School District of
Whitefish Bay
www.wibschools.com

WFB resident registration begins immediately. Lottery is scheduled for August 19 and non-resident registration begins on August 20.
IMPORTANT REGISTRATION INFORMATION

WFB resident registration begins immediately.
Lottery for over-filled classes will be held on August 19.
Non-resident registration begins on August 20.

Drop Off/Mail In: Registrations may be dropped off or mailed to 5205 North Lydell Avenue.

Fax: Your completed registration form, including credit card information, may be faxed to 414-963-3937.

Email: Your completed registration form, including credit card information, may be scanned and emailed to sue.wachtl@wfbschools.com.

Online @www.wfbschools.com: Use your household ID to register for our programs. Your ID should be used for both user name and password. If you do not know your household ID number, please call 414-963-3947 or email sue.wachtl@wfbschools.com. If you have never registered for a program through our department, you are not eligible for online registration. Your initial registration must be mailed, dropped off or faxed to our office. After the registration is processed, a household ID number is generated. Future registrations may be processed online.
Lydell Preschool
An exceptional place for young hearts and minds

Lydell Preschool’s high quality staff challenges students to reach their full potential, while providing an environment that is balanced between recreation, socialization and academics. Lydell Preschool believes that children are unique, creative individuals that have the ability to influence their own learning.

**Early Childhood Program Age Requirement:**
Children must be 2 years old by September 1, 2020

**Preschool Program Age Requirement:**
Children must be 3 years old by October 31, 2020

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The Connects Before and After School Care program is a school-age childcare program offered by the Whitefish Bay Recreation and Community Education Department. Care is offered at both Richards and Cumberland Elementary schools. The goal of the program is to provide a safe, social environment with qualified, caring staff so that all students feel welcome and secure. A variety of academic and enrichment opportunities are offered to enhance the intellectual, physical, social and emotional development of all students. High quality programming will be offered for students who need additional time, support and opportunities to learn. The Connects program follows the school calendar offering a K4 wrap-around care program and before/afterschool care for children in grades K5 through 5. In addition, care will be available for ALL Richards and Cumberland students on non-school days, early release days and winter/spring breaks.

For more information on the Connects program or our School’s Out Care, please visit us at www.wfbschools.com or contact Megan Kuehn at megan.kuehn@wfbschools.com or by calling her direct line, 963-3801.

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2020/2021 School Year Open House
Lydell Community Center
Tuesday, November 12, 2019
5:30 - 7:00pm
Preschool Classroom, room 26
Early Childhood Classroom, room 28
Families interested in the 2020/2021 school year are encouraged to attend. Refreshments will be served.
Dear Residents,

My favorite part of fall is hearing of all the fun, exciting things that staff, families and our students did over the summer break. This year the Recreation and Community Education Department has some stories to tell as well! We, along with over fifty volunteers and donors, successfully restored the Community Garden located at the High School. Watching the community come together over this project has been amazing. We are still looking for volunteers to get involved in our harvest and fall clean-up activities. If you are interested, please contact Megan Kuehn at 963-3801 to get signed up. Check out the pictures of the garden on the front cover of this program guide!

This summer, we expanded our day camp offerings to include an all day option at Camp Richards as well as Camp Cumberland, allowing more of our youth to partake in all the fun that our summer camps offer. We were pleased to have over 200 happy campers daily each week. Both campers and staff deserve praise for making our camps a fun experience for all.

Even though summer is over, the fun continues! The Recreation and Community Education Department promises to offer lots of opportunities for individuals and families to participate in great classes, workshops, sports and enrichment activities. Don’t miss the deadlines for our youth Flag Football and Basketball Leagues. These deadlines can approach quickly and we don’t anyone to miss out on the opportunity to get placed on a team. Information on the deadlines can be found on our youth sport pages.

For our senior community members, we continue to offer our monthly luncheon with entertainment, day trips and informational seminars to encourage life-long learning as well as fellowship and fun!

Carin Keland  
Director  
Recreation and Community Education Department

CARIN KELAND  
Director  
Recreation and Community Education Department

LYDELL COMMUNITY CENTER  
5205 North Lydell Avenue, WFB 53217  
414-963-3947

CUMBERLAND ELEMENTARY SCHOOL  
4780 North Marlborough Drive, WFB 53211  
414-963-3943

RICHARDS ELEMENTARY SCHOOL  
5812 North Santa Monica Boulevard, WFB 53217  
414-963-3951

WFB MIDDLE SCHOOL  
1144 East Henry Clay Street, WFB 53217  
414-963-6800

WFB HIGH SCHOOL  
1201 East Fairmount Avenue, WFB 53217  
414-963-3928

CAHILL PAVILION  
1001 East Fairmount Avenue, WFB 53217

MAIN OFFICE PHONE NUMBER  
963-3947

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ADMINISTRATIVE ASSISTANT  
RECREATIONAL AND COMMUNITY PROGRAMMING  
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ADMINISTRATIVE ASSISTANT  
LYDELL PRESCHOOL AND CONNECTS PROGRAM  
Megan Kuehn  
963-3801  
megan.kuehn@wfbschools.com

HEAD CUSTODIAN  
Kevin Horton

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MOMMY AND ME ART AND ACTIVITY PROGRAMS

Instructors: Carolyn Noori and Sarah Cottrill
WFB Recreation Instructors
Lydell Community Center, Room 24 and Gym

Children will have a 5-minute transition to gather coats, materials and take a bathroom and water break.
Ages: 1 thru 4 years

Monday Programs - 6 week sessions

Art
Day
Time
Section
Ages
Lydell Community Center, Room 24
Instructor: Dana Sherman, WFB Recreation Instructor

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<tr>
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<th>Day</th>
<th>Time</th>
<th>Section</th>
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<tbody>
<tr>
<td>Code 220701</td>
<td>Thursdays</td>
<td>9:30 - 10:00am</td>
<td>A1 9:00 - Oct 28 (skip Sept 30)</td>
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<tr>
<td>Code 211201</td>
<td>Mondays</td>
<td>10:35 - 11:30am</td>
<td>A2 Nov 6 - Dec 16 (skip Nov 11)</td>
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</tbody>
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Section A1: Sept 16 - Oct 28 (skip Sept 30)
Section A2: Nov 4 - Dec 16 (skip Nov 11)

• Fee/Section resident/non-resident $45.00/$55.00
• Art Fee/Section resident/non-resident $40.00/$50.00

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. Parent/caregiver must attend the class with child.

An adult may bring more than one child to class, but each child must be registered. Specify section. Limit 12

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. Parent/caregiver must attend the class with their child. An adult may bring more than one child to class, but each child must be registered. Specify section. Limit 15

DROP ‘N GO ART AND ACTIVITY PROGRAM

Instructors: Carolyn Noori and Sarah Cottrill
WFB Recreation Instructors
Lydell Community Center, Room 24 and Gym

Ages 6 months thru 4 years - Children must be potty-trained

Day
Time
Section
Ages
Lydell Community Center Gym
Instructor:  Sarah Cottrill, WFB Recreation Instructor

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<th>Activity</th>
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<tr>
<td>Code 220707</td>
<td>Thursdays</td>
<td>9:30 - 10:00am</td>
<td>A1 9:00 - Oct 28 (skip Sept 30)</td>
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<tr>
<td>Code 211203</td>
<td>Mondays</td>
<td>10:35 - 11:30am</td>
<td>A2 Nov 6 - Dec 18 (skip Nov 27)</td>
</tr>
</tbody>
</table>

• Art Fee/Section resident/non-resident $45.00/$55.00
• Activity Fee/Section resident/non-resident $40.00/$50.00

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. Parent/caregiver must attend the class with child.

An adult may bring more than one child to class, but each child must be registered. Specify section. Limit 12

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. Parent/caregiver must attend the class with their child. An adult may bring more than one child to class, but each child must be registered. Specify section. Limit 15

OPEN GYM

Parental supervision only
Lydell Community Center Gym
Ages 1 thru 3 years

Day
Time
Section
Ages
Lydell Community Center Gym

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<tr>
<td>Code 21205</td>
<td>Fridays</td>
<td>9:00 - 10:00am</td>
<td>A1 Sept 20 - Nov 1 (skip Oct 25)</td>
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<tr>
<td>Code 211203</td>
<td>Mondays</td>
<td>10:00 - 10:45am</td>
<td>A2 Nov 8 - Dec 20 (skip Nov 29)</td>
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• Course Code
• Fee/Section resident/non-resident $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. Unregistered siblings must remain on the carpeted area in the gym. This program is scheduled to be compatible with the Friday Open Art program listed below. Specify section. Limit 15

OPEN ART

Instructor: Sarah Cottrill, WFB Recreation Instructor
Lydell Community Center, Room 24
Ages 1 thru 3 years

Day
Time
Section
Ages
Lydell Community Center Gym
Instructor: Sarah Cottrill, WFB Recreation Instructor

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<td>Fridays</td>
<td>10:00 - 10:45am</td>
<td>A1 Sept 20 - Nov 1 (skip Oct 25)</td>
</tr>
<tr>
<td>Code 211203</td>
<td>Mondays</td>
<td>10:30 - 11:30am</td>
<td>A2 Nov 8 - Dec 20 (skip Nov 29)</td>
</tr>
</tbody>
</table>

• Course Code
• Fee/Section resident/non-resident $40.00/$50.00

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. Supervision and help will come from the instructor. Come with your child and discover your creative side! The Friday program is scheduled to be compatible with the Open Gym program listed above. Specify section. Limit 12

JUNIOR JAMBOREE

Instructor: Dana Sherman, WFB Recreation Instructor
Lydell Community Center, Room 19
Ages 6 months thru 4 years

Day
Time
Section
Ages
Lydell Community Center Gym
Parental supervision only

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<tr>
<td>Code 210201</td>
<td>Tuesdays</td>
<td>9:30 - 10:00am</td>
<td>A1 Sept 24 - Oct 29</td>
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<tr>
<td>Code 220707</td>
<td>Fridays</td>
<td>10:00 - 10:45am</td>
<td>A2 Nov 5 - Dec 10</td>
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• Course Code
• Fee/Section resident/non-resident $44.00/$54.00

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. Specify section. Limit 18

CO-OP PROGRAM CONTACT INFORMATION

If you have any specific questions concerning co-op programs, please contact the appropriate Recreation Department.

Nicolet Recreation Department 414-351-7566 www.nicolet.k12.wi.us
Shorewood Recreation Department 414-963-6913 www.shorewoodschools.org
Mequon/Thiensville Recreation Department 262-238-7535 www.mtsd.k12.wi.us
AFTERSCHOOL SPANISH
VAMOS A COMER!
Instructor: Futura Language Professionals
Richards (Room 117) and Cumberland (Media Center) Schools
Grades K thru 5 as of current school year

Richards
Day: 3:10 - 4:10pm
Codes: 221001 A1
Day: Tuesdays
Dates: Oct 8 - Nov 26

Cumberland
Day: 3:05 - 4:05pm
Codes: 221003 A1
Day: Wednesdays
Dates: Oct 9 - Dec 11 (skip Oct 23, Nov 27)

Fee/Section
$120.00

Imagine your child ordering at a restaurant and setting the table...in Spanish! This can be a reality with Futura’s Vamos a Comer! (Let’s Eat!) class. In 8 action-packed weeks, students will be introduced to a snapshot of life in Mexico while learning practical vocabulary and phrases related to food including typical dishes, “el mercado”, restaurant vocabulary, setting table and using breakfast, lunch and dinner vocabulary. Parents and children alike will love this interactive Spanish class! Limit 18

STAGE STARS
Instructors: Afterschool Enrichment Solutions Staff
WFB Middle School, 6th Grade Commons
Grades 6 thru 8 as of current school year

Day: Wednesdays
Time: 3:25 - 4:45pm
Dates: Oct 2 - Dec 4 (skip Oct 23, Nov 27)

• Course Code: 260601 A1
• Fee resident/non-resident $115.00/$125.00

Does your child have a “dramatic side”? You might have a budding Stage Star in your family. Our drama class introduces students to the craft of stage acting with a professional theater instructor. During the one-hour class, students will learn theatrical skills, improv basics and participate in interactive drama games. This is an opportunity for students to have fun, express themselves, interact with others within the context of theater arts and have the opportunity to earn belts to demonstrate their learned skills. Limit 16

GUITAR STARS
Instructors: Afterschool Enrichment Solutions Staff
Lydell Community Center, Room 15
Grades 1 thru 8 as of current school year

Day: Tuesdays
Time: 4:00 - 5:00pm
Date: Oct 1 - Nov 19

• Course Code: 220201 A1
• Fee resident/non-resident $139.00/$149.00

Have fun after school learning to play the world’s most popular musical instrument! Current research has shown a strong link between learning music and academic performance in a variety of areas, including mathematics and language arts. Also, music experience has been proven to enhance children’s motivation, concentration, focus, social skills and creativity. Children will learn the fundamentals of guitar playing including holding the guitar and pick, proper fret-hand finger position, sight reading, playing by ear and playing basic songs. Each child will receive a participation award and guitar-related prizes on the last day of the session. Children must bring their own guitar. Limit 16

KIDSTAGE: STORYBOOK DRAMA
Instructor: Elsa Scardino, Milwaukee Northshore KidStage Staff
Lydell Community Center, Room 15
Grades 6 thru 8 as of current school year

Day: Wednesdays
Time: 3:25 - 4:45pm
Dates: Oct 2 - Dec 4 (skip Oct 23, Nov 27)

Course Code: 260601 A1
Fee/A1 resident/non-resident $60.00/$70.00
Fee/A2 resident/non-resident $65.00/$75.00

In this fall session of Kidstage, we will be diving into our favorite storybooks and bringing them to life. We will learn to retell these stories in different ways using our voice and bodies. Students will play theatre games and participate in theatre activities. At the end of our session, there will be a short presentation that allows each student to show their new skills and creativity. Kidstage focuses on teamwork, confidence and creativity. Join us this fall and feel free to bring your favorite storybook. Specify section. Limit 16

YOUNG REMBRANDTS AFTERSCHOOL DRAWING
Instructor: Young Rembrandts staff
Richards School - Art Room 18
Cumberland School - Art Room 4
Grades K thru 5

Richards
Day: 3:10 - 4:10pm
Codes: 230705
Day: Wednesdays
Section A1: Sept 18 - Oct 30 (skip Oct 23)
Section A2: Nov 6 - Dec 18 (skip Nov 27)

Richards
Day: 3:15 - 4:15pm
Codes: 230706
Day: Thursdays
Section A2: Nov 7 - Dec 19 (skip Nov 28)

Fee/Section
$79.00/$89.00

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, education drawing program. All supplies included. Visit our website at www.youngrembrandts.com. Specify section. Limit 20

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
TINY TOTS BALLET
Instructor: Miss Ceci Broussard, WFB Recreation Instructor
Lydell Community Center, Room 19
Ages 3 thru 4.5 years
Day: Saturdays
Time: 9:45 - 10:20am
Section A1: Sept 7 - Oct 12
Section A2: Nov 2 - Dec 14 (skip Nov 30)
- Course Code: Code 220401
- Fee/Section: resident/non-resident $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 recommended. Specify section. Limit 12

BALLET AND CREATIVE DANCE
Instructor: Miss Ceci Broussard, WFB Recreation Instructor
Lydell Community Center, Room 19
4.5 years from start of class thru Grade 1 as of current school year
Section A1: Thursdays
Dates: Oct 3 - Nov 14 (skip Oct 24)
Time: 4:00 - 4:40pm
Section A2: Saturdays
Dates: Oct 19 - Dec 7 (skip Oct 26, Nov 30)
Time: 10:30 - 11:10am
- Course Code: Code 230401
- Fee/Section: resident/non-resident $50.00/$60.00
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 recommended. Specify section. Limit 12

DISCOVER DANCE
Instructor: Miss Ceci Broussard, WFB Recreation Instructor
Lydell Community Center, Room 19
Ages 7 thru 10 years
Day: Tuesdays
Time: 4:15 - 5:15pm
Dates: Oct 29 - Dec 10
- Course Code: Code 250401 A1
- Fee/Section: resident/non-resident $50.00/$60.00
Whether your child may be new or rediscovering dance, this class focuses not only on ballet and some tap fundamentals, but also the fun of creativity through contemporary movement. In this process, your child will develop expressiveness, confidence and creativity which are important life skills. Participants should wear leotards, tights, optional dance skirts and ballet shoes, gripper socks, tap shoes or hard-soled shoes. Limit 12

HIP HOP DANCE
Instructor: Academy of Dance Staff
Lydell Community Center, Room 19
Co-ed, Ages 6 thru 11 years
Day: Wednesdays
Dates: Sept 18 - Dec 4 (skip Oct 23 and Nov 27)
Section A1: 6 thru 8 years
Time: 5:45 - 6:30pm
Section A2: 9 thru 11 years
Time: 6:30 - 7:15pm
- Course Code: Code 240401
- Fee/Section: resident/non-resident $95.00/$105.00
Students in both age groups will 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. Specify section. Limit 12

BALLEST/TAP/JAZZ
Instructor: Academy of Dance Staff
Lydell Community Center, Room 19
Co-ed, Ages 6 thru 11 years
Day: Mondays
Dates: Oct 7 - Dec 9
Section A1: 6 thru 8 years
Time: 5:00 - 6:00pm
Section A2: 9 thru 11 years
Time: 6:00 - 7:15pm
- Course Code: Code 240402
- Fee/Section: resident/non-resident $95.00/$105.00
Students ages 6 thru 8 will learn ballet terminology, basic barre work and begin center work in ballet. Beginner tap technique and terminology will also be started. Students ages 9 thru 11 will learn ballet and tap terminology, basic barre work and begin center work in ballet and tap. Beginner jazz technique and terminology will be started. At the end of the sessions, students will perform either a ballet, tap or jazz dance for parents and friends. Both age groups should wear leotards, tights, leather ballet slippers for ballet and any color tap shoes. Specify section. Limit 12

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
8 youth enrichment

MAD SCIENCE AFTERSCHOOL
Instructor: Mad Science Staff
Richards and Cumberland Schools
Grades K5 thru 5 as of current school year
Section A1 Richards School - Room 18
Day Wednesdays
Dates Oct 16 - Dec 4 (skip Oct 23, Nov 27)
Time 3:10 - 4:10pm
Section A2 Cumberland School - Room 4
Day Mondays
Dates Oct 21 - Dec 2 (skip Nov 25)
Time 3:05 - 4:05pm
• Course Code Code 232107
• Fee/section resident/non-resident $85.00/$95.00
Mad Science Afterschool returns! In this 6-week program, scientists to be will be exploring different topics such as Wacky Water, Fundamental Forces, Science of Magic, Fantastic Fliers, Super Structures and Under Pressure. Mad Science programs meet national and state science curriculum standards and are led by trained, qualified and dynamic instructors. Specify section. Limit 18

LET’S CODE IT!
VIDEO GAME ADVENTURES
Instructor: Afterschool Enrichment Solutions Staff
WFB Middle School Computer Lab, Room 221
Grades 6 thru 8 as of current school year
Day Wednesdays
Dates Sept 25 - Nov 20 (skip Oct 23)
Time 3:25 - 4:45pm
• Course code Code 261101 A1
• Fee resident/non-resident $135.00/$145.00
Learn to code in this fun, new afterschool program. This course will immerse students in the world of computer programming. Your child will have the opportunity to design games, explore animation and combine music and art with coding. Topics covered include event handling, coordinates, conditional statements, user interface design, variables, logic statements and synchronization. In addition to teaching programming skills, this course will also nurture students’ creativity and problem-solving skills. No previous experience is necessary, just a desire to learn and have gigabytes of fun! Each participant will receive an award on the last day of the session and will have the opportunity to earn Code Belts by demonstrating their learned skills. Minimum 12

GINGERBREAD HOUSE
Instructor: Carolyn Noori
Lydell Community Center, Room 24
Open to all ages, but children under 8 must be accompanied by an adult. Children over 8 years of age may attend alone.
Day Saturday
Times 10:30am - 12:00pm
Date Dec 7
• Course Code Code 252501 A1
• Fee resident/non-resident $17.00/$27.00
This is a great holiday activity to do with your child or grandchild. Create great memories as you put together and decorate a Ginger Bread House. Fee includes all supplies. Limit 12

MUSICAL THEATER AND ACTING LAB
Instructor: Angie Mack Reilly, Founder of Ozaukee Talent
Lydell Community Center, Room 19
Ages 6 thru 12 years
Day Tuesdays
Dates Sept 24 - Dec 10
Time 5:45 - 6:45pm
• Course code Code 240601 A1
• Fee resident/non-resident $135.00/$145.00
Play fun, interactive drama games, learn new theater and singing techniques, gain confidence, work with props, use your imagination, meet new friends and be prepared to laugh a lot! “Miss Angie” is an experienced actress and musical theater producer and director who has been teaching drama to children since 2001 and loves making theater fun! She has directed over 100 children’s productions and has a proven track record of developing quality talent. Minimum 10

Did you know?
All current WFB Recreation Department families have the ability to pay balances, print household calendars and reprint receipts using their online access. All you need is your household id number which is located in the upper righthand corner of all receipts. If you are unsure of your ID number, please call the Recreation Department at 963-3947.
1. Go to www.wfbschools.com
2. Click on the Recreation Department tab located under the “Schools” or “Community” drop down menu.
3. Click on the On-Line Registration page.
4. Enter your household ID number as BOTH user name AND password.
5. Go to the blue bar located on the top of the page and click on “My Account”.

You will find the following options:
• My History
• Household Roster
• Household Activity Calendar
• Household Calendar
• Reprint a Receipt
• Pay Old Balances

This helpful feature is an invaluable tool for busy families. It’s quick, convenient and time-saving!
ACT WORKSHOP
Instructor: Fred Silver, Owner of North Shore Tutoring
WFB High School, Room 253
High School Juniors or Seniors as of current school year
Day    Thursdays
Time 6:30 - 8:30pm
Dates Oct 10 - Dec 12 (Oct 24, Nov 28)
• Course Code Code 281002 A1
• Fee resident/non-resident $220.00/$230.00
Students will gain direct experience with each of the five sections of the ACT. 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 time frame. Limit 20

CHESS
Instructor: WI Scholastic Chess Federation Staff
Nicolet High School, Room B111 (Knightskeller)
Grades 2 thru 8 as of current school year
Day    Wednesdays
Dates Sept 25 - Nov 13
Section A1 Beginner  5:00 - 6:00pm
Section A2 Intermediate 6:00 - 7:00pm
• Course Code Code 260501
• Fee/Section co-op fee $90.00
The beginner class is for those new to chess or with ratings less than 800. Students will work on opening game strategies and tactics. The intermediate class is for experienced players with many years of tournament experience and with WSCF or USCF ratings over 800 or with instructor permission. All phases of the game will be covered in this class. More information or permission to attend outside of above parameters, call 1-262-573-5624. Specify section. Limit 20

RED CROSS BABYSITTING
Instructor: American Red Cross Personnel
Lydell Community Center, Room 17
Ages 11 years and over
Date    Thursday, October 24
Time 8:30am - 4:00pm
• Course Code Code 251001 A1
• Fee resident/non-resident $95.00/$105.00
Please register at least one week before the beginning of term. Child must be 11 years of age in order to be certified. Students should bring a pencil and a bag lunch or snack. This course is intended for students who have the responsibility of caring for younger children during the absence of their parents. It is particularly valuable for young people who are interested in working as babysitters. The class will be taught through lecture, video, demonstration and practice. Limit 20

ADULTING 101: PERSONAL FINANCES
Instructor: Ben Uphoff, MBA, Wealth Advisor, Vantage Financial
Shorewood High School Conference Room 116
Grades 7 thru 12 as of current school year
Date    Monday, November 4
Time 6:00 - 7:00pm
• Course Code Code 281003 A1
• Fee co-op fee $5.00
Let’s face it, everyday financial information is not always taught in school and it is an incredibly important piece of life. The best person to help educate you is yourself. In this class, we’ll discuss the different ways to save, invest and control your financial future. Learn how to become independent and be wise with money. Bring any questions you have so we can tailor part of the class to those specific questions. Parents are welcome to join us. Limit 12

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
WRESTLING CLUB
Instructors: Rick Davey and Wade Lamont
WFB High School Wrestling Room
Grades 3 thru 8 as of current school year
Day   Wednesdays
Time   6:30 - 7:30pm
Dates Nov 6 - Dec 18 (skip Nov 27)
• Course Code Code 232301 A1
• Fee resident/non-resident $30.00/$35.00
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.

SKI AND SNOWBOARD CLUB
Advisor: Elizabeth Schultz, WFB School District Teacher
Little Switzerland, Slinger WI
Middle School students; Grades 6 thru 8 as of current school year
Registration through enrollment packet only. Deadline is Nov 1, 2019.
There is a mandatory meeting for all participants.
Meeting is scheduled for Tuesday, November 12 from 6:30 - 7:30pm
at the WFB Middle School.
**The schedule/price reflects the change from 4 trips to 5.
Day   Mondays
Dates Dec 2, 16, Jan 6, 13, 27
Make up dates for inclement weather are Feb 3 and
Feb 10
Time   3:15pm departure from Middle School
8:15pm departure from Little Switzerland
9:00pm return to Middle School
Section A1 Beginner Ski Lessons w/Rental $237.00
Section A2 Beginner Ski Lessons w/o Rental $193.00
Section A3 Beginner Board Lessons w/Rental $257.00
Section A4 Beginner Board Lessons w/o Rental $193.00
Section A5 Beyond Basics Ski Lessons w/Rental $261.00
Section A6 Beyond Basics Ski Lessons w/o Rental $217.00
Section A7 Beyond Basics Board Lessons w/Rental $281.00
Section A8 Beyond Basics Board Lessons w/o Rental $217.00
Section A9 Season Pass Holders Only (no lessons) $110.00
• Course Code Code 281301
In the case of inclement weather, the trips will be rescheduled to a
make-up day listed above. All middle school skiers, snowboarders or
those who want to learn how are encouraged to join. All participants in
the Ski and Snowboard Club must wear helmets. Equipment rentals will
include a helmet and students will be fitted for helmets at the meeting.
Students registering without rental must bring their own helmets. Rental
packages include helmets, equipment, lift ticket, lessons and transportation.
Non-rental packages include lift ticket, lessons and transportation.
Existing Little Switzerland Pass Holders pay a transportation-only
fee of $110.00. Beginner lessons are for “never-ever” skiers or those
who have taken 1-2 lessons and have not mastered the skill. The
Beyond Basics lessons are for skiers with some experience and focus on
“hockey stops” and “carving”. They will be able to ski on green
and blue runs. All participants will receive a Loyalty Card for dis-
counts on additional days of skiing. Enrollment packets are available
at the Middle School main office or the Recreation Department. This pro-
gram is not available for on-line registration. Specify section.

CLIMB CLUB
Instructor: Riverwest Outdoors Staff
Milwaukee Turners Climbing Gym
1034 Vel R Phillips Ave (formerly 4th Street), Milwaukee WI 53203
Ages 9 thru 13 years
Day   Saturdays
Time   9:30 - 11:30am
Section A1 Sept 14 - Oct 19
Section A2 Nov 9 - Dec 14
• Course Code Code 251300
• Fee/Section resident/non-resident $130.00/$140.00
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 team welcomes climbers
of all ability and experience levels. The team is open to climbers
from 9 thru 13 years of age. However, age restriction may be waived
upon interest. Specify section. Limit 6

Brown Deer
Women’s Volleyball League
The 2019/2020 Women’s Volleyball League will begin play
the week of October 28. League matches will be held on
Monday evenings at the Brown Deer Elementary School
located at 5757 West Dean Road in Brown Deer.
Returning teams that participated in the 2018/2019 season
may register beginning Monday, August 26. All other teams
may register beginning Tuesday, September 2.
The 2019/2020 team fee is $300.00 including tax.
Registrations will not be accepted without a completed
roster form with the minimum number of players being six.
Fees cover the cost of officiating, game balls and awards to
the league-winning team. Roster forms can be picked up at
the Village Hall in Brown Deer at the main counter.
Brown Deer Village Hall
4800 West Green Brook Drive
Brown Deer, WI 53223
414-371-3000
**BOY’S LACROSSE INSTRUCTIONAL OUTDOOR CLINIC**

**CO-OP**

Shorewood High School Football Field  
**Instructor:** Kevin Kane  
**Grades 1 thru 8 as of current school year, residents of Shorewood or Whitefish Bay or attend school in Shorewood or Whitefish Bay**

<table>
<thead>
<tr>
<th>Day</th>
<th>Grades</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>1-2</td>
<td>1:00-2:15pm</td>
</tr>
<tr>
<td>Sun</td>
<td>3-4</td>
<td>1:00-2:15pm</td>
</tr>
<tr>
<td>Sun</td>
<td>5-6</td>
<td>2:30-3:45pm</td>
</tr>
<tr>
<td>Sun</td>
<td>7-8</td>
<td>2:30-3:45pm</td>
</tr>
</tbody>
</table>

- **Course Code:** Code 251308  
- **Fee/Section:** co-op fee  
  
  $36.00

The Shorewood and Whitefish Bay Recreation Departments are offering a fun fall lacrosse program for boys in grades 1 thru 8. Lacrosse is a fast, physical contact sport that combines aspects of soccer, hockey and basketball. This program will offer instruction (drills and skills) and scrimmages for players of all levels. Full boy’s lacrosse equipment is required and, if needed, equipment (gloves, elbow and shoulder pads, helmet and stick) can be rented for $15.00 by registering for the Equipment Rental Add-on; course code 251310 A1. Players must provide a mouth guard and athletic cup. Cleats are recommended. Players will be separated into grades 1/2, 3/4, 5/6 and 7/8. This is a great opportunity for boys who are new to the sport of lacrosse and want to give it a try. Open only to boys who live in Shorewood, WFB, east side of Milwaukee or attend school in Whitefish Bay or Shorewood. Specify section. Limit 10 per section.

**BOY’S LACROSSE INSTRUCTIONAL INDOOR CLINIC**

**CO-OP**

Uihlein Soccer Complex, 7101 West Good Hope Road  
**Instructor:** Kevin Kane  
**Grades 3 thru 8**

<table>
<thead>
<tr>
<th>Day</th>
<th>Grades</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>3-5</td>
<td>5:30-6:30pm</td>
</tr>
<tr>
<td>Mon</td>
<td>6-8</td>
<td>6:30-7:30pm</td>
</tr>
</tbody>
</table>

- **Course Code:** Code 251309  
- **Fee/Section:** co-op fee  
  
  $60.00

Indoor lacrosse is a fun way for players to prepare for the spring season. The hour timeslot will be spent doing 5 v 5 scrimmages. The small game format will help improve player’s stick skills and footwork. Open only to boys who live in Shorewood, WFB, east side of Milwaukee or attend school in Whitefish Bay or Shorewood. Full boy’s lacrosse equipment is required and, if needed, equipment (gloves, elbow and shoulder pads, helmet and stick) can be rented for $15.00 by registering for the Equipment Rental Add-on; course code 251310 A2. Players must provide a mouth guard and athletic cup. Cleats are recommended. Specify section. Limit 13 per section.

**GIRL’S LACROSSE INSTRUCTION OUTDOOR CLINIC**

**WHITEFISH BAY ARMORY FIELD**

**Instructor:** Julie McLaren and Assistant Coaches  
**Grades 1 thru 8 as of current school year**

<table>
<thead>
<tr>
<th>Day</th>
<th>Grades</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>1-2</td>
<td>1:00-2:15pm</td>
</tr>
<tr>
<td>Sun</td>
<td>3-4</td>
<td>1:00-2:15pm</td>
</tr>
<tr>
<td>Sun</td>
<td>5-6</td>
<td>2:30-3:45pm</td>
</tr>
<tr>
<td>Sun</td>
<td>7-8</td>
<td>2:30-3:45pm</td>
</tr>
</tbody>
</table>

- **Course Code:** Code 251311 A1  
- **Fee:** co-op fee  
  
  $75.00

Please list, on the registration form, the number of years that the participant has played lacrosse.

This is an instructional clinic offering drills/skills and scrimmages for players of all levels, beginners to experienced. This is a great opportunity for girls to continue to play lacrosse or play for the first time. Experienced and enthusiastic instructors coach the clinics. Lacrosse stick, goggles and mouth guard are required. If you need to borrow equipment or if you have any questions, please email mclaren_julie@hotmail.com. Limit 50

**WORK OUT WITH COACH SPENCER**

**Whitefish Bay High School Weight Room**

**Instructor:** Spencer Schultz, Certified Strength/Conditioning Specialist  
**Grades 6 through 12 as of current school year**

<table>
<thead>
<tr>
<th>Days</th>
<th>Grades 6 through 12 as of current school year</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Grades 7 and 8</td>
<td>5:30 - 6:45pm</td>
</tr>
<tr>
<td>Mon</td>
<td>Grades 6 and 8</td>
<td>6:00 - 7:15pm</td>
</tr>
<tr>
<td>Wed</td>
<td>Grades 5 and 6</td>
<td>5:30 - 6:45pm</td>
</tr>
<tr>
<td>Wed</td>
<td>Grades 4 and 5</td>
<td>6:00 - 7:15pm</td>
</tr>
<tr>
<td>Fri</td>
<td>Grades 5 and 6</td>
<td>5:30 - 6:45pm</td>
</tr>
<tr>
<td>Fri</td>
<td>Grades 4 and 5</td>
<td>6:00 - 7:15pm</td>
</tr>
</tbody>
</table>

- **Course Code:** Code 280301  
- **Fee/Section:** resident/non-resident  
  
  $95.00/$105.00

Coach Spencer is a Certified Strength/Conditioning Specialist and has been working with our athletes. Take advantage of his expertise in a more individualized setting than he can provide after school and use it to start the journey for health and wellness, athleticism or help to advance your journey to a higher level with more individual attention. Great opportunity for beginners, post re-hab recovery or anyone looking to do extra and advance to another level of wellness or athleticism. Limit of 10 3-session packages will be sold per month. Tuesday, Thursday and Saturday will each have two sections of 1-hour semi-private workouts to schedule into. Packages reset after each month, so you must schedule all of your workouts in one month or you will lose the workouts.

**Follow us on facebook for the most recent Recreation Department information.**

http://www.facebook.com/home.php#!/WFB.Recreation

Worried about the weather?

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

- Check your email for weather-related updates
- Visit us on facebook for the latest department news including cancellations.

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
Recreational Level Programs

The gymnastics program is designed to offer a variety of gymnastics opportunities in a safe environment. As children progress, they learn and develop skills to improve physical fitness in the areas of coordination, balance, agility, flexibility and strength while having fun. A charting program enables children to see their improvements and feel a sense of accomplishment as they progress. Each gymnast will receive a certificate on the last day of class indicating which level they should register for next term. Parents who choose to watch their children must observe from the hallway. Preschoolers are NOT allowed in the levels programs without instructor approval. Children must be in first grade to enroll in Levels A and B.

<table>
<thead>
<tr>
<th>Level</th>
<th>Ages/Grade Details</th>
<th>Fee (Fall/Summer)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/Tot</td>
<td>Ages 1.5 - 3 years old, with parent or guardian</td>
<td>$45.00/$55.00</td>
</tr>
<tr>
<td>Pre 3 - Pre 5, Adv Pre</td>
<td>Ages 3-5 years old, according to child's age</td>
<td>$85.00/$95.00</td>
</tr>
<tr>
<td>Level A</td>
<td>Grades 1-8, Beginners or those who have participated in at least one term</td>
<td>$95.00/$105.00</td>
</tr>
<tr>
<td>Level B</td>
<td>Grades 1-8, gymnasts who have passed Level A per instructor</td>
<td>$95.00/$105.00</td>
</tr>
</tbody>
</table>

Competitive Level Programs

The Competitive Levels are designed to give the higher level athletes an opportunity to compete in the USA Junior Olympic program. Gymnasts are expected to be at practices regularly, compete in the fall meets and will be required to purchase a team leotard and fundraise to contribute towards the cost of equipment, etc. The leotard pricing is: $40.00 for Mighty/Mini Mites, $45.00 for USAG 1 and 2 and $50.00 for USAG P3, 3 and 4. Ordering and payment of the leotards must be done directly with Coach Mary Liniewski. Please call Mary at 262-365-4317 with any questions concerning the competitive teams.

<table>
<thead>
<tr>
<th>Level</th>
<th>Ages/Grade Details</th>
<th>Fee (Fall/Summer)</th>
</tr>
</thead>
<tbody>
<tr>
<td>USAG Team 1</td>
<td>Grades 1-8, Beginning level for those competing in USAG Level 1</td>
<td>$225.00/$250.00</td>
</tr>
<tr>
<td>USAG Team 2</td>
<td>Grades 1-8, Beginning level for those competing in USAG Level 2</td>
<td>$225.00/$250.00</td>
</tr>
<tr>
<td>Mini Mites</td>
<td>See Mary Liniewski; invite only</td>
<td>$270.00/$295.00</td>
</tr>
<tr>
<td>USAG P3/USAG 3</td>
<td>Grades 1-8, Intermediate level for those working toward/competing USAG Level 3</td>
<td>$325.00/$350.00</td>
</tr>
<tr>
<td>USAG Team 4</td>
<td>Grades 1-8, Intermediate level for those competing in USAG Level 4</td>
<td>$395.00/$420.00</td>
</tr>
</tbody>
</table>

* indicates the pre-approval is required for enrollment.

IMPORTANT INFORMATION REGARDING OPEN GYMS: FEES PAID AT THE DOOR

Open Gyms will be held on the following dates: exclude Nov 30

<table>
<thead>
<tr>
<th>Rec Level</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team Level</td>
<td>Sat</td>
<td>Sept 7 - Dec 14</td>
<td>12:30 - 2:00pm</td>
<td>$5.00 per visit</td>
</tr>
<tr>
<td>High School</td>
<td>Tue/Thur</td>
<td>Oct 1 - Nov 7</td>
<td>7:00 - 9:00pm</td>
<td>$10.00 per visit</td>
</tr>
</tbody>
</table>
MULTISPORT/SPORTSTART
Instructor: KidsSports Staff
Lydell Community Center Gym
Ages 2 thru 4 years
Day: Tuesdays
Dates: Sept 10 - Oct 8
Section A1: MultiSport Ages 4/5 3:45 - 4:30pm
Section A2: SportsStart Ages 2/3 4:45 - 5:30pm
• Course Code: Code 221203
• Fee/Section resident/non-resident $50.00/$60.00

Many times parents want to try out a variety of sports for their child. MultiSport/SportStart is a perfect program to provide both general physical development as well as introducing many popular sports that we offer, all in a fun, simple learning environment. Each week will feature a different sport including volleyball, soccer, baseball and basketball for 45 minutes of skill development while learning fundamentals through unique games and activities. Parents will be expected to participate in the age 2/3 class. Specify section. Limit 10

SPORTSPAL SOCCER
Instructors: KidsSports Staff
Lydell Community Field
Ages 3 thru 6 years
Max of 1 rainout date to be added at the end of the program.
Day: Fridays
Dates: Sept 6 - Oct 4
Section A1: Ages 5/6 years 3:45 - 4:30pm
Section A2: Ages 3/4 years 4:45 - 5:30pm
• Course Code: Code 231301
• Fee/Section resident/non-resident $76.00/$86.00

Designed to introduce the game of soccer in a fun, local and convenient environment, SportsPal instructors will teach proper soccer skills like dribbling, passing, trapping, shooting, defending as well as other basic soccer concepts. Our 45-minute program consists of 25 minutes of energized age-appropriate skill-specific games and activities followed by organized 3 v 3 league matches with other teams. One parent volunteer per team will be needed each week to assist the staff. All children will receive ribbons at the end of the program. Specify section. Limit 24

SPORTSPAL FOOTBALL
Instructors: KidsSports Staff
Lydell Community Center Gym
Ages 3 thru 6 years of age
Day: Tuesdays
Dates: Oct 15 - Nov 12
Section A1: Ages 5/6 years 3:45 - 4:30pm
Section A2: Ages 3/4 years 4:45 - 5:30pm
• Course Code: Code 221202
• Fee/Section resident/non-resident $70.00/$80.00

This is a child development flag football program created to introduce children to the game of football. Introduce your son or daughter to the game in a fun, active and non-competitive environment. Our coach will use developmentally appropriate games to introduce important football skills such as throwing, receiving, running, blocking, defending and kicking. Specify section. Limit 10

FLAG FOOTBALL LEAGUES
Parent Coached
High School Practice Fields
Grades 1 thru 6 as of current school year
Limit of 40 registrants per section.
Team t-shirt included with registration - please indicate size.
Registration deadline: August 14
Day: Saturdays
Time: 11:30 - 4:00pm
Dates: Sept 7 - Oct 26
Section A1: Grades 1 and 2
Section A2: Grades 3 and 4
Section A3: Grades 5 and 6
• Course Code: Code 241301
• Fee/Section resident/non-resident $55.00/$65.00

Each week players will have a half-hour practice session, followed by a league game. Volunteer parents will provide coaching. A coach’s meeting will be held on Wednesday, September 4th at 6:00pm at the Lydell Community Center. Rosters and equipment will be handed out at that time. Please indicate your willingness to coach on the registration form. One reciprocal player request only. Specify section. Limit 10

YOUTH INDOOR SOCCER
Instructors: WFB Recreation Department Staff
Whitefish Bay High School Field House
Grades K5 thru 2 as of current school year
Day: Saturdays
Time: 12:00 - 1:00pm
Dates: Nov 2 - Jan 18 (skip Nov 30, Dec 21, 28, Jan 11)
• Course Code: Code 231205 A1
• Fee: resident/non-resident $50.00/$60.00

Our highly successful indoor soccer program consists of instruction and competitive play. Emphasis is on learning the fundamentals of the game, techniques, conditioning and sportsmanship. Participants divide into teams to play scrimmage games and have fun! All players should wear Shin guards and bring a ball to each practice. Limit 40

Flag Football Leagues
Parent Coached
High School Practice Fields
Grades 1 thru 6 as of current school year
Limit of 40 registrants per section.
Team t-shirt included with registration - please indicate size.
Registration deadline: August 14
Day: Saturdays
Time: 11:30 - 4:00pm
Dates: Sept 7 - Oct 26
Section A1: Grades 1 and 2
Section A2: Grades 3 and 4
Section A3: Grades 5 and 6
• Course Code: Code 241301
• Fee/Section resident/non-resident $55.00/$65.00

Each week players will have a half-hour practice session, followed by a league game. Volunteer parents will provide coaching. A coach’s meeting will be held on Wednesday, September 4th at 6:00pm at the Lydell Community Center. Rosters and equipment will be handed out at that time. Please indicate your willingness to coach on the registration form. One reciprocal player request only. Specify section. Limit 10

YOUTH INDOOR SOCCER
Instructors: WFB Recreation Department Staff
Whitefish Bay High School Field House
Grades K5 thru 2 as of current school year
Day: Saturdays
Time: 12:00 - 1:00pm
Dates: Nov 2 - Jan 18 (skip Nov 30, Dec 21, 28, Jan 11)
• Course Code: Code 231205 A1
• Fee: resident/non-resident $50.00/$60.00

Our highly successful indoor soccer program consists of instruction and competitive play. Emphasis is on learning the fundamentals of the game, techniques, conditioning and sportsmanship. Participants divide into teams to play scrimmage games and have fun! All players should wear Shin guards and bring a ball to each practice. Limit 40

Sponsor a Youth Team or League
The Whitefish Bay Recreation and Community Education Department is looking for individuals and businesses to sponsor our leagues. These sponsorships are vital to the success of our leagues and help cover the cost of team shirts and are a great way for businesses to offer community support.

Sponsors will be recognized with their name or business logo printed on the back of the team shirts. If you are interested, please contact Anthony Iracki at 414-963-3864 or anthony.iracki@wfbschools.com

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
NORTH SHORE MARTIAL ARTS CLUB
Instructor: Phil Sauer, Owner of Young American Martial Arts Club
Lydell Community Center Gym
Ages 11 years to adult
Days: Mondays and/or Wednesdays
Time: 6:00 - 7:15pm
Dates: Sept 23 - Dec 11
Section A1: Mondays only
Section A2: Mondays and Wednesdays
• Course Code: Code 221205
• Fee/Section A1: resident/non-resident $179.00
• Fee/Section A2: resident/non-resident $225.00

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. Specify section. Limit 24

YOUNG AMERICAN MARTIAL ARTS CLUB
Instructor: Phil Sauer, Owner of Young American Martial Arts Club
Lydell Community Center Gym
Ages 4 thru 13 years (25% sibling discount - not available online)
Little Samurai: 4 - 6 years of age
Samurai: 7 - 13 years of age
Monday Programs
Code 221201
Dates: Sept 23 - Dec 9
Section A1: Little Samurai 4:00 - 4:30pm
Section A2: Little Samurai 4:30 - 5:00pm
Section A3: Samurai 5:00 - 5:45pm
Fee/Section: $179.00

Wednesday Programs
Code 221204
Dates: Sept 25 - Dec 11
Section A1: Little Samurai 4:00 - 4:30pm
Section A2: Samurai 4:30 - 5:15pm
Fee/Section: $179.00

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. Families with multiple children participating in the program will be offered a 25% discount for the second or third child. Please register in person at the Recreation Department if you are registering more than one child. Specify section. Limit 12

JUDO AND JITSU
Instructor: John Greivell, WFB Recreation Instructor
Lydell Community Center Gym
Ages 8 to adult
Day: Wednesdays
Dates: Sept 4 - Dec 11 (skip Nov 27)
Section A1: Beginner 6:30 - 7:30pm
Section A2: Advanced 7:30 - 8:30pm
• Course Code: Code 241202
• Fee/Section: resident/non-resident $70.00/$80.00

This art is an excellent form of mental and physical conditioning which teaches techniques that stress calmness and flexibility as well as aerobic conditioning and strength. Beginning students learn basic throwing, controlling, escaping and falling techniques. Continuing students learn additional techniques including counter throws and combination techniques and can participate in randori (free practice). Sweat pants and long sleeve sweatshirts are required for beginning students. Specify section.

YOUTH GOLF LESSONS
Instructors: Missing Links Golf Staff
Missing Links Golf Club (262)243-5711
12950 North Port Washington Road; Mequon
Mickelson Middlers 7 thru 10 years
Day: Saturdays
Date: Sept 14 - Oct 5
Section A1: 9:00 - 10:00am
Section A2: 10:15 - 11:15am
Section A3: 11:30am - 12:30pm
• Course Code: Code 241501
• Fee/Section: resident/non-resident $94.00

Palmers Players 11-17 years
Day: Saturdays
Date: Sept 14 - Oct 5
Time: 1:00 - 2:00pm
• Course Code: Code 261501 A1
• Fee: resident/non-resident $94.00

Mickelson Middlers will include introduction and familiarization of the necessities of playing golf. Discuss goals, grip, alignment, posture, swing mechanics with woods and irons, development of hand-eye coordination, short game instruction focusing on putting, chipping, exposure to rules, etiquette, scoring and course play. Palmers Players receive the same instruction, but geared towards the more mature youth. Specify section for Mickelson Middlers. Limit 10

Registration Information
Registration for residents of WFB starts immediately. Lottery is scheduled for August 19 and non-resident registration begins on August 20.
1. Registrations may be dropped off, mailed to 5205 North Lydell Avenue or faxed to 414-963-3937.
2. Online registration is available at www.wfbschools.com.
Use your household id number to register for our programs from the convenience of your home. If you do not know or cannot remember your household id number, call 414-963-3947 or email sue.wachtl@wfbschools.com.

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
**BOYS BASKETBALL LEAGUE**

**GRADES 5 AND 6**

Whitefish Bay High School Field House

Registrations MUST be received by October 18, 2019

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays</td>
<td>1:00, 2:00 or 3:00pm</td>
<td>Nov 2 - Feb 8 (skip Nov 30, Dec 21, 28, Jan 11 and Feb 1)</td>
</tr>
</tbody>
</table>

- **Course Code** Code 261202 A1
- **Fee until Sept 27** resident/non-resident $70.00/$80.00
- **Fee after Sept 27** resident/non-resident $95.00/$105.00

The Grade 5/6 league will continue to improve their skills while enjoying the game. There will be a practice on November 2 at the Field House. League play will begin November 9. There will be 15 minutes of practice time followed by a 45-minute game. The time will vary according to the schedule. All players will receive a team t-shirt. Coaches will contact all players to let them know of team designation and scheduled games. Parent coaches are needed for this program.

**GIRLS BASKETBALL SKILLS AND DRILLS**

**CO-OP**

Instructor: Molly O’Brien, Shorewood Recreation Staff

Lake Bluff Gym

Grades 3 thru 8 as of current school year

<table>
<thead>
<tr>
<th>Days</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays</td>
<td>Nov 2 - Jan 11 (skip Nov 23, 30, Dec 28)</td>
</tr>
</tbody>
</table>

- **Course Code** Code 251201 A1
- **Fee/Section** co-op fee $40.00
- **Fee**/Section co-op fee $40.00

Girls interested in improving their basketball skills through a variety of skills, drills and scrimmages are encouraged to sign up for this class. Coach Molly O’Brien played college basketball at the University of Wisconsin-Milwaukee from 2002 to 2006 and has 9 years of coaching experience at the high school level. Bring a water bottle. Specify section. Limit 20

**COMMUNITY FITNESS CENTER STUDENT MEMBERSHIP**

Fitness Attendants: Recreation Department Staff

WFB High School Field House Fitness Center

WFBHS Students, Ages 14 thru 18 years

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon thru Fri</td>
<td>5:30 - 8:00am</td>
</tr>
<tr>
<td>Mon thru Thur</td>
<td>6:00 - 9:00pm</td>
</tr>
<tr>
<td>Sat</td>
<td>8:00am - 12:00pm</td>
</tr>
</tbody>
</table>

- **Course code** Code 280300 A1
- **Fee** WFBHS students only $30.00

Students can purchase a seasonal membership to the recently renovated fitness center and enjoy a rigorous 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. Lockers rooms are available ONLY during the morning weekday hours until 8:00am and Saturdays. Members cannot leave personal locks on high school lockers. Limit 75

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A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
LEARN TO SKATE!
ICE SKATING LESSONS FOR ALL ABILITY LEVELS
Polly and Henry Uihlein Sr. Ice Arena - University School
2100 W. Fairy Chasm Road, River Hills
Ages 4 thru 14 years
Skaters must arrive at the ice arena with mittens, a warm jacket, a bike or hockey helmet and ice skates. Snow pants are optional. If you have questions about the equipment, please call Jill Herbst at 414-540-3306.

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tots 3-6 years</th>
<th>12:30 - 1:15pm</th>
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<tr>
<td>Section A1</td>
<td>Oct 7, 14, 21, 28, Nov 4</td>
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<tr>
<td></td>
<td>fees resident/non-resident</td>
<td>$100.00</td>
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<tr>
<td>Section A2</td>
<td>Nov 11, 18, 25, Dec 2, 9</td>
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<tr>
<td></td>
<td>fees resident/non-resident</td>
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<table>
<thead>
<tr>
<th>Tuesdays</th>
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<tbody>
<tr>
<td>Section A3</td>
<td>Oct 8, 15, 22, 29, Nov 5</td>
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<tr>
<td>Section A4</td>
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<td>$100.00</td>
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<tr>
<td>Section A5</td>
<td>Sept 5, 12, 19, 26, Oct 3</td>
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</tr>
<tr>
<td></td>
<td>fees resident/non-resident</td>
<td>$100.00</td>
</tr>
<tr>
<td>Section A6</td>
<td>Oct 10, 17, 24, 31, Nov 7</td>
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</tr>
<tr>
<td></td>
<td>fees resident/non-resident</td>
<td>$100.00</td>
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<tr>
<td>Section A7</td>
<td>Nov 14, 21, Dec 5, 12, 19</td>
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</tr>
<tr>
<td></td>
<td>fees resident/non-resident</td>
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<table>
<thead>
<tr>
<th>Saturdays</th>
<th>Bridge 4-14 years</th>
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<tr>
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<td>Oct 12, 19, 26, Nov 2, 9</td>
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<tr>
<td></td>
<td>fees resident/non-resident</td>
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<tr>
<td>Section B2</td>
<td>Nov 16, 23, Dec 7, 14, 21</td>
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<td>fees resident/non-resident</td>
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<table>
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<tr>
<th>Thursdays</th>
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<td>Section A9</td>
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<table>
<thead>
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<th>Saturdays</th>
<th>Tots 3-6 years/Basics/Hockey</th>
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<tr>
<td>Section B6</td>
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<tr>
<td>Section B7</td>
<td>Sept 7, 14, 21, 28, Oct 5</td>
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<tr>
<td></td>
<td>fees resident/non-resident</td>
<td>$100.00</td>
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BEGINNER TENNIS/QUICKSTART
Instructor: Phil Kelbe and North Shore Elite Staff
North Shore Elite Racquet and Fitness Club
5750 North Glen Park Road; Glendale
Ages 3 thru 10 years

<table>
<thead>
<tr>
<th>Mondays</th>
<th>A1</th>
<th>Aug 26 - Nov 18 (skip Sept 2)</th>
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<tbody>
<tr>
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<td>A2</td>
<td>Nov 25 - Feb 24 (skip Dec 23, 30)</td>
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<tr>
<td>Thursdays</td>
<td>A1</td>
<td>Aug 29 - Nov 21*</td>
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<td>A2</td>
<td>Dec 5 - Feb 27 (skip Dec 26)</td>
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<tr>
<td>Saturdays</td>
<td>A1</td>
<td>Aug 31 - Nov 23*</td>
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<tr>
<td></td>
<td>A2</td>
<td>Nov 30 - Feb 29* (skip Dec 28)</td>
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*13-week sessions instead of 12-week.

<table>
<thead>
<tr>
<th>Monday Classes</th>
<th>3-4 yrs</th>
<th>4:30 - 5:00pm</th>
<th>Code 241601</th>
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<tr>
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<tr>
<td>5-6 yrs</td>
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<tr>
<td>7-8 yrs</td>
<td>5:00 - 6:00pm</td>
<td>Code 251607</td>
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<tr>
<td>9-10 yrs</td>
<td>5:00 - 6:00pm</td>
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<tr>
<td></td>
<td>fees resident/non-resident</td>
<td>$276.00/$286.00</td>
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</table>

<table>
<thead>
<tr>
<th>Thursday Classes</th>
<th>3-4 yrs</th>
<th>4:30 - 5:00pm</th>
<th>Code 241602</th>
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<td>fees resident/non-resident</td>
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<tr>
<td>5-6 yrs</td>
<td>5:00 - 6:00pm</td>
<td>Code 241605</td>
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</tr>
<tr>
<td>7-8 yrs</td>
<td>5:00 - 6:00pm</td>
<td>Code 251608</td>
<td></td>
</tr>
<tr>
<td>9-10 yrs</td>
<td>5:00 - 6:00pm</td>
<td>Code 251602</td>
<td></td>
</tr>
<tr>
<td></td>
<td>fees resident/non-resident</td>
<td>$299.00/$309.00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>fees resident/non-resident</td>
<td>$276.00/$286.00</td>
<td></td>
</tr>
</tbody>
</table>

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. Specify section.

Registration Information
1. Drop off/Mail in
Registration for residents of WFB starts immediately. Lottery is scheduled for August 19 and non-resident registration begins on August 20. Registrations may be dropped off or mailed to 5205 North Lydell Avenue.
2. Fax
Your completed fax, including credit card information may be faxed to 414-963-3937.
3. On-line at www.wfbschools.com
Use your household id number to register for our programs from the convenience of your home. If you do not know or cannot remember your household id number, call 414-963-3947 or email sue.wachtl@wfbschools.com.

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
YOUTH BEGINNER TENNIS
Instructor: Phil Kelbe, WFBHS Boys Varsity Coach
North Shore Elite Racquet and Fitness Center
5750 North Glen Park Road; Glendale
Ages 11 thru 13 years
Day
Thursdays
Time
4:00 - 5:00pm
Section A1
Aug 29 - Nov 21*
Section A2
Dec 5 - Feb 27 (skip Dec 26)
*13-week sessions instead of 12-week.
• Course Code        Code 251604
• Fee/Section A1 resident/non-resident          $299.00/$309.00
• Fee/Section A2 resident/non-resident          $276.00/$286.00
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. Specify section.

DIVING
Instructor: Emily Arneson, WFB Recreation Instructor
WFB High School Field House Pool
Must have passed or currently enrolled in Level 4 or higher
Day
Saturdays
Time
12:00 - 12:45pm
Dates
Sept 7 - Nov 2 (skip Oct 26)
• Course Code        Code 280804 A1
• Fee/Section A1 resident/non-resident          $48.00/$58.00
This unique and fun program will teach the basics of competitive diving. Each student will learn hurdles, forward diving positions, back dives and twisters. For those who have no experience, these maneuvers are easy for anyone to learn. Due to the limited number of students, each student will receive individual attention. Limit 8

AMERICAN RED CROSS LIFEGUARDING CERTIFICATION CO-OP
Instructor: Kaileigh McManus, Red Cross Certified Instructor
Shorewood High School Conference Room #116 and VHE Pool
Must be 15 years of age by November 9.
Days
Thursday thru Saturday
Times
Thursday:  5:00 - 9:00pm
Friday:  4:00 - 9:00pm
Saturday:  12:00 - 8:00pm
Dates
Nov 21 - Nov 23
• Course Code        Code 280805 A1
• Fee/Section A1 resident/non-resident          $200.00
This American Red Cross Lifeguard course will cover the knowledge and skills to get your lifeguard, CPR/AED and first aid certifications. Successful completion of the course earns you a 2-year, nationally recognized certification. Attendance at ALL meeting dates is mandatory and certification is not guaranteed as participants must score above an 80% on a written test and pass an in-water skills test. There is a mandatory pre-test on the first day of class. Please bring a swimsuit, towel and snack each meeting day. This is a blended learning class. Please allow at least 8 hours to complete online training before coming to the first class. Registration deadline is Monday November 18. Participants must include a valid email address when registering for communication purposes.

ADAPTIVE AQUATICS
Instructor: Jon Schneider, WFBHS Teacher and Coach
WFB High School Auxiliary Pool
Ages 4 thru 18 years
Day
Mondays
Time
5:30 - 7:00pm
Dates
Sept 16 - Oct 28 (skip Sept 30)
• Course Code        Code 240800 A1
• Fee/Section A1 resident/non-resident          $66.00/$76.00
These special, individualized swimming lessons are offered for those with physical and/or cognitive disabilities. Volunteers will help provide instruction in these half-hour lessons. Water Aerobics will be offered for those participants who have passed the beginning instruction. Parent volunteers are encouraged and welcome.

Open Swim at the High School Field House Pool
1st and 3rd Sundays of the month from Sept 15 - Dec 15
1:00 - 3:30pm
$3.00 students/$4.00 adult
Seniors and children 3 years and under are free!
PLEASE BRING EXACT CHANGE.

All children under 7 years of age must be accompanied (in the water) by a parent or guardian. Any child 7 years or older, but under 48" in height, must prove their swimming ability to the satisfaction of the lifeguards. The pool will be cleared 10 minutes prior to closing.
SWIM LESSONS
8 lessons per section
Please read descriptions and enroll your child in the proper class.
Specify section
Fee/section: resident/non-resident $48.00/$58.00

Toddler  Ages 18 - 30 months  Limit 15 participants per class  Code 210801
Classes stress water safety and begin the development of swimming techniques. Adults must accompany each child into the water. Children should wear swim diapers.
Section A1  Sat  Sept 7 - Nov 2 (skip Oct 26)  9:00 - 9:30am  Field House Pool

PreSchool  Ages 2.5 - 5 years  Limit 15 participants per class  Code 220801
Designed for pre-schoolers who have little experience and are cautious without parents around the pool. One adult must accompany each child into the water.
Section A1  Sat  Sept 7 - Nov 2 (skip Oct 26)  9:30 - 10:00am  Field House Pool
Section A2  Wed  Sept 11 - Nov 6 (skip Oct 23)  6:00 - 6:30pm  Auxiliary Pool

Level I Intro to Water Skills  5 years and over  Limit 8 participants per class  Code 230801
Child should feel comfortable in the water. Subjects covered include: water safety, submerging head, using arms and legs on front and back, exhaling under water and floating; front and back.
Section A1  Sat  Sept 7 - Nov 2 (skip Oct 26)  10:00 - 10:45am  Field House Pool

Level II Fundamental Skills  Pass Level 1  Limit 10 participants per class  Code 240801
Skills covered include: front and back glide, treading water, jellyfish float, combined stroke; front and back.
Section A1  Sat  Sept 7 - Nov 2 (skip Oct 26)  9:00 - 9:45am  Field House Pool
Section A2  Wed  Sept 11 - Nov 6 (skip Oct 23)  6:00 - 7:30pm  Auxiliary Pool

Level III Stroke Development  Pass Level 2  Limit 10 participants per class  Code 250801
Skills include: reaching assist, front and back crawl, standing dive, rotary breathing, butterfly kick, survival float.
Section A1  Sat  Sept 7 - Nov 2 (skip Oct 26)  11:00 - 11:45am  Field House Pool
Section A2  Wed  Sept 11 - Nov 6 (skip Oct 23)  6:00 - 7:30pm  Auxiliary Pool

Level IV Stroke Improvement  Pass Level 3  Limit 12 participants per class  Code 260801
Skills include diving, elementary backstroke, breaststroke, butterfly, throwing assist.
Section A1  Sat  Sept 7 - Nov 2 (skip Oct 26)  10:00 - 10:45am  Field House Pool
Section A2  Wed  Sept 11 - Nov 6 (skip Oct 23)  6:00 - 6:45pm  Auxiliary Pool

Level V/VI Stroke Refinement  Pass Level 4  Limit 15 participants per class  Code 270801
Skills include survival swimming, open turns, rescue breathing, flip turn, continued practice with elementary backstroke, breaststroke, sidestroke and butterfly.
Section A1  Sat  Sept 7 - Nov 2 (skip Oct 26)  11:00 - 11:45am  Field House Pool

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
ADULT SWIM PROGRAMS
WFB High School Field House Pool
Adults/Senior
Lap Swim Program
Dates Sept 3 - Dec 30 (skip Nov 28 - Dec 1, Dec 24, 25)
Mon - Fri 6:00 - 7:30am
Mon - Thur 7:00 - 8:00pm
(evenings also skip Nov 26 and Dec 10)
Sat and Sun 12:00 - 1:00pm
• Course Code Code 290301 A1
• Fee resident/non resident $65.00/$75.00

Adult Recreational Swim
Dates Sept 4 - Dec 28 (skip Nov 28 - Dec 1, Dec 24, 25)
Mon - Fri 12:00 - 12:45pm
Sat and Sun 12:00 - 1:00pm
Adult Rec swimmers must enter the building using Door 8 off of Ardmore, Monday thru Friday and MUST use the lockers located in the Auxiliary Pool area.
• Course Code Code 290302 A1
• Course Code Sr. Code 290302 A2
• Fee resident/non-resident $45.00/$55.00
• Fee Senior resident/non-resident $35.00/$45.00

Lap swimming is a wonderful way to keep in shape. The Lap Swimming program is designed for a vigorous workout that only includes lap swimming. The Adult Recreational Swim is designed for a less aggressive swimmer who enjoys lap swimming and an opportunity to enjoy the water. Participants must be 60 years of age to enjoy the discounted senior fee. In an effort to support school safety, all participants are asked to bring their driver’s license or photo I.D. the first day of class to be scanned into the high school Visitor Check-In System.

ADULT SWIM FIT - MASTER’S SWIMMING
WFB High School Field House Pool
Coach: Anthony Kolbus, WFB Recreation Staff
Day Monday thru Friday
Time 5:00 - 6:00am
Dates Sept 3 - Dec 30 (skip Nov 28, 29, Dec 24, 25)
• Course Code Code 290802 A1
• Fee resident/non-resident $210.00/$220.00

Adult Swim Fit is an aquatic fitness program for triathletes, competitive and fitness swimmers. The group will be coached on 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! Swim Fit participants can sign up for the AM Lap Swim (6:00 - 6:30am) for an additional fee of $40.00. Register for the add-on using code 290802 A2.

MOJING WATER AEROBICS
Instructor: Karma McWilliams, Certified Fitness Instructor
WFB High School Auxiliary Pool
Adults/Seniors
Time 10:30am - 12:00pm
Section A1 Mon Sept 9 - Dec 16
Section A2 Wed Sept 4 - Dec 18 (skip Nov 27)
Section A3 Fri Sept 6 - Dec 20 (skip Nov 29)
• Course Code Code 290303
• Fee/Section resident/non-resident $34.00/$44.00
Come join us for one hour of aerobics, activity, strength training and stretching with the exclusive use of the Auxiliary Pool and locker rooms. The last 1/2 hour may be spent swimming laps. Participants should enter Door 8 off of the Ardmore parking lot. In an effort to support school safety, all participants are asked to bring their driver’s license or photo I.D. the first day of class to be scanned into the high school Visitor Check-In System. Specify section.

EVENING WATER AEROBICS
Instructor: Kathy Seitz, Certified Instructor/Lifeguard
WFB High School Field House Pool
Day Mondays
Time 7:15 - 8:45pm
Dates Sept 9 - Dec 16
• Course Code Code 290306 A1
• Fee resident/non-resident $55.00/$65.00
This program is offered in the evening and is a more strenuous version of the morning program. This class offers participants a fun way to tone up their muscles and perhaps lose an inch or two! Participants do not need to know how to swim.

MORNING WALK FIT
Coordinator: WFB Fitness Center Staff
Whitefish Bay High School Field House Track
Day Monday thru Friday
Time 5:30 - 6:30am
Dates Sept 3 - Dec 20 (skip Nov 28, 29)
• Course Code Code 290308 A1
• Fee resident/non-resident $35.00/$45.00
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.

Registration Information
1. Drop off/Mail In
Registration for residents of WFB starts immediately. Lottery is scheduled for August 19 and non-resident registraton begins August 20. Registrations may be dropped off or mailed to 5205 North Lydell Avenue.
2. Fax
Your completed fax, including credit card information may be faxed to 414-963-3937.
3. On-line at www.wfbschools.com
Use your household id number to register for our programs from the convenience of your home.
If you do not know or cannot remember your household id number, call 414-963-3947 or email sue.wachtl@wfbschools.com
LOW IMPACT AEROBICS
Instructor: Carolyn Noori; Certified Fitness Trainer
Lydell Community Center Gym
Days        Mon, Wed and Fri
Time        8:00 - 8:45am
Dates       Sept 4 - Dec 20 (skip Sept 27, 30, Oct 25, 28, Nov 27, 29)
• Course Code  Code 290309 A1
• Fee  resident/non-resident  $85.00/$95.00
Add-on 290309 A2 Strength and Stretch  $25.00
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. Minimum 15

STRENGTH AND STRETCH
Instructor: Carolyn Noori; Certified Fitness Trainer
Lydell Community Gym
Days        Mon, Wed and Fri
Time        8:50 - 9:35am
Dates       Sept 4 - Dec 20 (skip Sept 27, 30, Oct 25, 28, Nov 27, 29)
• Course Code  Code 290310 A1
• Fee  resident/non-resident  $85.00/$95.00
Add-on 290310 A2 Low Impact Aerobics  $25.00
Unique total body workout using techniques that combine yoga, ballet, pilates, tai chi (for balance) 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. Minimum 15

BEGINNING TAI CHI AND QIGONG
Instructor: Alice Kuramoto
Nicolet High School Dance Studio A113
Adult
Days        Saturdays
Time        10:00 - 11:00am
Dates       Sept 7 - Nov 16 (skip Sept 14, Oct 12 and Oct 19)
• Course Code  Code 290312 A1
• Fee  co-op fee  $72.00
Tai Chi is a series of gentle, flowing movements that have been practiced as a health exercise since ancient times in China. Tai Chi integrates the body and mind to improve health, fitness and relaxation. Classes are designed to improve balance and posture, relieve stress and improve concentration and memory. Qigong is the practice of balancing and strengthening qi (life energy) in the human body. Limit 10

INTERMEDIATE TAI CHI AND QIGONG
CO-OP
Instructor: Alice Kuramoto
Nicolet High School Dance Studio A113
Adult
Days        Saturdays
Time        11:05am - 12:05pm
Dates       Sept 7 - Nov 16 (skip Sept 14, Oct 12 and Oct 19)
• Course Code  Code 290313 A1
• Fee  co-op fee  $90.00
Students should be able to perform 31 movements of the Sun-style Tai Chi as a prerequisite for this course. Tai Chi integrates the body and mind to improve health, fitness and relaxation. Limit 10

TOTAL FITNESS
Instructor: Carolyn Noori; Certified Fitness Trainer
Lydell Community Center, Room 19
Adult
Days        Mon, Wed, Fri
Time        11:35am - 12:20pm Mon/Wed 10:00 - 10:50am Fri
Dates       Sept 4 - Dec 20 (skip Sept 27, 30, Oct 25, 28, Nov 27, 29)
• Course Code  Code 290314 A1
• Fee  resident/non-resident  $80.00/$90.00
Total fitness with combination and interval training program. Class includes warm up, cardio segment, weights, mat work and stretching. Minimum 8

In The Villages
GEORGE & GUY
REAL ESTATE PARTNERS
GEORGE FOLLIARD
gfolliard@powersreality.com 414.915.5877
GUY NICOLET
gnicolet@powersreality.com 414.339.7066

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
ZUMBA
Instructor: Tatiana Nuss, Certified Zumba Instructor
Lydell Community Center Gym
Adult
Day   Thursdays
Time   7:30- 8:30pm
Section A1    Sept 5 - Oct 10
Section A2    Oct 17 - Nov 21
•  Course Code   Code 290324
•  Fee/Section resident/non-resident   $45.00/$55.00
This aerobic workout is based on Latin dance moves and promises to be fun and effective, burning hundreds of calories per session. Dance to Salsa, Merengue, Bachata, Reggeton, Samba and more. Specify section. Limit 20

AEROBICS
Instructors: Janet Cooper, Certified Aerobics Instructor
Lydell Community Gym
Day   Tuesdays and Thursdays
Time   6:00 - 7:00pm
Section A1    Sept 3 - Oct 24
Section A2    Oct 29 - Dec 26 (skip Nov 28, Dec 24)
•  Course Code   Code 290317
•  Fee/Section resident/non-resident  $64.00/$74.00
This is a total body workout choreographed to a great mix of music! Routines include a thermal warm-up, cardio warm-up, aerobic segment, cool down, upper body conditioning, mat work for toning and a final stretch. Modifications are shown for all fitness levels. Wear supportive athletic shoes and comfortable exercise attire. Bring a bottle of water. Specify section.

Co-op Programming
If a program is labeled as a “co-op” program, this means it is being made available as part of a cooperative programming agreement with other local departments or agencies. Each individual department or agency may not have the facility or instructor to offer a particular program. Working together, the cooperative departments are able to better serve the needs of their residents.

BEGINNER /INTERMEDIATE /GENTLE YOGA
Lydell Community Center, Room 17
Instructor: Jillian Holy, Certified Yoga Instructor
Monday Programs
Beginner     5:30 - 6:35pm  Code 290332
Begin/Inter  6:45 - 7:50pm  Code 290333
Section A1    Aug 26 - Oct 14 (skip Sept 2)
Section A2    Oct 28 - Dec 9
Wednesday Programs
Gentle     9:45 - 10:50am  Code 290325
Beginner     11:00am - 12:05pm  Code 290326
Gentle     12:15 - 1:20pm  Code 290329
Section A1    Aug 28 - Oct 9
Section A2    Oct 23 - Dec 11 (skip Nov 27)
•  Fee/Section resident/non-resident  $53.00/$63.00
Beginning Yoga is suitable for those completely new to yoga and for beginner level students. Beginner/Intermediate Yoga is designed for individuals who have already taken a beginner level Yoga class and would like to deepen their practice. Although beginners are welcome to participate, the level of challenge will be slightly higher than the beginner level class. Yoga classes incorporate yogic breathing techniques, basic postures, simple joint and gland exercises and relaxation techniques. The classes are designed to suit various levels of strength, flexibility and body awareness. The emphasis of the instructor is to meet each individual where they are at in their body, mind and spirit. Gentle Yoga is particularly designed for individuals aged 60 and over, but others seeking a gentle class are also welcome. The gentle pace of this class is designed to accommodate all levels of ability, physical fitness, strength and balance. It is possible to participate in this class while completely or primarily seated in a chair if that is the most comfortable and appropriate position for some participants. Specify section. Limit 12

HIP HOP DANCE FITNESS
Instructor: Julia Radobicky, Certified Fitness Instructor
Lydell Community Center Gym
Adult
Day   Tuesdays
Time   7:15 - 8:15pm
Section A1    Sept 10 - Oct 22
Section A2    Oct 29 - Dec 10
•  Course Code   Code 291210
•  Fee/Section resident/non-resident  $55.00/$65.00
Hip Hop Dance fitness is a cardio-based exercise class that incorporates easy-to-learn choreography to popular hip hop and pop music. Dancing is a super-fun and effective exercise that will help you become a healthier and happier version of yourself. Specify section. Limit 25

www.wfbschools.com

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
COMMUNITY FITNESS CENTER
Supervisor: WFB Recreation Department Supervisors
Whitefish Bay High School Field House Balcony

Days
- Mon thru Fri  5:30 - 8:00am
- Mon thru Thur  6:00 - 9:00pm
- Sat  8:00am - 12:00pm

Dates
- Sept 3 - Dec 30 (skip Nov 27, 28, 30, Dec 24, 25)

- Course Code:  Code 291315 A1
- Fee /Adult resident/non-resident: $120.00/$130.00
- Course Code:  Code 291315 A2
- Fee /WFB Senior 55 years and over: $100.00

The newly renovated weight room will be open and a supervisor will be available to show the proper use of the equipment, provide a workout routine for those unsure of where to begin or help you design a custom workout. 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.

TENNIS INSTRUCTION
Instructor: Phil Kelbe and North Shore Elite Staff
North Shore Elite Racquet and Fitness Club
5750 North Glen Park Road; Glendale
19 years to adult

Monday Classes  Sept 16 - Dec 2
Section A1  Beginner  6:00 - 7:00pm
Tuesday Classes  Sept 17 - Dec 3
Section A2  Intermediate  7:00 - 8:00pm
Wednesday Classes  Sept 18 - Dec 4
Section A3  Beginner  1:00 - 2:00pm
Thursday Classes  Sept 19 - Dec 5 (skip Nov 28)
Section A4  Intermediate  7:30 - 8:30pm

- Course Code:  Code 291601
- Fee/Section A1, 2, 3, resident/non-resident: $276.00/$286.00
- Fee/Section A4 resident/non-resident: $253.00/$263.00

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

MEN’S SOCCER
Whitefish Bay High School Field House
Day  Sundays
Dates
- Oct 20 - Mar 22
  (skip Dec 1, 22, 29, Feb 23, Mar 15)
Section A1  Skilled/Competitive 8:30 - 10:00am
Section A2  Novice/Less Competitive 10:00 - 11:30am

- Course Code:  Code 291206
- Fee/Section resident/non-resident: $60.00/$70.00

Here’s your chance to get out and play! “Old Timers” can enjoy a little friendly competition instead of hanging out at home on the couch! Shin guards and flat-bottomed shoes are required. No cleats allowed. This program has limited spots, so register early. Specify section. Limit 24

VOLLEYBALL - CO-ED  CO-OP
Shorewood High School, North Gym
Day  Mondays
Time  7:45 - 9:45pm
Dates  Sept 9 - Dec 2

- Course Code:  Code 291209 A1
- Fee  co-op fee: $52.00

Serve, bump and volley. Come improve your skills during open volleyball. For all skills levels...beginner to advanced. Limit 8

BADMINTON
Supervisor: Doug Kane, WFB Recreation Instructor
Whitefish Bay High School Field House
Day  Wednesdays
Time  7:30 - 9:30pm
Dates  Sept 11 - Dec 18 (skip Sept 18, 25, Oct 16, 23)

- Course Code:  Code 291201 A1
- Fee  resident/non-resident: $35.00/$45.00

This sport offers something for everyone. Instruction will be offered for all who wish it. 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 schedule.

BASKETBALL FOR MEN 30+
Supervisor: Doug Kane, WFB Recreation Instructor
Richards School Gym
Adults only - children are not allowed to accompany parents.

Days  Thursdays
Time  7:30 - 9:30pm
Dates  Sept 12 - Dec 19 (skip Oct 24)
  *Middle School Gym on Sept 26, Oct 3, 17

- Course Code:  Code 291205 A1
- Fee  resident/non-resident: $40.00/$50.00

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

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
JUDO AND JU JITSU
Instructor: John Greivell, WFB Recreation Instructor
Lydell Community Center Gym
Ages 8 to adult
Day: Wednesdays
Dates: Sept 4 - Dec 11 (skip Nov 27)
Section A1: Beginner, 6:30 - 7:30pm
Section A2: Advanced, 7:30 - 8:30pm
• Course Code: Code 241202
• Fee/Section: resident/non-resident $70.00/$80.00
This art is an excellent form of mental and physical conditioning which teaches techniques that stress calmness and flexibility as well as aerobic conditioning and strength. Beginning students learn basic throwing, controlling, escaping and falling techniques. Continuing students learn additional techniques including counter throws and combination techniques and can participate in randori (free practice). Sweat pants and long sleeve sweatshirts are required for beginning students. Specify section.

NORTH SHORE MARTIAL ARTS CLUB
Instructor: Phil Sauer, Owner of Young American Martial Arts Club
Lydell Community Center Gym
Ages 11 years to adult
Days: Mondays and/or Wednesdays
Dates: Sept 23 - Dec 11
Time: 6:00 - 7:15pm
Section A1: Mondays only
Section A2: Mondays and Wednesdays
• Course Code: Code 221205
• Fee/Section A1: resident/non-resident $179.00
• Fee/Section A2: resident/non-resident $225.00
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. Specify section. Limit 24

SALSA ON1 BASIC CLASS
Instructor: Arturo Hernandez
Lydell Community Center, Room 19
Day: Tuesdays
Time: 7:00 - 8:00pm
Section A1: Sept 24 - Nov 5 (skip Oct 15)
Section A2: Nov 12 - Dec 17
• Course Code: Code 291401 A1
• Fee: resident/non-resident $70.00/$80.00
The Beginner Salsa class introduces you to the rhythm and timing of the music, as well as techniques in leading and following. You will learn basic footwork, dance positions and connections between partners. Arturo will teach you the steps and skills needed to enjoy this wonderful dance style. No dance experience is required. Specify section. Limit 10

MERENGUE DANCE CLASS
Instructor: Arturo Hernandez
Lydell Community Center, Room 19
Day: Thursdays
Time: 7:00 - 8:00pm
Section A1: Sept 19 - Oct 31 (skip Oct 10)
Section A2: Nov 7 - Dec 19 (skip Nov 28)
• Course Code: Code 291403
• Fee: resident/non-resident $70.00/$80.00
Merengue is a simple, fun dance with origins in the Dominican Republic. The simple march tempo is easy to hear and feel, and lends itself to a spontaneous, improvisational style of dance. Arturo will help you and your partner learn the steps and skills needed to begin enjoying this wonderful dance style. No dance experience is required. Specify section. Limit 24

Crossing Guards Needed
The Whitefish Bay Recreation and Community Education Department is currently looking to hire crossing guards to help keep our school-aged residents safe and sound on their way to and from school. All interested parties should apply. Applications can be picked up at the Recreation Department or downloaded from our department's webpage on www.wfbschools.com.

Newly hired crossing guards work and train as substitutes, working their way to full-schedule employment.

Monday - Friday
Starting Pay: $15.00
AM Shift: 7:15 - 8:15am
Mid-Day Shift: 10:45am - 12:15pm
PM Shift: 2:30 - 3:30pm

Whitefish Bay Recreation and Community Education Department
5205 North Lydell Avenue
Whitefish Bay, Wisconsin 53217
414-963-3947
IPAD/IPHONE - TIPS, TRICKS AND TECHNIQUES  CO-OP
Instructor: C.T. Kruger
Nicolet High School, Room D111
Day    Monday, Oct 7
Time   6:30 - 8:30pm
•  Course Code  Code 291110 A1
•  Fee  co-op fee  $23.00
This class is specific to Apple iPhone, iPad and iPad Mini devices. Learn some tips, tricks and techniques to navigate, organize, back-up and add useful apps to your iPhone, iPad or iPad Mini device.

THE CAMERA IN YOUR SMARTPHONE  CO-OP
Instructor: C.T. Kruger
Nicolet High School, Room D111
Day    Monday, Oct 14
Time   6:30 - 8:30pm
•  Course Code  Code 291106 A1
•  Fee  co-op fee  $23.00
It’s a camera, it’s a photo album, it’s a television - it’s your phone! Learn about the apps, tips, tricks and limitations of iPhone and Android smartphones and tablets for pictures and video. This class will cover your smartphone or tablet’s cameras, home and Cloud storage options, email and messaging.

YOU HAVE PICTURES IN YOUR CAMERAS...NOW WHAT?  CO-OP
Instructor: C.T. Kruger
Nicolet High School, Room D111
Day    Monday, Oct 21
Time   6:30 - 8:30pm
•  Course Code  Code 291020 A1
•  Fee  co-op fee  $23.00
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 your computer, to external devices and to the “cloud”. Class covers how to organize your pictures, viewing pictures from any device, printing options and how to archive your pictures for the decades to come.

BACK TO SCHOOL WITH ESSENTIAL OILS
Instructor: Amanda Carron
Lydell Community Center, Room 24
Day    Thursday, Sept 26
Time   6:30 - 8:00pm
•  Course Code  Code 290504 A1
•  Fee  resident/non-resident  $15.00
Can you believe that school has already started? Don’t forget to add Essential Oils to the supply list for a healthy, happy school year. In this class, you will learn about what essential oils are, how to use them and some wellness benefits of therapeutic grade essential oils, specifically focusing on back-to-school. Some of the benefits we will discuss include using essential oils to support the immune system, clean, enhance concentration and focus and get restful, rejuvenating sleep. All participants will receive a jar of Immune Support Mixture, one Ningxia Red Packet (superfood drink filled with antioxidants) and a jar of lavender Rub (great for supporting healthy skin and sleep). Limit 15

TAMING THE HIGH COST OF COLLEGE!
Presented by Brad Baldridge, CFP
Lydell Community Center, Room 19
Date   Wednesday, Oct 9
Time   7:00 - 8:30pm
•  Course Code  code 291004 A1
•  Fee  resident/non-resident  $5.00
Attend this workshop and discover how to send your kids to college without going broke! You will learn how some students attend an expensive private university for LESS! Discover the best tips when applying for financial aid and strategies to qualify for more need-based financial aid. Find out how to use tax strategies to save on college and the best ways to save money and win scholarships (even if you do not qualify for need-based aid). Sign up today and find out how you can send your child to their dream college and minimize the cost. Limit 25

CHICAGO, YOUR WAY! HOLIDAY SHOPPING  CO-OP
Shorewood High School Parking Lot
Leave at 8:15am and return approximately 7:00pm
An adult must accompany children under 16 years of age.
Date   Saturday, Dec 7
Time   8:15am - 7:00pm
•  Course Code  Code 292601 A1
•  Fee  co-op fee  $32.00
Join us for fun-filled day in Chicago. You will have the day to yourself to shop, go to museums or people watch. You will be dropped off and picked up at the corner of Rush and Superior. Come with family and friends. All payments are non-refundable. Limit 15

Co-op Programming

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QUILTING STUDIO
Instructor: Maribeth Schmid, WFB Recreation Instructor
Lydell Community Center, Room 22
Day               Thursdays
Time              9:30am - 12:00pm
Section A1       Sept 5 - Oct 17 (skip Oct 3)
Section A2       Oct 31 - Dec 12 (skip Nov 28)

• Course Code   Code 290909
• Fee/Section resident/non-resident $70.00

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. Specify section. Limit 15

PREPARING YOUR HOME FOR SALE
Presented by Janine Werner, Director of Sales and Recruitment
Jay Schmidt Group/Keller Williams
Lydell Community Center, Room 15

• Course Code   Code 290515 A1
• Fee/Section resident/non-resident $8.00/$10.00

Thinking about selling your home and need some expert advice from a team of professionals? This course will educate and empower you to move forward with a plan of action. A top North Shore real estate agent, certified home organizer and a home inspector will walk you through the journey of selling your house. The goal of this course is to sell your house for the greatest profit and do it quickly! You will be able to create an individualized house preparation timeline, outline simple steps to eliminate potential problems, get ideas about decluttering, cleaning, repairing and how to stage your home for a successful sale. The team of instructors will offer personal assistance with unique selling problems. Whether you know you will be putting your home on the market in the next month or so, or whether you are just beginning to think about the selling process for a future date, this course can help you maximize your profit and reduce your stress.

WRITING FOR PUBLICATION
Instructor: Nancy Martin, WFB Recreation Instructor
Lydell Community Center, Room 15

• Course Code   Code 291002 A1
• Fee/Section resident/non-resident $60.00/$70.00

The student will learn and apply the fundamental principles and techniques of fiction and non-fiction writing. Literary efforts will be critiqued and emphasis will be placed on marketing completed manuscripts for use in national and local media.

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
## BALLROOM DANCE
**Instructor:** Jacqui Lefebvre  
**Nicolet High School Cafeteria**  
**Adult - Participants must register with a partner.**  
**Day:** Tuesdays  
**Dates:** Sept 10 - Nov 26  
**Section A1**  
**Basic II**  
**6:30 - 7:25pm**  
**Section A2**  
**Intermediate**  
**7:30 - 8:25pm**  
**• Course Code:** Code 290403  
**• Fee/Couple/Section co-op fee:** $78.00  
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! The dances that are covered include the Waltz, Foxtrot, Rumba, Cha Cha, Swing, Salsa and Tango. Basic II offers basic level steps for all social ballroom dances plus lead/follow and floor craft. Intermediate/Advanced class offers review of fundamentals, groupings from all popular ballroom dances and plenty of practice time. **You must be registered with a partner.** Specify section. **Limit 12 couples**

## DRY NEEDLING 101
**Instructor:** Scott Coonen, PT, CSCS, CMTPT  
**Lydell Community Center, Room 19**  
**Adult**  
**Date:** Tuesday, Dec 3  
**Time:** 5:30 - 7:00pm  
**• Course Code:** Code 291031 A1  
**• Fee resident/non-resident:** $8.00  
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. **Limit 12**

## BALANCE YOUR BLADDER
**Instructor:** Nina Olson, DPT, CMTPT, BCB-PMD  
**Lydell Community Center, Room 22**  
**Adult**  
**Date:** Thursday, Oct 3  
**Time:** 10:30 - 11:30am  
**• Course Code:** Code 291029 A1  
**• Fee resident/non-resident:** $8.00  
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.

## FOAM ROLLING
**Instructor:** Erin Bafunno, DPT, CMTPT  
**Lydell Community Center, Room 19**  
**Adult**  
**Date:** Wednesday, Nov 13  
**Time:** 6:00 - 7:30pm  
**• Course Code:** Code 291030 A1  
**• Fee resident/non-resident:** $8.00  
This class will focus on the benefit of foam rolling for your overall everyday function and pain management. Foam rolling can be a beneficial tool to help people of varying exercise levels take an active role in the management and prevention of pain or injury. Please dress in comfortable clothing and bring a foam roller if you own one. If you do not own one, one will be provided to use during the class. **Limit 12**

## OSTEOPOROSIS
**Instructor:** Diane Ping, MPT, CMTPT  
**Lydell Community Center, Room 15**  
**Adult**  
**Date:** Tuesday, Nov 19  
**Time:** 7:00 - 8:30pm  
**• Course Code:** Code 291028 A1  
**• Fee resident/non-resident:** $8.00  
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, Vitamin D.

## Flu Clinic
**Room 17**  
**Lydell Community Center**

**Friday, September 27, 2019**  
**9:00am - 12:00pm**

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A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
**DRAWING WITH MARY**  
Instructor: Mary Pesch, WFB Instructor  
Lydell Community Center, Room 22  
*Adults/Seniors*

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<thead>
<tr>
<th>Section A1</th>
<th>Watercolor I</th>
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<td><strong>Day</strong></td>
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<td><strong>Dates</strong></td>
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<tr>
<th>Section A2</th>
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<td><strong>Dates</strong></td>
<td>Oct 29 - Dec 12 (skip Nov 26 and Nov 28)</td>
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- **Course Code**: Code 290701  
- **Fee**: resident/non-resident $60.00/$70.00  

Watercolor I: This class is for beginners to learn the basics of watercolor techniques through 6-12 simple weekly projects. Step-by-step illustrated worksheets will be provided with each class project to create a painting. Students will experiment with watercolor tools and learn about watercolor pencils, painting techniques, layering, brushwork and special effects to create interesting and exciting paintings. Instruction demos will be given in class. Surprise yourself and have some fun along the way!

Colored Pencil II: Explore the basics of drawing with colored pencils. Students will create realistic pictures and portraits using the concepts taught in the class. Concepts to be covered include understanding the color wheel, innovated pencil strokes, blending methods and highlighting, coloring techniques, toned and black paper instruction and the use of color pencils in conjunction with scratchboard and markers. Supply lists are available online at www.wfbschools.com. Specify section. Limit 10

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**WELLNESS FOR MOMS AND THEIR LITTLE ONES**  
Instructor: Jennifer Gann-Dudgeon  
Lydell Community Center, Room 19  
*Adults - Preschool-aged children may attend with mom*

- **Day**: Thursdays  
- **Dates**: Oct 17, 31, Nov 7, 14, 21 and Dec 5  
- **Time**: 9:00 - 10:00am

- **Course Code**: Code 290508 A1  
- **Fee**: resident/non-resident $25.00/$35.00

Are you looking for a way to connect with other moms and learn some new, fun ways to incorporate healthy activities into your parenting? If so, this class is for you! Come enjoy an hour with other moms and their little ones while we discuss important areas of wellness; sleep, nutrition, and emotions, among others. We will then complete a fun, interactive, essential oil-infused activity that you can take home and easily repeat on your own. Fun for everyone! Activities include simply healthy cooking, essential oil mixes and oil trays, aromatherapy playdoh, and aromatherapy stress balls and epsom salt cakes. Limit 12

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**COMPUTER CLASSES WITH MIKE BROWN**  
Instructor: Mike Brown  
Nicolet High School, Room C107  
*Intro to Computers*

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<th>Section A1</th>
<th>Beginning</th>
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<td><strong>Day</strong></td>
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<td><strong>Dates</strong></td>
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Topics taught include computer terminology, hardware vs software, understanding the Windows User Interface so that the student will recognize the visual cues that allow successful navigations, starting and stopping Windows and Windows applications, text management and more.

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<tr>
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<td><strong>Dates</strong></td>
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Topics taught include file/folder management, email and attachments, USB Flash drives, using Desktop shortcuts, pinning programs to the start menu and task bar and more.

**Microsoft Word**

<table>
<thead>
<tr>
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<th>7:40 - 9:00pm</th>
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<td>Tuesdays</td>
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<td><strong>Dates</strong></td>
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Topics taught include an overview of word processing, document navigation, fonts, paragraph formatting, indentation of paragraphs, page layout, bullets and numbering and more.

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<tr>
<th>Section A4</th>
<th>Intermediate</th>
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<td><strong>Day</strong></td>
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<td><strong>Dates</strong></td>
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<td><strong>Time</strong></td>
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Topics taught include outline numbering, borders and shading of paragraphs within text and as borders, tab stops, headers and footers, inserting images and more.

**Microsoft Excel**

<table>
<thead>
<tr>
<th>Section A5</th>
<th>Introductory</th>
<th>6:00 - 7:40pm</th>
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<td><strong>Dates</strong></td>
<td>Nov 19 - Dec 10</td>
<td></td>
</tr>
<tr>
<td><strong>Time</strong></td>
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Topics taught include spreadsheets, workbooks, entering data into cells, row/column management, undo/redo, formatting of cells, cut/copy/paste cells including formats, sorting cells and more. Specify section. Limit 12

- **Course Code**: Code 291105  
- **Fee/Section**: co-op fee $64.00

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**STAINED GLASS**  
Instructor: Barbara Freidman, Masters in Art Education  
Lydell Community Center, Room 22  
*Adults*

- **Day**: Wednesdays  
- **Dates**: Oct 2 - Nov 6  
- **Time**: 6:30 - 8:30pm

- **Course Code**: Code 290509 A1  
- **Fee**: resident/non-resident $80.00/$90.00

Students will make a Frank Lloyd Wright-inspired window hanging that measure approximately 8”x9”. The design and difficulty of the project is perfect for someone learning the skill sets needed for stained glass. If time allows, participants can also make a small piece for a window, referred to as a suncatcher. A complete supply list can be found on our website at wfbschools.com. Limit 12

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A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
OH-SO-TENDER KOREAN SHORT RIBS  CO-OP
Instructor: Jenny Lee
Nicolet High School, Room B133
Day  Thursday, Oct 3
Time  6:00 - 8:00pm
• Course Code  Code 292501 A1
• Fee  co-op fee  $30.00
Learn to make Korean marinated short ribs - a signature dish of Korean cuisine! Short ribs cooked in a pressure cooker make them tender and delicious. Quickly saute spinach and season with Korean ingredients. Round out the meal with rice. This is a hands-on cooking class. Korean-American chef, Jenny Lee, used to work in fine dining kitchens in New York City and Milwaukee. She loves to teach others about Korean cuisine. Limit 10

EASY KOREAN ONE-POT MEAL  CO-OP
Instructor: Jenny Lee
Nicolet High School, Room B133
Day  Thursday, Nov 7
Time  6:00 - 8:00pm
• Course Code  Code 292502 A1
• Fee  co-op fee  $30.00
Korean sweet soy-braised chicken is an easy weeknight meal for those who love Korean food! Learn how to make this one-pot meal plus a scallion salad. Join Korean-American Chef, Jenny Lee, for an interactive class. Chef Jenny Lee used to work in fine dining kitchens in New York City and Milwaukee. She loves to teach others about Korean cuisine. Limit 10

LEARN HOW TO MAKE GHEE AND INDIAN CHEESE  CO-OP
Instructor: Susan Pack
Nicolet High School, Room B133
Date  Thursday, Sept 26
Time  6:00 - 8:30pm
• Course Code  Code 292503 A1
• Fee  co-op fee  $30.00
The ancient Indian doctors declared that the cow was sacred because it gives us milk. From the milk, the indians make Ghee, yogurt, buttermilk, and paneer (Indian cheese). In this demo/hands-on class, we will make ghee and paneer. From there, we will use these ingredients to cook some tasty Indian dishes. Limit 20

SAFETY DRIVING - 55 ALIVE  CO-OP
Instructor: Marie Renn
Range Line School, Room 109
Registration deadline: October 5
Date  Thursday, Oct 17
Time  12:00 - 4:30pm
• Course Code  Code 292201 A1
• Fee  co-op fee  $20.00
This is a completely revamped course that has taken two years of planning, research and testing. Learn safety strategies that can reduce the likelihood of having a crash, increase confidence, learn how aging, medications, alcohol and other related issues affect driving. In addition to a Guidebook, a new video has been developed. You might even get an insurance discount! You don’t have to take a test either! Millions of people have taken advantage of this valuable course. Please bring your driver’s license and an AARP card (if you have one).

INDIAN COOKING WITH TUMERIC  CO-OP
Instructor: Susan Pack
Nicolet High School, Room B133
Date  Thursday, Oct 24
Time  6:00 - 8:30pm
• Course Code  Code 292504 A1
• Fee  co-op fee  $30.00
Now that everyone has heard about the health benefits of turmeric, join us at this hands-on class to learn how to use and not use turmeric to get the best results. This will be followed up by cooking recipes containing turmeric to ensure your daily dose. Limit 20

VEGAN INDIAN COOKING  CO-OP
Instructor: Susan Pack
Nicolet High School, Room B133
Date  Thur, Nov 14
Time  6:00 - 8:30pm
• Course Code  Code 292505 A1
• Fee  co-op fee  $30.00
Indian food easily lends itself to vegan cooking. Attend this hands-on class and learn that healthy food can also taste great! Limit 20

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
55 and Better Events, Trips and Tours

These trips can fill quickly, so register early!

Day Trips

**Tuesday, September 17, 2019 - China Lights and Treasure of China**
This international lantern festival can be traced back to the beginning of the Eastern Han Dynasty (25-220 AD)! Along with the beautiful lights, we will see live performances, cultural displays and a market place. Before the tour, we will enjoy an outstanding seafood buffet that includes a sushi bar. This is a walking tour, so please dress accordingly. Get your registration in early! Cost: $75.00 per person including transportation and dinner. Depart Lydell at 3:00pm and return at 9:00pm.

**Saturday, September 28, 2019 - Warrens Cranberry Festival**
This is the largest cranberry festival in the world and is celebrating its 47th anniversary! We will explore 850 arts and crafts booths, 250 antique booths and over 100 farmers markets and food vendors. Enjoy music while you stroll among the vendors. Marsh Tour tickets can be purchased separately when you arrive for an additional $6.00 fee at the Wetherby Stone Building. The Marsh Tour is optional. This event will be held rain or shine, so please dress accordingly. Cost: $65.00 per person including transportation. Depart Lydell at 7:00am and return at 8:00pm.

**Monday, October 14, 2019 - Burnham Neighborhood Frank Lloyd Wright Tour**
Throughout his career, Frank Lloyd Wright believed that all people, regardless of income, deserved to live in beautiful, architect-designed homes. Wright's earliest solution to what he called this “small house problem” was the American System-Built Homes. We will tour West Burnham Street in Milwaukee where 6 of these homes were built in 1916. Join volunteer, Linda Cross, to hear the story of Wright, ASBH and the restoration. The homes are not handicapped accessible. Cost: $17.50 per person including transportation. Depart Lydell at 1:10pm and return at 3:00pm.

**Wednesday, November 13, 2019 - Holiday Stocking Stuffer Tour**
This is one fun-filled day! This tour is called the Holiday Stocking Stuffer because of the great stops and shops! We’ll visit Milaeger’s Greenhouse, Larsen’s Bakery, House of Gerhards Restaurant, Tenuta’s Italian Deli and KP Toffee! You’ll find unique holiday gifts at Milaegers. We’ll visit Larsen’s Bakery in Racine, home of the Original Kringle. The next stop is a wonderful German lunch and lecture about German holiday traditions at the House of Gerhards. After lunch we will visit Tenuta’s Italian Deli, home to the finest of Italian foods, liqueurs and kitchen tools. Our final stop will be at KP Toffee. Every stop includes a complimentary gift for your enjoyment. Cost: $99.00 per person including transportation. Depart Lydell at 7:00am and return at 6:15pm.

**Blood Pressure Clinics**
FREE
1:30 - 2:30pm
Lydell Community Center, Room 15

- September 24
- October 22
- November 19
- December 17

**The following WFB School District programs have discounted or free admission fees for senior citizens who live in WFB:**
North Shore Conference has senior passes that allow seniors 60+ free admission into any sport event with the exclusion of WIAA tournaments. Passes can be obtained at the Athletic Department.
Seniors can attend any concert event, except fundraisers, for free.
Seniors 55+ receive a discounted admission fee of $5.00 for any high school play or musical.
Fall 3F Luncheons & Entertainment
Adults 55 years and Better!

11:30 Doors open          12:00 Lunch          12:45 Program

You are cordially invited to join us. Gather in the Bay for Food, Fellowship and Fun!
Contact Carolyn Noori at 414-963-3992 or carolyn.noori@wfbschools.com.
Cost: $9.00 Pre-registration is required one week in advance.

Tuesday, September 24...............................Historic Milwaukee! Join us for this lunch and lecture session with an expert presentation from Historic Milwaukee highlighting the City of Milwaukee and Frank Lloyd Wright. Menu: Lemon chicken, whipped potatoes, honey carrots, cranberry sauce, roll, chocolate brownie, milk and Starbucks coffee.

Tuesday, October 22..................................Oktoberfest in the Bay! Come hear the wunderbar sounds of the highly acclaimed accordionist, Roger Boll! Menu: Savory Salisbury steak, cheesy potato casserole, fresh green beans, coleslaw, roll, apple crisp, milk and Starbucks coffee.

Tuesday, November 19...............................WW II book authors, Irene Litz Barre and Silvana Basiannutti Kukuljan, will tell stories of their first-hand experience as young girls during World War II. Menu: Traditional oven-roasted turkey with gravy, creamy potatoes, homemade stuffing, cauliflower/broccoli mix, cranberry sauce, pumpkin pie, milk and Starbucks coffee.

Tuesday, December 17..............................Be entertained with music that will enlighten and embrace the spirit of this special time of year. Menu: Sliced pit ham with pineapple, roasted yams, green peas, mixed green salad, roll, chocolate cake, milk and Starbucks coffee.

Senior Seminars - Registration required

September 11 - Lynne Shaner, PhD - What are we doing and where are we going in our wellness journey?
3:30 - 4:30pm This overview and first step (or refresher) will aid in your self-awareness about mindful nutrition and making wise choices to get your wellness journey off to a healthy start. $5.00 donation at door. Code 266666 A1

September 25 - David Bartlett - Using Technology in Your Travels
1:30 - 3:00pm Learn how using your computer, smartphone, tablet/pad or GPS can make your trips and vacations safer, easier and more efficient! FREE Code 266666 A2

October 9 - Lynne Shaner, PhD - Promoting Positive Energy
3:30 - 4:30pm In this class, we expand into integrating movement, daily mindfulness and experience-guided meditation to promote positive energy and thoughts. $5.00 donation at door. Code 266666 A3

October 16 - David Bartlett - Transferring Between Devices
1:30 - 3:00pm Learn how to get pictures, documents and music on to or from your computer, smartphones and other devices. FREE Code 266666 A4

November 6 - Lynne Shaner, PhD - Putting It All Together
3:30 - 4:30pm Learn the wondrous calming effects on your body using imagery and visualization. $5.00 donation at door. Code 266666 A5

October 20 - David Bartlett - Keeping Your Computer Safe
1:30 - 3:00pm Scams, malware and spyware - what to do and what not to do! FREE Code 266666 A6
Whitefish Bay Recreation Department Registration Form

Payee information (adult/parent/guardian)

Last Name_________________________ First Name_________________________

Address___________________________ Home Phone_________________________

City/State_________________________ Zip_________ Cell Phone_________________

Email address________________________

☐ I would like to receive text messages for confirmations and updates. Provider (T-Mobile, Verizon, ATT...)________________________

☐ I am willing to coach assist/coach my child’s team. Name of volunteer________________________

☐ I need reasonable modification due to a disability to enjoy this program. Explain________________________

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, its staff, employees and volunteers from and against any and all liability for bodily injury and/or property damage which may result from participation in the program. I hereby fully consent to emergency medical treatment, should emergency personnel or a physician deem such attention necessary. NO ACCIDENT INSURANCE PROVIDED.

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

Signature ___________________________ Date ________________

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

If you are registering late or are registering from the wait list, please bring your receipt with you to the first day of class to confirm your place in the program.

Return registration/payment to: 5205 N. Lydell Avenue Whitefish Bay, WI 53217 or fax to: 414-963-3937.

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

Card Number ___________ Exp. Date ___________

Card Holder Name ___________________________

Signature ___________________________

Participant Name (first/last) Sex Date of birth School (if youth) Grade (Fall)

Activity/Class/Program T-shirt size Code Section Fee

Total

If you are signing up for a sport program that involves youth games, matches or meets, you must submit the CONCUSSION PARENT/ATHLETE AGREEMENT FORM at the time of registration.

Concussion information and agreement form is available at the Recreation Department or online at www.wfb-schools.com.
The Whitefish Bay School District, through the Recreation and Community Education 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.

**Insurance**

All participants in our Recreation & Community Education programs and activities are encouraged to carry their own insurance. The Whitefish Bay Recreation & Community Education Department does not carry insurance on participants or spectators.

**Inclement Weather**

If the Whitefish Bay School District is closed due to inclement weather, all Recreation Department activities will be cancelled. If the weather conditions deteriorate during the day, please call 963-3947 or become our friend on Facebook to find out the latest cancellation information. 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 Laws. Your cooperation in upholding this law is necessary.

**E-Mail Confirmations Only**

Confirmations will be sent ONLY if you supply the Rec Department with your email address. It is the responsibility of the registrant to inform us of any changes in their email address.

**Sign Up Early**

Nothing kills a good program faster than waiting until the last minute to register. Class cancellations often occur due to low enrollment! We encourage you to register early—it can often make or break a good course.

**No On-Site Registration**

Instructors will not accept registration/payment at the class site. All registration transactions must be completed at the Recreation Department office prior to scheduled class.

**Rental Information**

If you are interested in renting any school district facility including gyms and classrooms, please contact the district office at 963-3922. If you are interested in renting Cahill, please contact Susan Wachtel at 963-3947.

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<td>Practice Fields</td>
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<td>HS Field House Pool</td>
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<tr>
<td>Standard Classroom</td>
<td>$30.00</td>
<td>$60.00</td>
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<tr>
<td>Cahill Pavilion</td>
<td>$15.00</td>
<td>residents only</td>
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All Rentals must be paid in full at the time of reservation. Facility rentals will not be processed without payment. CUSTODIAL CHARGES will be assessed on the basis of program set-up and required maintenance care. LIFEGUARD FEES are assessed at $20.00 per hour with a 2-hour minimum for all pool rentals.

**Residency Eligibility**

Programs and services provided by the Department, unless otherwise specified, are open to ALL Whitefish Bay residents, school district employees working within the district, and non-residents attending any Whitefish Bay schools. When vacancies exist, non-residents (paying an additional fee) may participate in our programs. Non-resident registrations are processed after the resident lottery takes place.
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 period. You will receive a letter of credit that may be applied to another Recreation department program within the year. Exceptions can be requested in writing.

Program Withdrawal Policy
All withdrawals must be done at least one week prior to the start of the program. Withdrawals will result in a household credit being issued for the cost of the program, not a refund. Refunds are only issued under the circumstances listed below.

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
• Medical condition
Please send a written letter of request to Carin Keland at 5205 North Lydell Avenue. The refund will come in the form of a check, even if original payment was by credit card. There is a minimum processing time of two weeks.

Same Day/Late Registration
The Recreation Department may assess an additional fee of $10.00 per program for every registration received on or after the start date or registration deadline of the program. Special restrictions may apply to certain programs and late registrations will not be accommodated and no exceptions will be made.

Waiting Lists
All classes have limited space, so register early. Enrollment cannot be guaranteed. If your desired class is filled, you will be notified by email and placed on a waiting list. If additional class openings become available, we will then go to the waiting lists to fill the class. All communication will be through email.

Fees And Charges
It is the goal of the Recreation Department to offer quality activities at the lowest possible cost to the participant. Course fees and program charges are based on the length of the class, some basic materials and other instructional and activity costs. We do not pro-rate programs.

Americans with Disabilities Act
The Whitefish Bay Recreation and Community Education Department proudly complies with the Americans with Disabilities Act and will make reasonable accomodations to support inclusive recreation participation. For answers to your questions about recreation inclusion, call Carin Keland at 414-963-3888 or email her at carin.keland@wfbschools.com.

Class Transfer Policy
Class transfers may be made subject to class availability and must be done at least three business days prior to the start of a class.

Registration Information
During priority registration, all resident registrations are processed. However, it does NOT guarantee that your child will be in the program. Your enrollments are not guaranteed until after the lottery process has been completed. Email confirmations received during priority registration only confirm receipt of the registration. See the inside of the front cover for enrollment, lottery and processing dates. You may still register after the priority registration date, but it will be on a “first come-first served” basis. Non-resident registration begins the day after the lottery is held.

Lottery Information
During priority resident registration, all residents of Whitefish Bay have equal opportunity to make it into our programs. The Recreation Department will “over-enroll” programs during this time period. All “over-enrolled” programs will go to the lottery on a pre-selected date and participants will be randomly selected for that program. Non-residents are not allowed to register until after the lottery is held. The reason this policy is in place is to give all residents the same chance of getting into the Rec Department programs. Some residents get their bulletins delivered right away, while others do not receive them from their mail carriers until later on. Also, online registration is available as soon as the bulletin is released. You do not have to wait for your mailed copy. A full copy of the guide can be viewed on our website.

On-line Registration
First time users must register by traditional methods. If you or your family have participated in WFB Recreation Department programs in the past, please follow the directions below.
1. Log onto the School District of Whitefish Bay
   www.wfbschools.com
2. Click on the “Community” link.
3. Click on the “Recreation Department” link.
5. Click on the WebTrac link https://rec.wfbschools.com
Make sure that you have your household ID number available. This number is used for BOTH, user name and password. If you are using a MAC computer, please download Firefox or Netscape in order to access our online registration site. MAC computers are not compatible with the school district browser, Internet Explorer.
Payee information (adult/parent/guardian)

Last Name       First Name
Address        Home Phone
City/State     Zip  Cell Phone
Email address

☐ I would like to receive text messages for confirmations and updates. Provider (T-Mobile, Verizon, ATT...)

☐ I am willing to coach assist/coach my child’s team. Name of volunteer

☐ I need reasonable modification due to a disability to enjoy this program. Explain

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

Signature     Date

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Whitefish Bay, WI  53217 or fax to: 414-963-3937.

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Card Number                                                                                     Exp. Date

Card Holder Name

Signature

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Nimmer Co., LLC
YOUR FENCE SOLUTION
Serving all of Southeastern Wisconsin
Fence Installation • Fence Removal
Fence Repairs
Commercial & Residential
Quality Materials at a Fair Market Price
We also offer Snow Removal Services

Call Chris (414) 698-4614
for an estimate
www.nimmerfencing.com

The Whitefish Bay
Community Garden
is looking for
Volunteers & Donors!

Volunteers and Donors will receive:
- invitations to community work days
- invitations to community harvest days
- free cooking demonstrations
- free educational workshops
- opportunities to take home fresh produce, herbs, flowers and plants

If you are interested in getting involved, please contact
Megan Kueth @ megan.kueth@wfbschools.com or call 414-963-3801

414-962-2600
www.justdrivewi.com

Why choose just drive?
- Our curriculum exceeds the Wisconsin DOT standards
- Locally owned and operated
- Patient / experienced instructors
- Classroom & BTW pickup at Whitefish Bay High School
- Flexible driving times offered 7 days a week
- Easy online registration and BTW scheduling
- 2016 Honda Civics used for BTW lessons

New! Wisconsin DOT approved online course designed for today’s teens with busy schedules!

Please visit our website for class dates, times, and pricing.