah Woods. Level advances are at the end of the winter/spring session. It may take more than 3 consecutive sessions to advance. For questions or pre-approvals, contact Coach Sarah Woods at sarah.n.woods@gmail.com.

COMPETITIVE LEVELS

- USAG TEAM 1** res./non-res. \$240.00/\$265.00
(Grades 1-8, Beginning level for those competing in USAG 1)
- USAG TEAM 2** res./non-res. \$240.00/\$265.00
(Grades 1-8, Gymnasts who have passed USAG Team 1 per coach)
- USAG TEAM P3** res./non-res. \$340.00/\$375.00
(Grades 1-8, Intermediate level for those who have passed USAG 2)
- USAG TEAM 3** res./non-res. \$340.00/\$375.00
(Grades 1-8, Intermediate level for those who have passed USAG 3)
- USAG TEAM 4** res./non-res. \$410.00/\$435.00
(Grades 1-8, Intermediate level for those who have passed USAG 3)
- OPTIONALS** res./non-res. \$455.00/\$480.00
(Grades 1-8, Advanced level for those who have passed USAG 4)

LEVEL	DAY	DATES	EXCLUDED DATES	TIME BEFORE 3/3	TIME STARTING 3/3	CODE/SECTION
Parent/Tot	Sat	Feb 17 – Mar 16	(skip Feb 24)	8:45 – 9:25 am	same	311400 / A1
Parent/Tot	Sat	Apr 6 – Apr 27		8:45 – 9:25 am	same	311400 / A2
Pre 3	Sat	Feb 3 – Apr 27	(skip Feb 10, 24, Mar 23, 30)	9:30 – 10:10 am	same	321400 / A1
Pre 3	Sat	Feb 3 – Apr 27	(skip Feb 10, 24, Mar 23, 30)	11:45 – 12:25 pm	same	321401 / A1
Pre 4	Sat	Feb 3 – Apr 27	(skip Feb 10, 24, Mar 23, 30)	10:15 – 10:55 am	same	321402 / A1
Pre 4	Sat	Feb 3 – Apr 27	(skip Feb 10, 24, Mar 23, 30)	11:45 – 12:25pm	same	321403 / A1
Pre 5 / 6	Sat	Feb 3 – Apr 27	(skip Feb 10, 24, Mar 23, 30)	11:00 – 11:40 am	same	321404 / A1
Pre 5 / 6	Sat	Feb 3 – Apr 27	(skip Feb 10, 24, Mar 23, 30)	11:45am – 12:25 pm	same	321405 / A1
Level A	Mon	Feb 5– Apr 22	(skip Feb 26, Mar 25, April 1)	6:00 – 7:00 pm	same	341401 / A1
Level A	Wed	Feb 14 – Apr 17	(skip Mar 27)	6:00 – 7:00 pm	same	341402 / A1
Level B	Mon	Feb 5– Apr 22	(skip Feb 26, Mar 25, April 1)	6:00 – 7:00 pm	same	341403 / A1
Level B	Wed	Feb 14 – Apr 17	(skip Mar 27)	6:00 – 7:00 pm	same	341404 / A1
USAG Team 1	M/W	Feb 5 – May 15	(skip Feb 7, 26, Mar 25, 27, Apr 1, 29)	6:00 – 7:00 pm	same	341405 / A1
USAG Team 2	M/W	Feb 5 – May 15	(skip Feb 7, 26, Mar 25, 27, Apr 1, 29)	7:00 – 8:00 pm	same	341407 / A1
USAG Team P3	T/TH	Feb 6 – May 16	(skip Mar 21, 26, 28)	6:00 – 8:00 pm	5:30 – 7:30 pm	341408 / A1
USAG Team 3	T/TH	Feb 6 – May 16	(skip Mar 21, 26, 28)	6:00 – 8:00 pm	5:30 – 7:30 pm	341409 / A1
USAG Team P4	T/TH	Feb 6 – May 16	(skip Mar 21, 26, 28)	6:00 – 8:30 pm	5:30 – 8:00 pm	341411 / A1
USAG Team 4	T/TH	Feb 6 – May 16	(skip Mar 21, 26, 28)	6:00 – 8:30 pm	5:30 – 8:00 pm	341412 / A1
Optionals		Feb 5 – May 16	(skip Feb 26, Mar 21, 25, 26, 28, Apr 1, 29)			341410 / A1
	Mon				6:00 – 8:00 pm	same
	T/TH				6:00 – 8:30 pm	5:30 – 8:00 pm



COMPULSORY AND OPTIONALS CAMP

- Instructor:** Coach Sarah Woods and staff
- Location:** HS Memorial Gym
- Day:** Tuesday/Thursday
- Date:** Jan 9- Feb 1 (skip Jan 23)
- Time:** 6:00 pm- 8:00 pm
- Course Code:** 342004
- Sections A1:** USAG Team P3/3
- Sections A2:** USAG Team P4/4
- Sections A3:** Optionals
- Section Fee:** res./non-res. \$125.00/\$135.00

Designed for Teams USAG P3 thru Optionals. Gymnasts will learn the newest routine choreography needed for the upcoming competitive season. This is the ONLY opportunity to learn these routines. Knowledge of routines mandatory to compete.

SCHOOL'S OUT GYMNASTICS CAMP

- Instructor:** WFB High School Girls Gymnastics Coach and Team
- Location:** HS Memorial Gym
- Ages:** Grades K5 thru 8
- Date:** Monday, January 29
- Time:** 9:00 am - 3:00 pm
- Note:** Bring a lunch (nut free), refillable water bottle, snack and comfortable clothing for movement
- Course Code:** 342003 A1
- Section Fee:** res./non-res. \$60.00/\$70.00

This fun-filled camp will feature tumbling, dancing, fort building, crafts and more during a day that Whitefish Bay public school students have no school. The program will be staffed by the Whitefish Bay High School Gymnastic Coach and the Team Gymnasts. A percentage of proceeds from this camp will go to support the Whitefish Bay High School Gymnastics Team. An additional Health Information Form will be attached to the registration receipt for this program and will need to be completed and returned to the Recreation and CE Dept. prior to attendance.

CO-ED BASKETBALL FUNDAMENTALS

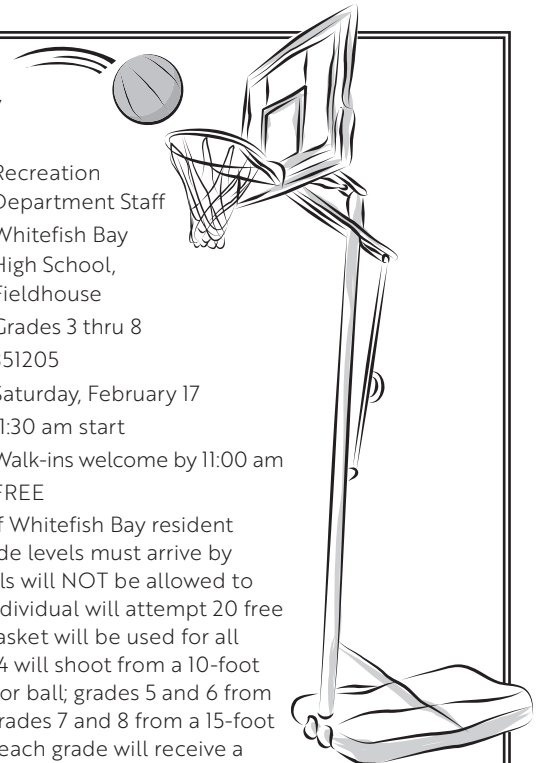
- Instructor:** Kevin Lazovik, WFB HS Former Head Coach
- Location:** Richards Elementary School, Gym
- Ages:** Grades 1 thru 3
- Days:** Monday thru Thursday **Time:** 6:00 pm -7:30 pm
- Course Code:** 341206
- Section A1:** Mar 4 – Mar 7
- Section Fee:** res./non-res. \$50.00/\$60.00

Players will learn and practice basic basketball fundamentals. Dribbling, passing, shooting, pivoting, lay-ups, defensive position and fun basketball challenges will be introduced. The camp will be led by Kevin Lazovik and his staff. High school boy and girl basketball players will also be used as assistants. This will be a great way to learn basketball Fundamentals.

FREE THROW CONTEST

- Coordinators:** Recreation Department Staff
- Location:** Whitefish Bay High School, Fieldhouse
- Ages:** Grades 3 thru 8
- Course Code:** 351205
- Section A1:** Saturday, February 17
- Time:** 11:30 am start
Walk-ins welcome by 11:00 am
- Section Fee:** FREE

Must be a Village of Whitefish Bay resident to compete. All grade levels must arrive by 11:00am. Late arrivals will NOT be allowed to participate. Each individual will attempt 20 free throws. A 10-foot basket will be used for all ages. Grades 3 and 4 will shoot from a 10-foot foul line with a junior ball; grades 5 and 6 from a 12-foot line and grades 7 and 8 from a 15-foot line. The winner of each grade will receive a trophy. Boys and girls will compete separately. This is a great, free community event!



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 2024.

JOIN THE FUN TODAY!

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



SWIM INSTRUCTION

IMPORTANT:

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

- Location:** WFB High School Field House/Auxiliary Pool
- Age:** 18 months and up
- Note:** Eight lessons per section. Please read the descriptions and enroll your child in the proper class.
- Section Fee:** res./non-res. \$65.00/\$75.00

Our swimming program is offered to children interested in learning and improving their aquatic skills. Both the Field House and Auxiliary pools, located within Whitefish Bay High School, are used. Participants using either pool should use the field house locker rooms. Enter the locker rooms through the Field House lobby. A shower must be taken prior to entering the pool. ***We will always assess skills on first class and make adjustments for proper swim levels if needed.**

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 6 – Mar 2 (skip Feb 10)	Time: 9:00 - 9:30 am	Location: Field House Pool
Section A2:	Day: Saturdays	Dates: Apr 20 – June 8 (skip May 25)	Time: 9:00 - 9:30 am	Location: Field House Pool

PRESCHOOL / Ages 2.5 - 5 years

Course Code: 320801

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

Section A1:	Day: Saturdays	Dates: Jan 6 – Mar 2 (skip Feb 10)	Time: 9:00 - 9:45 am	Location: Field House Pool
Section A2:	Day: Saturdays	Dates: Apr 20 – June 8 (skip May 25)	Time: 9:30 - 10:00 am	Location: Field House Pool
Section A3:	Day: Mon/Wed	Dates: Apr 22 – May 15	Time: 9:00 - 9:45 am	Location: Auxiliary Pool

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

Course Code: 330801

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

Section A1:	Day: Saturdays	Dates: Jan 6 – Mar 2 (skip Feb 10)	Time: 9:00 – 9:45 am	Location: Field House Pool
Section A2:	Day: Wednesdays	Dates: Jan 10 – Feb 28	Time: 6:00 – 6:45 pm	Location: Auxiliary Pool
Section A3:	Day: Saturdays	Dates: Apr 20 – June 8 (skip May 25)	Time: 9:00 – 9:45 am	Location: Field House Pool

LEVEL II – FUNDAMENTAL SKILLS / Pass Level 1

Course Code: 340801

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

Section A1:	Day: Saturdays	Dates: Jan 6 – Mar 2 (skip Feb 10)	Time: 10:00 – 10:45 am	Location: Field House Pool
Section A2:	Day: Wednesdays	Dates: Jan 10 – Feb 28	Time: 6:50 – 7:35 pm	Location: Auxiliary Pool
Section A3:	Day: Saturdays	Dates: Apr 20 – June 8 (skip May 25)	Time: 10:00 – 10:45 am	Location: Field House Pool
Section A4:	Day: Mon/Wed	Dates: Apr 22 – May 15	Time: 6:50 – 7:35 pm	Location: Auxiliary Pool

LEVEL III – STROKE DEVELOPMENT / Pass Level 2

Course Code: 350801

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

Section A1:	Day: Saturdays	Dates: Jan 6 – Mar 2 (skip Feb 10)	Time: 10:00 – 10:45 am	Location: Field House Pool
Section A2:	Day: Wednesdays	Dates: Jan 10 – Feb 28	Time: 6:00 – 6:45 pm	Location: Auxiliary Pool
Section A3:	Day: Saturdays	Dates: Apr 20 – June 8 (skip May 25)	Time: 10:00 – 10:45 am	Location: Field House Pool
Section A4:	Day: Mon/Wed	Dates: Apr 22 – May 15	Time: 6:50 – 7:35 pm	Location: Auxiliary Pool

LEVEL IV – STROKE IMPROVEMENT / Pass Level 3

Course Code: 360801

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

Section A1:	Day: Saturdays	Dates: Jan 6 – Mar 2 (skip Feb 10)	Time: 11:00 – 11:45 am	Location: Field House Pool
Section A2:	Day: Wednesdays	Dates: Jan 10 – Feb 28	Time: 6:50 – 7:35 pm	Location: Auxiliary Pool
Section A3:	Day: Saturdays	Dates: Apr 20 – June 8 (skip May 25)	Time: 11:00 – 11:45 am	Location: Field House Pool
Section A4:	Day: Mon/Wed	Dates: Apr 22 – May 15	Time: 6:00 – 6:45 pm	Location: Auxiliary Pool

LEVEL V/VI – STROKE REFINEMENT / Pass Level 4

Course Code: 370801

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

Section A1:	Day: Saturdays	Dates: Jan 6 – Mar 2 (skip Feb 10)	Time: 11:00 – 11:45 am	Location: Field House Pool
Section A2:	Day: Saturdays	Dates: Apr 20 – June 8 (skip May 25)	Time: 11:00 - 11:45 am	Location: Field House Pool



AQUATICS

YOUTH DIVING

- Instructor:** Whitefish Bay Recreation Instructor
- Location:** WFB High School, Field House Pool Dive Pit
- Ages:** Grades 1 thru 9
- Note:** Must have passed or currently enrolled in Level 4 or higher
- Day:** Mondays **Time:** 7:00 – 8:00 pm
- Course Code:** 380804
- Section A1:** Jan 8 – Feb 26
- Section A2:** Mar 4 – May 20 (skip Mar 25, Apr 1, 8, 15)
- Section Fee:** res./non-res. \$65.00/\$75.00

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

DISCOVER SCUBA DIVING

- Instructor:** Aquatic Adventures, Inc.
- Location:** WFB High School, Field House Pool
- Ages:** 10 years and up
- Day:** Wednesday **Time:** 6:15 pm – 8:45 pm
- Course Code:** 360805
- Section A1:** Feb 7 **Registration Deadline:** Wed, January 24
- Section A2:** March 20 **Registration Deadline:** Wed, March 6
- Section Fee:** res./non-res. \$55.00/\$65.00

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 some basic skills and safety rules that can show if a full certification is for you! There will be sign-offs/permission slips emailed to you a few weeks prior to the start of class. No experience is required.

BLENDED LEARNING WATER SAFETY INSTRUCTOR CLASS

- Coordinator:** Nicolet Recreation Department
- Instructor:** Cindy Schlidt
- Location:** Nicolet High School, Pool & Room B113, Glendale
- Note:** **Registration Deadline:** Friday, April 28
- Ages:** 16 years and up
- Days:** Friday **Time:** 5:00 – 10:00 pm
Saturday **Time:** 8:00am – 5:30 pm
Sunday **Time:** 8:00am – 5:30 pm
- Course Code:** 380806
- Section A1:** May 17 – May 19
- Section Fee:** \$228.00

This course also known as WSI™ trains American Red Cross Water Safety Instructor candidates to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their

understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. The courses and presentations include Parent and Child Aquatics Levels 1 and 2 Preschool Aquatics Levels 1 - 3 Learn-to-Swim Levels 1 - 6 three adult courses as well as the Basic Water Rescue and Personal Water Safety courses and more. To enroll instructor candidates must be at least 16 years of age on or before the last day of the instructor course and successfully complete the precourse session which includes demonstration of swimming skill at Learn-to-Swim Level 4. This course requires 9 rounds of online work, reading manuals, and being familiar with the American Red Cross Learning Center and where all materials are located prior to the start of class. All participants will be required to complete all lesson plans for 3 teachings prior to class and then teach a portion of these lesson plans during class for evaluation. A written test of which you will only have one attempt to complete at 80% or greater will be given at the end of this course. Please bring your writing materials, paper, bag lunch, swimsuit, several towels, something to keep you warm while getting in and out the pool numerous times.

Registration deadline is three weeks before class begins. Must attend all 3 days in full. An email will be sent 3 weeks prior to the class start date with details of class requirements/prerequisites. All manuals for the Nicolet Recreation Department American Red Cross programs are online and should be read prior to class

Once a customer is registered for an American Red Cross class, refunds cannot be provided due to the costs, supplies and preparation associated with the class.

AMERICAN RED CROSS LIFEGUARDING CERTIFICATION - BLENDED LEARNING

- Coordinator:** Shorewood Recreation Department
- Instructor:** Perry Perkins, Lydia Leipzig and Cassandra Rodriguez; Red Cross Certified Lifeguard Instructors
- Location:** Shorewood HS Conference Room and Pool
- Ages:** 15 years and up
- Days:** Friday **Time:** 5:30 pm – 9:00 pm
Saturday **Time:** 8:00 am – 4:00 pm
Sunday **Time:** 9:00 am – 1:00 pm
- Course Code:** 380805
- Section A1:** Apr 5 – Apr 7
- Section A2:** May 17-May 19
- Section Fee:** res./non-res. \$200.00/\$250.00

Are you interested in becoming a lifeguard? You will learn concepts of responsibility, work ethic, leadership and approachability that will prepare you for a job as a lifeguard. The 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 in Lifeguarding/First-Aid/CPR/AED. Attendance at ALL meeting dates is mandatory. Please understand that this course is a blended learning course. Participants must complete all online assignments prior to the start of class. Certification is not guaranteed as participants must score above an 80% on a written test and pass an in-water skills test. There is a mandatory pretest on the first day of class. Please bring a swimsuit, towel and snacks each meeting day.

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.



AQUATICS

IMPORTANT:

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

LAP SWIMMING

Location: WFB High School, Field House Pool
Days: Mon thru Fri mornings **Time:** 6:00 – 7:30 am
Mon thru Thurs evenings **Time:** 7:00 – 8:30 pm
Sat and Sun mid-day **Time:** 12:00 – 1:30 pm

Note: **Important** - Please limit your time in the locker rooms to 15 minutes after your class is over. Monday and Wednesday evening lap swimming sessions will be located in the Auxiliary Pool.

Course Code: 390301
Section A1: Jan 3 – June 1 (skip evening Jan 11, 25)
(skip All Day Feb 10, Mar 23-Apr 19, May 25-27)
Section Fee: res./non-res. \$80.00/\$90.00

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

NOON RECREATIONAL SWIM

Location: WFB High School, Field House Pool
Days: Mon thru Fri **Time:** 12:00 – 12:45 pm
Sat and Sun **Time:** 12:00 – 1:30 pm

Note: **Important** - Please limit your time in the locker rooms to 15 minutes after your class is over. Added cancellations may occur due to school functions.

Course Code: 390302 (390302 A2 for seniors 55+)
Section A1: Jan 3 – June 1 (skip Feb 10, Mar 23-Apr 19, May 25-27)
Adult Fee: res./non-res. \$65.00/\$75.00
Section A2: Jan 3 – June 1 (skip Feb 10, Mar 23-Apr 19, May 25-27)
Senior Fee: 55+ res./non-res. \$55.00/\$65.00

This program is designed for the less aggressive swimmer who enjoys lap swimming and also an opportunity to enjoy the water. Lanes will be set up and participants can choose to do laps or to free swim. Due to the overlap this program has with the school day, all participants are required to contact the Recreation Department either by phone or in-person to have their ID scanned by the Raptor Security System prior to the first day of class. **During the school week you must enter between 11:45 am and 12:00 pm for pool access. Not entering between those times will limit pool access.**

MASTER SWIM

Supervisor: Meghan Olson, Swim Coach
Location: WFB High School, Field House Pool
Days: Monday thru Friday **Time:** 5:00 – 6:00 am
Course Code: 390304
Section A1: Jan 3 – May 31 (skip Mar 25 – Apr 19, May 27)
Section A2: Lap Swim Add-On \$20.00
Section Fee: res./non-res. \$235.00/\$245.00

Master Swim is an aquatic fitness program for triathletes, competitive and fitness swimmers. The group will be coached by a trainer who will provide individualized goals. The emphasis is to focus and concentrate on swim stroke efficiency by utilizing drill sets and “swim thoughts”. Each practice accommodates all skill levels, including beginner, intermediate and advanced triathlete. Jump start your day with a great swim workout! Master Swimmers wishing to extend their morning pool time may register for Lap Swim (6:00 – 6:30 am) for an additional fee of \$20.00 by registering for Course Code: 390304 A2.



MORNING WATER AEROBICS

Instructor: Karma McMillan, Certified Fitness Instructor
Location: WFB High School, Auxiliary Pool
Time: 10:30 am – 11:45 am
Course Code: 390303
Section A1: Mondays
Dates: Jan 8 – May 20 (skip Mar 25, Apr 1, 8, 15)
Section A2: Wednesdays
Dates: Jan 10 - May 22 (skip Mar 27, Apr 3, 10, 17)
Section A3: Fridays
Dates: Jan 12 - May 24 (Skip Mar 29, Apr 5, 12, 19)
Section Fee: res./non-res. \$70.00/\$80.00

Swimmers and non-swimmers, come join us for one hour of aerobic activity, strength training and stretching. The last 1/2 hour may be spent swimming laps. Participants should enter Door 8 off the Ardmore parking lot. Pool temperature is between 78 – 80o and there is a lifeguard on duty. Due to the overlap this program has with the school day, all participants are required to contact the Recreation Department either by phone or in-person to have their ID scanned by the Raptor Security System prior to the first day of class.

EVENING WATER AEROBICS

Instructor: Kathy Seitz, WSI Certified Instructor
Location: WFB High School, Field House Pool
Day: Mondays **Time:** 7:15 – 8:45 pm
Course Code: 390306
Section A1: Jan 8 – May 20 (skip Mar 25 Apr 1, 8, 15)
Section Fee: res./non-res. \$70.00/\$80.00

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



OPEN SWIM

- Location:** WFB High School, Field House Pool
- Days:** 1st and 3rd Sundays of the month
- Time:** 1:45 pm – 3:00 pm
- Dates:** Jan 7 – May 19 (skip Apr 7)
- Fee:** \$3.00 Per Student / \$4.00 Per Adult
- Note:** Seniors 55+ and children under 3 are free! Please bring exact change.

All children under 7 years of age must be accompanied in the water by a parent or guardian. Any child 7 years or older, but under 48" in height, must prove their swimming ability to the satisfaction of the lifeguards. The pool will be cleared 10 minutes prior to closing. Swim passes are available for purchase at the Recreation Department. Fee is : \$75.00 for 30 swims. Save \$0.50 per swim!

FAMILY FUN SWIM

- Location:** WFB High School, Field House Pool
- Days:** Saturdays
- Time:** 2:00 – 3:00 pm
- Dates:** Jan 13 – May 18 (skip Feb 10, Mar 23, 30, Apr 6, 13)
- Fee:** res./non-res. \$50.00/\$60.00

The Family Fun Swim program is an opportunity for families to enjoy the pool. Registration will get you and your family an hour-long pool time on a Saturday for up to 15 of your family members. The swim time includes access to fun pool noodles, toys and the diving well for swimmers who pass the swim test.

To Register, please complete a Family Fun Swim Request form on our website. Forms must be received by 3:00 pm on the Thursday prior to the Saturday or Sunday you'd like to reserve.

WALK FIT

- Coordinator:** Joe Kmoch, WFB Recreation Staff
- Location:** WFB High School, Field House Track
- Days:** Monday thru Friday **Time:** 5:30 – 6:30 am
- Course Code:** 390308
- Section A1:** Jan 3 – May 31 (Skip Mar 29, Apr 1, May 27)
- Section Fee:** res./non-res. \$40.00/\$50.00

When the weather gets chilly, it's great to be able to continue your walking regime 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.

LOW IMPACT AEROBICS

- Instructor:** Whitefish Bay Recreation Department Staff
- Location:** Lydell School & Community Center, Gym
- Days:** Mondays, Wednesdays & Fridays
- Time:** 8:00 – 8:45 am
- Course Code:** 390309
- Section A1:** Jan 8 – Mar 22
Strength & Stretch Add-On:
Course Code: 390310 B1 \$25.00
- Section A2:** Apr 8 – June 7 (skip May 27)
Strength & Stretch Add-On:
Course Code: 390310 B2 \$25.00

Section A1/A2 Fee: res./non-res. \$85.00/\$95.00

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

STRENGTH AND STRETCH

- Instructor:** Whitefish Bay Recreation Department Staff
- Location:** Lydell School & Community Center, Gym
- Days:** Mondays, Wednesdays & Fridays **Time:** 8:50 – 9:35 am
- Course Code:** 390310
- Section A1:** Jan 8 – Mar 22
Low Impact Aerobics Add-On:
Course Code: 390309 B1 \$25.00
- Section A2:** Apr 8 – June 7 (skip May 27)
Low Impact Aerobics Add-On:
Course Code: 390309 B2 \$25.00

Section A1/A2 Fee: res./non-res. \$85.00/\$95.00

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

READY TO DIVE IN?

**OZAUKEE
AQUATICS**

**OZAUKEE AQUATICS IS YOUR LOCAL,
YEAR-ROUND COMPETITIVE USASWIMMING CLUB!**

**OUR TECHNIQUE-DRIVEN PROGRAMMING IS READY TO HELP
YOU ACHIEVE ANY GOAL YOU HAVE. FROM STATE
QUALIFIER TO OUR NEXT INTERNATIONAL MEDALIST!**

**OPEN TO ALL AGES! -FUN & TEAM-DRIVEN!
-FOUR CONVENIENT POOL LOCATIONS!
(Cedarburg, Kiel, Mequon, Whitefish Bay)**

VISIT OZAUKEEAQUATICS.COM FOR MORE!



ADULT FITNESS

SIT N FIT

- Instructor:** Whitefish Bay Recreation Department Staff
- Location:** Lydell School & Community Center, Room 19
- Days:** Mondays, Wednesdays & Fridays **Time:** 9:45 – 10:25 am
- Course Code:** 390314
- Section A1:** Jan 3 – Mar 22 (skip Jan 31, Feb 2, 5, 7, 9)
- Section A2:** Apr 3 – June 7 (skip Apr 8, May 29)
- Section Fee:** res./non-res. \$85.00/\$95.00

This class is designed for those who would like to sit or use the aid of a chair to stand next to. We will engage in gentle, yet powerful life movements. Life movement focuses on the overall body. Increase oxygenation, circulation, strength, balance, flexibility, range of motion and posture. Socialization is an extra added benefit too!

WEIGHT TRAINING

- Instructor:** Karma McMillan, Certified Personal Trainer
- Location:** WFB High School, Fitness Center
- Day:** Saturdays **Time:** 11:00 am - 12:00 pm
- Course Code:** 391208
- Section A1:** Jan 6 – Feb 17
- Section A2:** Feb 24 – Apr 13 (skip Mar 30)
- Section A3:** Apr 20 – Jun 8 (skip May 25)
- Section Fee:** res./non-res. \$65.00/\$75.00

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

COMMUNITY FITNESS CENTER MEMBERSHIP

- Supervisor:** WFB Recreation Department Staff
- Location:** WFB High School Fitness Center
- Days:** Mon thru Thurs **Time:** 6:00 – 8:00 pm
Mondays/Wednesdays **Time:** 5:30 – 7:30 am
Saturdays **Time:** 8:00 – 11:00 am
- Dates:** Jan 3 – June 1 (closed Mar 28, 30, Apr 1, May 25, 27)
- Course Code:** 390315
- Section A1:** Adults 18 – 54 years
Fee: res./non-res. \$120.00/\$130.00
- Section A2:** WFB Seniors 55 years and up
Fee: res./non-res. \$110.00
- Section A3:** Lap Swim Add-On (see Lap Swimming for times/dates)
Fee: \$20.00
- Section A4:** Walk Fit Add-On (see Walk Fit for times/dates)
Fee: \$20.00

The weight room will be open and a supervisor will be available to show the proper use of the equipment. Research has shown that resistance (weight) training is a vital component for maintaining muscle strength, overall good health and even maintaining cognitive function for men and women. All new participants must attend an on-site fitness center orientation on their first visit facilitated by a fitness center attendant prior to using the equipment. With the purchase of your membership, you can add the Lap Swim and/or Walk Fit Program for an additional \$20 for each. Please indicate on your registration form which add-on you are signing up for, and include that in your membership price.

PILATES WITH YIN YOGA

- Instructor:** Karma McMillan, Certified Personal Trainer
- Location:** Lydell School & Community Center, Room 19
- Day:** Tuesdays and Thursdays **Time:** 12:00 – 12:45 pm
- Course Code:** 391702
- Section A1:** Jan 9 – Feb 1
- Section A2:** Feb 6 – Feb 29
- Section A3:** Mar 5 – Mar 28
- Section A4:** Apr 2 – Apr 25
- Section A5:** Apr 30 – May 23
- Section Fee:** res./non-res. \$100.00/\$110.00

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. This class will be combined with Yin Yoga, a slower-paced, more meditative version of the popular physical and spiritual discipline of yoga. In Yin yoga, the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as the ligaments) rather than focusing on the muscles. The best of both exercises combined into one class! You will need to bring a yoga mat to class with you.

TRX WORKOUT PROGRAM

- Instructor:** Karma McMillan, Certified Personal Trainer
- Location:** WFB High School, Fitness Center
- Day:** Saturdays **Time:** 12:00 – 12:30 pm
- Course Code:** 391308
- Age:** 18 and older
- Section A1:** Jan 6 – Feb 10
- Section A2:** Feb 17 – Mar 23
- Section A3:** Apr 6 – May 11
- Section Fee:** res./non-res. \$150.00/\$160.00

TRX, which stands for Total Body Resistance Exercise, is a revolutionary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

BARRE

- Instructor:** Karma McMillan, Certified Personal Trainer
- Location:** Lydell School & Community Center, Room 19
- Day:** Tuesdays and Thursdays **Time:** 1:00 – 1:30 pm
- Course Code:** 398208
- Section A1:** Jan 9 – Jan 25
- Section A2:** Feb 6 – Feb 22
- Section A3:** Mar 5 – Mar 21
- Section A4:** Apr 2 – Apr 12
- Section A5:** Apr 30 – May 16
- Section Fee:** res./non-res. \$100.00/\$110.00

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

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.



INDIVIDUALIZED WORKOUT PLAN

- Instructor:** Karma McMillan, Certified Personal Trainer
Location: WFB HS Fitness center; section A2 only
Section A1: Individualized Workout Plan
Section Fee: res./non-res. \$65.00/\$75.00
Section A2: Training session with Instructor
Section Fee: res./non-res. \$35.00/\$45.00

If you're stuck on how to start getting into shape this is the perfect program for you! Our certified personal trainer will help you start on your journey of health by setting you up for success with your very own individualized 2 month training program (section A1). You will go over with Karma the areas that you would like to target your training towards or what your overall goals are for your program. You can also sign up for a training session with Karma and go over your program with her 1 on 1 in the WFB HS Fitness Center (section A2) to make sure that you are doing the exercises correctly to maximize your plan. Don't wait any longer and sign up today! **Please fill out the Google Form on our website to sign up for this service. This will help us personalize it to your needs!**

INTRO TO TAI CHI AND QI GONG

- Instructor:** Sandra Ingram
Location: Lydell School & Community Center, Rm 17
Day: Tuesdays **Time:** 10:45 – 11:45 am
Course Code: 390312
Section A1: Jan 9 – Feb 27
Section A2: Apr 9 – May 28
Section Fee: res./non-res. \$60.00/\$70.00

Introduction to Tai Chi movement (forms) to increase balance, concentration and strength. Qi gong practice is meditative movement for health, relaxation and longevity. This class is for beginners or students who are reviewing their practice and knowledge of the Sun 12 forms or Yang 24 forms in Tai Chi. Adapts for all students and may be practiced from a seated position.

TAI CHI AND QI GONG FOR CONTINUING STUDENTS

- Instructor:** Sandra Ingram
Location: Lydell School & Community Center, Rm 17
Day: Tuesdays **Time:** 12:00 – 1:00 pm
Course Code: 390412
Section A1: Jan 9 – Feb 27
Section A2: Apr 9 – May 28
Section Fee: res./non-res. \$60.00/\$70.00

This class is offered for returning students and anyone wishing to review, enhance and refine your practice of Tai Chi. (Yang style 24 forms and Sun 12 forms.) Qi gong will be practiced for warm ups, meditation and health.

ZUMBA

- Instructor:** Tatiana Nuss, Certified Zumba Instructor
Location: Lydell School & Community Center, Gym
Day: Thursdays **Time:** 6:30 – 7:30 pm
Course Code: 390326
Section A1: Jan 11 – Feb 15
Section A2: Feb 22 – Apr 11 (skip Mar 21, 28)
Section A3: Apr 18 – May 23
Section Fee: res./non-res. \$50.00/\$60.00

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

MINDFUL YOGA

- Instructor:** Jamie Lynn Tatera, Certified Yoga Instructor
Location: Lydell School & Community Center, Room 17
Day: Mondays **Time:** 9:30 – 10:30 am
Course Code: 390329
Section A1: Jan 22 – Feb 26
Section A2: Mar 11 – Apr 22 (skip Mar 25)
Section A3: May 6 – Jun 17
Section Fee: res./non-res. \$66.00/\$76.00

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!

YOGA WITH JILLIAN

- Instructor:** Jillian Holy, Certified Yoga Instructor
Location: Lydell School & Community Center, Room 17
Section Fee: res./non-res. \$50.00/\$60.00

MONDAYS

- Course Code:** 390320 Beginner/Intermediate:
Time: 4:30 – 5:40 pm
Course Code: 390323 Beginner/Intermediate
Time: 5:45 – 6:55 pm
Section A1: Jan 8 – Feb 12
Section A2: Feb 26 – Apr 1
Section A3: April 15 – May 20

WEDNESDAYS

- Course Code:** 390322 Gentle/Beginner:
Time: 9:45 – 10:55 am
Course Code: 390333 Beginner/Intermediate:
Time: 11:00 – 12:10 pm
Section A1: Jan 3 – Feb 7
Section A2: Feb 21 – Mar 27
Section A3: Apr 10 – May 15

These Yoga classes incorporate breathing practices, postures, joint exercises and relaxation techniques. The practices are designed to meet each individual where they are at. Beginners are welcomed and the various class levels are designed to create access and comfort for all abilities. Gentle/Beginner and Beginner Yoga are suitable for those completely new to yoga and for returning students. Beginner/Intermediate Yoga is designed for individuals who have already taken a gentle or beginner level Yoga class and would like to deepen their practice. Gentle Yoga is particularly designed for individuals over 60 and those seeking a gentle class. Gentle and Gentle/Beginner classes will accommodate all levels of ability, strength and balance. Chairs can be used for support and balance. When weather permits, part of each class may be held outdoors.



ADULT SPORTS

LATIN DANCE SAMPLER

Coordinator: Shorewood Recreation Department
Instructor: Rosalita Villa
Location: Shorewood High School, Studio Room 276
Day: Thursdays **Time:** 7:00 – 8:00 pm
Course Code: 391403
Section A1: Jan 18 – Mar 7
Section Fee: res./non-res. \$65.00/\$75.00

Come ready to learn the basic steps and rhythms of this Latin Dance. We will introduce you to Salsa, Merengue, and Bachata! No partner necessary. All ability levels are welcome!

NORTH SHORE MARTIAL ARTS CLUB

Instructor: Phil Sauer, Owner of Young American Martial Arts Club
Location: Lydell School and Community Center, Gym
Ages: 11 years and up
Days: Mondays and/or Wednesdays
Time: 6:00 – 7:15 pm

MONDAYS ONLY

Course Code: 341205
Section A1: Jan 8 – Mar 25
Section A2: Apr 1 – June 17 (skip May 27)
Section Fee: \$179.00 (25% additional family member discount)

MONDAYS/WEDNESDAYS

Course Code: 341208
Section A1: Jan 8 – Mar 27
Section A2: Apr 1 – June 19 (skip May 29)
Section Fee: \$225.00 (25% additional family member discount)

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

BADMINTON

Instructor: WFB Recreation Staff
Location: WFB High School, Field House
Day: Wednesdays
Dates: Jan 10 – Mar 6 **Time:** 8:00 – 10:00 pm
 Mar 13 – May 29 **Time:** 7:30 – 9:30 pm
Note: Times may be adjusted for HS sports/practices
Course Code: 391201
Section A1: Jan 10 – May 29 (skip Jan 17)
 (additional skip dates might occur due to school events during the season)
Section Fee: res./non-res. \$60.00/\$70.00

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

ADULT TENNIS LESSONS

Instructor: Phil Kelbe and North Shore Elite Staff
Location: North Shore Elite Racquet and Fitness Club
 5750 North Glen Park Road; Glendale
Course Code: 391601

MONDAY BEGINNER CLASSES **TIME: 6:00 – 7:00 PM**

Section A1: Mar 4 – June 3 (skip Mar 25, May 27) \$420.00

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

Section A2: Mar 5 – June 4 (skip Mar 26) \$455.00

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

Section A3: Mar 7 – June 6 (skip Mar 28) \$455.00

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

OPEN BASKETBALL

Supervisor: WFB Recreation Staff
Location: WFB Middle School, New and Old Gyms
Day: Thursdays **Time:** 7:00 – 9:00 pm
Course Code: 391203
Section A1: Jan 4 – May 30 (skip Mar 21, 28, Apr 4, 18, May 2)
Section Fee: res./non-res. \$60.00/\$70.00

Participating in our open basketball program is a great way to add fun and fitness to your schedule without the pressure of league play. Best efforts will be made to make up missed classes. 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.

PICKLEBALL

Instructor: WFB Recreation Staff
Location: WFB High School, Field House
Day: Tuesdays **Time:** 8:15 – 9:45 pm
Note: Cancellations may happen due to school events in the Field House. Best efforts will be made to make up canceled dates.
Course Code: 392304
Section A1: Mar 5 – Apr 30
Section Fee: res./non-res. \$45.00/\$55.00

The fun game with the funny name is one of the fastest growing sports in the nation. It is a combination of badminton, tennis, and table tennis and is enjoyed by all age groups. Using a badminton-size court, tennis-height net, paddle and baseball-sized wiffle ball, this game is usually played by doubles. In this program, participants will partner up to play doubles games. It is easy to learn and provides plenty of exercise and eye-hand coordination. This is not an instructional course, so go to www.USAPA.org and click on the link "What is Pickleball?" under "Training and Court Info" to learn how to play.

WANT MORE PICKLEBALL?

Mequon/Thiensville Recreation has an Indoor Pickleball program too. Stop by the Range Line Community Center between 7:30am -4:00pm to purchase a punch card. A punch card costs \$33 and is good for 10 plays.





ARCHERY

Coordinator: Nicolet Recreation Department
Instructor: Inna Lebedinsky
Location: Kletzsch Park Archery Range, Glendale
Days: Tuesdays, Wednesdays, Thursdays **Time:** 5:15 – 6:00 pm
Course Code: 361209
Section A1: Apr 30 – May 9
Section A2: May 14 – May 23
Section Fee: \$75.00

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. Register for both spring sessions and receive the Summer session for FREE! ADULT LEARN TO SKATE (AGES 18+)

Instructor: USM Learn to Skate Program Coaches
Location: Polly and Henry Uihlein Sr. Ice Arena
 University School
 2100 W. Fairy Chasm Road River Hills, WI 53217
Course Code: 361209
Days: Tuesdays **Times:** 9:30 – 10:30 am
Section E3: Dec 5 – Jan 16 (skip dec 26, Jan 2)
Section E4: Jan 23 – Feb 20
Section Fee: \$110.00

This program is designed for both beginning and experienced adult skaters. Whether you are on the ice for fitness (both muscular and cardiovascular) or to improve skills and technique, this class is for you. Ice skating is a lifetime sport and helps increase balance, strength and overall fitness.

ADULT AND PEDIATRIC CPR / FIRST AID CERTIFICATION

Instructor: Jessica Heller, Owner of Heller Safety Solutions
Location: Lydell School & Community Center, Room 17
Ages: 11 years and up
Time: 5:00 – 7:30 pm
Course Code: 391027
Section A1: Thursday, March 14
Registration Deadline: Wednesday, March 6
Section A2: Thursday, April 4
Registration Deadline: Wednesday, March 27
Section A3: Thursday, May 16
Registration Deadline: Wednesday, May 8
Section Fee: res./non-res. \$75.00/\$85.00

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, 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 2 years. Online work will be sent one week prior to the class.

QUILTING

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 11 – Feb 29 (skip Feb 15)
Section A2: Mar 14 – May 2 (skip Apr 11)
Section Fee: res./non-res. \$70.00/\$80.00

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.

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 10 – Feb 14
Section A2: Mar 6 – Apr 17 (skip Mar 27)
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.

WATERCOLOR STILL LIFE

Instructor: Mary Pesch, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 24
Day: Tues/Thurs **Time:** 7:00 – 8:30 pm
Course Code: 390705
Section A1: Feb 6 – Mar 14
Section Fee: res./non-res. \$90.00/\$100.00

The class will learn how to paint simple fruits and veggies, while learning basic watercolor painting techniques & tricks. Step-by-step illustrated worksheets & outline drawings will be provided for each project. Drawing skills aren't a prerequisite but are helpful. Students will experiment with watercolor tools and will learn watercolor pencils, to create exciting paintings. Instruction demos will be given at each class. It is a nurturing & fun environment. All skill levels are welcome, where students learn from each other. A complete supply list can be found on our website.

BEGINNING AND CONTINUING OIL PAINT

Instructor: Barbara Friedman, Masters in Art Education
Location: Lydell School & Community Center, Room 19
Day: Thursdays **Time:** 9:00 – 11:30 am
Course Code: 390709
Section A1: Mar 14 – May 9 (skip Apr 18)
Section Fee: res./non-res. \$120.00/\$130.00

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.



ADULT ENRICHMENT

SEWING LAB

Location: Lydell School & Community Center, Room 22
Day: Mondays **Time:** 12:30 – 3:00 pm
Course Code: 390901
Section A1: Jan 8 – Mar 11
Section A2: Mar 18 – May 20
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.

BALLROOM DANCE

Coordinator: Nicolet Recreation Department
Instructor: Jacqui Lefebvre
Location: Nicolet High School Cafeteria
Course Code: 391402
Day: Tuesdays
Date: Jan 16 -Apr 9 (skip Mar 26)
Section A1: Basic II **Time:** 6:30 - 7:25 pm
Section A2: Intermediate/Advanced **Time:** 7:30 - 8:25 pm
Section Fee: res./non-res. \$78.00/\$88.00

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: Waltz, Foxtrot, Rumba, Swing, Salsa and Tango

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

Intermediate/Advanced: review of fundamentals, groupings from all popular ballroom dances like quickstep and Samba and plenty of practice time! Must register with a dance partner.

WREATH MAKING

Coordinator: Mequon/Thiensville Recreation Department
Instructor: MJ White, Designer and Business Owner at MJ's Designs and Home Decor
Location: Range Line Community Center, Room 108, Mequon
Time: 5:45 – 7:00 pm
Course Code: 391005
Section A1: Winter Wreath-Wednesday, January 10
Registration Deadline: Wednesday, December 27
Section A2: Easter Wreath-Tuesday, March 5
Registration Deadline: Tuesday, February 20
Section Fee: res./non-res. \$67.00/\$77.00

Instruction will be provided on how to make a designer deco mesh wreath using quality materials. Class cost includes all materials and tools needed to make a full wreath. At the end of each class, there will be a free raffle for a small prize! Email instructor at mjwhitedesigns@gmail.com to see wreath workshop designs or if you have any questions.

CHARCUTERIE WORKSHOP

Coordinator: Mequon/Thiensville Recreation Department
Instructor: Amanda Mattefs, Owner of Charcuter-Me
Location: Cafe Hollander
 5900 W. Mequon Road, Mequon
Time: 7:00 – 8:30 pm
Course Code: 392518
Section A1: Thursday, February 22

Registration Deadline: Thursday, February 15

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

Create your very own charcuterie board with Charcuter-Me! During this hands-on workshop, we will guide you step-by-step on how to create a charcuterie board, chat about what pairs well with the cheeses, give tips and tricks, and save time for question/answer sessions throughout the event. By the end of the event, you will have created a beautiful board to show off, and you will learn a life skill that will transform you into the best host! The fee includes a cheese kit and supplies.

RUSTIC SOURDOUGH BAKING CLASS

Coordinator: Nicolet Recreation Department
Instructor: Steve Shapson
Location: Nicolet High School, Room B133, Glendale
Course Code: 392504
Section A1: Thursday, March 14 **Time:** 6:00 – 7:30 pm
Section Fee: res./non-res. \$35.00/\$45.00

Our ancestors ate mostly fermented foods, including bread which was leavened using various strains of healthy bacteria. Recently an explosive interest in making this fermented bread has taken place. Making sourdough bread is easy, healthy and delicious.

This class includes all aspects of sourdough bread baking: the Starter, Flours, Salting, Hydration ratios, the Leaven, the Autolyse, Kneading/ resting/stretching, proofing, baskets/Bannetons, the Rise, Etching, Dutch Oven baking, the Crumb, the Crust. A sourdough starter is included so you can make great sourdough bread at home. We will make a wonderful sourdough bread using steel cut oats (for texture) and two kinds of King Arthur Flours. We will taste our freshly baked bread along with butter and honey from Steve's Bees. Course documents will be supplied. Bring a pen/pencil to take notes.

Steve Shapson has been instructing in the culinary arts for over 15 years, which include cheese/yogurt/kefir/kombucha making and edible mushroom cultivation. Sourdough bread is his latest passion after having three friends introduce him to the wonderful taste.

CULTIVATING EDIBLE MUSHROOMS MADE EASY

Coordinator: Nicolet Recreation Department
Instructor: Steve Shapson
Location: Nicolet High School, Room B133, Glendale
Course Code: 392506
Section A1: Thursday, January 11 **Time:** 6:00 – 7:30 pm
Section Fee: res./non-res. \$35.00/\$45.00

Cultivating your own edible mushrooms is easy, very low cost and fun to do. And with some mushroom species, no tools are needed. Delicious mushrooms like Shiitake, Oyster, Chestnut, and Wine Cap Stropharia can be easily grown on your property and garden beds. All you need is some mushroom spawn, logs cut from live trees and/or deciduous wood chips. In this class, we will learn all about the process in a colorful and informative PowerPoint presentation. Q & A session follows. Class includes printed instructions and other important information you can take home so you can start cultivating your own mushrooms this spring.

About the presenter: Steve Shapson has been involved in non-commercial mushroom cultivation and foraging mushrooms for over 20 years, teaching local garden clubs, friends, and family mushroom cultivation. A former president of the Wisconsin Mycological Society, Steve does cooking demos at the annual WMS Fungi Fair. Steve teaches Rustic Sourdough Bread Making at Nicolet HS 3-4 times a year and enjoys cooking fresh pasta with mushrooms they cultivate and forage.



INDIAN FOOD MADE EASY

Coordinator: Nicolet Recreation Department
Instructor: Susan Pack
Location: Nicolet High School, Room B133, Culinary Lab
Course Code: 392507
Section A1: Wednesday, April 10 **Time:** 6:00 – 7:30 pm
Section Fee: res./non-res. \$45.00/\$55.00

Indian food seems to be a difficult cuisine to learn due to all the various spices. Attend this hands-on, vegetarian class and learn how easy it really is to make delicious food in no time at all.

INDIAN FOOD AS MEDICINE

Coordinator: Nicolet Recreation Department
Instructor: Susan Pack
Location: Nicolet High School, Room B133, Culinary Lab
Course Code: 392508
Section A1: Thursday, May 9 **Time:** 6:00 – 7:30 pm
Section Fee: res./non-res. \$45.00/\$55.00

There is no mystery about the healing qualities of Indian spices. In this hands-on class, you will learn why the food we cook is very healing and why it's important to keep these recipes in your weekly or monthly food rotation.

VALENTINE'S CHOCOLATE TRUFFLES

Coordinator: Nicolet Recreation Department
Instructor: Mary Adashek, owner of Sweet Connection Classes
Location: Nicolet High School, Room B133, Culinary Lab
Course Code: 328901
Section A1: Wednesday, January 31 **Time:** 6:00 – 8:00 pm
Section Fee: res./non-res. \$55.00/\$65.00

Truffles—the name alone sounds glamorous and inviting! What better gift to give your Valentine than the melt-in-your-mouth goodness of dark chocolate and rich cream laced with raspberry or Kahlua flavoring. Both elegant and decadent, truffles are deceptively simple to make; cream, chocolate, and time is all it takes to produce pure bliss. In this class, you will create three, decorative 5-piece boxes of truffles including both flavors—perfect for gift giving or to indulge yourself. Make your Valentine swoon this year with deliciously divine raspberry and Kahlua truffles!

TURTLES, TERRAPINS AND CARMEL MACCHIATO BITES

Coordinator: Nicolet Recreation Department
Instructor: Mary Adashek, owner of Sweet Connection Classes
Location: Nicolet High School, Room B133, Glendale
Course Code: 328902
Section A1: Wednesday, February 21 **Time:** 6:00 – 8:00 pm
Section Fee: res./non-res. \$55.00/\$65.00

Be prepared for a trio of candy goodness! Crunchy pecans, chewy homemade caramel and chocolate that melts in your mouth form a traditional turtle. We will make these, but take this classic candy up a notch and also create Terrapins and Caramel Macchiato bites! A Terrapin is all the yumminess of a turtle, plus an additional layer of homemade soft, springy marshmallow. Plus, if you're a fan of a caramel macchiato beverage, this treat is a spin-off of that delicious flavor combination. Chocolate covered espresso beans and homemade caramel that is topped with chocolate. Oh, so yummy!

FESTIVE EASTER CANDIES

Coordinator: Nicolet Recreation Department
Instructor: Mary Adashek, owner of Sweet Connection Classes
Location: Nicolet High School, Room B133, Culinary Lab
Course Code: 328903
Section A1: Thursday, March 21 **Time:** 6:00 – 8:00 pm
Section Fee: res./non-res. \$55.00/\$65.00

In this hands-on class you will make two celebratory treats! Peanut Butter and chocolate are a match made in heaven. We will create incredible homemade chocolate covered peanut butter eggs that are whimsically decorated and taste delicious. We will also make Easter Bunny bark which is a rich and chocolatey treat with adorable Easter bunnies and colorful springtime decorations. You can make these recipes for a festive treat or for gifts. The Easter Bunny will be jealous!

HOMEMADE BUTTERFINGER BITES

Coordinator: Nicolet Recreation Department
Instructor: Mary Adashek, owner of Sweet Connection Classes
Location: Nicolet High School, Room B133, Culinary Lab
Course Code: 328904
Section A1: Wednesday, April 24 **Time:** 6:00 – 8:00 pm
Section Fee: res./non-res. \$55.00/\$65.00

Butterfinger lovers rejoice! The best part about a Butterfinger candy bar is the crunchy filling that shears off like flaked slate. In this hands-on class, learn how to make a honeycomb candy that is mixed with warm peanut butter. This combination creates the layers of crunchy candy and rich nut butter that are hallmarks of this favorite candy bar. The Butterfinger Bites are then finished with a coating of smooth milk chocolate. These Butterfinger Bites are so amazing you may never purchase the store bought version again!

S'MORES CELEBRATION

Coordinator: Nicolet Recreation Department
Instructor: Mary Adashek, owner of Sweet Connection Classes
Location: Nicolet High School, Room B133, Culinary Lab
Course Code: 328905
Section A1: Wednesday, May 8 **Time:** 6:00 – 8:00 pm
Section Fee: res./non-res. \$55.00/\$65.00

Enjoy this warm weather treat two different ways. First, we will make S'mores Sticks which are a dreamy stack of fluffy, homemade marshmallows nestled between two crisp graham crackers and dipped in chocolate. S'mores Snack Mix is a delightful combination of mini homemade marshmallows, puppy chow, graham squares and chocolate chips. You will find these treats irresistible!



CHECK OUT OUR RecGram!

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



ADULT ENRICHMENT

MAH JONGG

Coordinator: Mequon Thiensville Recreation Department
Instructor: Jackie Blumberg
Location: Range Line Community Center, Room 108, Mequon
Day: Fridays
Dates: Apr 12 - May 17
Registration Deadline: Tuesday, March 29
Course Code: 391210
Section A1: 10:00 am - 12:00 pm
Section A2: 1:00 pm - 3:00 pm
Section Fee: res./non-res. \$78.00/\$88.00

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

BEGINNER SHEEPSHEAD

Coordinator: Nicolet Recreation Department
Instructor: Dennis Staral
Location: Nicolet High School, Room B111, Glendale
Ages: 13 years and up
Day: Mondays **Time:** 4:00 – 5:00 pm
Course Code: 360504
Section A1: Mar 4 – May 6 (skip Mar 25, Apr 1)
Section Fee: res./non-res \$35.00/\$45.00

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

HOW TO SELL YOUR HOUSE: A COMPLETE GUIDE FOR SELLERS

Instructor: Janine Werner, VP of Sales - Keller Williams
Location: Lydell School & Community Center, Room 17
Course Code: 390515
Section A1: Tuesday, February 21 **Time:** 5:00 - 6:30 pm
Section Fee: \$10.00

As a seller, you will want to get the most value out of your home as possible. This course will help the seller create an individualized house preparation timeline, eliminate potential problems, give ideas and resources about pre-home inspections, decluttering, repairs and show you how to stage your home for a successful sale to maximize your profit and reduce your stress.

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

Instructor: Linda McGuire, Retirement Options Coach
Location: Lydell School & Community Center, Room 15
Day: Tuesdays **Time:** 6:00 – 7:30 pm
Course Code: 392602
Section A1: Apr 30 - May 14
Section Fee: \$35.00

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

TAMING THE HIGH COST OF COLLEGE

Instructor: Brad Baldrige
Location: Lydell School & Community Center, Room 15
Course Code: 391016
Section A1: Wednesday, January 31 **Time:** 7:00 – 8:30 pm
Section Fee: \$5.00

Attend this workshop and discover how to send your kids to college without going broke!

Here's what you'll learn:

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

ESTATE AND FINANCIAL PLANNING FOR PEACE OF MIND

Instructor: Lyssa McGauran, Financial Advisor, Kindler Henrickson Group
Location: Lydell School & Community Center, Room 19
Day: Wednesday, March 13th **Time:** 6:00 – 8:00 pm
Course Code: 390504
Section Fee: FREE

Everyone, regardless of age or wealth, can benefit from having an estate plan and a financial plan. Wills, trusts, and beneficiary planning provide necessary direction and continuity for passing on your assets after death and helping your loved ones administer your estate. Equally important are during-life issues such as health care directives, durable powers of attorney, along with proper financial and retirement planning (e.g. maximizing Social Security benefits) for your long-term needs. We will discuss strategies to help you protect your assets and ease the burden on your loved ones.

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.



ANNUITIES DE-STIGMATIZED

Instructor: Christine Kopecky, Financial Advisor, Retirement Income Certified Professional

Location: Lydell School & Community Center, Room 17

Day: Thursday, February 26 **Time:** 6:00 – 7:00 pm

Course Code: 392603

Section Fee: FREE

Join us for an informative seminar on annuities, where we'll unravel the complexities of this powerful financial tool and explore how it can provide you with long-term financial security. Annuities are a unique vehicle that can offer a steady stream of income for your retirement, protect against market fluctuations, and help you achieve your financial goals. During this seminar, our expert speakers will cover the fundamentals of annuities, the different types available, tax implications, and the factors to consider when incorporating annuities into your financial plan. Whether you're approaching retirement or simply looking to bolster your financial future, this seminar will equip you with the knowledge to make informed decisions about annuities and secure your financial well-being. Don't miss this opportunity to take control of your financial future and create a more stable tomorrow.

@Disclosure: Securities offered through Securities America, Inc., member FINRA/SIPC. Advisory services offered through Securities America Advisors, Inc. Prosperity Financial Planning and the Securities America Companies are separate entities.

DON'T LET TIME LIMIT YOUR WORKOUT

Instructor: Joe Ogden, DPT

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

Course Code: 390514

Section A1: Wednesday, March 13 **Time:** 5:30 – 6:30 pm

Section Fee: \$10.00

Exercise can be done whether you have 10 minutes or 60 minutes. You can utilize multiple different methods to get time-effective and energy-effective workouts during the day. Learn which workouts can be completed with no weights and only using your body. Joe Ogden, Physical Therapist will teach you how you can create a workout to fit your time and ability levels.

BALANCE YOUR BLADDER AND BEYOND

Instructor: Nina Olson, DPT, CMTPT, BCB-PMD

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

Course Code: 390319

Section A1: Tuesday, January 23 **Time:** 9:30 - 10:30 am

Section Fee: \$10.00

Did you know urinary incontinence, the involuntary loss of bladder control, is actually more common than asthma or diabetes? If you leak urine when you laugh or cough, have to rush to the bathroom, or would simply like to prevent these problems then this class is for you! You will learn how to optimize the health of your bladder through simple tips and exercises. Nina Olson is a Doctor of Physical Therapy that specializes in bowel and bladder function in both men and women. She is happy to help you take control of your bladder. New to the class, find out more information on pelvic organ prolapse, how to prevent it and what to do if you have that feeling of heaviness "down there".

DRY NEEDLING 101

Instructor: Scott Coonen, PT, CSCS, CMTPT

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

Course Code: 390507

Section A1: Tuesday, February 20 **Time:** 5:00 – 6:00 pm

Section Fee: \$10.00

Come learn about Dry Needling, a revolutionary pain relieving procedure. Intramuscular Dry Needling treatment is directed at myofascial trigger points, related to 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.

OSTEOPOROSIS

Instructor: Freedom PT Women's Health and Community Providers

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

Course Code: 390512

Section A1: Monday, April 15 **Time:** 10:30 – 11:30 am

Section Fee: \$10.00

Osteoporosis is a reduction in bone mass which causes bones to become fragile. When bones are fragile, they are at a greater risk for fracture. Peak bone density is developed in youth. Inadequate bone development can lead to common bone injuries in the child/teen athlete population as well as seniors. This lecture by a physical therapist will introduce the treatments available with a focus on lifestyle habits, nutrition and exercise, to promote gaining bone mass and stronger bones. This class will be appropriate and helpful for athletes, teens, adults, elderly and anyone cooking for children/others. Discussion points will include: risk factors, pain, safety, posture, body mechanics, exercise, nutrition, and Vitamin D.

LADIES' NIGHT OUT A NIGHT OF EDUCATION AND FUN

Instructor: Freedom PT Women's Health and Community Providers

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

Course Code: 390518

Section A1: Monday, May 6 **Time:** 6:00 – 8:00 pm

Section Fee: FREE

May is Women's Health Month. Join us for an evening of interesting conversation and connect with other women. Listen to female experts in the field, educate and discuss pertinent women's health topics. Learn a few key exercises that are helpful to women of all ages. There will be plenty of time for Q & A, an excellent opportunity to ask questions about your health and bodies. Bring a friend and have an evening of education. This is an event for women of all ages.



LIKE US ON FACEBOOK



TECH COURSES



Coordinator: Nicolet Recreation Department
Instructor: C.T. Kruger
Location: Nicolet High School, Room F105, Glendale
Section Fee: res./non-res. \$24.00/\$34.00

CONTROLLING CABLE & INTERNET COSTS

Location: Nicolet High School, Room C113, Glendale
Time: 6:30 – 8:30 pm
Course Code: 391021
Section A1: Wednesday, Mar 6

Fees for cable television, home internet, smartphones and streaming services can quickly add up to hundreds of dollars. This seminar reviews your options to cut costs and still watch television programs and have internet access on your devices.

OLD FAMILY PHOTOS AND THE DIGITAL AGE

Location: Nicolet High School, Library, Glendale
Time: 6:30 – 8:30 pm
Course Code: 391110
Section A1: Wednesday, January 31

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

IPAD/IPHONE- TIPS, TRICKS & TECHNIQUES

Location: Nicolet High School, Room C113, Glendale
Time: 6:30 – 8:30 pm
Course Code: 391025
Section A1: Wednesday, March 13

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

THE CAMERA IN YOUR SMARTPHONE

Location: Nicolet High School, Room C113, Glendale
Time: 6:30 – 8:30 pm
Course Code: 391101
Section A1: Wednesday, March 20

It's a camera, it's a photo album, it's a television - it's your phone. Learn about apps, tips, tricks and limitations for pictures and video from iPhone and Android smartphones and tablets. This class will cover your device's camera, home and Cloud storage options, printing and more.

YOU HAVE PICTURES IN YOUR CAMERAS - NOW WHAT

Location: Nicolet High School, C113, Glendale
Time: 6:30 – 8:30 pm
Course Code: 391020
Section A1: Wednesday, April 3

We have hundreds - if not thousands - of pictures in our cameras, smartphones and computers. Now what...? This two-hour seminar teaches techniques to save pictures from cameras and smartphones to a computer, to external devices and to "the Cloud" using Windows 10 PCs.

ACBL BRIDGE LESSON PROGRAM



Coordinator: Mequon Thiensville Recreation Department
Instructor: Yvette Neary, ACBL accredited teacher and Emerald Life Master
Location: Range Line Community Center, Room 107, Mequon

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

DIAMOND SERIES CLASS

Day: Tuesdays **Time:** 1:00 pm- 3:00 pm
Course Code: 391001
Section A1: Jan 9- Mar 12
Registration Deadline: Tuesday, January 2
Section Fee: res./non-res. \$81.00/\$91.00

This 9-week course assumes familiarity with the bidding system and play techniques developed in the Club and Diamond Series and focuses primarily on defense. There are reviews in each lesson on bidding and play concepts. An accompanying textbook is available from the instructor for \$12.

DIAMOND SERIES PRACTICE

Day: Tuesdays **Time:** 9:00 – 11:00 am
Course Code: 391001
Section A2: Mar 26 – May 7 (skip Apr 16)
Registration Deadline: Tuesday, March 19
Section Fee: res./non-res. \$56.00/\$66.00

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

SUPERVISED PLAY

Day: Wednesdays
Course Code: 391001
Section B1: Jan 10 – Feb 21 **Time:** 9:00 – 11:00 am
Registration Deadline: Wednesday, January 3
Section B2: Feb 28 – Apr 10 (1 skip date TBD) **Time:** 1:00 – 3:00 pm
Registration Deadline: Wednesday, February 21
Section Fee: res./non-res. \$56.00/\$66.00

These classes are for Bridge players who have taken prior classes on bidding, play of the hand defense and basic conventions. Students will play pre-dealt hands and the instructor will discuss the proper bidding necessary to reach the final contract, play the hands and defend the hands.



COMPUTER COURSES

Coordinator: Nicolet Recreation Department
Instructor: Mike Brown
Location: Nicolet High School, Room C107, Glendale

INTRO TO COMPUTERS - BEGINNER

Course Code: 391106
Days: Tuesdays **Time:** 6:00 - 7:20 pm
Section A1: Jan 30 – Feb 27
Section Fee: res./non-res. \$64.00/\$74.00

This is a hands-on course that is geared toward the newer computer user. The fundamentals of navigating Microsoft's Windows 10 Operating System are the primary focus. Topic taught include: computer terminology, hardware vs. software, understanding the Windows User Interface so that the student will recognize the visual cues that allow successful navigation (menus, lists, drop lists, buttons, radio buttons, dialog boxes, toolbars, and more), starting/stopping Windows, starting/stopping Windows applications, text management (editing, selecting, fonts, cut/copy/paste), basic layouts of Windows applications, managing application windows (sizing, minimizing, maximizing, moving) and basic file operations.

INTRO TO COMPUTERS - INTERMEDIATE

Course Code: 391106
Day: Tuesdays **Time:** 6:00 - 7:20 pm
Section A2: Mar 5 – Apr 9 (Skip Mar 26)
Section Fee: res./non-res. \$64.00/\$74.00

This is a hands-on course that is geared toward the intermediate computer user. The fundamentals of navigating Microsoft's Windows 10 Operating System are the primary focus. Topic taught include: learning file management (creating, editing, naming, deleting, cut/copy/paste of files), learning folder management (relationship of files/folders, creating, editing, naming, deleting, cut/copy/paste of folders), sending email attachments and saving attachments from emails, using USB Flash drives to store and retrieve data, learning the usage, creation, editing and deleting of Desktop shortcuts to speed access to common activities, pinning programs to the Start Menu and Taskbar for quick access, managing Windows Recycle Bin (including restoring deleted items, control of display settings and its many options to personalize Windows (enhancing visibility, screensavers, desktop background, sounds, window colors), mouse settings that allow better control of mouse tracking speed, double click speed, etc (the mouse can be challenging for some; Windows allows customization that can make the mouse easier to use), and customization of the taskbar and start menu to help the user create a better experience.

MICROSOFT WORD - INTRODUCTORY

Course Code: 391106
Day: Tuesdays **Time:** 7:40 - 9:00 pm
Section A3: Jan 30 – Feb 27
Section Fee: res./non-res. \$64.00/\$74.00

This is a hands-on course that is geared toward the newer Microsoft Word user. The core fundamentals of using Microsoft Word are the primary focus. Topic taught include: Overview of word processing, document navigation, creating new documents from scratch, from existing documents, or from Microsoft-provided templates, manipulating fonts within the document to control the size, look, and style of the text in the document, paragraph formatting to control line/paragraph spacing and alignment, indentation of paragraphs, page layout (including margins, binding options, paper size, orientation of text on the page), section breaks, undo/redo capabilities, cut/copy/paste within Microsoft Word and how it affects formatting, and bullets/numbering.

MICROSOFT WORD - INTERMEDIATE

Course Code: 391106
Day: Tuesdays **Time:** 7:40 - 9:00 pm
Section A4: Mar 5 – Apr 9 (skip Mar 26)
Section Fee: res./non-res. \$64.00/\$74.00

This is a hands-on course that is geared toward Microsoft Word users with some experience. The focus is on more advanced topics than the core fundamentals of Microsoft Word. Topic taught include: Outline numbers (multilevel lists), borders and shading of paragraphs and texts within the document (as well as page borders), tab stops to control text alignment within paragraphs, headers and footers that repeat at the top and bottom of pages respectively as the pages break, inserting and controlling images in documents, and creating/managing tables within the document.

MICROSOFT EXCEL - INTERMEDIATE

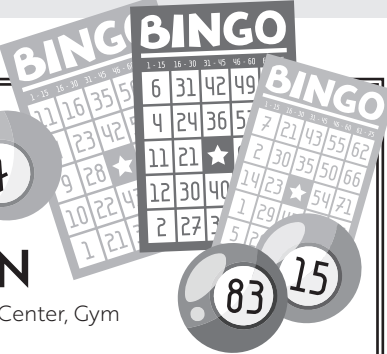
Course Code: 391106
Day: Tuesdays **Time:** 6:00 - 7:40 pm
Section A5: Apr 16 – May 14
Section Fee: res./non-res. \$64.00/\$74.00

This is a hands-on course that is geared toward the Microsoft Excel users with some experience. The focus is on more advanced topics than the core fundamentals of Microsoft Excel. Topics taught include: Cell naming, cell referencing, formulas (math calculations) using the data of other cells, functions (Excel-provided calculations) using the data from other cells, which also includes sub ranges, conditional logic using functions, absolute vs. relative cell references (this is critical to successfully copying and pasting formulas and functions with Excel), charting data in Excel (the primary focus is three types of charts: pie charts, line charts and bar charts), auto-filtering of rows on data and conditions, and conditional formatting of cells.



SENIOR PROGRAMMING

BINGO



SPRING LUNCHEON

- Location:** Lydell School & Community Center, Gym
- Ages:** 55 years and up
- Time:** 12:00 – 2:00pm
- Course Code:** 334455
- Section A1:** Friday, February 23
- Registration Deadline:** Thursday, February 15
- Menu:** Pasta Lunch, Garden Salad, Garlic Bread, Dessert & Coffee
- Section Fee:** res./non-res. FREE/\$11.00

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

BALANCE AND STRENGTH FOR THE ELDERLY

- Instructor:** Brandi Carson, CPT/LPTA/CPR
- Location:** Lydell School & Community Center, Room 15
- Day:** Saturday
- Time:** 10:00 – 11:00 am
- Course Code:** 390311
- Section A1:** April 6
- Section Fee:** \$15.00

Come join Brandi, owner for Keeping in Motion LLC, who has a specialty for in-home personal training with Seniors, for an hour demonstration of how to improve your strength and balance. Learn ways to stay safe from falls to benefit your health, fitness and daily living.



KEEPING IN MOTION LLC

DON'T COUNT THE DAYS, MAKE THE DAYS COUNT

At Keeping In Motion LLC, We strive to keep you in your home. Our goal is to improve our clients balance & strength to stay as safe and independent as possible!

Brandi Carson

CPT/LPTA/CPR

keepinginmotionllc@gmail.com

www.keepinginmotionllc.com

(262)293-6828

Give us a CALL for a FREE 30 min consultation!



Elderly In Home Personal Training

Is your **STRENGTH** declining?

Is it **DIFFICULT** to get around?

Do you get **SHORT** of breath?

Do you **LOSE** your balance?

Do you need help following through with an establishe **EXERCISE PROGRAM** from a Physical Therapist?

Milwaukee

FOOD & CITY TOURS™

FISH FRY TOUR

Date: Friday, February 23
Time: 5:00 pm. Pick up and Return location will take place in the Lydell Community Center Parking Lot. Tour is 3 hours
Fee: \$100.00.00 per person
Course Code: 399505

Join us as we indulge in Wisconsin's ultimate comfort food, narrated with a little history and trivia along the way. Tour an area Catholic church with us this Lenten season tour, stop at 3 of the city's fish fry hot spots, and conclude the tour with dessert! We can almost guarantee there will be one spot that you've never been to before!

What's included? Three stops for half-sized fish fry portions and another Milwaukee classic for dessert - frozen custard! Transportation, narrated tour, donation to area churches included as well.

CHURCHES & CHOCOLATES TOUR

Date: Saturday, April 20th
Time: 9:00 am. Pick up and Return location will take place in the Lydell Community Center Parking Lot. Tour is 3 hours.
Fee: \$87.00 per person
Course Code: 399506

Enjoy a tour through Milwaukee, long known as the "City of Steeples." We'll visit three churches with your tour guide, where you'll learn about the history and architecture of these unique places of worship from church docents. To sweeten the deal, we'll delve into dessert at stops at two local chocolate shops where you'll receive in-store treats and have the opportunity to shop for takeaways too.

What's included? Visits three churches for docent tours, and two chocolatiers for treats! Transportation, narration, donations to each church included.



NORTH SHORE HEALTH DEPARTMENT

SPRING 2024 TOPIC: EMPOWERING OLDER ADULTS: MEDICATION AND HEALTH EDUCATION

Presenter: North Shore Health Department and Hyatt Pharmacy
Location: Lydell School & Community Center, Room 17
Time: 10:30 – 11:30 am
Course Code: 399992
Section A1: Friday, May 17th
Section Fee: FREE

Join us this spring for an informative Community Health Series, hosted by the North Shore Health Department and led by Hyatt Pharmacy. Empowering Older Adults: Medication and Health Education is designed to support healthy aging for older adults, including medication administration, essential medical information, and safe medication disposal. Plus, get general questions answered in an interactive Q&A session. Stay healthy and well-informed.

SENIOR PROGRAMMING



SENIOR COFFEE TALK:

THE INFORMED INVESTOR: RETIREMENT PLANNING FOR FINANCIAL SUCCESS

Presenter: Lyssa McGauran, Financial Advisor, Kindler Henrickson Group
Location: Lydell School & Community Center, Room 17
Time: 10:00 – 11:00 am
Course Code: 399999
Section A1: Friday, Feb 2nd
Section Fee: FREE – coffee and treats will be provided

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. Learn why having a financial plan is not just for the 1%.

CYCLING WITHOUT AGE

Presenter: Michelle Bachaus, Wisconsin Bike Fed
Location: Lydell School & Community Center, Room 19
Time: 10:00 – 11:00 am
Course Code: 399999
Section A2: Wednesday, May 1st
Section Fee: FREE – coffee and treats will be provided

Cycling Without Age brings the amazing feeling of riding a bicycle to those who are not able to pedal on their own with the use of a Trishaw. A trishaw is a three-wheel pedal, power bike with a pilot behind and a passenger seat up front for views of the community and nature. The Community Introductions to Cycling Without Age presentation will include a brief presentation, Q & A, and the opportunity to experience a short trishaw test ride. Pre-registration and completion of a participation waiver is required.



WISCONSIN BIKE FED

COMMON SCAMS AND FRAUDS

Presenter: Ben Merens, Outreach Specialist Division of Trade and Consumer Protection (DATCP)
Location: Lydell School & Community Center, Room 17
Time: 10:00-11:00 am
Course Code: 399999
Section A2: Friday, March 15th
Section Fee: FREE – coffee and treats will be provided

The Wisconsin Bureau of Consumer Protection will discuss the details of common scams, 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.



SENIOR TRIPS

Time to Explore



TREASURES OF THE SOUTH

(CHARLESTON & SAVANNAH)

Dates: 9 days- Friday, May 3 – Saturday, May 11

Note: Registration Deadline: March 29, 2024

Gratuities for the tour director and driver are not included in the price and are at the passenger's discretion. Please note that the itinerary is subject to change.

Course Code: 377777 A1 Per Person (Single) **Fee:** \$4369.00
377777 A2 Per Person (Double) **Fee:** \$4399.00

Departures: Home pick ups: Dane, Milwaukee, Racine, Kenosha, Jefferson, Ozaukee, Washington, and Waukesha, WI Counties and & Lake County, IL.

Highlights: Locally guided tours of Charleston, SC, Tybee Island, GA, Savannah, GA and Detroit, MI, Horse-Drawn Carriage Ride through Charleston's Historic District, Dinner Cruise aboard the Spirit of Carolina, Tour the NEW International African American Museum, Trolley & Factory Tour of Charleston Tea Garden, Stop at the Angel Oak, Magnolia Plantation & Gardens, Trou the Cathedral Basilica of St. John the Baptist, Tour the Andrew Low House, Dolphin Cruise, Savannah Theatre Show, 16 meals.

SOLAR ECLIPSE-IN THE PATH OF TOTALITY

(CLEVELAND, OHIO)

Date: 4 days- Saturday, Apr 6- Tuesday, April 9

Note: Registration Deadline: Friday, March 1st, 2024
Gratuities for the tour director and driver are not included in the price and are at the passenger's discretion. Please note that the itinerary is subject to change.

Course Code: 377777 B1 Per Person (Single) **Fee:** \$1439.00
377777 B2 Per Person (Double) **Fee:** \$1495.00

Departures: Madison, Johnson Creek and Milwaukee

Highlights: Self-guided tour of the Rock & Roll Hall of Fame. View Tiffany designed Wade Chapel and stop by President Garfield Tomb and Monument, Pre-Eclipse Lake Erie Dinner Cruise, Women's Air and Space Museum, Grandstand seating with viewing glasses for the eclipse event at the Lorrain County Fairgrounds. Enjoy a Total Eclipse Sundate at Sweeties Candies, Comedy Show Six Ages of Woman, 7 meals, 1 night at the Courtyard by Marriott in Toledo, Ohio, 2 nights at the Best Western Plus in Strongsville, Ohio

BEAUTIFUL AT THE FIRESIDE DINNER THEATRE

Date: Thursday, April 18

Note: Registration Deadline: Thursday, March 14, 2024
Gratuities for the tour director and driver are not included in the price and are at the passenger's discretion. Please note that the itinerary is subject to change.

Course Code: 377777 C1 One Adult Fee: \$149.00

Departures: 9:00am State Fair,
9:30am Goerkes Corners Park & Rides

Before she was hit-maker Carole King-she was Carole Klein, a spunky, young songwriter from Brooklyn with a unique voice. From the chart-topping hits she wrote for the biggest acts in music to her own life-changing, trailblazing success with Tapestry, BEAUTIFUL: The Carole King Musical takes you back to where it all began. Featuring such unforgettable classics as "You've Got a Friend," "One Fine Day," "Take Good Care of My Baby", "You've Lost That Lovin' Feeling," and "Natural Women," this Tony and Grammy Award winning musical phenomenon is filled with songs you remember and a story you'll never forget.



PROVIDED BY HAPPY TIMES TOURS & EXPERIENCES

Contact the Recreation Department Office for more detailed itineraries.

Sign Up Today!



WHITEFISH BAY COMMUNITY GARDEN

Thank you, Whitefish Bay Community Garden Coordinator, Volunteers, Donors and Local Sponsors for a great 2023 Growing Season! The 2024 Growing Season begins April 1st.

COMMUNITY FITNESS CENTER

Come Join Us Today!

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



FITNESS CENTER HOURS

Days: Mondays & Wednesdays
Mondays – Thursdays
Saturday

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

Dates: Jan 3 – June 1
(Closed Mar 28, 30, Apr 1, May 25, 27)

MEMBERSHIP PACKAGE OPTIONS

Adult Fee: \$120.00-resident / \$130.00 non-resident

Course Code: 390315 A1

Senior Fee: (WFB seniors Ages 55 and Up)

\$100.00-resident / \$110.00 non-resident

Course Code: 390315 A2

Whitefish Bay High School Student Fee: \$40.00

Course Code: 380300 A1

FITNESS MEMBERSHIP ADD-ONS

See Descriptions for class details.

○ **LAP SWIM \$20.00** P. 24

○ **WALK FIT \$20.00** P. 25



Don't Miss Out on This Great Opportunity.

Sign Up Today!

POLICY INFORMATION

DEPARTMENT POLICIES:

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 Registration. The digital version will be posted to our website and Facebook page. Once resident registration starts, residents can register for programs online, mail or in-person at Lydell School & Community Center. Registrations are received on a first-come, first-serve basis. Program guides are mailed to all WFB residents approximately two weeks after resident registration has begun. Residents have three weeks of priority registration before non-resident registration begins. The process can vary, check individual program, for specific deadlines and registration process.

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 or registration deadline of the program.

WAITING LISTS

If you notice a class is full online, please call our office to be placed on the waitlist. If your registration is received in paper form and the class is full, you will be notified by email and placed on the waitlist. If the waitlisted class has an opening, we will automatically register the next person on the waitlist. An email notification will be sent out letting the participant know they are off the waitlist and that payment is due. Payment can be made by calling the Recreation and CE office.

PROGRAM WITHDRAWAL POLICY

All withdrawals must be requested at least 7 business days before the start of the program. Withdrawals will result in a household credit in the amount of the program. Refunds are only issued under the circumstances listed below. Some programs may have varying policies based on differing registration deadlines. Withdrawal requests received less than one week prior to the start of the program may not be honored.

REFUND PROCEDURE

Refunds will ONLY be issued in the following situations:

- A class is cancelled by the Recreation Department
- A family moves from the village
- Satisfaction Guarantee (See policy page 41)
- Medical condition

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

CLASS TRANSFER POLICY

Class transfers may be made subject to class availability and must be done at one week prior to the start of a class.

INCLUSIVE RECREATION

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

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.

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

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

PLEASE DON'T WAIT TO REGISTER.

DEPARTMENT POLICIES:

SATISFACTION GUARANTEED

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

INCLEMENT WEATHER

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

NO SMOKING/ALCOHOL USE

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

CAHILL PAVILION RENTAL

The Cahill Pavilion is available for residents for \$15.00 per hour. In addition to the hourly fee, there is a \$75.00 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 8am to 10pm. The pavilion has tables and chairs to seat approximately 40 people. There is a microwave and sink available for renters' use as well.

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



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

Participant Name (First/Last) _____ Date of Birth _____

School (If Youth) _____ Grade _____

Please list any food allergies and/or medications needed, or any pertinent comments here:

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 here:

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 here:

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

CREDIT CARD INFORMATION

CREDIT CARD NUMBER: - - -

EXP. DATE:

CVV#:

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

Long Term Financial Security does not happen by chance.



Call your local Financial Advisor Christine Kopecky, Retirement Income Certified Professional® to start your financial planning journey.



📞 **920-889-8266**

✉️ **christinekopecky@ffig.com**

🌐 **<https://www.futurityfirst.com/christine-kopecky/>**



Securities offered through **Securities America, Inc.**, member FINRA/SIPC. Advisory services offered through **Securities America Advisors, Inc. Prosperity Financial Planning** and the **Securities America** Companies are separate entities.

We tailor coverage to your unique needs and offer discounts that could save you money.



LIFE'S BETTER WHEN YOU'RE PROTECTED UNDER OUR ROOF.

**Save up to 23% when
you bundle auto and home***



**Call or scan to get a quote and
start saving today.**



Mandi Gramoll Lococo, Agent

Gramoll & Associates Inc

Shorewood, WI

(414) 332-0838

Teamgramoll.com



*Customers who bundle auto and home insurance policies may save up to 23% on both policies together (as of July 2022). Discounts may vary by state, property, policy form and company underwriting the auto and/or home policy. Discounts may not apply to all coverages on an auto or home policy.

American Family Mutual Insurance Company, S.I. & its Operating Companies, 6000 American Parkway, Madison, WI 53783
©2023 21714 - 4/23 - 20094498



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. 20, 2023

DEC. 4, 2023
Non-Resident Registration Begins

CAR-RT PRESORT

Helping others call Whitefish Bay

H HOME



SOLD! 5318 N. Santa Monica Blvd.



SOLD! 501 E. Chateau Pl.



SOLD! 5030 N. Larkin St.



SOLD! 5320 N. Diversey Blvd.



SOLD! 4782 N. Sheffield Ave.



BUYER FOUND! 5706-5708 N. Bay Ridge Ave.



SARAH LEINWEBER 414.704.2208 SARAH FETTERLEY 414.617.6756

SARAH.SHOREWEST.COM



ShoreWEST
REALTORS®

